

Curriculum Vitae



Name : Dr. Biman Bihari Paul
Date of Birth : 01/12/1962
Contact : Department Of Yoga, Mahadev Desai Samaj Seva Mahavidyalaya, Gujarat Vidyapith, Ahmedabad 380014, India
Current Position : Associate Professor & head Department of Yoga
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Academic Qualification

Exam passed	Board/ university	subjects	year	Division /Grade
PG. Diploma in Yoga	Kaivalyadhama Lonavla	Yoga	1991	76%
M.P.E.	University of Kalyani	Physical Education	1993	63%
M.Phil.	Gujarat Vidyapith	Physical Education	2001	78%
Ph.D.	Gujarat Vidyapith	Physical Education	2007	
M.A. in Yoga	Jain Visvabharati Uni. Ladnun	Yoga &Preksha Meditation	2013	66%

Contribution to Teaching

Course Taught	Name of University/College	Duration
P.G.Diploma in Yoga	M.D.College , Gujarat Vidyapith	20 years
B.Ed.	M.D.College, Sadra	18 Years
MPed.	M.D.College Sadra	10 years

Area of Specialization:

Yoga Teaching
Yoga Therapy
Personality Management
Stress Management
Fitness Development

Academic Program and Course Evolved

1. Certificate Course in Yoga (Six Months) From 1996.
2. Post Graduate Diploma in Yoga Education from 1997
3. Post Graduate Diploma in Yoga Education (Part Time) From 2012
4. Three Months Certificate course In Yoga From 2010

Involvement in Institute Development:

- Involved in Establishment of Department of Yoga and its Diploma and certificate course designing.

Research Guidance:

P.HD- Co Guide-1

M.PE. Thesis-12

1. 9 M.PE Thesis in the year of 2018
2. 8 M.PE Thesis in the year of 2017
3. 6 M.PE Thesis in the year of 2016

Name of the student	Title of the thesis	year
Digvijay chauhan	A study of health habits of school girls of private school and govt. school	2015
Natavar Ashari	A comparative study of primary school children and Ashram Shala of Vijaynagar taluka on their health habits	2015
Urvashi Patel	A study on physical fitness of girl students of engineering.	2012
Kunal Patel	Effect of asana and pranayama on vital capacity of college students of sociology.	2011
Altafhusain malek	A study of co-relation between explosive power and thigh muscle girth.	2011
Sunera Seikh	A comparative study self-confidence between state level players of Judo and Kabaddi.	2014
Narhariprasad Sadhu	A study on Gandhian lifestyle of students of Physical Education college.	2013

Post Graduate Diploma in Yoga. Thesis-12

List of Publication:

Book Published: (Five)

1. *Yogasan ane Arogya*
2. *Yogasana Rahasaya* (Gujarati) Prajna Prakashan, Ahmedabad .2005
3. *Yogasana Maragdarsika* (Gujarati) Maharshi Patanjali Yog Sanasthan.Ahmedabad, 1999
4. *Pranayama Margdarssika* (Gujarati) Maharshi Patanjali Yog Sanasthan. Ahmedabad, 1998)
5. *Dhyana Margdarsika* (Gujarati) Maharshi Patanjali Yog Sanasthan. Ahmedabad, 1997.

Paper Published: (Five)

1. “Comparative of eating disorder between zones of India in female players of basketball”, wellness, Vol-1, No 1, July- December. 2009.
2. “ Effect of Universal Healing Program on Coronary heart Patients with Special reference to Yogic Practices”, *Journal of Advanced in developmental research*, Vol 1, No 1 , June, 2010.
3. “Effect of Universal Healing Program on Coronary heart patients with special reference to Yogic practices”. RESEARCH LINK, Issue-84, Vol. X(1), March-2011
4. “Effect of Yogic practices on Coronary heart patients with special reference to Shavasana and Meditation”. *INTERNATIONAL SCIENTIFIC YOGA JOURNAL*, SENSEVol. 1, 2011.
5. “Effect of selected Asanas and Pranayamas on Physiological variables of students”. *INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION, SPORTS AND YOGIC SCIENCES*, Vol.1, No.4, 2012
6. “Effect of selected Yogic practices on blood cholesterol level”. *PHYSICAL EDUCATION SPORTS MANAGEMENT EXERSICE SCIENCE AND YOGIC SCIENCE* (Published Seminar proceedings)

Seminar, Workshop, teaching Camp Organized:**Seminar Organized**

- ☐ National seminar on science and philosophy of healing, Gujarat Vidyapith, 1-2 October, 2005
- ☐ 1St National Conference on the Relevance of Yoga in Twenty First Century” 16&17 March, 2007Gujarat Vidyapith Ahmedabad.
- ☐ (National level)Role Maharshi Patanjali astang Yoga at modern time, 29-30 March, 2014 Gujarat Vidyapith
- ☐ (National level)Yoga as an integrative life style, 20-22 June, 2015, Gujarat Vidyapith.

Seminar (Paper Presented)

Title of the Paper	place	Year
“ Breath Healing”	Ahmedabad	1999
“ Breath- The Key to Body Mind Connection”	International Seminar on Science and Philosophy of Healing” Ahmedabad	2005
“ Role of Meditation on the Achievements Level of Secondary Students'	1St National conference on The Relevance of Yoga in Twenty First century” Ahmedabad	2007
“ Effect of Yoga on Value Education in School Students”	2 nd International Conference of Yoga and Physical Education” 14-16 Feb Gwalior, LNCPE	
“Effect of Universal Healing Program on Coronary Heart Patients with Special Reference to Yogic Practices”	5Th International Conference of World Council For Psychotherapy' Chandigarh.	5-8 January 2010
“ Effect of Meditation and Shavasana On Cholesterol Level Of Coronary Artery Patients”	4Th International Science Congress, Udaipur	8&9 Decem.2014

1. Organized several Yoga Fitness and Health Awareness Camp Nationally.
2. Conducted Special yoga awareness camp at Sardar Patel Stadium, Navrangpura Ahmedabad, Sponsored by Doctor Cell Ahmedabad (7-13 May, 2000)
3. Conducted Stress Management Camp for Class One and Two Govt. Officers of Banaskantha District at Palanpur (4-6 August 2001)
4. Conducted many stress management, Yoga therapy and Meditation camp & Workshop For class one officers in different district of Gujarat state.

Lecture Delivered In refresher and orientation course:

Name of the program	Title of the lecture	Place and year
Orientation	Stress management	A.S.C, G.U.-2001
Orientation	Yoga for total health	A.S.C, G.U.-2002
Orientation	Yoga and personality development	A.S.C, G.U.-2003
Orientation	Creative power and yoga	A.S.C, G.U.-2004
refresher	Stress management	A.S.C, G.U.-2015

Lecture Delivered National/ Local level Programs

Name of the TV channel	Name of the program	Place and year
G.S.TV	Interview	2008
E.TV	Health related program	2009
DD 11	Aragua- Serial. A half an hour program of yoga was telecasted four day per week.	2004 to 2008

Committee Member:

Member of UGC Committee for Evaluate SVASYA Bengaluru in 2001

International Experience:

1. Conducted three special Yoga Fitness camp in 2001 for foreign students of USA, South Africa, West Germany and Colombia.
2. Conducted a basic Yoga camp in 2007 for Foreign students of Serbia & USA.

Administrative Work:

1. All administrative Work related to Dept. of Yoga, Gujarat Vidyapith.
2. All administrative Work related to various Yoga camp, short time refresher course and mass health awareness program organized by Dept. of Yoga, Gujarat Vidyapith.

Membership of Professional and other bodies:

1. Honorary member of Traditional Yoga Teacher Association, Gujarat, India.
2. Member of Advisory body of Gandhi Smarak.

Board of studies:

1. Hemchandracharya, North Gujarat University, Patan (Yoga Education)

Examiner ship:

1. Somnath Sanskrit University
2. Barkatullah University, Bhopal

PhD Evolution

Name of the scholar	Title of thesis	Year and university
Aloke Sen Borman	Effect of Yogasana Practice on Neuropsychological Variables and Physical Fitness in School Children.	2011, Vishva Bharati university, West Bengal
Anvita Singh	Effect of yoga on Psychological and Autonomic Parameters in Patients with Incomplete Spinal Cord Injury	2013, King George's medical university, Luck now

Examiner for P.G, M.Phil., PhD**P.G.Level**

1. Somnath Sanskrit University
2. Barkatullah university

Academic and NGO'S**Extension Activities:**

1. Organized many Yoga camp in Municipal Gardens at Ahmedabad Since year 11999.
2. Organized many yoga training program in different schools and colleges
3. Conducted Communal Harmony camp at Sayona Party Plot Ghatlodia, Ahmedabad (13-19 May, 2000)
4. Many Therapy camp especially for Diabetes and C.A.D. patients
5. Started a Special Counselling center in Dept. of Yoga for Yoga Therapy
6. Conducted Five Maha Yoga Shibir in Gujarat Vidyapith for Mass Awareness Attended by Mora than 1000 person in each Shibir
7. Conducted special yoga camp for students of Physical Education at Sadra.
8. Conduct Many Yoga program for mass Health Awareness in ONGC Stadium, Kankaria Muni. Stadium and Various Party Plot at Ahmedabad.
9. Organized a special Yoga Orientation course for Secondary School Teacher of Gujarat state in the year 2011.
10. Organized 2 special Yoga therapy Camp for Diabetic patients and CAD patients in the year 2016
12. Organized 3 special Yoga therapy Camp for Obesity patients and CAD patients in the year 2017
13. Organized 3 special Yoga therapy Camp for stress management and Diabetic patients in the year 2018

Other Work Experience:**1. UGC Sponsored Minor Research Project.**

Title	Name of the investigator	Year of Submission
The Effect of Meditation and Shavasana on Cholesterol Level of Coronary Artery Patients	Dr. Biman Bihari Paul	2014