

Curriculum Vitae

Full Name	Chintaharan Betal		
Designation	Assistant Professor		
Department	Yoga		
Campus	Srinagar		
Mobile	91-8006687334		
Email	drcbetal@rediffmail.com		
Education Qualification	Degree (Year)	University	
	Ph.D. Yoga (1999)	Jain Vishva Bharati Institute (Deemed University), Ladnun, Rajasthan.	
Teaching Experience	19	Research Experience	19 year
Areas of Interest/ Specialization Hatha Yoga, Yoga Psychology and Patanjali Yoga.			
Research Supervision (No. of Ph.D. Degree Awarded/ Registered) No. of Ph.D student awarded degree 1 No. of Ph.D student registered 3			
Administrative Experience			
<ul style="list-style-type: none"> . Former HOD of Department of Yoga (Feb 2019 to June 2020) . Member of Mental Health committee during Covid-19 period. . Member of Board of Studies (BOS), Laxmibai Women P.G College, Bhopal.2018 to present time. . Member of Board of Studies (BOS), Department of Yoga, HNBGU (2013-22) . Member of BSc and MA Admission Committee, HNBGU (2013 to till the date) 			
PARTICIPATION IN U.G.C. SPONSORED COURSE:			
Participated in the U.G.C. Sponsored Workshop entitled “ Contemporary Trends in Research Methodology ” from 2-6 Feb. 2010 conducted by U.G.C. Academic Staff College , Rani Durgavati University, Jabalpur(M.P.)			
Participated and completed successfully the 95 th Orientation Training Programme from 03 /6/2014-30/6/2014 conducted by UGC Academic Staff College, University of Burdwan, West Bengal.			
(III)Participated in Refresher Course in Physical Education and Yogic Science for 22 days held at UGC-Human Resource Development Centre (HRDC), Kumaun University, Nainital from 8/7/ 2015 to 30/7/2015.			
(IV) Participated in Refresher Course in “ Research Methodology” organized by UGC Human Resource Development Centre, Ranchi University, Ranchi From 06/1/2020 to19/6/2020.			
(V) One week online ‘Short Term’ Faculty Development Programme			

on “Emerging trends in E-learning Catalyst for Reforming Higher Education”, Under PMMMMNTTScheme of MHRD, Govt. of India , Organized by HNB Garhwal Central University, Srinagar, Garhwal, Uttarakhand, from 10/12/2020 to 16/12/2020.

(VI) Online Short Term Course On “Indian Culture” Organized by UGC Human Resource Development Centre, Gujarat University, Ahmedabad from 4/10/2021 to 10/10/2021.

Conference/ /Workshop Attended

National and International

Participated and presented paper in the National Conference on ‘Maharishi Yotish and Sthapatya Veda’; organized by Maharishi Mahesh Yogi Vedic University, Jabalpur. (M.P.), July – August, 2001.

Participated and presented paper in the National Conference “Holistic Health Fair”, organized by All India Holistic Health Organization, Jabalpur (M.P.), September – October, 2001.

Participated and presented paper in the International Symposium on ‘Ayurveda Yoga and Naturopathy and Alternative System of Medicine’, organized by Mahatma Gandhi Institute of Medical Science, Sevagram, Wardha (Maharashtra), February, 2002.

Participated and presented paper in the 6th National Seminar of Madhya Pradesh Manovaigyanik Parishad (MMP) on ‘Atma Sakshatkar’, organized by Madhya Pradesh Manovaigyanik Parishad, Jabalpur. (M.P.) November, 2004.

Participated and presented paper in the 1st International Conference on ‘Revival of Traditional Yoga’, organized by the Lonavala Yoga Institute, Lonavala, Maharashtra, January, 2006.

Participated and presented paper in the Vth International Conference on ‘Advances in Yoga Research, Education and Therapy’ organized by Kaivalyadham, Lonavala, December, 2006.

Participated and presented paper in the “International Congress of Environmental Research” held on 28th-30th December 2007, Organized by Govt. Geetanjali Girl’s P.G. College, Bhopal, (M.P.).

Participated in the ‘Bharatiya Vigyan Sammelan’ held on 23-25 Nov. 2007, Organized by Madhya Pradesh Council of Science and Technology, Bhopal, (M.P.).

Participated and presented paper in the 7th International Conference on “Yoga and Youth: Classical and contemporary Perspective” held on 27- 30 Decem. 2012, organized by Kaivalyadham, Lonavala, Pune.

Participated in Advanced Training Programme on SPSS(ATP on SPSS) from 30-311st Janu.2014, organized by the Department of Statistics , H.N.B.Garhwal University, Srinagar, U.K.

Participated in the International Yoga Festival from 1st March to 7th March 2014, organized byUttarakhand Tourism, Govt. of Uttarakhand in Rishikesh.

Participated and presented paper in the National Seminer on “Inclusive Drive Engine of

Community- Based Eco- tourism in the Mountainous Himalayas: Guidelines , Policy Perspectives and Development Indicator” held on 27th Sept. 2014 ,organized by Centre for Mountain Tourism and Hospitality Studies(CMTHS),H.N.B.Garhwal University, Srinagar, Uttarakhand.

Participated and presented paper in the international seminar on “Yoga for the Youth” held on 30th January, 2015 organized by the Department of Yoga, H.N.B.Garhwal Central University,Srinagar, Garhwal, Uttarakhand.

Participated and presented paper in the National Conference on “Yoga for wellness in Life,” held from 9-11 march 2015, organized by Indian Association of Yoga, New Delhi.

Participated and presented paper in the National Seminar on Yogic management of Lifestyle Disorders, held from 30-31 march, 2015, organized by Department of Human Consciousness and Yogic Science, Gurukul Kangri University, Haridwar.

Participated and presented paper in the National Seminar on “Emerging Trends in Physical Education and Yogic Science for all Round Development of Youth”, held from 25-26 Feb. 2016, organized by Rambai Ambedkar Govt. Degree College, Gajraula, (U.P.).

Participated and presented paper in the seminar on “ Best practices in Achieving Institutional Excellence in Higher Education”, held from 2-3 March, 2016, organized Department of Education in collaboration with IQAC, H.N.B.G. University, Srinagar, (U.K.).

Participated and presented paper in the National Conference on ‘Yoga and Holistic Health’, held from 12-13 march, 2016, organized by Indian Association of Yoga, New Delhi,

Participated and presented paper in the National seminar on Yoga, Naturopathy and Holistic Health, held from 27- 28 August, 2016, organized by Govt. Degree College, Banbasa and Uttarakhand Open University, Haldwani.

Presented and participated in the 10th International Seminar on Human Rights, held from 22-24 October, 2016, organized by Institute for Social Development and Research, Ranchi.

Participated and presented paper in the 4th International Conference on ‘Developing Human Values through Yoga’, held from 24-25 Feb.2018, organized by Indian Association of Yoga, New Delhi.

Participated and presented paper in the 13th International Seminar on ‘Urban Development’ held from 10-12 March, 2018, organized by Institute for Social Development, Ranchi.

Delivered Invited Lecture on “Yoga Practice and Tuberculosis” on World Tuberculosis Day, Organized by the Department of Botany and Microbiology, of HNBSGU, Srinagar Garhwal Uttarakhand on 24th March, 2018.

Participated and presented paper in the 5th International Conference on ‘Human

Excellence through Yoga', held from 23-24 Feb.2019, organized by Indian Association of Yoga, New Delhi and Uttarakhand Sanskrit University, Haridwar.

Participated and presented paper in the 6th International Conference on 'Psycho-spiritual approach to Yoga', held from 22-23 Feb.2020, organized by Indian Association of Yoga, New Delhi and Uttarakhand Sanskrit University, Haridwar.

Participated and presented paper in the National Webiner on " Safety and Immunity Enhancement for Covid-19" held from 12-13 May, 2020, organized by Department of Physical Education & Sports, Rama-Bai Ambedkar Government Degree College, Gajraula, Amroha, U.P.

Delivered Lecture as a Resource Person in the Webinar on "Yoga and Wellness" on 17/08/2020, organized by HRDC, Ranchi University, Ranchi.

) Delivered Lecture on 20/8/2020 as a Resource Person in the Short-Term Course on "Yoga" from 18/08/2020 to 24/8/2020, organized by HRDC, Ranchi University, Ranchi.

Delivered Lecture on 21/6/2021 as an Invite Speaker on occasion of International Yoga Day on the Topic "Role of Yogic Medicines in enhancement of Immune Capacity" , organized by Gushkara Mahavidyalaya, Burdwan, West Bengal.

Participated and presented paper in the 8th International Conference on 'Role of Yoga and Sanskritam in Human Transformation', held from 09-10 April.2022, organized by Indian Association of Yoga, New Delhi and Uttarakhand Sanskrit University, Haridwar.

Participated and presented paper in the 7th National Seminar on " Human Health" held from 25-27 June, 2022, organized by Institute for Social Development & Research, Ranchi.

Participate as Co-Chairperson in the 2th International Conference on Aerosols, Air Quality & Climate Change over Himalayan Region of Uttarakhand (ACC 2022), held from 4-6 November, 2022, organized by Department of Physics in collaboration with School of Education, HNBGU, Srinagar Garhwal, Uttarakhand.

) Participated and presented paper in the 9th International Conference on 'Yoga in Synergy with Science, held from 25-26 Feb.2023, organized by Indian Association of Yoga, New Delhi and Uttarakhand Sanskrit University, Haridwar.

) Participated and presented paper in the National Conference on "Role of Yogis In Indian Independence Movement, held from 27-28th Feb. 2023, organized by Dept. of Yogic Science, Gurukul Kangri University, Haridwar.

Research Paper : (U.G.C Care Publications)

- (1) 'Treatment of Emotional Disturbance through the Practice of Yoga Nidra'; *Indian Journal of Yog, Sport & Exercise Science and Physical Education*; July & December-2005, 6(1&2), 10-15.
- (2) 'Effect of Surya Namaskara on Behavioural Maladjustment of High School Students'; *Vyam- Vidnyan*, 2006, 39(2), 23-31.
- (3) 'Control of Aggressive Behaviour of Adolescents through the Practice of Transcendental Meditation' *HPE Forum*, April-September 2006, 6(1), 25-33.
- (4) 'Development of personality Through the Practice of Yogasanas in Early Years'; *Penalty Corner*, March 2006, 5(1), 60-64.
- (5) 'Application of Meditation in the field of Astrological Treatment'; *Tulsi Prajna*, January-March, 2006, 33(130), 106-116.
- (6) 'Dance Yoga: A Good Healing Technique', *Vyam-Vidnyan*, February 2007, 40 (1), 8-12.
- (7) 'Yog Neetishastra', *Darshaniki*, June 2007, Vol. 3 & 4, No. 1 & 2.
- (8) 'Effect of Transcendental Meditation on Home, Health Social and Emotional Adjustment of Degree students'; *Yoga Mimamsa*, **ISSN: 0044-0507**, 2005, 32(2), 228-241.
- (9) 'Healing Effect of Mudras (Hand Gestures) on Psychosomatic Disorders' *Indian Journal of Yog, Sport & Exercise Science and Physical Education*, May 2008, 2(1), 15-22.
- (10) 'Conservation of Ecology and Environment through Yogic Life-style" *International Journal of Environmental Research and Development*, **ISSN: 0973-6921**, 2008, 2(4), 905-912.
- (11) "Evolution of Yoga in Geo-Cultural Perspective," *Journal Yoga Vijnana*, April-June, 2008, 1(4), 11-17.
- (12) "Hatha Yoga : Swasthya Suraksha ka Prabal Sadhan", (Hindi) *Keshwanand Yog Patrika*, Nov. 2009, 26(2), 11-18.
- (13) "Yog Dwara Vidyarthiyon Mein Swasthya, Prasannata Evam Samrasata," *Swasthya Vatika*, Oct., 2009. Vol.17, pp.61-62.
- (14) *Asthama and its Yogic Management (Hindi) Keshwananda Yog Patrika*, Feb.2011, 28(2), 14-24.
- (15) *Effect of Transcendental Meditation on Personality Integration of Adolescents*, *International Journal for Social Development*, **ISSN: 2320-9283**, 2013, 1(4)42-55.
- (16) *Rog Chikitsa Mein Hatha Yogic Suddhi kriyon Ki Bhumika*, *Gorakshpur Social Scientists*, **ISSN: 0976-8521**, 2013, 4(1 and 2) 67-75.
- (17) *Samaj Virodhi Vyaktitva ke Upchar mein Yogabhyaso Ki Bhumika*, *Journal for Social Development*, **ISSN: 0975-0142**, 2013, 5(3) 153-167.

- (18) *Samajik Vikas Mein Yogic Naitik Evam Adhyatmik Chatna Ka Mahatva*, *Journal for Social Development*, **ISSN: 0975-0142**, 2013, 5(4) 118-137.
- (19) *Effect of Transcendental Meditation on the State of Stress of Office Workers*, *International Journal of Yoga and Allied Sciences*, **ISSN: 2278-5159**, 2013, 3(2) 112-119.
- (20) *Emergence of Yoga as a Therapeutic Technique in Recent Time*, *Indian Stream Research Journal*, **ISSN: 2230-7850**, 2014, 4(9), 1-8.
- (21) *Role of Trigunas in Framing of Personality*, *Indian Stream Research Journal*, **ISSN: 2230-7850**, 2015, 5(2), 1-5.
- (22) *Pranayama-A Unique means of Achieving Emotional Stability*, *International Journal of Health Sciences and Research*, **ISSN: 2249-9571**, 5(12), 377-385.
- (23) *Nadanusandhan- A true Technique of Meditation*, *Review of Literature*, **ISSN: 2347-2723**, 3(8), 1-8.
- (24) *Efficacy of Yogic Medicine for all round development of Youth*, *International Journal of Physical Education, Health and Sports Sciences*, **ISSN: 2279-0306**, 5(2), 69-74.
- (25) *Efficacy of Vipassana Meditation in the Management of Psychosomatic Ailments*, *International Journal of Research in Medical and Basic Sciences*, **ISSN: 2455-2569**, 2(10), 12-18.
- (26) *Role of Trigunas in Framing of Personality*, *Indian Stream Research Journal*, **ISSN: 2230-7850**, **2015**, 5(2), 1-5.
- (27) *Pranayama-A Unique means of Achieving Emotional Stability*, *International Journal of Health Sciences and Research*, **ISSN: 2249-9571**, **2015**, 5(12), 377-385.
- (28) *Nadanusandhan- A true Technique of Meditation*, *Review of Literature*, **ISSN: 2347-2723**, **2016**, 3(8), 1-8.
- (29) *Efficacy of Yogic Medicine for all round development of Youth*, *International Journal of Physical Education, Health and Sports Sciences*, **ISSN: 2279-0306**, **2016**, 5(2) special, 69-74.
- (30) *Efficacy of Vipassana Meditation in the Management of Psychosomatic Ailments*, *International Journal of Research in Medical and Basic Sciences*, **ISSN: 2455-2569**, **2016**, 2(10), 12-18.
- (31) *Role of Yoga Practices in the Protection of Human Rights*, *International Journal of Health Sciences and Research*, **ISSN: 2249-9571**, **2017**, 7(12), 247-254.
- (32) *Effectiveness of Yoga as an Anti-Aging Medicine*, *Proceedings of National Seminar on Yoga for Nation Building*, Department of Yoga, Barkatullah University, Bhopal, (M.P.), **2019**, 18-23.
- (33) *Spiritual Consciousness: A Potent means of Environmental Conservation*, *Environmental Conservation Journal*, **ISSN 0972-5124**, **2019**, 20(SE), 103-109.
- (34) *Effect of Yoga Nidra on Adjustment Capacity of Undergraduate Students (Co-Authorship Article)*, *Shodh Sarita*, **ISSN: 2348-2397**, **2020**, 7(28), 93-99.(**U.G.C Care**

Listed)

(35) *Effect of Yoga Nidra on Personality Development of Undergraduate Students (Co-Authorship Article)*, Sambodhi, ISSN: 2249-6661, 2020, 43(04),128-134. **(U.G.C Care Listed)**

Listed)

(36) *Role of Yoga Ethics in Enhancement of Efficiency in Management*, Kala Sarovar, ISSN: 0975-4520, 2020, 23 (04), 17-28. **(U.G.C Care Listed)**

(37) *Effect of Preksha Meditation in Improving Spiritual Intelligence*, Tulsi Prajna, ISSN: 0974-8857, 20221, 48(189-190) January-June, 102-108. **(U.G.C Care Listed)**

(38) *Effectiveness of Dance Yoga as a Therapeutic Technique*, Kala Sarovar, ISSN: 0975-4520, 2021, 24(04), 569-573. **(U.G.C Care Listed)**

(39) *Rog Kshamata (Immunity) Ki Vriddhi Mei Yogabhyaso Ki Bhumika- Ek Samikshatmak Adhyayan*, Shodh-Dhara, ISSN: 0975-3664, 2021, 61(2), 240-247.

(U.G.C Care Listed)

(40) *वेदों में प्राण साधना का स्वरूप*, Vedvidya ,ISSN: 2230-8962, July-December 2021, 38(2):30-36.

(41)*Therapeutic context in Basic texts of Hatha Yoga*, Shodh Prabha, ISSN: 0974-8946, July-September. (2022), 47(3):91-104**(U.G.C Care Listed)**

(42) *योग का विकास-एक भू-सांस्कृतिक दृष्टिकोण* (2022), Sameecheen, ISSN: 2250, July-September, 2022, 15(32):156-163. **(U.G.C Care Listed)**

Book/Book Chapter

(i) *'Preksha Meditation and Drug Abusers' Personality'*, ISBN: 81-8329-118-X, Pages: 199, Shree Publications and Distributors, Dariyaganj, New Delhi, 2006.

(ii) *Hatha Yog ki Bhumika*, ISBN: 978-81-7555-767-3, Pages: 235, University Publications, Dariyaganj, New Delhi.

(iii) *Vastunistha Bahu Vikalpiya Prasnottar Mei Yog*, ISBN: 978-81-225-0664-8, Pages: 480, Kitab Mahal, New Delhi

(iv) *Quintessence of Yoga: A complete Book for UGC NET & Other Entrance Examinations in Yoga*, ISBN: 978-81-95386-78-9, Pages: 361, Kitab Mahal, New Delhi.

Chapter in edited book

1. "Efficacy of Spiritual Intelligence in Improving Psychological Well-being of Meditators", Recent Advances in Management and Social Sciences, ISBN: 978-81-948872-9-4, National Press Associates, New Delhi (2020).Pages39-43

2. "Role of yoga in Health Care", Recent Advances in Social Sciences and Academic Development, ISBN: 978-93-90863-18-1, National Press Associates, New Delhi (2022).Pages 22-30