

## **BIODATA**

**Kumar Gandharva**

**Designation:** Scientist

**Institution:** Patanjali Research Foundation

**Address of correspondence:** Patanjali Research Foundation, Patanjali Yogpeeth, Phase-I, Haridwar- 249405, Uttarakhand, India

**Permanent address:** Vill- Bada Jagannath, P.O- Umanagar, P.S- Ahiyapur, Dist- Muzaffarpur- 842004, Bihar, India

**E-mail ID:** gandharva1993@gmail.com; kumar.gandharva@pfrt.co.in

**Orcid Id:** orcid.org/0000-0002-7863-6418

**LinkedIn:** linkedin.com/in/kumar-gandharva-3139491b3

**Research Gate:** [https://www.researchgate.net/profile/Kumar\\_Gandharva2](https://www.researchgate.net/profile/Kumar_Gandharva2)

**Website:** [www.patanjaliresearchfoundation.com](http://www.patanjaliresearchfoundation.com)

**Mobile no. -** +91 8791689427, 9525207432

### **Research/ training experience:**

Sl. No.	Institution	Position	From (month)	To (month)
1	Patanjali Research Foundation, Haridwar, Uttarakhand, India	Scientist	October, 2023	Ongoing
2	Patanjali Research Foundation, Haridwar, Uttarakhand, India	Assistant Scientist	June, 2018	September, 2023
3	Project funded by Defense Institute of Physiology and Allied Sciences (DIPAS) to Divya Yog Mandir (Trust)	Junior Research Fellow	June, 2017	June, 2018
4	Divya Yog Mandir (Trust), Patanjali Yogpeeth, Haridwar	Assistant Scientist	June, 2016	May, 2017

### **Educational Background:**

Sl. No.	Institute/ University	Degree Awarded	Year of passing	Field of Study
1	University of Patanjali, Haridwar	Ph.D.	2024	Yoga Science
2	University of Patanjali, Haridwar	M.Sc.	2016	Yoga Science
3	BRABU, Bihar University, Muzaffarpur	B.Sc. Zoology (Hons.)	2013	Science

### **Govt. funded projects**

1. Worked as a Junior Research Fellow (JRF) in a project entitled “Research based yoga modules for military personnel to adapt to special environments” funded by Defense Institute of Physiology and Allied Sciences (DIPAS) from June, 2017 to June, 2018.

✎ **Research Publications in Journals: (Corresponding author is underlined and relevant author is in bold)**

1. **Gandharva, K.**, Sharma, S. K., Balkrishna, A., & Telles, S. (2025). Short term effects of nostril regulated yoga breathing on autonomically regulated variables and mood: a randomized crossover trial. *International Journal of Yoga Therapy*, [Under review].
2. Telles, S., Sharma, S. K., Kumar, A., **Gandharva, K.**, Mishra, P., & Balkrishna, A. (2025). Embodied affect and cognition in yoga postures: a randomized crossover trial. *International Journal of Yoga Therapy*, [Under review].
3. **Gandharva, K.**, Sharma, S. K., Balkrishna, A., & Telles, S. (2025). A Randomized Controlled Crossover Trial to Determine the Effects of Three Nostril Regulated Breathing Practices on Attention and Mood. *Complementary medicine research*, 1–13. Advance online publication. <https://doi.org/10.1159/000543934>
4. Telles, S., Sharma, S. K., **Gandharva, K.**, Gupta, A. & Balkrishna, A. (2024). Breath characteristics of volitional yoga breathing including breath awareness. *International Journal of Yoga Therapy*, 34. Article 18. <https://doi.org/10.17761/2024-D-24-00020>
5. **Gandharva, K.**, Sharma, S. K., & Telles, S. (2024). Consumption of sugar sweetened beverages among yoga practitioners in India: a convenience sampling exploratory survey. *Indian Journal of Ancient Medicine & Yoga*, 17(1): 7-8.
6. Telles, S., Pal, D.K., **Gandharva, K.**, Sharma S. K., Balkrishna, A., Yadav, N., Pandya, C., Barnwal, S.L., Tyagi, S.K., Kumar, K. Motivators, preferences and aspirations of university students about studying yoga: a survey from India. (2023). *International Journal of Yoga*, 16(3): 210-218.
7. Telles, S., Sharma, S. K., Kumar, A., **Gandharva, K.**, & Balkrishna, A. (2023). Breath Phase Durations, Affect and Attention: A Pilot Randomized Crossover Trial. *International Journal of Yoga*, 16(2): 143-7.
8. **Gandharva, K.**, Sharma, S.K, Telles, S. (2023). Use of Yoga in India During the COVID-19 Pandemic: Results of a Patient Based Survey. *Advances Mind Body Medicine*, 37(2):4.
9. Telles, S., Sharma, S. K., **Gandharva, K.**, & Prasoon, K. (2023). Yoga Practice and Choices of Foods, Physical Activity and Leisure: A Convenience Sampling Survey from India. *International Journal of Yoga*, 16(1): 20-26.
10. **Gandharva, K.**, Sharma, S. K., & Telles, S. (2023). Performance in the Trail making Test following High Frequency Yoga Breathing and Breath Awareness. *Indian Journal of Ancient Medicine & Yoga*. 16(2): 73–79.
11. Chetry, D., Telles, S., Mahadevan, J., Prasoon, K., **Gandharva, K.**, Agrawal, M., & Balkrishna, A. (2022). A Comparison of Practice Guidelines for Yoga Breathing from the

Traditional Texts and PubMed-Indexed Research. *International Journal of Yoga Therapy*, 32.

12. **Gandharva, K.**, Sharma, S. K., Aggithaya, M. G., Narahari, S. R., Valliyodan, S., & Telles, S. A. (2022). An integrative treatment for lymphedema: a single group study evaluating benefits and exploring mechanisms. *Indian Journal of Physiology and Pharmacology*, 66(2); 153-154.
13. Sharma, S. K., Telles, S., **Gandharva, K.**, & Balkrishna, A. (2021). Yoga instructors' reported benefits and disadvantages associated with functioning online: A convenience sampling survey. *Complementary Therapies in Clinical Practice*, 46, 101509.
14. Telles, S., **Gandharva, K.**, Gupta, R. K., Sharma, S. K., & Balkrishna, A. (2020). Body Temperature in Practitioners of a Yoga Breathing Technique Considered to be Heat Generating. *International Journal of Yoga*. 13(2), 168-172.
15. Telles, S., **Gandharva, K.**, Sharma, S. K., Gupta, R. K., & Balkrishna, A. (2020). Body Temperature and Energy Expenditure During and After Yoga Breathing Practices Traditionally Described as Cooling. *Medical Science Monitor Basic Research*, 26, e920107.
16. Telles, S., Sharma, S. K., Gupta, R. K., Pal, D. K., **Gandharva, K.**, & Balkrishna, A. (2019). The Impact of Yoga on Teachers' Self-Rated Emotions. *BMC Research Notes*, 12(1), 680.
17. Telles, S., Gupta, R. K., **Gandharva, K.**, Vishwakarma, B., Kala, N., & Balkrishna, A. (2019). Immediate Effect of a Yoga Breathing Practice on Attention and Anxiety in Pre-Teen Children. *Children (Basel, Switzerland)*, 6(7), 84.
18. Telles, S., Kala, N., Gupta, R. K., Verma, S., Vishwakarma, B., Agnihotri, S., **Gandharva, K.** & Balkrishna, A. (2019). Effect of yoga on vigilance, self rated sleep and state anxiety in Border Security Force personnel in India. *Work*, 63(2):243-251

1. **Gandharva, K.**, Telles, S., Sharma, S. K., Gupta, R. K., & Balkrishna, A. (2019). Body temperature and energy expenditure during and after yoga breathing practices traditionally described as cooling. *Indian Journal of Physiology and Pharmacology*, 56.
2. Aditi., Telles, S., **Gandharva, K.**, Kala, N., Sharma, S. K., & Balkrishna, A. (2019). To compare the efficacy of high frequency yoga breathing (kapalabhati pranayama) on attention at 1 HZ. *Indian Journal of Physiology and Pharmacology*, 28.
3. Singh A., Telles, S., Sharma, S. K., **Gandharva, K.**, Pal, D. K., & Balkrishna, A. (2019). Measures of central VS peripheral obesity following 12 Weeks of yoga and nutritional advice. *Indian Journal of Physiology and Pharmacology*, 28.
4. Gupta, R. K., **Gandharva, K.**, Telles, S., & Balkrishna, A. (2018). Effect of high frequency yoga breathing and breath awareness on performance in the trail making test. *Indian Journal of Physiology and Pharmacology*, 62(5), 182.
5. **Gandharva, K.**, Gupta, R. K., Telles, S., & Balkrishna, A. (2016). A correlation between percentage change in body mass index and quality of life in obese persons after a week of yoga practice. *Indian Journal of Physiology and Pharmacology*, 60(5supplement), 100.

## Honors/Awards

1. One research paper entitled as “Body Temperature and Energy Expenditure During and After Yoga Breathing Practices Traditionally Described as Cooling” was selected for **Dr Sushila Thakkar Prize** at annual conference of APPICON-2020 at ESIC Medical College and Hospital, Faridabad.
2. First prize in a quiz competition in “International Yoga Festival- 2017” organised by Morarji Desai National Institute of Yoga (MDNIY) and Ministry of Ayush, Govt. of India, New Delhi during March 8-10, 2017.



## Conference/Seminar/ Presentation

1. ‘Body temperature and energy expenditure during and after yoga breathing practices traditionally described as cooling’ at 65<sup>th</sup> annual conference of APPICON-2019 at Guwati Medical College, Guwati, Assam during November 28-30, 2019.
2. International Conference on Yoga for Health and Therapy, Patanjali Research Foundation, Haridwar, India, 2019. (Poster Presentation)
3. 62<sup>nd</sup> Annual Conference of Physiologists and Pharmacologists of India, AIIMS, Patna, 2016. (Poster Presentation)

### **Presentation and participation in Conference/ Seminar:**

1. Participated in a seminar “National Seminar on Emerging trends of research in Yoga and Naturopathy” organized by CCRYN, New Delhi during September 16-18, 2016.
2. Participated in a National seminar on “World Peace and Harmony through Yoga” organized by Gurukul Kangri Vishwavidyalaya, Haridwar and Patanjali Yogdham Trust, Haridwar during April 02-03, 2016.
3. Participated in 1<sup>st</sup> National seminar on “Yogic Management of Lifestyle Disorders” organized by Gurukul Kangri Vishwavidyalaya, Haridwar during March 30-31, 2015.



### **Book**

1. Acknowledged in a book entitled ‘Handbook of Research on Evidence-Based Perspectives on the Psychophysiology of Yoga and Its Applications. Pennsylvania, U.S.A.: IGI Global. Book. DOI: 10.4018/978-1-7998-3254-6. (2021).

### **Area of expertise**

1. Yoga and psychophysiology
2. Experimental research and its application
3. Positivity and behaviour

### **Conference/Seminar organized**

1. Member of organizing committee of 3<sup>rd</sup> International Conference on ‘Yoga for health and therapy’ at Patanjali Research Foundation, Haridwar during March 29-31, 2019.

### **Workshops attended**

1. Attended a workshop organized by ‘Acupressure Shodh, Prashikshan Evam Upchar Sansthan’ held at University of Patanjali, Haridwar during April 29-May 4<sup>th</sup>, 2016.
2. Attended a workshop on ‘Yoga Vidya Basic Pranic Healing’ held at the University of Patanjali, Haridwar during April 24-28, 2016.
3. Attended 3<sup>rd</sup> National Workshop on ‘Yoga And Alternative Therapies’ organised by Department of Human consciousness and Yogic Science, Gurukul Kangri Vishwavidyalaya, during Haridwar April 25-30, 2016.
4. Attended 2<sup>nd</sup> National Workshop on ‘Yoga and Alternative Therapies’ organised by Department of Human consciousness and Yogic Science, Gurukul kangri Vishwavidyalaya, during Haridwar March 09-15, 2015.

5. Attended two days workshop on 'Yoga for Better Attention, Memory and Associated Functions' organised by Patanjali Research Foundation and University of Patanjali, during Haridwar February 21-22, 2015.
6. Attended ten days workshop on "Sanskrita Communication" organised by University of Patanjali, Haridwar during October 30-Nov 8, 2014.

### **Workshop organized**

1. Organized two days workshop on 'Generating Positivity: A Scientific Approach' at Patanjali Research Foundation, Haridwar during September 29-30, 2018.
2. Organized seven days workshop on 'Advance Research Methods for Post Graduates in Complementary and Alternative Medicine' at Patanjali Research Foundation, Haridwar during April 25-May 1, 2018.
3. Organized two day workshop on 'Research on yoga: Methods and Measurements' at Patanjali Research Foundation, Haridwar during September 2-3, 2017.
4. Organized "Uttarpradesh Yoga Festival 2017" Patanjali Research Foundation & Bharat Swabhimani Trust, Topic on "Yoga as a medicine", March 29-31, 2017 Lucknow.
5. Organized two day workshop on 'The Science of Pranayama: A Presentation Based on Scientific Evidence' at Patanjali Research Foundation, Haridwar during December 4, 2016.

### **Other academic activities**

1. Participated in "International Yoga Festival 2016" organised by Morarji Desai National Institute of Yoga (MDNIY) and Ministry of Ayush, Government of India, Delhi March 08-10, 2017.
2. Participated in "International Yoga Festival 2015" organised by Ministry of Tourism, Uttarakhand and GMVN at Ganga Resort –Rishikesh March 01-07, 2015.

### **Membership**

1. Member & Assistant Scientist of Institutional Ethics Committee at Patanjali Research Foundation, Patanjali Yogpeeth, Haridwar.
2. Life membership of Association of Physiologists and Pharmacologist of India, AIIMS, New Delhi, India.

**Other qualification**

1. Six months diploma in computer application (DCA) from Rama Computer, Muzaffarpur during March –August, 2011.

**Participation in competition:**

1. Participated in District Open Championship, organised by Haridwar District Yoga Association at Patanjali Yogpeeth during November 8<sup>th</sup> 2015.

**Personal Interests:**

1. Practicing typical Asanas, Pranayamas and yogic practices of various cults.
2. Organising seminars on different aspects of yoga in collaboration with eminent faculties.
3. Deep interests in sports such as Badminton, Cricket, Kho-Kho, Kabaddi, 100x4m relay.
4. Reading scientific evidenced based yoga articles.

**Strengths:**

1. Good communicational skills.
2. Self motivating and an inspiration for others.

**Declaration:**

I hereby declare that all the information furnished by me is correct to the best of my knowledge and belief.

**DATE:****PLACE:****APPLICANT'S SIGNATURE**