

	<p>Name: DR. RAMESWAR PAL</p> <p>Designation: Assistant professor (Human Physiology)</p> <p>Department: Human Physiology</p> <p>Office contact: 011-23721472(Extn.133)</p> <p>Email id: asstprof-phy@yogamdniy.nic.in</p>
<h2>Academic Records</h2>	
<p>1. Qualification:</p>	<p>Ph.D (Life Sciences), M.Sc. (Human Physiology),</p>
<p>2. Area of Interest/Specialization:</p>	<p>Yoga to improve health and quality of life. Yoga, its psycho - physiological effects and underlying mechanisms. Effects of Yoga on aging & lifestyle related disease.</p>
<p>3. Experience:</p>	<p>10 Years</p>
<p>4. Achievements: ??</p>	
<p>5. Honours & Awards:</p>	<ol style="list-style-type: none"> 1. Sushila Thaker Prakriti Mandir Prize for research investigation in the field of Natural Health, Naturopathy and Yoga by “The Association of Physiologists and Pharmacologists of India” at APPICON 2015, Jodhpur, India. 2. Travel grant to attend 1st Tehran IBRO/APRC Associate School of Cognitive neurosciences on Functional Human Brain Mapping at Tehran, Iran 2015.
<p>6. Publications & Books:</p>	<p>Book Chapter – 01, Full paper Published – 17</p> <p>PUBLISHED BOOK CHAPTER</p> <ol style="list-style-type: none"> 1. Saha M, Halder K, Tomer OS, Pathak A, PAL R. Yoga for preventive, curative, and promotive health and performance. In: Singh SB, Prabhakar NR, Pentyala SN, ed. Translational research in environmental and occupational stress. Springer India, New Delhi 2014: 169-180.DOI 10.1007/978-81-322-1928-6_14.ISBN:978-81-322-1927-9. <p>PUBLISHED / ACCEPTED FULL PAPERS IN JOURNALS</p> <ol style="list-style-type: none"> 1. Vijay C, Pal R. The Efficacy of Yoga Nidra on Stress, Anxiety, and Aggression Levels in School-Going Children. <i>International Journal of Clinical and Experimental Physiology</i>. 2023;10(2):1-4. Accepted. 2. Tyagi P, Dubey AK, Pal R. Effect of Pranayama as per Trishikhhbrahmana Upanishad on sleep quality in adults: An experimental study. <i>Indian Journal of Physical Therapy and Research</i> 2023; 5:77-83. DOI: 10.4103/ijptr.ijptr_136_22. 3. Batra S, Pal R. Immediate effects of pranayama on cardiovascular parameters of hypertensive patients. <i>Current Medicine Research and Practice</i> 2022; 12(6):270-273. DOI: 10.4103/cmrrp.cmrrp_63_22. 4. Arya S, Pal R, Jain K, Badoni S, Kaushik J, Gond PK, Basavaraddi IV. Effects of 6 month-yoga training on mental health of Indian jail inmates. <i>Yoga Mimamsa</i> 2022; 54:62-9.

	<p>DOI: 10.4103/ym.ym_113_22.</p> <ol style="list-style-type: none"> 5. Pal R, Rai P, Rao S, Basavaraddi IV. Effects of Short-term Intensive Yoga Program on Yoga Instructors or Therapist. <i>Asian Pacific Journal of Health Sciences</i> 2022; 9(4S): 216-219. DOI: 10.21276/apjhs.2022.9.4S.41. DOI: 10.21276/apjhs.2022.9.4S.41. 6. Mohan S, Pal R. Effect of yogic practices on thyroid hormones: A review. <i>BLDE University Journal of Health Sciences</i> 2022; 7:7-13. DOI: 10.4103/bjhs.bjhs_23_21. 7. Jain K, PAL R, Badoni S, Kaushik J, Kumari Gond P, Basavaraddi IV. Effects of Yogic practices on cardiovascular system and salivary alpha-amylasese on Indian healthy jail inmates. <i>Journal Complementary Integrative Medicine</i> 2021. doi: 10.1515/jcim-2020-0279. aop 1-6. 8. PAL R, Gupta N. Yogic practices on oxidative stress and of antioxidant level: a systematic review of Randomized Controlled Trials. <i>Journal of Complementary and Integrative Medicine</i> 2017. Published online. DOI: 10.1515/jcim-2017-0079. 9. PAL R, Singh S N, Halder K, Tomer OS, Mishra AB and Saha M. Effect of yogic practice on metabolism and antioxidant – redox status of physically active males. <i>Journal of physical activity and health</i> 2015; 12 (4): 579 – 587. DOI: 10.1123/jpah.2013-0059. 10. PAL R, Singh SN, Chatterjee A, and Saha M. Age – related changes on cardiovascular system, autonomic function and levels of BDNF of healthy active males: Role of yogic practice. <i>AGE</i> 2014; 36 (4):9683. 1 – 17. DOI: 10.1007/s11357-014-9683-7. 11th July 2014. 11. Halder K, Chatterjee A, PAL R, Tomer OS, Saha M. Age related differences of selected hatha yoga practices on anthropometric character, muscular strength and flexibility of healthy individual. <i>International Journal of Yoga</i> 2015; 8(1): 37 – 46. DOI: 10.4103/0973-6131.146057. 12. Ramkishore and PAL R. Yogic View of Diabetes and its Management. <i>International Journal of Science and Consciousness</i> 2018; 4(1):10-14. 13. PAL R, Saha M, Chatterjee A, Halder K, Tomer OS, Pathak A and Basavaraddi IV. Anaerobic power, muscle strength and physiological changes in physically active men following yogic practice. <i>Biomedical Human Kinetics</i> 2014; 5:113 – 120. DOI: 10.2478/bhk-2013-0017. 14. Kishore R and PAL R. Effects of yogic practice in certain cardiorespiratory parameters on overweight postmenopausal women. <i>Al Ameen Journal of Medical Sciences</i> 2014; 7(4): 316 – 321. 15. PAL R, Singh S N, Halder K, Tomer OS, Mishra AB and Saha M. Effect of yogic practices on age related changes in oxygen metabolism and antioxidant – redox status. <i>Journal of Experimental and Integrative Medicine</i> 2013; 3(4): 305 – 312. DOI:10.5455/jeim.060613.or.079. 16. PAL R & Saha M. Role of yogic practice on physical health: a review. <i>Indian Journal of Applied Research</i> 2013; 3(4): 34 – 36. 17. Halder K, Chatterjee A, Tomer OS, Kain TC, PAL R and Saha M. Improvement in ventilatory Function through yogic practice. <i>Al Ameen Journal of Medical Sciences</i> 2012; 5 (2):197- 201.
7. Research	<p>Ongoing</p> <ol style="list-style-type: none"> 1. Effects of Yogic practice on physical fitness and its

	<p>correlation with cognitive performance in Indian paramilitary force personnel.</p> <p>Completed</p> <ol style="list-style-type: none"> 2. Effects of long-term yoga practice on mental health and its correlation with autonomic functions of students. 3. Exploring the impacts of Advance Yogasana Sadhana on Body composition, muscle strength and flexibility on population of different age group and gender. 4. A comparative study on the effects of Suryanamaskar on body composition and certain physiological parameters of Yoga professional and non-Yoga professional of MDNIY: A Pilot study.
<p>8. Conferences & Seminars?</p>	<p style="text-align: center;">PROCEEDING PUBLICATION</p> <p>ABSTRACT PUBLISHED IN REFERRED JOURNAL (as CONFERENCE PROCEEDINGS)</p> <ol style="list-style-type: none"> 1. PAL R, Singh SN, Saha M. Improvement of redox status through yoga. APPICON 2011, 57th annual conference of Association of Physiologist & Pharmacologist of India, organized by AIIMS, New Delhi, India. 13th –17th December 2011. <i>Indian Journal of Physiology and Pharmacology</i> 2011.55(5) suppl. 53–54. 2. Saha M, Chatterjee A, PAL R, Halder K, Tomer OS, Pathak A. Yoga for combatants. APPICON 2011, 57th annual conference of Association of Physiologist & Pharmacologist of India, organized by AIIMS, New Delhi, India. 13th – 17th Dec 2011. <i>Indian Journal of Physiology and Pharmacology</i> 2011. 55(5) suppl. 74. 3. Halder K, Chatterjee A, Tomer OS, Pathak A, PAL R, Kain TC, Saha M. Physiological effect of yogic practice on young Indian students: a comparative approach. APPICON 2011, 57th annual conference of Association of Physiologist & Pharmacologist of India, organized by AIIMS, New Delhi, India. 13th – 17th Dec 2011. <i>Indian Journal of Physiology and Pharmacology</i> 2011. 55 (5) suppl. 49 – 50. <p>ABSTRACT PUBLISHED IN CONFERENCE PROCEEDINGS</p> <ol style="list-style-type: none"> 1. PAL R. Effects of Yogic practice on age related changes in physically active males. International Yoga Conference, organised by Ministry of AYUSH, Govt. of India. Organised at Goa Kala Academy, Panaji. 12th -13th November 2018. 2. PAL R. Oxidative stress reduction and enhancement of antioxidant level following Yogic practices. National seminar on current trends of research in human physiology and community health, organized by Department of Human Physiology with Community Health, Vidyasagar University, Medinipur, India. 27th March 2015. 3. Saha M, Chatterjee A, Tomer OS, Halder K, Pathak A, PAL R. Yoga as a tool for the improvement of cognitive performance. 5th Congress of Federation of Indian Physiological Societies, Sri Venkateswara University, Tirupati, Andhra Pradesh, India. 17th – 19th December 2013.

4. Kishore R, **PAL R**. Effects of yogic practice on cardiovascular system of obese females after menopause. 9th National Seminar on Importance of Yoga and Naturopathy on 21st Century, organised by U.P. Naturopathy & Yoga Teachers and Physicians Association, Lucknow, UP, India. 3rd December 2013. **2nd Prize winner.**
5. Kishore R, **PAL R**, Majumdar D, Saha M, Chatterjee A, Basavaraddi IV, Singh SB. Effects of yogic practice on back pain. Conference on 'Scientific and clinical aspects of yoga' organized by King George Medical University UP, Lucknow & Samasthi Foundation, Lucknow, India. 2nd March 2013. **1st Prize winner.**
6. **PAL R**, Saha M, Halder K, Tomer OS, Basavaraddi IV, Majumdar D, Singh SB. Effects of yogic practice on resting metabolism and cortisol level of adolescent. National Yoga Week organized by MDNIY, New Delhi, India. 18th – 24th February 2013.
7. **PAL R**, Saha M. Physiological responses of pre and newly inductees at high altitude. Global hypoxia summit & 4th international conference on chronic hypoxia, organised by Defence Institute of Physiology and Allied Science, Delhi, India. 9th – 12th August 2012.
8. **PAL R**, Chatterjee A, Pathak A, Raj N, Kain TC, Singh KD, Bharti VK, Basavaraddi IV, Saha M. Effects of one-year yogic practice on lung function, strength and flexibility of students. International conference on frontiers in biological research, organized by Department of Human Physiology with Community Health, Vidyasagar University, Medinipur, India. 26th – 27th February 2012.
9. Chatterjee A, **PAL R**, Saha M. Improvements of autonomic and physiological functions through raj yoga meditation. International Symposium on Recent Trends in Neurosciences & XXIX Annual Conference of Indian Academy of Neurosciences organized by DIPAS, New Delhi, India. 30th Oct – 1st Nov 2011.
10. **PAL R**, Chatterjee A, Pathak A, Saha M. Effect of three months yogic practice on physiological improvements of combatants. National Symposium on Sports Physiology Today and Tomorrow organized by J N Medical College, Aligarh Muslim University, Aligarh, India. 13th March 2010.
11. **PAL R**, Chatterjee A, Raj N, Saha M. Yogic practice helps improvement in cardiovascular response on sedentary male. National Yoga Week organized by MDNIY, New Delhi, India. 12th – 18th February 2010.
12. Raj N, Chatterjee A, **PAL R**, Saha M. Effect of yoga on lifestyle related disorders: a therapeutic approach. National Yoga Week organized by MDNIY, New Delhi, India. 12th – 18th February 2010.
13. Saha M, Chatterjee A, **PAL R**. Role of yogic practice in the improvement of anaerobic capacity of individuals. 6th International Conference: Yoga research and Cultural Synthesis, organized by Kaivalyadhama, Lonavla, India. 27th – 30th December 2009.
14. Chaudhuri AD, **PAL R**, Choudhdhuri SM. Antitumor activity and antioxidant properties of anacardium occidentale against ehrlich ascites carcinoma cells in male albino mice. National Seminar on Current Trends of Research in Health Diseases, organised by Vidyasagar University, Midnapore, India. 30th – 31st March 2009.
15. Chaudhuri AD, **PAL R**, Ghosh R, Das T, Jana A, Choudhdhuri SM. Antitumor activity and antioxidant potential of calotropis

gigantea on swiss albino mice bearing sarcoma-180 carcinoma cells. International Conference on Perspective of Cell Signalling and Molecular Medicine, organised by Bose Institute, Kolkata, India. 27th -29th November 2008.

16. **PAL R**, Das T, Chaudhari AD, Choudhury SM. Evaluation of the toxic potentials of cypermethrin 10% EC on testicular spermatogenesis and oxidative status in mature male albino rats. 95th Indian Science Congress organised by Andhra University, Visakhapatnam, India. 3rd -7th January 2008.
17. Chaudhuri AD, Dandapat S, **PAL R**, Choudhdhuri SM. A comparative study on hepatotoxicity induced by orally and intraperitoneally administered Cypermethrin 10% EC in mature male albino Wister rats. 95th Indian Science Congress organized by Andhra University, Visakhapatnam, India. 3rd -7th January 2008.
18. Dandapat S, Chaudhuri AD, **PAL R**, Das T, Choudhdhuri SM. Short-term toxicity study of cypermethrin 10% EC on hepatic tissue and antioxidant status of male wister rats. XIX Annual Conference physiological Society of India organised by Manav Rachna International University, Faridabad, India. 6th – 8th Dec 2007.

ATTENDED

ATTEND AS PARTICIPANTS/ DELEGATE IN CONFERENCE/ SEMINAR/ WORKSHOP

1. Workshop on “Techniques in Physiological Sciences (TIPS) - 2022” for WHO South-East Asia Region (SEAR) nations organised by Department of Physiology, AIIMS New Delhi from 18 to 20, January 2023.
2. A national DST sponsored program for Training of scientist and Technologist working in Government Sector on Traditional Medicine – Modern Approaches for Affordable and Accessible Healthcare organised by Amity University Uttar Pradesh, Noida, from 10th – 14th February 2020.
3. A conference on Environmental Safety and Concerns Its impact on Health organised by Central Council of Research in Homeopathy, Ministry of AYUSH, govt. of India. New Delhi on 21st December 2019.
4. A national workshop on Systematic review organised by ICMR Advanced Centre for Evidence based Child Health, Postgraduate Institute of Medical Education and Research (PGIMER), Chandigarh at ICMR, V Ramalingaswami Bhawan, New Delhi from 15th – 16th September 2016.
5. National conference of Association of Physiologist and Pharmacologist of India (APPI) organised by department of Physiology, All India Institute of Medical Sciences (AIIMS), Jodhpur, India. 26th - 28th November 2015.
6. National Yoga week a mass awareness programme for, happiness and harmony through yoga a conference, seminar and workshop organised by MDNIY, New Delhi, India. 18th – 24th February 2012.
7. A pre-conference workshop on Tools and Techniques in Physiological and Pharmacological Sciences organized by AIIMS, New Delhi, India. 13th – 14th December 2011.
8. a national workshop – cum – seminar on Role of yoga in prevention and management of hypertension organised by Advanced Centre for Yoga Therapy, Education & Research

	<p>(ACYTER), and Department of Physiology, JIPMER, Puducherry, India. 18th -19th March, 2010.</p> <p>9. A National workshop on Application of the knowledge of computers in chemical and biological sciences organised by Jhargram Raj College, Jhargram, India. 23rd -24th March 2008.</p>
9 .International Visits:	1. Attend 1st Tehran IBRO/APRC Associate School of Cognitive neurosciences on Functional Human Brain Mapping at Tehran, Iran 2015.
10.Expert Talk/ Invited Speaker / Resource Person	<ol style="list-style-type: none"> 1. Yogic Practices for Respiratory Disorders. IPU Health Mela. Organised by Guru Gobind Singh Indraprastha University, New Delhi, at Talkotra stadium, New Delhi. 5th – 10th October 2023. 2. Resource person in “Internal faculty development program”. Organized by Morarji Desai National Institute of Yoga, Ministry of Ayush, Govt. of India. 13th -15th July 2021. 3. Anatomy and Physiology of Yogic practices. 03-day Virtual Training of Master Trainers for AYUSH health & wellness centres. Organised by Morarji Desai National Institute of Yoga, Ministry of AYUSH, Govt. of India. 18th – 20th August 2020. 4. Resource person in floor discussion in preconference workshop in ‘Stress management through Yoga’ on 28th February 2020. 64th Annual National Conference of Indian Public Health Association organized by All India Institute of Medical Sciences, New Delhi, India. 29th February – 2nd March 2020. 5. Effects of Yogic practice on performance improvement. Continuing Education Programme (CEP) on Yoga for performance Improvement in Different Operational Environmental Condition, organised by ‘Exercise Physiology and Yoga’ department, DIPAS, DRDO, Timarpur, Delhi, India. 21st – 23rd October 2019. 6. Effects of Yogic practice on age related changes in physically active males. International Yoga Conference, organised by Ministry of AYUSH, Govt. of India. Organised at Goa Kala Academy, Panaji. 12th -13th November 2018. 7. Yoga for Physiological improvements. Yoga training for health promotion for armed forces, organised by Exercise Physiology and Yoga department, DIPAS, DRDO, Timarpur, Delhi, India in Collaboration with Central Council for Research in Yoga & Naturopathy, Janakpuri, New Delhi, India. 04th May 2018. 8. Effects of yogic practice on biochemical mitigate. Continuing Education Program (CEP) on performance Improvement strategies through yoga and physical exercise, organised by ‘Exercise Physiology and Yoga’ department, DIPAS, DRDO, Timarpur, Delhi, India. 17th – 21st August 2015. 9. Effects of yogic practice for better health. Yoga training program on Yoga for health Promotion organised by ‘Exercise Physiology and Yoga’ department, DIPAS, DRDO, Timarpur, Delhi, India. 31st August – 12th September 2015.
11. Selection Committee Member	