

a) **The Research projects undertaken with AIIMS, Raipur (C.G.) are as under:**

Ongoing projects

- To study the comparative effects of Yoga-based lifestyle changes on epicardial fat thickness, intima-media thickness, pulse wave velocity, VO2 max and anthropometric parameters among obese young adults.
- Impact of Yoga on Quality of Life of End-Stage Renal Disease Patients on maintenance Hemodialysis - A Mixed- Methods Pilot Study.
- Effect of Yoga Therapy in Management of Post-operative Myofascial Pain in Breast Cancer Patients.

b) **The Research projects undertaken with AIIMS, Rishikesh (U.K.) are as under:**

Ongoing projects

- Efficacy of Yoga therapy in addition to pharmacological intervention versus usual care in Frozen Shoulder in a Tertiary Care Hospital in Rishikesh, Uttarakhand: A randomized controlled trial.
- Efficacy of Yoga Nidra versus Educational care for Sleep quality among students in a tertiary care health center at Rishikesh, Uttarakhand: A randomized control trial.
- Effect of Yoga therapy on elderly patients with fear of fall: An open label Randomized controlled trial.
- Role of Satvik naturopathic dietary approach in patients with Hypertension in a Tertiary Healthcare Centre in Rishikesh, Uttarakhand: A Pilot Randomized Controlled Trial.
- To Study the Effect of Holistic Meditation on Performance Scores in Patients Suffering from Malignant Bone Tumors: Exploratory Randomized Control Trial.

c) **The Research projects undertaken with Post Graduate Institute of Medical Education & Research, Chandigarh are as under:**

Ongoing projects

- The effect of Yoga intervention in subjects with tinnitus on Ayur-molecular and Audiological parameters, brain imaging, tinnitus handicap & stress.
- A randomized controlled trial to assess the impact of yoga on health-related quality of life in hematopoietic cell transplant recipients.
- To study the role of Yoga in Psychological and behaviour issue in Adolescent.
- Comparison of yoga and usual care in CAD patients.
- Effect of Multimodal 24-week Yoga intervention in patient with Non- alcoholic Fatty liver Disease- A non-analysed trial.
- Effect of Yoga on pregnancy outcome and on umbilical cord blood derived stem cells.

8. Research Publication

1. Thimmapuram J, Patel K, Madhusudhan DK, Deshpande S, Boudierlique E, Nicolai V, **Rao R**. Health-Related quality of life outcomes with regular yoga and heartfulness meditation practice: Results from a multinational, cross-sectional study. JMIR Formative Research. 2022 May 17;6(5):e37876.
2. **Dr Raghavendra Rao M**, Dr Deepak KK, Dr. VadirajaHosakoteSanjeevarao, Dr. BorligarlaVenkateshwar Rao, Dr Vivek Udupa Udupa, Dr. A Mohan Rao, Dr. Prashanth Shetty, Dr. NandeeshNanjangud Subbanna . An alternate view on Covid-19 infodemic in India: A prospective longitudinal survey on prevalent myths" . In press JMIR Infodemiology.
3. Inbaraj G, Udupa K, **Raghavendra RM**, Ram A, Patil S, Rajeswaran J, Nandakumar KK, Belur S, Arjun K, Govindaraj R, Bayari SK, Sathyaprabha TN. Effects of an 18-Week Integrated Yoga Program on Cardiac Autonomic Function in Breast Cancer Patients Undergoing Adjuvant Chemotherapy: A Randomized Controlled Trial. Integr Cancer Ther. 2022 Jan-Dec;22:15347354231168795. doi: 10.1177/15347354231168795. PMID: 37594042; PMCID: PMC10467170.
4. Sharma K, Maity K, Goel S, Kanwar S, Anand A. Common Yoga Protocol Increases Peripheral Blood CD34+ Cells: An Open-Label Single-Arm Exploratory Trial. Journal of Multidisciplinary Healthcare. 2022 Dec 31:1721-36.

9. BOOKS AND LITERARY RESEARCH ON YOGA

1. Preparation of critical edition and translation of the Unpublished medical manuscript "Yogabhyasayoga of Gorakshanatha"
2. Preparation of Web App and Mobile App on "Self-teaching Multimedia Package for Hatha Yoga Pradipika of Swatmarama"
3. Preparation of critical edition and translation of the Yoga Bhashya of the Yoga Sutras – 1 st 2 Pada-s
4. Preparation of monograph on "Yoga in the Purana-s" Vol. 1 &Vol. 2