

FACULTY PROFILE



Name	Dr. Arun Kumar Sao						Date of Birth: 06.06.1981			
Designation	Assistant Professor				Date of holding Present Post			18.09.2013		
Name of the Department and School	Department Yoga Education School of Education (SoE)									
Contact Details	Phone No: 07582-265802 Email Id: saoarunkumar@gmail.com						Mobile: 9074803079			
Educational Qualifications (UG onwards)	B.Sc.(ZBS), M.Sc. & PhD in Yoga Science, NET(Yoga)									
Research Area/Specialization	Traditional Yoga & Applied Yoga									
Summary of Publications (Number only)	Research Papers	13	Books	02	Chapter in Books	01	Seminars/ Conferences Proceedings	05	Projects	

PUBLICATIONS – 2013 onwards :

International Publications (Details of Research Papers – 2013 onwards):

2017	Arun K. Sao - Yogic Management of Psychological Disorders Related to BPO Sector. International Journal of Creative Thought (IJCRT) (ISSN: 2320-2882, Dec. 2017, 5(4); (P) 2070-2077).
2018	Sao, Arun K. – Effect of Pragma Yoga on Emotional Stability of Students. International Journal of Research (IJR) (ISSN: 2348-6848, Nov. 2017, 4(14); (P) 5386-5392) UGC Approved List S. No.-44396 Pen2 print. Publication New Delhi.
2018	Sao, Arun K. – Effect of Selected Mantra on Creativity of Adolescent International Journal of Research (IJR) (ISSN: 2348-6848, Jan. 2018, 5(2); (P) 600-608) UGC Approved old List S. No.-44396 Pen2 print. Publication New Delhi
2019	Sao, Arun K. – Aadhunika Jivan Shaili Ke Paripeksha Me Yoga Ki Upadeyata. Drishtikon: Bimonthly Hindi Journal (ISSN: 0975-119X, Sep.-Oct. 2019, 11(5); (P) 80-85) UGC Approved Care List S. No.-43 Group D, Drishtikon Prakashan.
2020	

Books Published – 2013 onwards

2013	Arun Kumar Sao & Akhileshwar Sao, Tanav Avm Yoga, Radha Publication, Dariyaganj Delhi, 2013, ISBN 978-81-7487-835-9.
2019	Arun Kumar Sao & Akhileshwar Sao, Yoga Chikitsa, Chaukhambha Orientalia, Kamala Nagar Delhi, 2019, ISBN 9789389329025.

Chapters in Books – 2013 onwards

2016	बृजेश सिंह ठाकुर वडा. अरुण कुमार साव, शिक्षा विद्या के समन्वय से व्यक्ति विकास सर्वांगीण विकास, शांति एवं मूल्यों के लिए शिक्षा, प्रांजल प्रकाशन, सागर, 2016, ISBN-97881889740108, पृ. 107-112.
------	---

National Seminar/Conference/Workshops (Attended – 2013 onwards)

2014	National Seminar on Fitness & Wellness-One India- Fit India, organized by LNIPE, Gwalior (MP), 25-27 Feb. 2014.
2014	Workshop on "NAAC Assessment & Accreditation" organized by an IQAC & ASCC at Dr. H. S. Gour Vishwavidyalaya, Sagar (M.P.), 28-29 March 2014.
2015	Conference, Seminar & Workshop of National Yoga Week-2015 Organized by Morarji Desai National Institute of Yoga (MDNIY), New Delhi from 12-18 February 2015.
2016	National Seminar on Yoga & Mental Health Organized by Department of Yogic Studies, Dr H.S. Gour University, Sagar (MP), from 20-21 June 2016.
2016	National Workshop on "Charitra Nirman Avm Vyaktitva Ka Samagra Vikas" Organized by Swami Vivekanand Vishwavidyalaya, Sagar & Shiksha Sanskriti Utthan Nyas, New Delhi, from 27-29 Aug. 2016.
2016	National Seminar on Emerging Trend of Research in Yoga & Naturopathy Organized by Central Council for Research in Yoga & Naturopathy, New Delhi, from 16-18 Sept. 2016.
2017	National Seminar on Yoga & Holistic Health Organized by Department of Yoga Education, Dr H.S. Gour University, Sagar (MP), from 21-22 June 2017.
2018	National Workshop on "Charitra Nirman Avm Samagra Vyaktitva Vikas" for Teachers Organized by Swami Vivekanand Vishwavidyalaya, Sagar & Shiksha Sanskriti Utthan Nyas, New Delhi, from 11-13 May 2018.
2019	Jnanotsav-2075 Organized by Swami Vivekanand University, Sagar (MP) & Shiksha Sanskriti Utthan Nyas, New Delhi, from 02-03 Feb. 2019.
2019	Seminar – World Philosophy Day Organized by Department of Sanskrit, Dr Hari Singh Gour University, Sagar (MP) & Council of Indian Philosophical Research, New Delhi, from 19 March. 2019

International Seminar/Conference/Workshops (Attended – 2013 onwards)	
2015	International Yoga Day Celebration, Dr. Harisingh Gour Vishwavidyalaya, Sagar from 21/05/2015 to 21/06/2015
2017	International Seminar on “Yoga for Youth” Organized by Swami Vivekanand Vishwavidyalaya, Sagar, from 30 April. 2017.
2018	International Seminar on “World in Sanskrit, Sanskrit in the World” Organized by Department of Sanskrit, Dr. H.S. Gour Vishwavidyalaya, Sagar, from 16-18 March 2018.
2018	International Yoga Day Celebration, Dr. Harisingh Gour Vishwavidyalaya, Sagar from 21 June 2018.
2019	International Yoga Day Celebration, Dr. Harisingh Gour Vishwavidyalaya, Sagar from 21 June 2019.
National Seminar/Conference/Workshops (Organized) – 2013 onwards	
2014	Ten Day Workshop on “Yoga & Psychotherapy”, Dr. H. S. Gour University, Sagar (M.P.) 4-13 Nov. 2014.
2015	Fifteen Day Yoga Training Camp for Girls NCC Cadets, Dr. H. S. Gour University, Sagar (M.P.) 06-20 Apr. 2015.
2015	Three Day Workshop on “Yoga Health & Happiness”, Dr. H. S. Gour University, Sagar (M.P.) 17-19 Apr. 2015.
2015	Fifteen Day Workshop on “Yoga & Moral Value”, Dr. H. S. Gour University, Sagar (M.P.) 26 Oct.- 09 Nov. 2015.
2016	Fifteen Day Workshop on “Yoga & Mental Health”, Dr. H. S. Gour University, Sagar (M.P.) 06 Jan.- 20 Jan. 2016.
2016	Fifteen Day Workshop on “Yoga & Natural Therapy”, Dr. H. S. Gour University, Sagar (M.P.) 01 Feb.- 15 Feb. 2016.
2016	Five Day Workshop on “Personal and Social Hygiene (Yama-Niyama)”, Dr. H. S. Gour University, Sagar (M.P.) 01 June - 05 June 2016.
2016	Five Day Workshop on “Mindfulness (ChittaPrasadanam)”, Dr. H. S. Gour University, Sagar (M.P.) 06 June - 10 June 2016.
2016	Five Day Workshop on “Yoga Therapy”, Dr. H. S. Gour University, Sagar (M.P.) 11 June - 15 June 2016.
2016	Five Day Workshop on “Yoga & Mental Health”, Dr. H. S. Gour University, Sagar (M.P.) 16 June - 20 June 2016.
2017	Seven Day Lecture Series on Yoga and Health, Department of Yoga Education, Dr. H. S. Gour University, Sagar (M.P.) 20 March – 26 March 2017.
2017	Seven Day Workshop on “Mental Health” Dr. H. S. Gour University, Sagar (M.P.) 16 May - 22 May 2017.
2017	Seven Day Workshop on “Yoga Therapy” Dr. H. S. Gour University, Sagar (M.P.) 23 May - 30 May 2017.
2017	Fifteen Day Workshop on “Yoga & Holistic Health” Dr. H. S. Gour University, Sagar (M.P.) 16 June - 30 June 2017.
2017	Six Day Workshop on “Yoga & Mental Health”, Dr. H. S. Gour University, Sagar (M.P.) 05-10 Oct. 2017
2017	Ten Days Workshop on “Wellness through Yoga & Naturopathy”, Dr. H. S. Gour University, Sagar (M.P.) 10-19 Nov. 2017
2018	Ten Days Workshop on “Yoga: An Unique Aide to Long Lasting Healthy, Happy & Harmonious Life”, Dr. H. S. Gour University, Sagar (M.P.) 15-24 March 2018
2018	One month Yoga Camp, Department of Yoga Education, Dr. H. S. Gour University, Sagar (M.P.) from 21 May to 21 June 2018.
2018	Six Day National Workshop on Yoga, Dr. H. S. Gour University, Sagar (M.P.) from 16 June to 21 June 2018.
2018	Three Day National Seminar on Yoga for Modern Society: Issues & Challenges from 19 June to 21 June 2018.
2019	National Workshop on Yoga & Holistic Health from 11-20 June 2019.
2019	National Seminar on Yoga for youth: Issues & Challenges from 20-21 June 2019.
International Seminar/Conference/Workshops (Organised) – 2013 onwards	
2015	International Yoga Day Celebration, Dr. H. S. Gour University, Sagar (M.P.) from 21/05/2015 to 21/06/2015.
2016	International Yoga Day Celebration, Dr. H. S. Gour University, Sagar (M.P.) 21/06/2016.
2017	International Yoga Day Celebration, Dr. H. S. Gour University, Sagar (M.P.) 21.06.2017.
2018	International Yoga Day Celebration, Dr. H. S. Gour University, Sagar (M.P.) from 21 May to 21 June 2018.
2019	International Yoga Day Celebration, Dr. H. S. Gour University, Sagar (M.P.) 21 June 2019.
Research Papers in Proceedings (National Seminar/Conference/Workshops) – 2013 onwards	
2013	Pillay, K & Arun K - The Impact of Certain Yogic Practices on Diabetes Mellitus. Fitness, Yoga & Rehabilitation Published by Dept. of Health Sc. & Fitness, LNIPE, Gwalior. (ISBN- 978-81-89983-65-9, 18-20 Feb, 2013, Pp.150-155)
2013	Sao, A, & Sao, AK - Effect of Yogic Intervention on Anxiety related to Techno-Stress. Fitness, Yoga & Rehabilitation Published by Dept. of Health Sc. & Fitness, LNIPE, Gwalior. (ISBN- 978-81-89983-65-9, 18-20 Feb, 2013, Pp.113-117)
2014	Pillay, K., AK & Mishra, R. - Effect of Om Chanting & Pranakarshan Pranayama on Emotional Maturity. Fitness & Wellness: One India-Fit India, Published by Dept. of Health Sc. & Fitness, LNIPE, Gwalior. (ISBN- 978-81-7879-801-1, Feb, 2014, Pp. 387-391)
2014	Sao, A, Sao, AK & Sao, G - Effect of Psycho-Spiritual Development Program on Creativity of Adolescent. Fitness & Wellness: One India-Fit India, Published by Dept. of Health Sc. & Fitness, LNIPE, Gwalior. (ISBN- 978-81-7879-801-1, Feb, 2014, Pp. 401-406)
2014	Sao, AK & Pillay, K. - Effect of Surya Namaskar & Pranakarshan Pranayama on Mental Health. Fitness & Wellness: One India-Fit India, Published by Dept. of Health Sc. & Fitness, LNIPE, Gwalior. (ISBN- 978-81-7879-801-1, Feb, 2014, Pp. 419-424)
No. of Ph.D. Awarded: 01	
(i) Membership of the Board of Studies/School Board / Academic Council/ Executive Council (Within/ outside the university)	
- Member of School Board (SB), School of Education (SoE), Dr H.S.Gour University, Sagar (2019-21). - Member of Board of Studies (BOS), Department of Yogic Science, Dr H.S.Gour University, Sagar (2019-21).	