

Funded Projects as Principal Investigator

- Principal Investigator of a project entitled: “Mapping neurophysiological, neurochemical and cerebral blood flow changes in attentional processes related to yoga” for the period 2010 – 2012 funded by the Department of Science and Technology (DST), Govt. of India, New Delhi (on-going).
- Principal investigator of a project entitled: “Neurophysiological Correlates of Phases of Wakefulness and Sleep in Meditators” for the period 2007-2012 funded by the Indian Council of medical Research (ICMR), Govt. of India, New Delhi (on-going).
- Principal investigator of a project entitled: “Cognitive Changes following Specific Yoga Breathing Practices” for the period 2007 to 2009 funded by the Central Council for Research in Yoga and Naturopathy, Ministry of Health & Family Welfare, Government of India, New Delhi.
- Principal investigator of a project entitled “Yoga for computer-related health problems”, for the period 2003 – 2005 funded by the Central Council for Research in Yoga and Naturopathy, Ministry of Health & Family Welfare, Government of India, New Delhi.
- Principal investigator of a project entitled: “Uni-nostril yoga breathing and obesity: A study of efficacy and mechanisms”, for the period 2000 - 2002 funded by the Central Council for Research in Yoga and Naturopathy, Ministry of Health & Family Welfare, Government of India, New Delhi.
- Awarded an infrastructural grant under the DST-FIST scheme from Department of Science and Technology, Government of India (2001).
- Principal investigator of a project entitled: “Use of Ayurveda and Yoga in the promotion of positive health in a geriatric population”, for the period 1999 - 2000 funded by the Department of Indian Systems of Medicine & Homeopathy, Ministry of Health & Family Welfare, Government of India,” New Delhi.
- Collaborative investigator of a two year project entitled: “Effect of yoga on human visual performance as relevant to aviation”, for the period of 1998-2000 funded by the Ministry of Defense, Government of India, New Delhi. Collaborating Department: Department of Electrical Engineering, Indian Institute of Science, Bangalore.

Reviewer for the following journals:

1. Clinical Neurophysiology
2. Journal of Health Psychology
3. Acta Psychiatrica Scandinavica
4. Journal of Psychosomatic Research
5. Evidence-based Complementary and Alternative Medicine
6. Biomed Central
7. Psychophysiology
8. International Journal of Psychophysiology
9. Journal of Alternative and Complementary Medicine
10. Medical Science Monitor.
11. Perceptual and Motor Skills
12. Psychological Reports
13. Yoga *Mimamsa*
14. Journal of Postgraduate Medicine
15. Indian Journal of Physiology and Pharmacology
16. Indian Journal of Medical Sciences
17. Indian Journal of Ophthalmology
18. Journal of Dentistry and Oral Hygiene

Awards received

1. Central Council for Research in Yoga and Naturopathy (CCRYN), young scientist award; awarded in 2008.
2. Award of USD 5000 from the John Templeton Foundation, USA, as one of 10 awards under a scheme "Creative Research Ideas in Neurobiology", for an essay "Neurophysiology of Mental Emancipation" (January 2002).
3. Fulbright award, 1998, for a project: "Response to external auditory stimuli during meditation: study of evoked potentials and fMRI", at the University of Florida, Gainesville, Florida, USA, August 1998 to February 1999.
4. Indian Council of Medical Research young scientist award for "excellence in biomedical research" (Shakuntala Amir Chand Prize).

5. Indian Science Congress Association young scientist award for research in Physiology.
6. Recognized as a research guide for a Ph.D. program in Yoga and Allied Sciences at Bangalore University, Bangalore, India, since 1999. Currently 2 candidates completed their doctoral work. Thesis topics: (1) Psychophysiology of meditation including response to external stimuli, and (2) Psychophysiology of specific yoga breathing practices.
7. Recognized as a guide for the Ph.D. program in Yoga at the University of Mysore, South India, since 1993.

Other academic distinctions

1. Delivered invited lectures at: an international conference at Chinese Medical University, Hong Kong, 2009, Symposium on Yoga Therapy and Research (SYTAR), LA, March 2009, the Federal University of Sao Paulo, Sao Paulo, Brazil, 2008; an international conference in Nagoya, Japan, 2006; at the Dept of Educational Psychology, University of Sydney, Sydney, Australia; Mayo Clinic, Rochester, U.S.A., 2005; Dept. of Health Psychology, University of Florida, Gainesville, FL, U.S.A., 2003; Bastyr University, Bothell, Seattle, Washington, U.S.A., 1999; Department of Clinical Psychology, University of Houston, Houston, Texas, U.S.A., 1998; and the Department of Pharmacology and Therapeutics, College of Medicine, University of Florida, Gainesville, Florida, U.S.A., 1997.
2. Conducted a pilot study on 'Transcranial Doppler studies in different physiological test conditions', at the Stiff Rottal Clinic for Neurological & Geriatric Rehabilitation, Griesbach im Rottal, Germany, May 1997.
3. Participated in preparing the curriculum for two courses (i) Ph.D. in Yoga and Allied Sciences, (Faculty of Science, Bangalore University) and (ii) M.Sc. in "Mediation and Human Consciousness" (Faculty of Science, Bangalore University), as a member of the Board of Studies.
4. Member of the Expert Panel to review the Indian Council of Medical Research (ICMR) – Medical Research Council (MRC), UK, Letter of Intent (LoI) applications on non-communicable diseases, December 2010.