

Swami Rama Himalayan University
School of Yoga Sciences
Office of the Principal

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Dated: - 23/05/2025

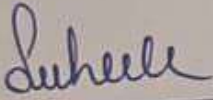
Notice

This is to inform you that SYS has been scheduled a seminar on the topic “Yoga Research Findings” will be held on 24th May 2025 on 03:00 p.m. onwards in Nagarajuna Hall – 1 .

Attendance in this seminar is mandatory for the faculty SYS, Research Scholars, and Master Degree students.

Keynote speakers :

1. **Mr. Anup Raturi, Research Scholar, SYS**
Topic – Sidhhi: Yogic Avdharna ka Bahuayami Adhyayan
2. **Mr. Amit , Research Scholar, SYS**
Topic – Effect of Yoga on Respiratory System



Officiating Principal
School of Yoga Sciences
Swami Rama Himalayan University

Principal
School of Yoga Sciences
Swami Rama Himalayan University
Jolly Grant, Dehradun, Uttarakhand-248016

Seminar Report

A seminar on the topic “**Yoga Research Findings**” was organized by the School of Yoga Sciences, Swami Rama Himalayan University, on **24th May 2025** at 3:00 p.m. in Nagarjuna Hall – 1. The event was held under the direction of the Office of the Principal and was attended by faculty members, research scholars, and Master’s degree students of the School of Yoga Sciences.

The seminar featured two keynote speakers who presented their research work in the field of yoga. The first speaker, **Mr. Anup Raturi**, a Research Scholar from SYS, delivered a detailed presentation on the topic “**Siddhi: Yogic Avdharna ka Bahuyaami Adhyayan**”. His talk highlighted the multifaceted exploration of yogic concepts and practices related to the attainment of Siddhis (spiritual powers), drawing on traditional texts and contemporary research findings.

The second keynote address was given by **Mr. Amit**, also a Research Scholar from SYS. He spoke on the “**Effect of Yoga on the Respiratory System**”, emphasizing how various yogic practices such as pranayama (breathing techniques) contribute significantly to improving lung function, enhancing respiratory health, and reducing stress-related respiratory issues.

The seminar successfully provided a platform for the sharing of valuable research insights in the field of yoga, encouraging academic discourse and promoting the scientific study of yogic practices. The session concluded with an interactive discussion and positive feedback from the participants.

Photographs of Seminar



In this picture seminar presentation is given by Mr. Anup Raturi and Ms. Amit both are Ph.D. scholars from the School of Yoga Sciences.

Swami RamaHimalayan University
School of Yoga Sciences

Attendance list of Beneficiaries

Topic:- YOGA RESEARCH
FINDINGS

Date: 24-05-2025

S.No.	Registration No.	Student Name	Signature
1.	DD241107801005	Gaurav Buriyal (Ph.D.)	Gaurav
2.	DD23117699101	Makima Mishra Ph.D	Makima
3.	DD241107801009	Neelam Patel (Ph.D.)	Neelam
4.	DD241107801008	Diksha patel (Ph.D.)	Diksha
5.	DD231107801502	Ankit Semwal (Ph.D)	Ankit
6.	DD20225010008	Anup Raturi (Ph.D)	Anup
7.	DD231107801501	Anushka (Ph.D.)	Anushka
8.	DD241107801006	Nisha Yadav (Ph.D.)	Nisha
9.	DD241107801501	Tushar Rawat (Ph.D.)	Tushar
10.	DD241107801504	Srishti Shakuni (Ph.D.)	Srishti
11.	DD20225010008	Nika Pandey (ph.D.)	Nika Pandey
12.	DD20225010007	Amit (Ph.D)	Amit
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