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Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) University

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**I. Education**

Institution	Degree	Field of Study
S-VYASA University, Bengaluru	DSc (2018)	Yoga
S-VYASA University, Bengaluru	Ph.D. (2006)	Yoga and Geriatric Medicine
S.D.M. College of Naturopathy and Yogic Sciences, South India. Mangalore University	B.N.Y.S (Bachelor of Naturopathy and Yogic Sciences, 1994)	Naturopathy and Yoga

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**II. Positions**

**1. Administrative (Academic & Research)**

- ***Pro-Vice-Chancellor, S-VYASA University*** S-VYASA (A deemed to be University recognized by the Ministry of Human Resource Development, Government of India), Bengaluru, January 12, 2021 till the present time.
- ***Director of International Affairs,*** S-VYASA (A deemed to be University) Bengaluru, 2016 till the present time.
- ***Director of Research and Development,*** S-VYASA(A deemed to be University), Bengaluru, 2015 till the present time.
- ***Joint Director of Research and Development,*** S-VYASA (A deemed to be University), Bengaluru, 2011-2015.
- ***Registrar,*** S-VYASA(A deemed to be University), Bengaluru, 2009-2011.

## 2. **Administrative (Management)**

- ***Vice-President,*** Vivekananda Yoga University (VaYU), California, USA
- ***Vice-President,*** Asian Yoga Therapy Association, Singapore
- ***Board of Director,*** VYASA-USA, Dallas, USA.
- ***Board of Director,*** VYASA-Canada, Vancouver, Canada.
- ***Co-Founder,*** VYASA Health Care Pvt. Ltd. Bengaluru
- ***Joint Secretary,*** Vivekananda Yoga Anusandhana Samsthana, Bengaluru
- ***Member, Board of Management,*** S-VYASA (deemed to be University), Bengaluru
- ***Member,*** Board of Management, Sushrutha Ayurveda Medical College, Bengaluru

## 3. **Academic and Research**

- ***Professor & Head, Anvesana*** (A Center for Advanced Research in Integrative Medicine), Division of Life Sciences, Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru, 2009 till the present time.
- ***Scientist III,*** Center for Advanced Research in Yoga and Neurophysiology, Indian Council of Medical Research, Government of India at Swami Vivekananda Yoga Research Foundation, Bengaluru, 2007 – 2009.
- ***Associate Professor,*** Swami Vivekananda Yoga Anusandhana Samsthana (A deemed to be University), Bengaluru, 2006 – 2008.

- **Assistant Professor**, at Swami Vivekananda Yoga Research Foundation (A deemed to be University), Bengaluru, 2002 – 2006.
- **Ph.D. Scholar** at Swami Vivekananda Yoga Research Foundation. Title of the thesis: ‘Yoga and geriatric care - an evaluation of positive health indicators’, 2002 – 2005.
- **Research Officer** in the project entitled: ‘Measuring consciousness fields using a random event generator’ funded by the Defense Research and Development Organization, Ministry of Defense, Government of India, New Delhi, 2001 – 2002.
- **Senior Research Fellow** in the project entitled: ‘Use of Ayurveda and Yoga in the promotion of positive health in a geriatric population’ funded by the Ministry of Health and Family Welfare, Government of India, New Delhi, 1999 – 2001.
- **Junior Research Fellow** in the project entitled: ‘Evoked responses in congenitally blind and normal sighted individuals’, funded by the Vivekananda Yoga Research Foundation, Bengaluru, India, 1995 – 1998.

### III. Academic and Professional distinctions

- **Visiting Professor**, Toyo University, Tsuragashima, Tokyo, Japan
- **Visiting faculty**, Shanghai University of Political Science and Law, Shanghai, China.
- **Visiting faculty**, Italian Yoga Federation at the University of Parma, Italy.
- **Visiting faculty**, The India-China Yoga College - Yunan Minzu University, Kunming, China.
- **Research Collaborator** with the D-Lab, Massachusetts Institute of Technology, Boston, USA.
- **Research Collaborator** with the University College of London, UK.
- **Research Collaborator** with the MD Anderson Cancer Center, University of Texas, Houston, USA.
- **Member, Taskforce – SATYAM**, Department of Science and Technology, Ministry of Science and Technology, Government of India.
- **Member, Standing Finance Committee**, CCRYN, Ministry of AYUSH, Government of India.
- **Member, AYUSH division**, Bureau of Indian Standards, Government of India.

- **Member, Scientific Advisory Committee**, CCRYN, Ministry of AYUSH, Government of India.
- **Director, Research Committee**, Indian Yoga Association, New Delhi, India.
- **Editor** – International Journal of Yoga, Indexed in Pubmed, Published by Wolters Kluwer Health & Medknow Publications.
- **Travel grants awarded:**
  - i. **from the Council for Scientific and Industrial Research, Ministry of Science and Technology, Government of India** to present research paper at an international conference organized by the Center for Positive Health, University of South Florida, Tampa, USA.
  - ii. **from the Council for Scientific and Industrial Research, Ministry of Science and Technology, Government of India** to present a paper at an international conference organized by the Federation of Asian and Oceanian Physiological Societies, Kuala Lumpur, Malaysia in 2002.
  - iii. **from the Indian Council for Medical Research, Government of India** to present a paper at an international Conference organized by the Society for Psychophysiology Research, Boston, USA in 2011.
- **Recognition as an External Examiner for:**
  - i. Doctoral Program (Ph.D), All India Institute of Medical Sciences, New Delhi, India
  - ii. Doctoral Program (Ph.D), National Institute of Mental Health and Neurosciences (NIMHANS), Bengaluru, Karnataka
  - iii. Doctoral Program (Ph.D), Visva Bharathi University – Santhiniketan, Calcutta, West Bengal.
  - iv. Doctoral Program (Ph.D), Madras University, Chennai, Tamilnadu
  - v. Doctoral Program (Ph.D), Allahabad University, Allahabad, Uttar Pradesh
  - vi. Doctor of Medicine (MD – Yoga Therapy), Rajiv Gandhi University of Health Sciences, Bengaluru, India
  - vii. Doctoral Program (Ph.D), Tamilnadu Physical Education and Sports University, Chennai, Tamilnadu

#### **IV. Initiatives Undertaken:**

##### **a. Health care Initiatives**

- Established a new international chain of clinics in integrative medicine on a daycare as well as residential campus models under the brand name Vivekananda Health Global and Vivekananda Yoga Global. Presently the centers are running successfully at Bengaluru, Goa, Mumbai, Delhi and Trivandrum in India and Shanghai (China), Seoul (South Korea), Riyadh (UAE), Maldives and New York (USA).
- Participated as a technical consultant to design and establish the ‘Center for Integrative Medicine’, at All India Institute of Medical Sciences, New Delhi

##### **b. Research Initiatives**

- Established a state of the art research laboratories (Anvesana Research Laboratories) at S-VYASA with an objective of developing a central and integrative research facility which includes Cognitive Neuroscience, Molecular Bioscience, Psychophysiology, Bio-medical instrumentation and Psychology.
- Technical Advisor, for the establishment of research laboratories under the Center for Excellence in Naturopathy, SDM College of Naturpathy and Yogic Sciences, Ujire, Karnataka.
- Initiated Research Collaborations with premier medical and allied institutions within India and abroad which includes:
  - India: AIIMS, Ramachandra Medical College, Delhi Cancer Institute, Lakshmibai National Institute of Physical Education, Dayanand Sagar University, Symbiosys International University and others.
  - International: Massachusettes Institute of Technology (USA), MD Anderson Cancer Center (USA), College of Medicine London (UK), Nottingham University (UK), Shangahi University of Sport (China), Yunnan Minzu University (China), Bolzano University (Italy), Royal Melbourne University of Technology (Australia), National University of Singapore, Kelaniya University, Srilanka and others.

##### **c. Academic initiatives**

- o Contributed for the establishment of Swami Vivekananda Yoga Anusandhana Samsthana (a Deemed to be University) at Bengaluru, India
- o Involved in designing the curriculum and developing Master's program in Yoga at Yunnan Minzu University, China
- o Involved in designing the curriculum and developing a Post graduate diploma in yoga therapy at Symbiosis International University, Pune
- o Prepared proposals for the establishment of off-campus and off-shore University campus of S-VYASA.
- o Involved in designing the curriculum and developing master's program at Vivekananda Yoga University, California, USA.

#### **V. Funded Projects as Investigator**

- **Title:** Sustained Diabetes Remission With Yoga Based Lifestyle Intervention, an Open-labelled prospective exploratory Study (2022-2027). **Funded by:** Soota Family Trust, Bengaluru. **Status:** Ongoing.
- **Title:** Influence of Yoga Intervention on Emerging Risk Markers of Dyslipidemia and Cardiovascular Health (2022-2027). **Funded by:** Soota Family Trust, Bengaluru. **Status:** Ongoing.
- **Title:** Cultural tailoring and pilot testing of an inpatient yoga therapy program for cancer patients undergoing hematopoietic stem cell transplantation in India, Tanzania, and the United States (2022-2025). **Funded by:** National Cancer Institute, USA. **Status:** Ongoing.
- **Title:** Effectiveness of yoga on composite biomarker age predictors in an elderly Indian cohort- two armed open label randomized controlled trial. (2022-2025). **Funded by:** Department of Science & Technology, Government of India. **Status:** Ongoing.
- **Title:** Tele-yoga as an adjunct intervention for prevention and management of COVID-19; a non-randomized clinical trial. (2020-2021). **Funded by:** Department of Science & Technology, Government of India. **Status:** Ongoing.

- **Title:** Changes in Heart Rate Variability following Yoga therapy as an adjuvant in the management of Breast Cancer Patients. (2020-2022). Funded by: MD Anderson Cancer Center, USA. **Status:** Ongoing.
- **Title:** Yoga programme for type-2 diabetes prevention (YOGA-DP) among high-risk people in India: intervention development and feasibility study. (2019-2020). **Funded by:** DFID/MRC/NIHR/Wellcome Trust Joint Global Health Trials Panel. UK. **Status:** Completed.
- **Title:** Role of Yoga practices on gene expression and telomere biology in extreme environmental conditions (2015-2017). **Funded by:** Defense Institute of Physiology and Allied Sciences, Govt. of India, New Delhi. **Status:** Completed.
- **Title:** Effect of Fresh Coconut In A Balanced Diet A Randomized Comparative Study.(2015-2016) **Funded by:** Coconut Development Board Ministry of Agriculture, Government of India. **Status:** Completed.
- **Title:** Use of Yoga based lifestyle modification in the management of Migraine Headache -Understanding the Underlying Mechanisms (2017-2019). **Funded by** Government of Karnataka (as part of the developmental grant), Bengaluru. **Status:** Completed.
- **Title:** Use of Yoga based lifestyle modification in the management of Diabetes Mellitus and Depression-Understanding the Underlying Mechanisms (2014-2017). **Funded by** Government of Karnataka (as part of the developmental grant), Bengaluru. **Status:** Completed.
- **Title:** Mapping neurophysiological, neurochemical and cerebral blood flow changes in attentional processes related to yoga” (2010 – 2012). **Funded by** the Department of Science and Technology (DST), Govt. of India, New Delhi; Status: Completed.
- **Title:** Functional Magnetic Resonance Imaging (fMRI) studies in meditation and prayer (2000-2002), **in collaborating with** the Institute of Nuclear Medicine and Allied Sciences, Defense Research & Development Organization, Ministry of Defense, Government of India, New Delhi; Status: Completed.

- **Title:** A Compilation of scientific literature on ayurveda and medicinal herbs (2001);  
**Funded by:** The Indus Valley Ayurvedic Center, Mysore, South India; Status: Completed.

## VI. Publications

1. Mishra, P., Harris, T., Greenfield, S. M., Hamer, M., Lewis, S. A., Singh, K., Nair, R., Mukherjee, S., **Manjunath, N.K.**, Tandon, N., Kinra, S., Prabhakaran, D., & Chattopadhyay, K. (2023) Yoga Programme for Type 2 Diabetes Prevention (YOGA-DP): a qualitative study exploring trial team's facilitators and challenges in conducting a feasibility trial in India. *Diabetes Therapy*, In Press
2. Sujatha, K.J., **Manjunath, N.K.**, Ahalya, P.G. (2023) Ayurveda, yoga, and acupuncture therapies in alleviating the symptom score among patients with spinal cord injury – A systematic review, *Journal of Ayurveda and Integrative Medicine*, 14, (4), 100749.
3. **Manjunath, N.K.** (2023) Transformative impact of International Day of Yoga. *International Journal of Yoga*, 16(1), 1-4.
4. Majumdar, V., & **Manjunath, N.K.** (2023) New insights into yoga and mental health. *Frontiers in Human Neuroscience*, 17, 1239411.
5. Majumdar, V., **Manjunath, N.K.**, Nagarathna, R., Narayana, S., Kanchi, M., Sahoo, S., Nagendra, H.R., Adithi, G., Mounika, R., & Rakshitha, N. (2023) Adjunct Tele-Yoga on Clinical Status at 14 Days in Hospitalized Mild and Moderate COVID-19 Patients: A Randomized Control Trial. *Frontiers in Public Health*, 11, 582.
6. **Manjunath, N.K.** (2023) Promoting personalised medicine through a Yoga-based lifestyle. *International Journal of Yoga*, 15, 173-174.
7. Kishore, D. M., Bindu, S., & **Manjunath, N.K.** (2023) Smart Yoga instructor for guiding and correcting Yoga postures in real time. *International Journal of Yoga*, 15, 254-261.
8. Sujatha, K.J., & **Manjunath, N.K.** (2022) Effectiveness of hyper and hypothermic application revulsively on range of motion, symptom score and quality of life in patients with cervical spondylosis: a randomized controlled trial. *Advances in Traditional Medicine*. 13596-022-00673. <https://doi.org/10.1007/s13596-022-00673-z>



9. Ramaprasad, S., **Manjunath, N.K.** & Majumdar, V. (2022). Protocol for single case experimental design for yoga and sleep quality and inflammation: A two-hit model of sleep intervention. *Contemporary Clinical Trials Communications*, 101028. doi: <https://doi.org/10.1016/j.conctc.2022.101028>
10. **Manjunath, N. K.** (2022). Need for global standards in yoga training. *International Journal of Yoga*, 15(2), 87.
11. Vidyashree, M., Deepeshwar, S., Bathala, L., Sharma, V.K., Nagarathna, R., **Manjunath, N.K.**, Kaligal, C., Kanthi, A. & Nagendra, H.R. (2022). Transcranial Doppler studies in Type 2 Diabetes mellitus: A systematic review. *Diabetes Research and Clinical Practice*, 186, 109808.
12. Kanthi, A., Singh, D., **Manjunath, N. K.**, & Nagarathna, R. (2022) Changes in Electrical Activities of the Brain Associated with Cognitive Functions in Type 2 Diabetes Mellitus: A Systematic Review. *Clinical EEG and Neuroscience*, 15500594221089106.
13. Kishore, D. M., Bindu, S., & **Manjunath, N. K.** (2022) Estimation of yoga postures using machine learning techniques. *International Journal of Yoga*, 15(2), 137.
14. Basu-Ray, I., Metri, K., Khanra, D., Revankar, R., Chinnaiyan, K. M., Raghuram, N., Mishra, M. C., Patwardhan, B., **Manjunath Sharma, N.K.**, Basavaraddi, I. V., Anand, A., Reddy, S., Deepak, K. K., Levy, M., Theus, S., Levine, G. N., Cramer, H., Fricchione, G. L., & Hongasandra, N. R. (2022) A narrative review on yoga: a potential intervention for augmenting immunomodulation and mental health in COVID-19. *BMC complementary medicine and therapies*, 22(1), 191. <https://doi.org/10.1186/s12906-022-03666-2>
15. Mishra, P., Harris, T., Greenfield, S. M., Hamer, M., Lewis, S. A., Singh, K., Nair, R., Mukherjee, S., **Manjunath, N.K.**, Tandon, N., Kinra, S., Prabhakaran, D., & Chattopadhyay, K. (2022) Feasibility Trial of Yoga Programme for Type 2 Diabetes Prevention (YOGA-DP) among High-Risk People in India: A Qualitative Study to Explore Participants' Trial- and Intervention-Related Barriers and Facilitators. *International Journal of Environmental Research and Public Health*, 19(9), 5514. MDPI AG. Retrieved from <http://dx.doi.org/10.3390/ijerph19095514>
16. Dhansoia, V., Majumdar, V., **Manjunath, N. K.**, Gaharwar, U. S., & Singh, D. (2022). Breathing-Focused Yoga Intervention on Respiratory Decline in Chronically

- Pesticide-Exposed Farmers: A Randomized Controlled Trial. *Frontiers in medicine*, 9, 807612.
17. Sujatha, K. J., & **Manjunath, N. K.** (2022). A Review on Hydrotherapy Practices in Ancient India. *Journal of Complementary and Alternative Medical Research*, 17(1), 22-29. <https://doi.org/10.9734/jocamr/2022/v17i130323>
  18. Chattopadhyay, K., Mishra, P., Singh, K., Harris, T., Hamer, M., Greenfield, S.M., **Manjunath, N.K.**, Tandon, N., Lewis, S.A., Kinra, S. & Prabhakaran, D. (2022). IDF21-0070 Yoga programme for type 2 diabetes prevention (YOGA-DP) among high-risk people in India: a multi-centre feasibility RCT. *Diabetes Research and Clinical Practice*, 186.
  19. Majumdar, V., Atmakur, S., & **Manjunath, N.K.** (2021) R2 - Study protocol for yoga-based lifestyle intervention for healthy aging phenotype in the older adults (yHAP): a two-armed, wait-list randomized controlled trial with multiple primary outcomes. *British Medical Journal (Open)*, 5, 1–9. doi: bmjopen-2021-051209
  20. **Manjunath, N. K.**, Majumdar, V., Rozzi, A., Huiru, W., Misra, A., Kimura, K., Nagarathna, R., & Nagendra, H. R. (2021). A Cross-National Survey on Health Perceptions and Adopted Lifestyle-Related Behavior during the COVID-19 Pandemic. *JMIR formative research*, 10.2196/23630. Advance online publication. <https://doi.org/10.2196/23630>
  21. Nagarathna, R., Anand, A., Rain, M., Srivastava, V., Sivapuram, M.S., Kulkarni, R., Ilavarasu, J., **Sharma Manjunath, N.K.**, Singh, A., & Nagendra, H.R. (2021). Yoga Practice Is Beneficial for Maintaining Healthy Lifestyle and Endurance Under Restrictions and Stress Imposed by Lockdown During COVID-19 Pandemic. *Front. Psychiatry* 12:613762. doi: 10.3389/fpsyt.2021.613762
  22. Nivethitha, L., Mooventhan, A., & **Manjunath, N.K.** (2021). Evaluation of Cardiovascular functions during the practice of different types of yogic breathing techniques. *International Journal of Yoga*, 14, 158-162.
  23. Chattopadhyay, K., Mishra, P., **Manjunath, N. K.**, Harris, T., Hamer, M., Greenfield, S. M., Wang, H., Singh, K., Lewis, S. A., Tandon, N., Kinra, S., & Prabhakaran, D. (2020). Development of a Yoga Program for Type-2 Diabetes Prevention (YOGA-DP) Among

High-Risk People in India. *Frontiers in public health*, 8, 548674.  
<https://doi.org/10.3389/fpubh.2020.548674>

24. Balakrishnan, R., Ramesh, M.N., Mohit, N., **Manjunath, N.K.**, Ganju, L., Saha, M., Singh, S.B., & Nagendra, H.R. (2020). Design and validation of integrated yoga therapy module for antarctic expeditioners. *Journal of Ayurveda and integrative medicine*, 11(2), 97-100.
25. Kaushik, C., Mishra, P., Singh, K., Harris, T., Hamer, M., Greenfield, S.M., Lewis, S.A., **Manjunath, N.K.**, Nair, R., Mukherjee, S., & Harper, D.R. (2020). Yoga programme for type-2 diabetes prevention (YOGA-DP) among high risk people in India: a multicentre feasibility randomised controlled trial protocol. *British Medical Journal (open)*, 10(9), e036277.
26. Kishore M.D., **Manjunath N.K.**, Metri K, Babu N, & Angadi B. (2020). Depression, Anxiety and Stress among Nurses Working in a Tertiary Care Centre in Southern India. *Asian Journal of Medicine and Health* 18(9): 147-152.
27. Loganathan, N., Aruchunan, M., & **Manjunath, N. K.** (2019). Effects of yoga for cardiovascular and respiratory functions: a pilot study. *Integrative Medicine Research*, 8(3), 180.
28. Vasudha, M.S., **Manjunath, N.K.**, & Nagendra, H.R. (2019). Lifestyle – a common denominator for both onset and management of Migraine headache. Complementing tradition with science. *International Journal of Yoga*, 12, 146-52.
29. Balakrishnan, R., Nanjundaiah, R. M., Nirwan, M., Sharma, M. K., Ganju, L., Saha, M., Singh, S. B., & Ramarao, N. H. (2020). Design and validation of Integrated Yoga Therapy module for Antarctic expeditioners. *Journal of Ayurveda and integrative medicine*, 11(2), 97–100. <https://doi.org/10.1016/j.jaim.2017.11.005>
30. Manjuladevi, T., Mooventhan, A., & **Manjunath, N.K.** (2018) Immediate effect of hot chest pack on cardio-respiratory functions in healthy volunteers: A randomized cross-over study. *Advances in Integrative Medicine*, 5(2), 63-68.
31. Vasudha, M.S., **Manjunath, N.K.**, & Nagendra, H.R. (2018). Changes in MIDAS, Perceived Stress, Frontalis Muscle activity, and Non-steroidal anti-inflammatory drugs usage in patients with migraine headache without aura following Ayurveda and Yoga

- compared to controls: An Open labelled non-randomized study. *Annals of Neurosciences*, 25: 250-260.
32. Nandini, B., Mooventhan, A., & **Manjunath, N.K.** (2018) Add-on effect of hot sand fomentation to yoga on pain, disability, and quality of life in chronic neck pain patients. *Explore: The Journal of Science and Healing*, 28: S1550-8307(17)30363-4.
33. Balakrishnan, R., Nanjundaiah, R.M., & **Manjunath, N.K.** (2018). Voluntarily induced vomiting - A yoga technique to enhance pulmonary functions in healthy humans. *Journal of Ayurveda and Integrative Medicine*, 9(3):213-216.
34. Ramajayam, G., Naik, S., **Manjunath, N.K.**, Mehta, U.M., Gangadhar, B.N., & Varambally, S. (2018) Add-on Yoga therapy for Social Cognition in Schizophrenia-a Pilot Study. *International Journal of Yoga*, 11: 242-244.
35. Vhavle, S., Rao, R.M., **Manjunath, N.K.**, & Amritanshuram, R. (2018) Effects of a Yoga Program on Health, Behaviour and Learning Ability in School Children: A Single Arm Observational Study. *International Journal of Complementary & Alternative Medicine*, 5(1):00138.
36. Sharma, V.M., **Manjunath, N.K.**, Nagendra, H.R., & Ertsey, C. (2018). Combination of Ayurveda and Yoga therapy reduces pain intensity and improves quality of life in patients with migraine headache. *Complementary Therapies in Clinical Practice*, 32: 85-91.
37. Vijayakumar, V., Shankar, N.R., Mavathur, R., Mooventhan, A., Anju, S., & **Manjunath NK.** (2018). Diet enriched with fresh coconut decreases blood glucose levels and body weight in normal adults. *Journal of Complementary and Integrative Medicine*, 20:15(3).
38. Jogdand, R., Mooventhan, A., & **Manjunath, N.K.** (2018) Effect of Mud Pack to Eyes on Psychological Variables in Healthy Volunteers: A Pilot Randomized Controlled Trial. *Journal of Complementary and Integrative Medicine*, 18, 16(1). doi: 10.1515/jcim-2016-0085.
39. Satish, V., Rao, R.M., **Manjunath, N.K.**, Amritanshu, R., Vivek, U., Shreeganesh, H.R., & Deepashree, S. (2018). Yoga versus physical exercise for cardio-respiratory fitness in adolescent school children: a randomized controlled trial. *International Journal of Adolescent Medicine and Health*. doi: 10.1515/ijamh-2017-0154.

40. Das S.V., Mooventhan, A., & **Manjunath, N.K.** (2018) A Study on Immediate Effect of Cold Abdominal Pack on Blood Glucose Level and Cardiovascular Functions in Patients with Type 2 Diabetes Mellitus. *Journal of Clinical and Diagnostic Research*. 12(3), 1-4.
41. Saoji, A., Raghavendra, B.R., Madle, K., and **Manjunath, N.K.** (2018). Additional Practice of Yoga Breathing with Intermittent Breath Holding Enhances Psychological Functions in Yoga Practitioners: A Randomized Controlled Trial. *Explore: The journal of Science and Wellbeing*, 14(5), 379-384. doi: 10.1016/j.explore.2018.02.005
42. Saoji, A., Raghavendra, B.R., & **Manjunath, N.K.** (2018). Immediate Effect of Yoga Breathing with Intermittent Breath Retention on the Autonomic and Cardiovascular Variables Amongst Healthy Volunteers. *Indian Journal of Physiology and Pharmacology*, 62(1): 41-50.
43. Saoji, A., Raghavendra, B.R., & **Manjunath, N.K.** (2018). Effects of Yogic Breath Regulation: A Narrative Review of Scientific Evidence. *Journal of Ayurveda and Integrative Medicine*, 10(1), 50-58. doi: 10.1016/j.jaim.2017.07.008.
44. Saoji, A., Raghavendra, B.R., & **Manjunath, N.K.** (2018). Immediate Effects of Yoga Breathing with Intermittent Breath Holding on Response Inhibition Amongst Healthy Volunteers. *International Journal of Yoga*, 11, 99-104.
45. Nivethitha, L., Mooventhan, A., **Manjunath, N.K.**, Bathala, L., & Sharma, V.K. (2018). Cerebrovascular Hemodynamics During the Practice of Bhramari Pranayama, Kapalbhathi and Bahir-Kumbhaka: An Exploratory Study. *Applied psychophysiology and biofeedback*, 43(1), 87-92.
46. Nagasukeerthi, P., Mooventhan, A., & **Manjunath, N.K.** (2017). Short-term effect of add on bell pepper (*Capsicum annum* var. *grossum*) juice with integrated approach of yoga therapy on blood glucose levels and cardiovascular functions in patients with type 2 diabetes mellitus: A randomized controlled study. *Complementary Therapies in Medicine*, 34, 42-45.
47. Shetty, B., Shetty, G.B., **Manjunath, N.K.**, & Shantaram, M. (2017). Effect of Integrated Yoga Practices on Anthropometric Measures, Serum Lipid Profile and Oxidative Stress Status in Obese Adults. *Indian Journal of Applied Research*, 7(1), 37-39.

48. Nivethitha, L., Mooventhan, A., **Manjunath, N.K.**, Bathala, L., & Sharma, V.K. (2017). Cerebrovascular hemodynamics during pranayama techniques. *Journal of Neurosciences in Rural Practice*, 8(1), 60-63.
49. Nivethitha, L., Mooventhan, A., & **Manjunath, N.K.** (2017). A pilot study on evaluating cardiovascular functions during the practice of Bahir Kumbhaka (external breath retention). *Advances in Integrative Medicine*, 4(1), 7-9.
50. Nivethitha, L., Mooventhan, A., & **Manjunath, N.K.** (2017). Effects of various Prānāyāma on cardiovascular and autonomic variables. *Ancient Science of Life*, 36(2):72-7.
51. Nivethitha, L., **Manjunath, N.K.**, & Mooventhan, A. (2017). Heart rate variability changes during and after the practice of bhramari pranayama. *International Journal of Yoga*, 10(2), 99.
52. Ragavendrasamy, B., Chirag, S.H., & **Manjunath, N.K.** (2017). Yogic Breathing Practices Improve Lung Functions of Competitive Young Swimmers. *Journal of Ayurveda and Integrative Medicine*.8(2), 99-104.
53. Ragavendrasamy, B., Ramesh, M.N., & **Manjunath, N.K.** (2017). Nasadiya Suktam: the oldest known Cosmologies on the Origins of Universe. *International Journal of Yoga-Philosophy, Psychology and Parapsychology*, 5, 24-25.
54. Ragavendrasamy, B., Ramesh, M.N., & **Manjunath, N.K.** (2017). Voluntarily Induced Vomiting – Kunjal Kriya: A tool to enhance pulmonary functions. *Journal of Ayurveda and Integrative Medicine*, 9(3), 213–216.
55. Nagashree, R.S., **Manjunath, N.K.**, Indu, M., Ramesh, M., Venugopal, V., Sreedhar, P., & Nagendra, H.R. (2017). Effect of a Diet Enriched with Fresh Coconut Saturated Fats on Plasma Lipids and Erythrocyte Fatty Acid Composition in Normal Adults. *Journal of the American College of Nutrition*, 36(5), 330-334.
56. Ragavendrasamy B., Ramesh M.N., **Manjunath, N.K.**, & Saini, S. (2016). Yoga: A New Strategy to facilitate Human Adaptation in Antarctica. *The Proceedings of the COMNAP* ISBN: 978-0-473-38699-3.
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### **Chapters in Books:**

1. Raghavendra, S., and Manjunath, N.K. (2017). Introduction to diagnostic methods. In: Sathyalakshmi, K., Pradeep, M.K., and Hyndavi, S. (ed.) Clinical Naturopathy and Yoga – a manual for Physicians and students. National Institute of Naturopathy: Pune, pp. 45-51.
2. Raghavendra, S., and Manjunath, N.K. (2017). Iris Diagnosis. In: Sathyalakshmi, K., Pradeep, M.K., and Hyndavi, S. (ed.) Clinical Naturopathy and Yoga – a manual for Physicians and students. National Institute of Naturopathy: Pune, pp. 52-59.

**VII. *Key-note/Invited speaker*** at the following International Conferences / Workshops (only selected conferences in the last five years mentioned here) in person, leaving all online conferences:

- 2023 - 'Manthan' - International Yoga Conclave, Bahrain.
- 2023 - International Seminar on Yoga, Indian Embassy, Riyadh, Saudi Arabia.
- 2023 - International Day of Yoga, Indian Embassy, Muscat, Oman.
- 2023 - Workshop on Bio-mechanics of Yoga, Italian Yoga Federation in Association with the University of Parma, Parma, Italy
- 2022 – 1<sup>st</sup> East Asia Yoga Therapy Conference, Toyo University, Tokyo, Japan
- 2022 – 3<sup>rd</sup> International Yoga Seminar, Wonk Wang Digital University, Seoul, South Korea.
- 2022 – 4<sup>th</sup> International Conference on Yoga, Miryang City, South Korea.
- 2019 – 4<sup>th</sup> International Conference of the Asian Yoga Therapy Association, Bali, Indonesia.
- 2018 – 3<sup>rd</sup> Annual Conference of Asian Yoga Therapy Association, Sendai, Japan
- 2018 – 3<sup>rd</sup> International Conference on Integrative Medicine, Harvard Medical School, Boston, USA
- 2018 – Workshop on Yoga Therapy in Neuro-degenerative disorders, University of Parma, Italy
- 2017 – International Symposium on Traditional and Complementary Medicine, Colombo, Srilanka

- 2017 – International Conference on Global peace through healthy mind, Miryang city, South Korea.
- 2017 – International Seminar on Clinical Yoga, University of Parma, Parma, Italy
- 2017 - Seminar on Yoga based wellbeing, La Spazia, Italy
- 2017 – 2<sup>nd</sup> International Conference on Integrative Medicine, Harvard Medical School, Boston, USA.
- 2016 – International Conference on Yoga for Diabetes, Singapore
- 2016 – International Seminar on Role of Yoga and Ayurveda in Integrative Medicine Harvard Medical School, Boston, USA
- 2016 – 1<sup>st</sup> Asian Yoga Therapy Conference, Shanghai, China
- 2016 – International Seminar on Yoga and Meditation, Assisi, Italy
- 2016 – Seminar on Yoga in Education, Yunnan Minzu University, Kunming, China.

#### **VIII. Awards and Recognitions**

- **IASTAM Award**
- **Bharat Gaurav Award**

#### **IX. Professional memberships**

- Society for Psychophysiological Research, Madison, WI, U.S.A
- Association of Physiologists and Pharmacologists of India
- Asia Pacific Yoga Therapy Association, Singapore
- World Headache Society, London, UK
- Indian Science Congress Association
- Indian Association of Biomedical Scientists
- Third world Academy of Sciences, Italy
- Indian Naturopathy and Yoga Graduates Medical Association