

Seminar Report

The **School of Yoga Sciences** at **Swami Rama Himalayan University** conducted a seminar on "**Yoga Research Findings**" on **13th June 2025 at 3:00 p.m.** in **Nagarjuna Hall – 1**. This academic event was an important initiative aimed at fostering research culture and encouraging scholarly discussions on the scientific aspects of yoga. Faculty members, PhD scholars, and Master's students were present at the seminar.

Ms. Ritu, a research scholar from SYS, presented her research on "**Exploring the Role of Nadisodhana in Modulating Gestational Diabetes Mellitus (GDM)**," highlighting how specific pranayama practices can offer therapeutic benefits in managing complex metabolic disorders during pregnancy. And **Mr. Navneet**, another research scholar from SYS, delivered a presentation on "**The Role of Kunjal Kriya as a Detoxification Therapy for Substance Use Disorders.**" His research focused on the potential of traditional yogic cleansing techniques to aid in the rehabilitation of individuals suffering from substance abuse, thereby bridging the gap between ancient yogic wisdom and modern therapeutic approaches.

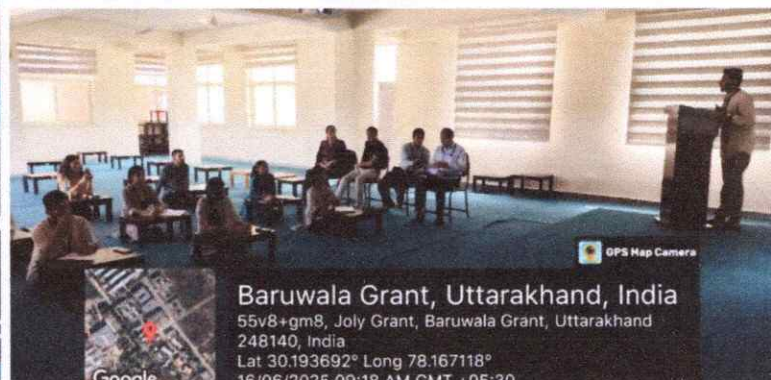
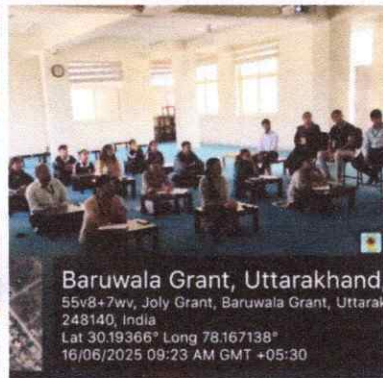
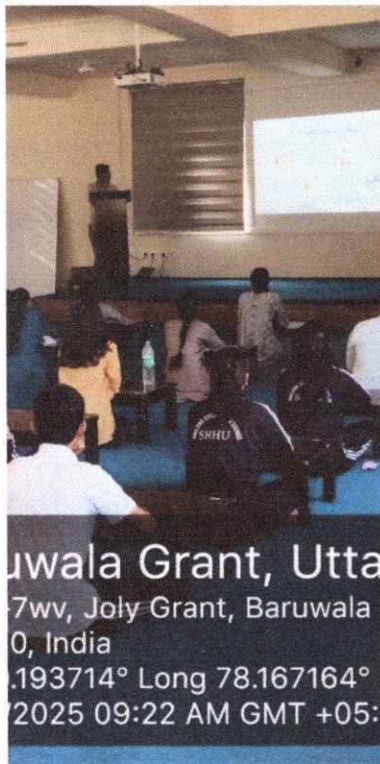
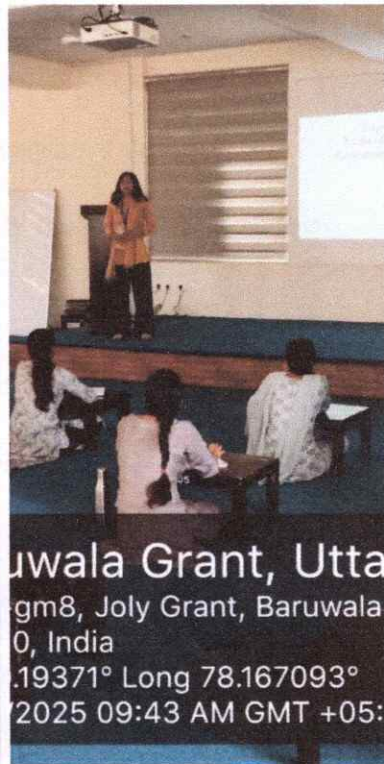
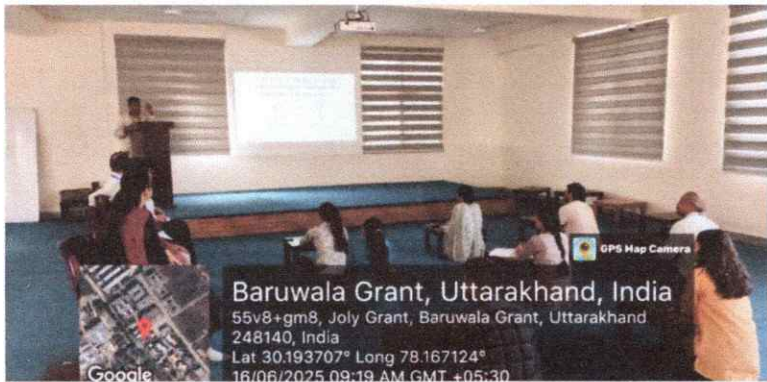
The seminar served as an excellent platform for knowledge dissemination and academic interaction. The presentations were followed by a brief question-and-answer session, allowing participants to engage deeply with the topics. Overall, the event was a great success and contributed significantly to the ongoing academic and research initiatives of the School of Yoga Sciences. The enthusiastic participation and scholarly exchanges highlighted the institution's commitment to integrating traditional yogic practices with contemporary scientific research for holistic well-being.



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Photographs of Seminar



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