

Research Centre in Yoga

Shoolini University of Biotechnology and Management Sciences

Focus of the Centre:

SDG 3: Good Health and Well-being, SDG 4: Quality Education, SDG 8: Decent Work and Economic Growth, SDG 15: Life On Land, SDG 16: Peace, Justice and Strong Institutions

Vision & Mission: The research centre in yoga was established at Shoolini University in 2019 under the Faculty of Management Sciences and Liberal Arts. The purpose of research centre is to conduct traditional theoretical and empirical research studies and to convey the science behind traditional yoga system and propagate the sacred knowledge of yoga to enlighten the people. The major task of the research centre is to develop a sustainable and traditional way to the management for common ailments.

Location: Block C & Yogananda Ville

Year of Establishment: 2019

Faculty In-charge: Dr. Subodh Saurabh Singh

Faculty Members Associated: Dr. Mala Tripathi, Dr. Rohit Chobe, Dr. Supriya Shrivastava

No. of Publications in following SDGs (2018-2023):

Name of SDG	No. of Publications
SDG 3: Good Health and Well-being	516
SDG 4: Quality Education	8
SDG 8: Decent Work and Economic Growth	53
SDG 15: Life On Land	60
SDG 16: Peace, Justice and Strong Institutions	4

Extracted from Scopus database

Thrust areas of research:

- Physiological and Psychological effects of yoga sustainable practices
- Effects of yoga practices on quality of life.
- Effects of Yoga practices on different age group subjects, gender, drug abused people.

Collaborations: Yunnan Minzu University, China

Patents Filed:

S.no.	Authors Name (Year)	Title of the Patent	Application no.
1.	Dr. Mala Tripathi, Dr. Subodh Saurabh Singh	A sequential practice of Pranayama to enhance Hemoglobin level in A+ blood group persons.	2310/2019-CO/L
2.	Dr. Subodh Saurabh Singh, Dr. Mala Tripathi	Specific Yoga Protocol effective for Hypothyroidism Patients	2321/2019-CO/L
3.	Mala Tripathi, Subodh Saurabh Singh	SYSTEMATIC MODEL OF YOGA LESSON PLAN	9246/2021-CO/L
4.	Sumit Kumar, Subodh Saurabh Singh, Mala Tripathi	SHATKARMA KIT	337635-001
5.	Sumit Kumar, Sorabh Aggarwal, Apar Kushik, and Dr. Prerna Bhardwaj	Adjustable Book Stand	341398-001
6.	Sumit Kumar, Mala Tripathi, Subodh Singh	Forward Bending Prop	345718-001
7.	Sumit Kumar, Mala Tripathi, Subodh Singh	Back Bending Prop	345719-001
8.	Mala Tripathi, Subodh Saurbh, Sushil Kumar, Shivanya Thakur, Prof. Abhay Saxena, Sumit Kumar.	ADJUSTABLE TRATK BAMBOO STAND	346191-001
9.	Sumit Kumar, Sushil Kumar, Sonia Kumari, Mala Tripathi, Subodh Saurabh Singh, Satish, Bhawna	HAND-FOOT GRIP MAT	346192-001
10.	Deepshikha Thakur, Sushil Kumar, Naresh Kumar, Sumit Kumar, Mala	ACCOMPLISHED YOGA- BAG	346194-001

	Tripathi,Subodh Saurabh Singh		
11.	Sumit Kumar, Sushil Kumar, Dr. Suresh Lal Baenwal, Mala Tripathi, Subodh Saurabh Singh	ADVANCED YOGA-MAT	346247-001
12.	Bhawna, Sushil Kumar, Sonia Kumari, Sumit Kumar, Mala Tripathi, Subodh Saurabh Singh, Prof. Abhay Saxena, Satish	HAND-GRIP MAT	346248-001
13.	Sumit Kumar, Sushil Kumar, Shivanya Thakur, Subodh Saurabh Singh, Mala Tripathi, Satish, Deepshikha Thakur	HEAD-GRIP MAT	346249-001
14.	Satish, Sushil Kumar, Shivanya Thakur, Sumit Kumar, Apar Kaushik, Suman Rawat, Divya Matlani	KNEE-GRIP MAT	346250-001
15.	Sushil Kumar, Shivanya Thakur, Sonia Kumari, Sakshi Guleria, Sumit Kumar	YOGA GRIP-MAT	346251-001
16.	Sumit Kumar, Sushil Kumar, Shivanya Thakur, Subodh Saurabh Singh, Mala Tripathi, Satish, Deepshikha Thakur	FEET-GRIP MAT	346276-001
17.	Bhawna, Mala Tripathi, Subodh Saurabh Singh	Case Investigation Module For Yoga Therapy	14040/2021-CO/L

18.	Bhawna, Mala Tripathi, Subodh Saurbh Singh, Sumit Kumar, Deepshikha Thakur	Yoga Therapy Prescription for Elders	22235/2021-CO/L
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Activities

Common Meditation session



Yoga camps



Morning & Evening Yoga Sessions

