

CURRICULUM VITAE

Name of the Candidate: **Dr Kanchan Chowdhury**

Name of the Post working: Assistant Professor (Stage 3)

Department/Faculty/Institute: Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU

Name of the Husband: Dr Nilanjan Datta

Date of Birth: 01/04/1981

Marital Status: Married

Father's Name: Shri Raj Kishore Chowdhury

Mother's Name: Smt. Saroj Chowdhury

Postal Address: Dept of Swasthavritta and Yoga, Dhanwantari Bhawan, Faculty of Ayurveda, IMS, BHU, Varanasi- 221005

Permanent Address: 6, Canal South Road, Kolkata
Pin- 700015

Mobile- 9305356300/ 9838957169

email: **dr.kanchan.chowdhury@gmail.com**

dr.kanchan.chowdhury@bhu.ac.in

EDUCATIONAL QUALIFICATIONS:

Academic Qualification: Exam	Year	College/ University/ Board	Percentage
Class X	1998	WBBSE	75.00%
Class XII	2000	WBBHSC	58.50%
BAMS	2005	University of Calcutta	68.50%
MD (Swasthavritta & Yoga)	2010	Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Jodhpur	Passed
PhD (Swasthavritta & Yoga)	2022	Faculty of Ayurveda, Institute of Medical Sciences, Banaras Hindu University, Varanasi	Passed

PROFESSIONAL EXPERIENCE:

- 1) Working as **Assistant Professor** at Dept of **Swasthavritta & Yoga**, IMS, BHU, and Varanasi from 10/07/2015 to till date.
- 2) Worked as **Service Senior Resident** Dept of **Swasthavritta & Yoga**, IMS, BHU, and Varanasi from 01/10/2012 to 09/07/2015.
- 3) Worked as **Lecturer** in Dept. of **Swasthavritta & Yoga** in Sri Satya Sai Muralidhar Ayurvedic College & Hospital, Moga, Punjab. From 24/9/2010 to 25/09/2012.
- 4) One year **Junior House Physician** in the department of **Kayachikitsa** from 01/07/2006 to 30/06/2007 in J. B. Roy. State Ayurvedic Medical College and Hospital, Kolkata.

RESEARCH ARTICLES PUBLISHED: 61

1. "A Critical Study on Kunjar Kriya", Dr. Kanchan Chowdhury, Dr. Nilanjan Datta, Dr. Mangalagowri V. Rao & Dr. Neeru Nathani published in Proceedings of the International Conference on Global Scenario of Traditional System of Medicine, Ayurveda, Agriculture and Education, Publisher: Smile Health Care Pvt. Ltd., Varanasi, January, Page no. 228-232, Year- 2013, ISBN No. 978-81- 920934-1-3
2. "Management of Sthaulya (Obesity) Through Kunjal Kriya", by Dr. Kanchan Chowdhury, Dr. Nilanjan Datta & Dr. Mangalagowri V. Rao, published in International Journal of Research Ayurveda Pharm., Volume 04, Year - 2013, Page No. 599-604, ISSN No. 2229-3566
3. "Clinical Evaluation of Sirodhara and Yoga Therapy in Management of Chronic Insomnia", by Dr. Bhaduri Tapas, Dr. Chowdhury Kanchan, Dr. Biswas Sonali, Dr. Panja K. Asit & Dr. Ekta, published in International Research Journal of pharmacy, Volume 04, Year - 2013, Page No. 78-80, ISSN No. 2230-8407
4. "A Critical Study on Nidra" by Dr. Kanchan Chowdhury, Dr. Rahul Jain, Dr. Satish B. Patil, Dr. Tapas Bhaduri & Dr. Nilanjan Datta, published in International Journal of Ayurvedic and Herbal Medicine, Volume 03, Year - 2013, Page No. 1129-1135, ISSN No. 2249-5746
5. "Management of Anidra (Insomnia) Through Contemporary Approaches", by Dr. Kanchan Chowdhury, published in Ayurveda International Journal, Volume 02, Year - 2013, Page No. 11-16, ISSN No. 2347-6273
6. "Role of Rohitaka and Sarapunkha on Mukhadushika", by Dr. Kanchan Chowdhury, Dr. Rajkumar Dhakar, Dr. Satish B. Patil, Dr. Rahul Jain & Dr. Nilanjan Datta, published in International Journal of Ayurvedic and Herbal Medicine, Volume 03, Year - 2013, Page No. 1159-1172, ISSN No. 2249-5746
7. "Importance of Anupana in Ayurvedic Medicine", by Dr. Rahul Jain, Dr. Praveen Raghuwanshi, Dr. Kanchan Chowdhury & Dr. Satish B. Patil, published in Pharma Science Monitor, Volume 04, Year - 2013, Page No. 132-137, ISSN No. 0976-7908, Impact Factor- 0.3397
8. "Ayurved Ke Paripaksha Me Manas Swastha", by Dr. Rajkumar Dhakar, Dr. Kanchan Chowdhury & Dr. Rahul Jain, published in Ayurved Mahasammelan Patrika, Volume 09, Year - 2013, Page No. 10-13, ISSN No. 0970-6556
9. "A Comparative Study on Ayurvedic Prakriti and Modern Physiological Body Types", by Dr. Dinesh B. Patil, Dr. Rahul Jain, Dr. Atul Shankar Sarokte & Dr. Kanchan Chowdhury, published in Shodh Drishti, Volume 04, Year - 2013, Page No. 52-57, ISSN No. 0976-6650
10. "Cosmetics in Ayurveda: An Appraisal", Anukriti, An International Multidisciplinary Research Journal, Dr. Kanchan Chowdhury, Dr. Rahul Jain & Dr. Arifa Shaikh, Year - 2013, Volume 03, Page No. 29-32, ISSN No. 2250-1193
11. "A Review of Obstructive Uropathy and Their Management in Ayurveda", by Dr. Kanchan Chowdhury, published in World Journal of Pharmaceutical Research, Volume 03, Year - 2014, Page No. 251-257, ISSN No. 2277-7105, Impact Factor- 5.045
12. "Study on the Effect of Rohitaka Sarapunkha Churna and Kunjal Kriya on Mukhadushika", by Dr. Kanchan Chowdhury & Prof. N.S. Chundawat, published in

Journal of AYUSH, Volume 03, Year - 2014, Page No. 48-57, ISSN No.2278-2214 (Online) & 2321-6484 (Print)

13. "Eka Kustha with Special Reference to Psoriasis" by Dr. Kanchan Chowdhury, published in World Journal of Pharmaceutical Research, Volume 03, Year - 2014, Page No. 342-351, ISSN No. 2277-7105, Impact Factor- 5.045
14. "Concept of Swapna (Dream): An Ayurvedic Perspective", by Dr. Kanchan Chowdhury, Dr. Satish B. Patil & Dr. Nilanjan Datta, in published in Scholars Journal of Applied Medical Sciences, Volume 02, Year - 2014, Page No. 489-494, ISSN No. 2320-6691 (Online) & 954X (Print)
15. "Diet in Elderly: An Ayurvedic Perspective", by Dr. Nilanjan Datta, Dr. Kanchan Chowdhury & Dr. Badal Jana, published in Scholars Journal of Applied Medical Sciences, Year - 2014, Volume 02, Page No. 660-663, ISSN No. 2320-6691 (Online) & 954X (Print)
16. "Quality Enhancement of Teachers", by Dr. Kanchan Chowdhury, published in Pharma Science Monitor, Volume 05, Year - 2014, Page No. 27-32, ISSN No. 0976-7908, Impact Factor- 0.3397
17. "Vyadhikshamatva – An Ayurvedic Aspect of Immunity", by Dr. Satish B. Patil, Dr. Kanchan Chowdhury & Dr. Mangalagowri V. Rao, published in Pharma Science Monitor, Year - 2014, Volume 04, Page No. 32-42, ISSN No. 0976-7908, Impact Factor- 0.3397
18. "Potentialities of Ayurveda Regarding Tranquilizers", by Dr. Dinesh B. Patil, Dr. Rahul Jain, Dr. Satish B. Patil & Dr. Kanchan Chowdhury, published in Pharma Science Monitor, Volume 05, Year - 2014, Page No. 53-58, ISSN No. 0976-7908, Impact Factor- 0.3397
19. "An Ayurvedic Overview of Depression and Its Management Through Yoga", by Dr. Kanchan Chowdhury, Dr. Nilanjan Datta & Dr. Neeru Nathani, published in Punarnav, Volume 02, Year – 2014, Page No. 01-13, ISSN No. 2348-1846
20. "Madhavacharya: The Ancient Rheumatologist", by Dr. Kanchan Chowdhury, published by International Journal of Applied Ayurved Reaseach (IJAAR), Vol. 1, No. 9, January 2015, Pages: 23-25, ISBN No. 2347-6362
21. "Contributions of Chakrapani Datta in Indian Medicine", by Dr. Kanchan Chowdhury, published in European Journal of Biomedical and Pharmaceutical Sciences (EJBPS), Volume 2, No. 4, July 2015, Pages: 136-141, ISBN No. 2349-8870
22. "Mahamana Malaviya Ji: A Great Visionary for Ayurvedic Education", by Dr. Kanchan Chowdhury, Dr. Nilanjan Datta & Dr. Neeru Nathani, published in Pharma Science Monitor: An International Journal of Pharmaceutical Sciences, Volume 6, No. 1, January 2015, Pages: 204-207, ISBN No. 2349-8870,
23. "Utility of Chandra Namaskara in Daily Life", by Dr. Kanchan Chowdhury, published in World Journal of Pharmaceutical Research (WJPR), Volume 4, No. 3, March 2015, Page no. 1994-2003, ISBN No. 2277-7105
24. "Application of Suchi Vyadhana in the Treatment of Nakhapindita Rakta (Sub Ungual Haematoma)", by Dr. Kanchan Chowdhury, published in European Journal of Biomedical and Pharmaceutical Sciences (EJBPS), Volume 2, No. 1, February 2015, Page No. 669-674, ISBN No. 2349-8870

25. "Strength of Ayurveda in Geriatric", by Dr. Kanchan Chowdhury, published in Emerging Researcher, An Internal Research Refereed Journal, Volume 2, Issue 1, Year - 2015, Page No. 151-152, ISBN No. 2348-5590
26. "Ayurvedic Concept of Swapna: A literary Review", by Dr. Nilanjan Datta & Dr. Kanchan Chowdhury, published in Ayurved Sutra, Volume 3, Issue 1 - 2, Year – 2015, Page No. 87-93, ISBN No. 2347-1794
27. "Insight of Ashtanga Yoga" by Dr. Kanchan Chowdhury & Dr. Nilanjan Datta, published in Proceedings of International Conference on Tantra Sharir, Kundalini Yoga and Psychosomatic Disorders, September 2015, Page: 155-157, ISSN No.978-81-7637-361-6
28. "Management of Geriatric Health Issues Through Ayurveda", by Dr. Nilanjan Datta & Dr. Kanchan Chowdhury, published in World Journal of Pharmaceutical Research, Volume 5, Issue 4, March 2016, Page: 480-485, ISBN No. 2277-7105
29. "Ahara Vidhi Vidhan: Ancient Ayurvedic Code and Its Implications for Present-Day Health and Nutrition", by Dr. Nilanjan Datta, Dr. Kanchan Chowdhury, published in International Journal of Research and Analytical Reviews (IJRAR), Volume 3, Issue 3, Page No. 479-483, E-ISSN No. 2348-1269, P- ISSN No. 2349-5138
30. "Management of Apasamara (Epilepsy) Through Yoga", by Dr Kanchan Chowdhury, Indian Journal of Psychosocial Sciences, Volume 6, Number 2, October 2016, Page No. 35 - 42, ISSN/ISBN No. 2231-3036
31. "Understanding Psychosomatic Disorders Through the Lens of Ayurveda" by Dr. Nilanjan Datta, Dr. Kanchan Chowdhury, published in International Journal of Novel Research and Development, Volume 2, Issue 2, February 2017, Page No. 15 – 20, ISSN No. 2456-4184
32. "Narikela (Cocos Nucifera Linn.): An Integrative Review of Its Ayurvedic and Modern Applications", by Dr. Kanchan Chowdhury, published in TIJER - International Research Journal, Volume 4, Issue 5, May 2017, Page No. a13 - a17, ISSN No. 2349-9249
33. "Management Protocol of Pandu Roga", by Dr. Kanchan Chowdhury, published in International Journal of Research & Analytical Reviews, Volume 6, Issue 1, March 2019, Page No. 491- 493, ISBN No. E- 2348-1269, P- 2349-5138
34. "A Scientific Appraisal of Dincharya: Integrating Ayurvedic Daily Regimen with Contemporary Science" by Dr. Jyoti Yadav & Dr. Kanchan Chowdhury, published in Journal of Advanced Zoology, Volume 40, Issue 01, October 2019, Page No. 166 – 172, ISSN No. 0253-7214
35. "Integrative Approach of Yoga in the Management of Musculoskeletal Disorders with Ayurvedic Perspective: A Review" by Dr. Kanchan Chowdhury, published in International Journal of Scientific Development and Research (IJSDR), Volume 5, Issue 1, Page No. 263 – 268, ISSN No. 2455-2631
36. "Understanding of Non Cryptoglandular Fistula-In-Ano" by Dr. Nilanjan Datta, Dr. Kanchan Chowdhury, published in Mukta Shabd Journal, Volume IX, Issue VII, July 2020, ISSN No. 2347-3150
37. "Contents of Ayurveda in Relation to Manas Prakriti", by Dr. Kanchan Chowdhury, Prof. B. K. Dwibedy, Prof. P. K. Goswami, published in Sambodhi Journal, Volume 44, No. 1 (II), January – March 2021, ISSN No. 2249-6661
38. "Interrelation Between Sukh and Mental Health" by Dr. Kanchan Chowdhury, Prof. B. K. Dwibedy, Prof. P. K. Goswami published in International Journal of Emerging

Technologies and Innovative Research, Volume 8, Issue 3, March 2021, ISSN No. 2349-5162

39. "Exploring Ayurvedic Liquid Nutrition and Health Beverages in Kshemakutuhala: A Review" by Dr. Kanchan Chowdhury, published in Journal of Advanced Zoology, Volume 42, Issue 01, April 2021, Page No. 260 – 265, ISSN No. 0253-7214
40. "Impact of Nidra (Sleep) on Smriti (Memory)", by Dr. Kanchan Chowdhury, Dr. Jyoti Yadav & Dr. Vineeta Singh, published in Journal of Emerging Technologies and Innovative Research (JETIR), Volume 9, Issue 5, May 2022, ISBN No. 2349-5162
41. "Moringa oleifera: Nutritional and Functional components and its Medicinal Importance in Ayurveda", by Dr. Kanchan Chowdhury & Garima Yadav, published in Journal of Research in Traditional Medicine, Volume 9, No. 01, March 2023, ISBN No. 2455-3166, open access & peer reviewed journal
42. "Historical and Current Perspective of Yoga: An Overview", by Kapil, Dr. Ajai Kumar Pandey, Dr. Kanchan Chowdhury & Sonika, published in International Research Journal of Ayurveda & Yoga, Volume 6 (4), April 2023, Page No. 84-89, ISBN No. 2581-785X
43. "A Critical Review on Impact of Food & Daily Regimen (Garbhini Paricharya) During Pregnancy", by Garima Yadav & Dr. Kanchan Chowdhury, published in American Journal of Health Research 2023, Volume 11 (4), July 2023, Page No. 104-107, ISBN No. 2330-8788 (Print); 2330-8796 (Online)
44. "Undernourished (Karshya) to thriving: How food nutrition supports preschool children's growth", by Garima Yadav & Dr. Kanchan Chowdhury, published in International Journal of Food Science and Nutrition Volume 8, Issue 3, July 2023, Page No. 5-8, ISBN No. 2455-4898
45. "A Theoretical Analysis of Go-Ghrita with Special Reference to Its Medhya Karma", by Garima Yadav & Dr. Kanchan Chowdhury, published in International Research Journal of Vishwa Ayurved Parishad, July – August 2023, Page No. 37- 45, ISBN No. 0978-8300
46. "Concept of Mukha Swasthya (Oral Hygiene) With Ayurvedic Perspective", by Tushar Biswas, Dr. Pawan Dubey & Dr. Kanchan Chowdhury, published in International Ayurvedic Medical Journal, Volume 11, Issue 12, , December 2023, Page No. 3089 - 3098 ISBN No. 2320-5091
47. "Purva – Madhameha me Yogic Ahara Aur Nada Yoga Ki Upayogita: Ek Samikshatmak Adhyayana" by Kapil, Dr. Kanchan Chowdhury & Dr. Ajai Kumar Pandey, published in Special Issue - 01, January 2024, Page No. 99 - 105 of Stom Journal, ISBN No. 2231-1041, UGC–Care enlisted Peer Reviewed Journal
48. "Madhameha Type – II Ke Prabandhan Me Yogic Chikitsa Aur Layayoga: Ek Samikshatmak Adhyayana" by Sonika, Dr. Vijay Kumar Srivastava & Dr. Kanchan Chowdhury, published in Special Issue - 01, January 2024, Page No. 324 - 327 of Stom Journal, ISBN No. 2231-1041, UGC–Care enlisted Peer Reviewed Journal
49. "A Review on Health Benefits of Ragi (Finger Millet) in Relation to Ayurveda and Modern Nutrition" by Garima Yadav & Dr. Kanchan Chowdhury, published in American

Journal of Health Research, Volume 16, Issue 01, January 2024, Page No. 27015 - 27018, 2024, ISBN No. 2330 - 8788 (Print); ISSN No. 0975-833X

50. "Exploring The Holistic Approaches for Promoting Hair Health from Insights of Ayurveda: A Comprehensive Review" by Dr. Tushar Biswas, Dr. Vineeta Singh & Dr. Kanchan Chowdhury, published in International Ayurvedic Medical Journal, Volume 12, Issue 05, May 2024, Page No. 945 - 954, ISBN No. 2320-5091
51. "Prevention and Management of Pre – Diabetes Through Yogic Practices & Yogic Diet: An Overview" by Kapil, Dr. Ajai Kumar Pandey & Dr. Kanchan Chowdhury, published in Paniniya, UGC – Care Listed, Quarterly Refereed and Reviewed Research Journal, Volume XL, Issue XI, May - July, 2024, Page No. 151- 158 of, ISBN No. 2321 – 7626
52. "Impact of Yoga on Male Reproductive Health: A Critical Review" by Dr. Tushar Biswas, Dr. Vineeta Singh & Dr. Kanchan Chowdhury, published in International Journal of Research and Analytical Reviews (IJRAR) I (IJRAR.ORG), Volume 11, Issue 03, August 2024, Page No. 678 - 683, E - ISBN No. 2348-1269, P - ISBN No. 2349 – 5138
53. "Comparative Study of Yogic Practices and Vyayama on Certain Physical and Mental Variables in Healthy Individuals" by Dr. Jyoti Yadav, Dr. Mamta Tiwari, Prof. Rajiv Vyas, Dr. Vineeta Singh & Dr. Kanchan Chowdhury, published in International Journal of Ayurvedic Medicine, Volume 15(4), October - December 2024, Page No. 879-884, ISSN No. 0976-5921
54. "Exploring Therapeutic Potential of Fasting (Upavasa): A Comprehensive Review" by Dr. Tushar Biswas, Dr. Vineeta Singh & Dr. Kanchan Chowdhury, published in International Journal of Ayurvedic Medicine, Volume 15, Special Issue 01, January – March, 2025, Page No. 122 - 126, ISBN No. 0976-5921
55. "Ayurvedic and Modern Nutritional Approaches for the Impact of Probiotics on Human Health: A Review" by Garima Yadav & Dr. Kanchan Chowdhury, published in International Journal of Ayurvedic Medicine, Volume 15, Special Issue 01, January – March 2025, Page No. 188 - 192, ISBN No. 0976-5921
56. "A Comparative Study of Yogic Practices and Diet Therapy in the Management of Pre– Diabetes WSR to Glycaemic Control: A Case Report" by Kapil, Dr. Ajai Kumar Pandey & Dr. Kanchan Chowdhury, published in International Journal of Ayurvedic Medicine, Volume 15, Special Issue 01, January – March 2025, Page No. 203 – 206, ISSN No. 0976 – 5921
57. "Impact of Yoga Therapy for the Management of Type-2 Diabetes: A Systematic Review" by Sonika, Dr. Kanchan Chowdhury & Dr. Vijay Kumar Srivastava published in International Journal of Ayurvedic Medicine, Volume 15, Special Issue 01, January – March 2025, Page No. 151- 156, ISSN No. 0976 – 5921
58. "Clinical Evaluation of Laghu Shankha Prakshalana in The Management of Madhumeha (Diabetes Mellitus-II): A Case Report" by Sonika, Kapil, Dr. Kanchan Chowdhury & Dr. Vijay Kumar Srivastava published in South Eastern European Journal of Public Health, Volume XXVI S2, February 2025, Page No. 1277-1281, ISSN No. 2197-5248

59. "A Review on Kharbuja Rasala: A Traditional Ayurvedic Functional Dairy Product." by Garima Yadav & Dr. Kanchan Chowdhury, published in South Eastern European Journal of Public Health, Volume XXVI S2 2025, February 2025, Page No. 1787-1790, ISSN No. 2197-5248
60. "Therapeutic Potential of Surana (*Amorphophallus campanulatus*) A Systematic Review Integrating Classical Ayurvedic and Contemporary Scientific Evidences" by Dr. Soumyadeep Saha, Dr. Kanchan Chowdhury & Dr. Mangalagowri V Rao, published in Journal of Ayurveda and Integrated Medical Sciences, Volume 10 No. 5, May 2025, Page No. 154 -160, E - ISSN No. 2456-3110
61. A Review on Arsha and Its Management with Pathya Apathya in Ayurveda" by Dr. Soumyadeep Saha, Dr. Kanchan Chowdhury & Dr. Mangalagowri V Rao, published in AYUSHDARA, An International Journal of Research in AYUSH and Allied Systems, Volume 12, Issue 03, May 2025, Page No. 303 -310, ISSN No. 2393-9583 (P)/ 2393-9591 (O)

CHAPTER IN BOOK: 08

1. "Exploration of Bramhacharya – A Spiritual Practice" by Dr. Kanchan Chowdhury & Dr. Nilanjan Datta published in Recent Advances in Fundamental Principles of Ayurveda, Volume: 1, ISSN: - 978-81-942675-0-8, Page No. 326 – 342, Year:
2. "Diet & Yogic Practices in the Care & Cure of Pre-Diabetes" by Mr. Kapil, Dr. Ajai Kumar Pandey & Dr. Kanchan Chowdhury, published in Current Trends in Primary Health Care Through Ayurveda, compiled by All India Ayurvedic Specialist (PG) Association (Varanasi Branch) with ISSN: - 978-93-5970-953-6, Page No. 342 – 349, Year: 2024
3. "Prevention and Management of Type - 2 Diabetes Through Yogic Practices and Yogic Diet: An Overview" by Miss Sonika, Dr. Vijay Kumar Srivastava & Dr. Kanchan Chowdhury published in Current Trends in Primary Health Care Through Ayurveda, compiled by All India Ayurvedic Specialist (PG) Association (Varanasi Branch) with ISSN: - 978-93-5970-953-6, Page No. 342 – 349, Year: 2024
4. "Effect of Yogic Practices Care and Cure of Madhumeha (Diabetes Mellitus - II): An Overview" by Miss Sonika, Kapil, Dr. Vijay Kumar Srivastava & Dr. Kanchan Chowdhury published in Ayurveda Rising - Traditional Wisdom for a Global Future with ISSN: - 978-93-49005-89-1, Page No. 244 - 255, Year: June 2025
5. "Concept of Health and Longevity, Healthy Lifestyle, Conduct and Ethics as per Ayurveda" by Dr. Tushar Biswas, Miss Garima Yadav & Dr. Kanchan Chowdhury, published in Ayurveda: Principles and Practices of Traditional Healthcare, with ISSN: - 978-81-986163-3-3, Page No. 271 – 277, Year: 2025
6. "Concept of Circadian Rhythm & Seasonal Regimen (Ritucharya) for Health" by Dr. Vineeta Singh, Dr. Tushar Biswas & Dr. Kanchan Chowdhury, published in Ayurveda: Principles and Practices of Traditional Healthcare, with ISSN: - 978-81-986163-3-3, Page No. 278 – 286, Year: 2025

7. “Dietetic and Nutrition” by Miss Garima Yadav & Dr. Kanchan Chowdhury, published in Ayurveda: Principles and Practices of Traditional Healthcare, with ISSN: - 978-81-986163-3-3, Page No. 287 – 294, Year: 2025
8. “Rasayana (Rejuvenation) for Swastha (Healthy)” by Dr. Vineeta Singh, & Dr. Kanchan Chowdhury, published in Ayurveda: Principles and Practices of Traditional Healthcare, with ISSN: - 978-81-986163-3-3, Page No. 295 – 303, Year: 2025

AWARDS: 03

1. **Best paper Award (First prize)**, CME on Centenary Year of Banaras Hindu University C.M.E. On Ayurvedic Education – Pt. Madan Mohan Malviya’s Vision, organized by Dept. of Sangyahan & A.A.I.M., U.P. State Branch on 06.02.2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
2. **“Lokapriye Shikshak Sammaan”**, on Teachers’ Day Programme, by National Medicos Organization, at K. N. Udapa Auditorium, on 05.11.2015
3. **“Ayurveda Jyoti Samman”** in Guru Samman Samaroh on 29th July 2024, organised by Rajakiye Ayurved Mahavidyalaya Avam Chikitsalaya, Varanasi and All India Ayurvedic Specialist (PG) Association (Varanasi Branch)

MEMBER OF ACADEMIC BODIES: 05

1. Member in Indian Academy of Yoga
2. Member in National Ayurvedic Students & Youth Association
3. Member in All India Ayurvedic Specialists (P.G.) Association
4. Member in Bharatiya Sangyahan Association

EDITORIAL BOARD MEMBER: 01

1. **Editorial Board Member-** International Journal of Applied Ayurved Research

COVETED POSITION AT THE SCIENTIFIC CONFERENCE/ SYMPOSIUM / PANEL DISCUSSION: 20

1. Session Coordinator in International Conference on Yoga- Science and Education, Jointly Organized by Department of Biochemistry, Faculty of Ayurveda, IMS, Yoga Sadhana Kendra, Malaviya Bhawan, BHU and Indian Academy of Yoga, Varanasi, on 15th -17th Jan 2016
2. Rapporteur in National conference “Conclave on Translational Research Opportunity in Ayurveda & Iastam Oration, Award Function” on 18th Feb 2017
3. Chairperson in International Seminar on Multi-Disciplinary Approaches to Non-Communicable Diseases, Jointly Organized by Dept of Kayachikitsa, Faculty of ayurveda, IMS and All India Ayurvedic Specialists (PG) association on 6th -7th April 2018

4. Chairperson in National Seminar on Role of Basic Sciences to Develop Diagnostic tools for Srotoshuddi W.S.R. to Purvarupa of Metabolic Disorder. on 16th April 2018
5. Judge in Cultural and Sports event as a part of National Seminar on Role of Basic Sciences to Develop Diagnostic tools for Srotoshuddi w.s.r to Purvarupa of Metabolic Disorder. on 17th April 2018
6. Judge and Chairman of Quiz Competition Ayushpragya 2018 on 24th April 2018
7. Event Judge for Yoga Competition in Samyojanam, 2018
8. Subject Convenor in World Congress of Ayurveda 2019 by Faculty of Ayurveda, IMS, BHU on 14th - 16th March 2019
9. Session Coordinator in World Congress of Ayurveda 2019 by Faculty of Ayurveda, IMS, BHU on 15th March 2019
10. Judge in Dr. Ganga Sahai Pandey Memorial, All India U.G. Ayurveda Students Essay Competition – 2021
11. Judge in Solo Song Competition in Ayushpragya 2023, organised by (UG Batch 2020) Faculty of Ayurveda, IMS, BHU ON 02.11.2023
12. Session Coordinator in AYURBASICON-2022, organised by Dept. of Siddhant Darshan, Faculty of Ayurveda, IMS, BHU
13. Chairperson for the Scientific Session 10 on 27th August 2022 in PRASUTICON – 22, organised by Dept. of Prasuti Tantra, Faculty of Ayurveda, IMS, BHU
14. Chairperson in 2nd National Conference on Kuposhana (Malnutrition) of Mother & Child and Its Management in Ayurveda (MCCON2022) on 20th September 2022 at Apex Institute of Ayurvedic Medicine & Hospital
15. Co-Ordinator in the celebration program of International Yoga Day on 21st June, 2023
16. Rapporteur in the Ayucon, National Conference on Mainstreaming of Ayurveda in Primary Health Care on 4th November 2023, organized by All India Ayurvedic Specialist PG Association, Varanasi Branch (Society Reg No. - 10211) in the association with Dept. of Dravyaguna, Faculty of Ayurveda, IMS, BHU, Varanasi
17. Session Coordinator in National Conference on Centennial Ayurveda at BHU and Roadmap for Amrit Kaal held on 21st to 22nd February 2024 in the Faculty of Ayurveda, IMS, BHU, Varanasi, organised by Faculty of Ayurveda, IMS, BHU, Varanasi
18. Co-coordinator in Samskara PG Orientation Program conducted from 18th November to 05th December 2024 for the MD (Ay)/MS (Ay) First Year (Admission Batch – 2024 – 25), organized by Faculty of Ayurveda, IMS, BHU, Varanasi
19. Session Coordinator in International Conference on Cutting – Edge Research in Ayurveda: Transforming Global Health (ICCRA – 2025) held on 17th to 19th December 2025 in the Faculty of Ayurveda, IMS, BHU, Varanasi, organized by Faculty of Ayurveda, IMS, BHU, Varanasi
20. Judge (Six Essays) in National Essay Competition - 2025 on the topic “Yoga for One Earth, One Health” organized by IAY 2025 on 11.06.2025

GUEST LECTURE/ RESOURCE PERSON/KEYNOTE: 56

1. Resource Person in Workshop on Personality Development and Career Building -2016, Jointly organized by Dept. of Vikriti Vigyan, Faculty of Ayurveda, IMS and Vishwa Ayurved Parishad on 7th - 9th Dec 2016
2. Guest Lecture on Practical Demonstration of Yogic Postures, Arogya Samyojaka Prashikshan Varga 2017 on 02th July 2017
3. Resource Person in workshop on Lifestyle and Yoga for Healthy Individual from 20th – 26th Nov 2017
4. Resource Person in Workshop on Personality Development and Career Building -2016, Jointly organized by Dept. of Vikriti Vigyan, Faculty of Ayurveda, IMS and Vishwa Ayurved Parishad on 5th - 11th Feb 2018
5. Invited Talk on "Yoga for Health Individual" in Workshop on Personality Development and Career Building -2016, Jointly organized by Dept. of Vikriti Vigyan, Faculty of Ayurveda, IMS and Vishwa Ayurved Parishad on 5th -11th Feb 2018
6. Guest lecture on "Role of Pranayam in Hypertension" in International Seminar on Multi-Disciplinary Approaches to Non-Communicable Diseases, Jointly Organized by Dept of Kayachikitsa, Faculty of ayurveda, IMS and All India ayurvedic Specialists (PG) association on 6th -7th April 2018
7. Key note in National Seminar on Role of Basic Sciences to Develop Diagnostic tools for Srotoshuddi w.s.r to Purvarupa of Metabolic Disorder on 16th April 2018
8. Guest Lecture on Practical Importance of Ritucharya in Healthy Living in Arogya Samyojaka Prashikshan Varga 2017 on 20th July 2018
9. Resource Person on Samyojanam 2018 International Ayurveda youth Conclave Vishwa Ayurved Parishad & Faculty of Ayurveda, IMS, BHU on 16th - 18th Nov 2018
10. Invited talk on "Pathya Apathya in Kamala" in Interdisciplinary Teaching Activity by Faculty of Ayurveda, IMS, BHU on 12th January 2019
11. Radio Talk (Laghukatha) on "Paivar Niyojan Kab Aur Kaise" by Akashvani, Varanasi on 11th April 2019
12. Guest Lecture on "Impotence of Ahara in Health Promotion" by Arogya Samyojaka Prashikshan Varga, 2019 of Arogya Foundation of India, Varanasi on 12th July 2019
13. Guest Lecture on "Impotence of Dincharya in Health Promotion" by Arogya Samyojaka Prashikshan Varga, 2019 of Arogya Foundation of India, Varanasi on 13th July 2019
14. Guest Lecture on "Asana Pranayam Dhyana" in Workshop on Yog Avam Ayurved Se Swathya Samvardhan by Bharat Adhyayan Kendra, BHU, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS, BHU and Kaivalya Dhama Yog Samsthana, Lonawala, Maharashtra on 17th August 2019
15. Radio Talk (Laghukatha) on "Badalta Mousam Avam Swastha" by Akashvani, Varanasi on 20th August 2019
16. Guest Lecture on "Asana Pranayam Dhyana" in Workshop on Yog Avam Ayurved Se Swathya Samvardhan by Bharat Adhyayan Kendra, BHU, Dept. of Swasthavritta and

Yoga, Faculty of Ayurveda, IMS, BHU and Kaivalya Dhama Yog Samsthana, Lonawala, Maharashtra on 30th August 2019

17. Guest Lecture on "Asana Pranayam Dhyana" in Workshop on Yog Avam Ayurved Se Swathya Samvardhan by Bharat Adhyayan Kendra, BHU, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS, BHU and Kaivalya Dhama Yog Samsthana, Lonawala, Maharashtra on 31st August 2019
18. Radio Talk (Laghukatha) on "Yog Mahilayon Ke Liye Kitna Awashak" by Akashvani, Varanasi on 02nd Dec 2019
19. As Expert Session through National Webinar Series 2020 – Swasth-Prasaadini, on topic: "Concept of Brahmacharya" in Shri Vijay Mahantesh Ayurvedic Medical College, PG Research Centre, And RPK Ayurvedic Hospital, Ilkal – 587125, Karnataka on 18th July 2020
20. Guest Lecture on Transitional Curriculum – B.A.M.S.2020-21 Batch – Topic – “Role of ASU IN Public Health & Primary Health Centres” dated 02nd March 2021 at Jeevak Ayurved Medical College & Hospital Research Centre, Kalapur, Akauni, Chandauli, U.P.
21. Guest Lecture as a Resource Person during the Transitional Curriculum Programme – First Year B.A.M.S. (2020 Batch) Students of IMS, BHU, Varanasi, March 2021
22. Resource Person in “Virtual Surya Namaskar Programme” organised by Dept. of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU on 14th January 2022
23. Guest Lecture on the topic “Yoga & Meditation” in the Transitional Curriculum BAMS 2021-22 Batch, dated 20th April 2022 at Jeevak Ayurved Medical College & Hospital Research Center, Kamlapur, Akauni, Chandauli, U.P.
24. Resource Person during the Transitional Curriculum Program conducted from 22nd March to 07th April 2022 for First Year BAMS (2021 Batch) students of IMS, BHU
25. Resource Person in the 05 days’ Workshop on “Yoga for Health Promotion” as a part of celebration of “International Day of Yoga” (16 – 21st June 2022) organised by IMS, BHU, Varanasi
26. Guest Speaker during International Yoga Day on 21st June 2022 with the theme “Women’s Well – Being and Yoga” at Centre for Women’s Development Studies, New Delhi
27. Key Note in PRASUTICON – 22 to be held on 25th & 27th August 2022, organised by Dept. of Prasuti Tantra, Faculty of Ayurveda, IMS, BHU
28. Guest Speaker in 2nd National Conference on Kuposhana (Malnutrition) of Mother & Child and Its Management in Ayurveda (MCCON2022) on 20th September 2022 at Apex Institute of Ayurvedic Medicine & Hospital
29. Key Note Speaker at “Student Orientation Programme 2022-23” organised by SHEAT College of Engineering on 23rd September 2022
30. Guest Lecture on the topic “8 Golden Rules of Ayurvedic Dietetics under Celebration of Poshanmaash” at Kendiya Vidyalaya BHU Campus, Varanasi, on 27th September 2022

31. Guest Lecture on the topic “Ayurveda Diet Importance Awareness/Talk” dated 29th September 2022 at Jeevak Ayurved Medical College & Hospital Research Center, Kamlapur, Akauni, Chandauli, U.P.
32. Speaker on the topic “Diet and Nutrition in Practice of Striroga and Prasuti Tantra and Yoga and Pranayama in Pregnancy” as part of Curriculum of Certificate Course in Prasav Vigyan in the Dept. of Prasuti Tantra in the session 2021-2022
33. Short Talk/ Laghu Katha on the topic “Karen Yog Rahe Niroga” organised by Prasar Bharti, All India Radio/ Doordarshan, Air Varanasi on 27th February 2023
34. Resource Person during the Transitional Curriculum Program conducted from 13th March to 29th April 2023 for the First Year BAMS (2022 Batch) students of Apex Institute of Ayurvedic Medicine & Hospital, Chunar, Mirzapur
35. Talk/ Katha on the topic Health Live Phone – In (Bengal) - “Hello Suswastha” – Common Health Hazards, Importance of Physical Activity, Yoga, organised by Prasar Bharti, Doordarshan Kendra, DDK Agartala on 16th March 2023
36. Guest Lecture on the topic “Yoga Practice & Relaxation Techniques” in the Transitional Curriculum BAMS 2022-23 Batch, dated 28th March 2023 at Jeevak Ayurved Medical College & Hospital Research Centre, Kamlapur, Akauni, Chandauli, U.P.
37. Resource Person on the topic “Principles of Dietetics in Ayurveda” in the Dr. Gala Brewer, MD, Internal Medicine PGY – 2, Jackson Memorial Hospital/ University of Miami for Global Health International Rotation on 31st March 2023
38. Resource Person in the workshop “Yoga for Health” as a part of celebrations of “International Day of Yoga” (12th – 17th June 2023) organized by Faculty of Ayurveda, IMS, BHU, Varanasi
39. Short Talk/ Laghu Katha on the topic “Karen Yog Rahe Niroga” organised by Prasar Bharti, All India Radio/ Doordarshan, Air Varanasi on 13th June 2023
40. Resource Person in the Yoga Camp and Ayurveda Awareness Programme held on 15th March 2023 at 39 GTC, Cantonment, Varanasi as a part of celebrations of “International Day of Yoga 2023” along with Har Ghar Dhyana Programme of Ministry of Culture organized by Faculty of Ayurveda, IMS, BHU, Varanasi
41. Resource Person in the Yoga Camp and Ayurveda Awareness Programme (18th – 20th June 2023) held at Raja Ram Mohan Roy Hostel, BHU as a part of celebrations of “International Day of Yoga 2023” along with Har Ghar Dhyana Programme of Ministry of Culture organized by Faculty of Ayurveda, IMS, BHU, Varanasi
42. Resource Person during the Samskara, PG Orientation Program held from 3rd – 19th July 2023, organized by Faculty of Ayurveda, IMS, BHU, Varanasi
43. Resource Person in the “Workshop on Pathya Kalpana” from 8th – 9th September 2023 held on the occasion of National Nutrition Month, organized by Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU, Varanasi

44. Resource Person (Self Care Educator) on the topic “Yoga & Naturopaathy” in the “Bagless Days” (learning experience of the children) on 27th September 2023 at Delhi Public School, Varanasi
45. Short Talk/ Laghu Katha on the topic “Mahilayen Kab Aur Kaise Karen Yog” organised by Prasar Bharti, All India Radio/ Doordarshan, Air Varanasi on 20th October 2023
46. Guest Lecture on the topic “Importance of Dincharya in the Management of Life – Style Disorders” in the National Conference on Mainstreaming of Ayurveda in Primary Health Care on 4th November 2023, organized by All India Ayurvedic Specialist PG Association, Varanasi Branch (Society Reg No. - 10211) in the association with Dept. of Dravyaguna, Faculty of Ayurveda, IMS, BHU, Varanasi
47. Guest Lecture on the topic “Ayurveda as a Way of Healthy Lifestyle” in the Transitional Curriculum BAMS 2023-24 Batch, dated 18th November 2023 at Jeevak Ayurved Medical College & Hospital Research Centre, Kamlapur, Akauni, Chandauli, U.P.
48. Resource Person during the Induction Program (Transitional Curriculum Program) conducted from 20th November to 07th December 2023 for the First Professional BAMS 2023 Batch, organized by Faculty of Ayurveda, IMS, BHU, Varanasi
49. Resource Person during Samskara PG Orientation Program conducted from 16th January to 03rd February 2024 for the MD (Ay)/MS (Ay) First Year (Admission Batch – 2023 – 24), organized by Faculty of Ayurveda, IMS, BHU, Varanasi
50. Short Talk/ Laghu Katha on the topic “Mahilayon Ke Liye Vyayama Kitna Aavashak” organised by Prasar Bharti, All India Radio/ Doordarshan, Air Varanasi on 30th January 2024
51. Short Talk/ Laghu Katha on the topic “Yog Karte Samay Dhyana Dene Yogya Baatein” organised by Prasar Bharti, All India Radio/ Doordarshan, Air Varanasi on 1st August 2024
52. Resource Person during the Induction Program (Transitional Curriculum) conducted from 20th November to 06th December 2024 for the First Professional BAMS (2023 Batch), organised by Faculty of Ayurveda, IMS, BHU, Varanasi
53. Guest Lecture on the topic “Yoga Practice & Relaxation Techniques” in the Transitional Curriculum BAMS 2024-25 Batch, dated 22th November 2024 at Jeevak Ayurved Medical College & Hospital Research Centre, Kamlapur, Akauni, Chandauli, U.P.
54. Resource Person during Samskara PG Orientation Program conducted from 18th November to 05th December 2024 for the MD(Ay)/MS (Ay) First Year (Admission Batch – 2024 – 25), organized by Faculty of Ayurveda, IMS, BHU, Varanasi
55. Resource Person on the topic “Nutrition in Children” on the Occasion of National Nutrition Week, 01st to 07th September 2025, on theme “Eat Right for a Better Life” organized by Dept. of Kaumarbhritya/Balroga, Faculty of Ayurveda, IMS, BHU, Varanasi on 05th September 2025 (Online Mode)

56. Guest Speaker on the topic “Ayurveda for People and Planet” during 57th CME (Virtual Mode) on the Occasion of 10th National Ayurveda Day, organized by Paschim Banga Ayurveda Chikitsak Samity and Government Ayurvedic Doctors’ Association on 23rd September 2025

ORGANISING CONFERENCE/SEMINAR WORKSHOP: 10

1. Organizing Secretary in Workshop on Lifestyle and Yoga for Healthy Living, organised by Department of Swasthavritta and Yoga, Faculty of Ayurveda, IMS on 20th – 26th Nov 2017
2. Joint Organising Secretary in Workshop on Yog Avam Ayurved Se Swasthya Samvardhan by Bharat Adhyayan Kendra, BHU, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS, BHU and Kaivalya Dhama Yog Samsthana, Lonawala, Maharashtra on 16th August to 03rd September 2019
3. Organising Secretary of National Webinar “Yogayurveda for Adaptation and Wellbeing” held on 21st June 2021
4. Organising Secretary for the lecture by Prof. Rekha B V, MD (Ayu), PhD, Dept. of Swasthavritta & Yoga, Government Ayurveda College, Mysore on the topic “Concept of Ahara Poshana Samrakshana and Ahara Vidhi Vidhana for a Healthy Tomorrow” held on 14th June 2022 organised by Dept. of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU
5. Organizing Secretary in the Guest Lecture by Dr. Sarvesh Kumar Agrawal, Associate Professor on the topic “Application of Swasthavritta in Present Scenario for Health Promotion” on 17th February 2023, organized by the Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU
6. Organizing Secretary in the Workshop on Yoga for Health Promotion For Japanese Delegation held on 10th March 2023, organized by the Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU
7. Organizing Secretary in the Guest Lecture by Mr. Ajay Ravindra Kumbhar, Yoga Teacher and Lead Examiner, Yoga Certification Board, Ministry of AYUSH for delivering Guest Lecture along with Demonstration on the topic “Yoga for Health” held on 11th May 2023, organized by the Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU
8. Organizing Secretary in the International Day of Yoga 2023 celebrations (12th – 21st June 2023), organized by the Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU
9. Organizing Secretary in the Workshop on Pathya Kalpana from 08th – 09th September 2023 held on the Occasion of National Nutrition Month, organized by the Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU

10. Organising Secretary in the “National Awareness Campaign Aahaar Kranti 2024 – Uttam Aahaar Uttam Vichar” on 26th April, 2024, in association with Faculty of Ayurveda, IMS, BHU, Varanasi & Global Indian Scientist & Technocrats Forum (GIST)

ATTENDED CME/ SYMPOSIUM/ SEMINAR/ WORKSHOP:

CME: 07

1. CME on Ayurvedic Education: Pt. Madan Mohan Malaviya Vision, organized by Dept. of Sangyahan on 06.02.2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
2. CME for "Swasthavritta and Yoga Teachers" by PG Dept. of Swasthavritta and Yoga, National Institute of Ayurveda, Jaipur from 22th to 27th April, 2019
3. CME on “Women Health Empowerment” on the occasion of International Women’s Day, organized by Department of Prasuti Tantra, Faculty of Ayurveda, IMS, BHU, Varanasi on 8th March, 2022
4. CME ON COVID – 19 SGPGI – GADVASU – IVS – ASM 2022, organized by Sanjay Gandhi Post Graduate Institute of Medical Science, Lucknow on 26.03.2022
5. Participated in CME on International Women’s Day “Aadhyashakti”, organised by Dept. of Prasuti Tantra, Faculty of Ayurveda, IMS, BHU on 03rd March 2023
6. Participated in CME on International Women’s Day – Women Empowerment “Aarohi”, organised by Dept. of Prasuti Tantra, Faculty of Ayurveda, IMS, BHU on 06th March 2024
7. Participated in CME on Pragmatic Panchakarma Approaches to Neurodegenerative Disorders & Chronic Joint Disorders conducted on 19th July 2025, Varanasi, organised by The Arya Vaidya Pharmacy (Coimbatore) Limited

Symposium: 04

1. Symposium on “Innovations in Educational, Environmental and Health Research, ISIEEHR-2015, at SVDV Auditorium, BHU, Varanasi, 23th – 24th February, 2015
2. Symposium on Essential Drugs list of Ayurveda by Ministry of AYUSH held on 5.01.2017
3. Symposium on “Prospective of Ayurveda in Palliative Care” by Dept. of Sangyahan, IMS, BHU and A.A.I.M., U.P., State Branch on 17th January, 2019
4. Symposium on "Research Ethics and Scientific Publishing" by Dept. of Molecular and Human Genetics, BHU Ayurveda Network, Faculty of Ayurveda, BHU and Springer Nature India Private Limited on 27th March, 2019

Seminar: 56

1. 19th World Congress on Clinical Nutrition, organized by Institute of Medical Sciences, Banaras Hindu University, Varanasi at K. N. Udapa Auditorium, BHU, Varanasi, 13-15 March, 2015
2. National Seminar on Psychosomatic Disorders: Current Perspectives in the Management, organized by Dept. of Kayachikitsa on 18th March 2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU

8. National Seminar on Relevance of Charaka-Samhita and its Practices in Contemporary Age, organized by Dept. of Samhita & Sanskrit and Dept. of Siddhanta Darshan on 28 – 29th March 2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
9. National Seminar on Role of Ahar-Vihar in the Management of Chronic Non-Communicable Diseases, organized by Government Ayurvedic College & Hospital on 11th April 2015 at Sampurnanand Sanskrit University, Varanasi, UP
10. National Conference on Advances in Shalya Tantra, organized by Dept. Of Shalya Tantra, FOA, IMS, BHU on 24 – 25th April at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
11. National Seminar on Skill Development for AYUSH Professionals- Issues and Challenges, organized by Vishwa Ayurveda Parishad, Varanasi Branch on 25th and 26th of April 2015 held at Central University for Tibetan studies, Sarnath, Varanasi.
12. International Conference on Tantra Sharir, Kundalini Yoga & Psychosomatic Disorders, organized by Dept. of Rachana Sharir, FOA, IMS, BHU on 27 -28th September 2015 at K. N. Uduppa Auditorium, BHU, Varanasi
13. International BHU Alumni Meet (IBAM-2015) & Seminar on Science and Religion: Mahamana's Vision, at Swatantrata Bhawan, BHU, Varanasi, on 23 -24th November 2015
14. "Malaviya's Vision About Ayurvedic Education", in CME on Ayurvedic Education: Pt. Madan Mohan Malaviya Vision, organized by Dept. of Sangyahan on 06.02.2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
15. "Life Style Modification Through Ayurveda in Diabetes Mellitus", in International Symposium on "Innovations in Educational, Environmental and Health Research, ISIEEHR-2015", at SVDV Auditorium, BHU, Varanasi, 23-24 February, 2015.
16. "Ayurveda & Nutrition", in 19th World Congress on Clinical Nutrition, organized by Institute of Medical Sciences, Banaras Hindu University, Varanasi at K. N. Udupa Auditorium, BHU, Varanasi, 13-15 March, 2015.
17. "Prevention & Management of Depression Through Yogic Therapy", in National Seminar on Psychosomatic Disorders: Current Perspectives in the Management, organized by Dept. of Kayachikitsa on 18th March 2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
18. "Mental & Psychological Wellbeing Through Ayurveda", in National Seminar on Relevance of Charaka-Samhita and its Practices in Contemporary Age, organized by Dept. of Samhita & Sanskrit and Dept. of Siddhanta Darshan on 28 – 29th March 2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
19. "Status Of Ayurveda in Prevention of Madhumeha (Diabetes Mellitus)", in National Seminar on Role of Ahar-Vihar in the Management of Chronic Non-Communicable Diseases, organized by Government Ayurvedic College & Hospital on 11th April 2015 at Sampurnanand Sanskrit University, Varanasi, UP
20. "Management of Chronic Pain Through Yoga", in National Conference on Advances in Shalya Tantra, organized by Dept. Of Shalya Tantra, FOA, IMS, BHU on 24 – 25th April 2015 at Dhanwantari Bhavan, Faculty of Ayurveda, IMS, BHU
21. "Skill Development of Ayurvedacharyas Through Yoga", in National Seminar on Skill Development for AYUSH Professionals- Issues and Challenges, organized by

- Vishwa Ayurveda Parishad, Varanasi Branch on 25th and 26th of April 2015 held at Central University for Tibetan studies, Sarnath, Varanasi.
22. "A Critical Study on Kundalini Yoga", in International Conference on Tantra Sharir, Kundalini Yoga & Psychosomatic Disorders, organized by Dept. of Rachana Sharir, FOA, IMS, BHU on 27 -28th September 2015 at K. N. Udappa Auditorium, BHU, Varanasi
 23. "Ashtanga Yoga-The Basis for Foundation of Human Values", in National Seminar and Workshop on Ashtanga Yoga and Human Values, organized by Dept. Swasthavritta & Yoga On 21 – 22th June 2015 at Malaviya Bhawan, BHU, Varanasi
 24. "Mahamana Malaviyaji's Vision on Religion", in International BHU Alumni Meet (IBAM-2015) & Seminar on Science and Religion: Mahamana's Vision, at Swatantrata Bhawan, BHU, Varanasi, on 23 -24th November 2015
 25. Suryanamaskara for better health in International Conference on Yoga- Science and Education, Jointly Organized by Department of Biochemistry, Faculty of Ayurveda, IMS, Yoga Sadhana Kendra, Malaviya Bhawan, BHU and Indian Academy of Yoga, Varanasi, on 15-17 Jan 2016
 26. Ayurvedic Education - Reform in seminar on Ayurvedic Education - Reform, organized by Department of Sangyahan, IMS, BHU on 6 Feb 2016
 27. Conceptual Understanding of Geriatric diet in Ayurveda in International Conference on Changing Paradigm of Management Practices for Sustainable Development, organized by Babasaheb Bhimrao Ambedkar University, Lucknow on 5-6 March 2016
 28. A Critical study on Mental health in Ayurveda in National Seminar on "Ayurved Upveda Chikitsa shastra cha", organized by Gyana Pravah, Samne ghat, Varanasi jointly organized by Shri Pattabhirama Shastri Veda- Mimansa Anusandhan Kendra. on 07-09 March, 2016
 29. Achievement of Mental Health Through Bahiranga Yoga in National Conference on "Manava Swasthya evum Bahiranga Yoga, Organized by Vaidik Darshan Vibhag, Sanskrit Dhram Vigyan Sankaya Banaras Hindu University, Varanasi on 27-28 March, 2016
 30. Role of Female in Veda in International Conference on "Veda Shastreshu Strinam Sthanam Mahatva cha, Organized by Sanskrit Dhram Vigyan Sankaya Banaras Hindu University, Varanasi" on 29-31 March, 2016
 31. Rashtra Nirman mein Mahilaon ka Yogdaana in International Conference on "Vishva ki Suraksha Evum Shanty me Sabhi Dharmo ki Upadeyata Evum Samaj Evum Rasta Nirmana me Mahilao ka Yogdana" Organized by Dhram Sanskriti Sangam Kashi Evum Pali Thervada Vibhag Sampurna nand Sanskrit Vishva Vidhalaya, Varanasi on 6-7 April, 2016
 32. Chronic Pain Management through Ayurveda in 18th National & 4th International Conference, CCPR/Palliative Care/Pain management (Agni Karma/Jaloka Avacharan/Yoga/Central Line on Cadaver/Marma Chikitsa/Accupuncture) Organized by Department of Sangyahan, Institute of Medical Sciences, Banaras Hindu University, Varanasi sponsored by Association of Anesthesiologists of Indian Medicine, U.P State Branch, on 9th -10th April, 2016
 33. Management Protocol of Pandu Roga in National Seminar on Role of Ayurveda in Rakta- Pradoshaja Vikaras (Blood Born Diseases), Jointly Organized by Dept of

- Kayachikitsa, Faculty of Ayurveda, IMS and National academy of Panchakarma and Research (NAPAR), Gujrat on 10-11 Dec 2016
34. Therapeutic benefits of Kunjal Kriya on Obesity (Sthaulya) in National Conference “Conclave on Translational Research Opportunity in Ayurveda & Iastam Oration, Award Function” Organized by Faculty of Ayurveda, Institute of Medical Sciences, BHU & Indian Association for The Study of Traditional Asian Medicine On 18-19th Feb 2017
 35. Pathya Apathya and Yogic regimen in Anorectal diseases in National Seminar on Relevance of Sushruta’s Concept of Surgery in Present Era Dept. of Shalya Tantra in association with National Sushruta Association on 6-8 April 2017
 36. Charkokta Achaara Rasayana in Akhila Bharata Patanjali Samaroha, organized by Sanskrita Vidhya Dharma Vijnana Sankaya, BHU on 29 July 2017
 37. Paninian Grammar for Different Shatras in International Sanskrit Seminar organized by Faculty of Sanskrit vidya Dharma Vijnan on 8-10 Jan 2018
 38. Dainik Jeevan mein Yoga ka Mahatava in Akhila Bharata Patanjali Samaroha Sanskrita Vidhya Dharma Vijnana Sankaya, BHU on 16-18 Aug 2018
 39. World Congress of Ayurveda 2019 by Faculty of Ayurveda, IMS, BHU on 14-16 March 2019
 40. Samanvaya – 2020 National Webinar Series on “Role of Ayurveda & Yoga in COVID-19 Pandemic Crisis”, jointly organized by B. V. V. Ayurved Medical College & Hospital, Bagalkot, Karnataka and Department of Integrative Medicine, Sri Devaraj Urs Academy of Higher Education & Research, Kolar on 04th – 08th June, 2020
 41. “Late Prof. P. J. Deshpande Memorial International Webinar – Sushrut Diwas” jointly organized by Department of Sangyahan, Shalya Tantra, Shalakya Tantra, Prasuti Tantra & Kaumarbhrit-Balrog, Faculty of Ayurveda, IMS, BHU, Varanasi, (India) on 11th June, 2020
 42. “Swastham – 2020: A National Level Webinar Series” by Department of Swasthavritta & Yoga, B. V. V. Ayurved Medical College & Hospital, Bagalkot, Karnataka on 14th July, 2020
 43. “National Webinar on Shalya Tantra” organized by PG Department of Shalya Tantra, National Institute of Ayurveda, Jaipur in association with The Himalaya Drug Company, Bengaluru on 24th – 26th September, 2020
 44. “International Yoga Day Awareness Quiz 2020” organized by Department of Swasthavritta and Yoga with N.S.S. Unit of Prakash Shikshan Mandal’s, L.R.P. Ayurvedic Medical College, Hospital, P.G. Institute & Research Centre, Dist. – Sangli, Maharashtra
 45. Webinar on “Super Memory Masterclass”, organized by Brain Infinite from 26th to 29th January, 2021
 46. Seminar on “Women Empowerment” on the occasion of International Women’s Day, jointly organized by Department of Prasuti Tantra and Department of Vikriti Vigyan, Faculty of Ayurveda, IMS, BHU, Varanasi on 8th March, 2021
 47. Webinar Lecture Series of celebration 7th International Day of Yoga (IDY 2021) on the topic of “Charak Samhita Mein Yoga Ka Swaroop” organized by Department of Swasthavritta & Yoga, National Institute of Ayurveda, Deemed to be University (De – Novo), Jaipur on 22nd March 2021

48. International Webinar of “New Harizon of Medicaments for Ayurvedic Oncology” jointly organized by Department of Shalya Tantra, Faculty of Ayurveda, IMS, BHU and All India Ayurveda Specialists (PG) Association (Varanasi Branch)
49. Participated in the “Introductory Course on Research Methodology & Biostatistics” under Maharshi Charak Ayurveda Research & Development Scheme, organized by Joint State Training Center of Institute of Applied Statistics & Faculty of Ayurveda, IMS, BHU on 20th to 21st May 2022
50. Attended One Day National Seminar on Yoga “On the Occasion of 8th International Yoga Day” on 21st June 2022 (Hybrid Mode), jointly organised by Dept. of Sangyahan, Faculty of Ayurveda, IMS, BHU and AAIM, U.P., State Branch
51. Participated in National Weimar, “NAIRUJYA – 2022” on Swasthavritta & Yoga, organized by Department of Swasthavritta & Yoga, Rajeev Institute of Ayurvedic Medical Science and Research Center, Hassan, Karnataka on 23rd July 2022
52. Presented on the topic, “Yoga and Music Therapy for Depression (Vishada)” in International Seminar on “Yog, Sangeet Avam Kayayon Ka Antarnihit Sambhand” organized by Bharat Adhayayan Kendra, BHU, Faculty of Performing Arts, BHU, Antervishwavidhyalaya Kentra Yoga Vijnan, Bengaluru and Bharatiya Darshanik Anusandhan Parishad, New Delhi on 22nd to 23rd July, 2022
53. Presented on the topic, Conceptual Review of Goghrita W.S.R. to Its Medhya Karma in National Seminar on Indigenous Cow, Agriculture and Holistic Health, organized by Department of Kayachikitsa, Faculty of Ayurveda, IMS, BHU on 5th, 6th and 7th August 2022
54. Participated in Neoplasia Congress 2022, International Webinar on “New Horizon of Medicaments for Ayurvedic Oncology”, jointly organised by Dept. of Shalya Tantra, Faculty of Ayurveda, IMS, BHU and All India Ayurveda Specialist (PG) Association (Varanasi Branch)
55. Presented on the topic “Ragi Drink and Sama Upma Product” in the Fair, Millet Mela, organised by Dept. of Dairy Science and Food Technology in collaboration with AFSTI – Varanasi Chapter on 16th October 2023
56. Participated in Webinar on “Poshan Maha - 2024” organised by the Department of AYUSH and Department of Dietetics, All India Institute of Medical Sciences, Guwahati on 25th September, 2024

Workshop: 28

1. National Seminar and Workshop on Ashtanga Yoga and Human Values, organized by Dept. Swasthavritta & Yoga On 21 – 22th June 2015 at Malaviya Bhawan, BHU, Varanasi
2. National Workshop on “Ashtanga Yoga & Human Values” on 21-22th 2015 at Malaviya Bhawan, Banaras Hindu University, Varanasi
3. Participated in Workshop on Pain Management through Ayurvedic Approach on 15.10.2017 to 17.10.2017
4. Workshop on Lifestyle and Yoga for Healthy Living, organised by Department of Swasthavritta and Yoga, Faculty of Ayurveda, IMS on 20-26 Nov 2017

5. National workshop on Basic Level Clinical approaches of Charaka Samhita from 23.01.2018 to 30.01.2018
6. Workshop on Personality Development and Career Building -2016, Jointly organized by Dept. of Vikriti Vigyan, Faculty of Ayurveda, IMS and Vishwa Ayurved Parishad on 5-11 Feb 2018
7. Purvabhyaas Shibir (IDY- 2018) from 06.06.2018 to 09.06.2018
8. National workshop on Teaching and Research methodology from 19.07.2018 to 25.07.2018
9. Training Programme -"Workshop on Cardio Cerebro Pulmonary Resuscitation" by Dept. of Sangyahan, IMS, BHU from 18th-24th January, 2019
10. Orientation Workshop on "BIRAC Funding for Innovation and Startup Formation in Biology Related Fields" by Dept. of Biochemistry, IMS, BHU on 20th April, 2019
11. Workshop on Yog Avam Ayurved Se Swasthya Samvardhan by Bharat Adhyayan Kendra, BHU, Dept. of Swasthavritta and Yoga, Faculty of Ayurveda, IMS, BHU and Kaivalya Dhama Yog Samsthana, Lonawala, Maharashtra on 16th August to 03rd August 2019
12. Workshop on "Good Teaching and Research Practices" organized by Ayurveda Network, Faculty of Ayurveda, BHU on 16th & 17th January, 2020
13. Workshop on "Pediatric Hospital Management" under "Wisdom 2020: A Series of Workshops" organized by the Department of Kaumarabhritya/Balroga, FoAy, IMS, BHU on 22th January, 2020
14. Workshop on "Public Awareness: Suwarnaprashana" under "Wisdom 2020: A Series of Workshops" organized by the Department of Kaumarabhritya/Balroga, FoAyu, IMS, BHU on 22th January, 2020
15. Workshop on "Assessment & Accreditation Awareness of NAAC Revised Framework" jointly organized by Internal Quality Assurance Cell (IQAC) and Department of Physical Education, Faculty of Arts, BHU, Varanasi (U.P.) on 20th February, 2020
16. Workshop for Academic Administrators on "MOOCs, E-content Development and Open Educational Resources" (UGC Sponsored Programme) on 24th to 29th February, 2020
17. Workshop on Yog Sinchan Shivir on COAD (Chronic Obstructive Airways Disease) on 26th July, 2020
18. International Workshop on Neurobiology of Pain & Itch, organized by Department of Pharmaceutical Engineering & Technology, Indian Institute of Technology (Banaras Hindu University) Varanasi, India on 29.06.2021
19. One Week Workshop on Yoga "On the Occasion of 8th International Yoga Day" organized by Department of Sangyahan, Faculty of Ayurveda, IMS, BHU & A.A.I.M., U.P., State Branch from 14th to 21st June 2022 (Hybrid Mode)
20. Workshop on Academic Writing and Publication, organised by Ayurveda Network, Faculty of Ayurveda, IMS, BHU in collaboration with Dept. of Extension, IAS, BHU on 12th to 17th September 2022
21. Workshop on Pharmacovigilance and Its Journey in Ayurveda, organised by Peripheral Pharmacovigilance Centre, Faculty of Ayurveda, IMS, BHU on 29th November 2022
22. Participated in Workshop on Three Month Certificate Programme on Research Methodology & Biostatistics under Maharshi Charak Ayurveda Research & Development Scheme held on 02nd January to 31st March 2023, organized by Joint State

Training Center, Institute of Applied Statistics & National Institute of Ayurveda in collaboration with Central Council for Research in Ayurvedic Sciences

23. Participated in Workshop “Yoga for Health” in the event of “International Day of Yoga 2023 celebrations” (12th – 21st June 2023), organized by the Department of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU
24. Participated in Workshop on Three Month Online Certificate Programme on “Research Methodology & Biostatistics” under Maharshi Charak Ayurveda Research & Development Scheme held on 01st May 2024 to 30th July 2024, organized by Institute of Teaching and Research in Ayurveda (ITRA), Jamnagar & Institute of Applied Statistics, Kanpur in Collaboration with Central Council for Research in Ayurvedic Sciences (CCRAS), New Delhi
25. Participated in Workshop on Scientific Writing, Research Integrity & Publication Ethics, organized by National Commission for Indian System of Medicine, New Delhi, hosted by Faculty of Ayurveda, IMS, BHU, from 17th September 2024 to 19th September 2024
26. Participated in Webinar on “Poshan Maha - 2024” organised by the Department of AYUSH and Department of Dietetics, All India Institute of Medical Sciences, Guwahati on 25th September, 2024
27. Participated in Workshop in the One Week Online National Level Faculty Development Program on “Unleashing the Power of AI Tools for Teachers” organised by Sanatan Dharma College, Ambala Cantt, in collaboration with Nucleus of Learning and Development from 30th to 05th October 2024
28. Participated in “Online National Workshop on Systematic Reviews & Meta Analysis”, organised by Resilient Foundation for Academic Innovation & Scientific Research, New Delhi during 18th to 20th October, 2024

Judgment: 02

1. Judge in “Dr Ganga Sahai Pandey Memorial All India U.G. Ayurveda Students Essay Competition – 2021” organized by Vishwa Ayurved Parishad
2. Judge in “Poster Making Competition” on the occasion of Anti – Ragging Week (12th – 18th August) held on 13 August 2025, organized by Faculty of Ayurveda, IMS, BHU, Varanasi

Refresher/Orientation Course/MOOC/ FDP: 06

1. 79th Orientation Course, UGC - Human Resource Development Centre, BHU from 28 days (04.03.2018 - 31.03.2018) sponsored by HRDC, BHU
2. Winter School in Basic Sciences (Interdisciplinary Refresher Course) by UGC - Human Resource Development Centre, BHU from 21 days (26.02.2019 - 18.03.2019) sponsored by HRDC, BHU

3. 18th Refresher Course in Women's Studies (Multi - disciplinary), UGC - Human Resource Development Centre, BHU from 28 days (16.01.2023 - 28.01.2023) sponsored by HRDC, BHU
4. Workshop for Academic Administrators on "MOOCs, E-content Development and Open Educational Resources", at UGC - Human Resource Development Centre, BHU from 24.02.2020 - 29.02.2020, UGC Sponsored Programme
5. Faculty Development Programme on "Communication Skills in Teaching", BHU from 13.12.2022 - 19.12.2022, Sponsored Dept. of Journalism & Mass Communication and Carrier Guidance, Training & Placement Cell, BHU
6. 18th Refresher Course in Women's Studies (Multi - disciplinary), UGC - Human Resource Development Centre, BHU from 28 days (16.01.2023 - 28.01.2023) sponsored by HRDC, BHU

THESIS SUPERVISED: 03

1. **"Comparative Study of Yogic Practices and Vyayama on Certain Physical and Mental Variables in Healthy Individuals"**, by Dr. Jyoti Yadav, Dept. of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU, Year: 2021
2. **"Preventive Role of Ayurvedic Interventions and Yogic Practices in Pre-Diabetic Patients"**, by Dr. Shoban Singh, Dept. of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU, Year: 2024
3. **"Comparative Evaluation of the Efficacy of Dantashodhan Yoga and Conventional Tooth Paste using Gingival Index on Shitada (Gingivitis)"**, by Dr. Tushar Biswas, Dept. of Swasthavritta & Yoga, Faculty of Ayurveda, IMS, BHU, Year: 2025

DECLARATION:

I hereby declare that the facts mentioned in this curriculum vitae are correct and true to the best of my knowledge.

Date: 10.09.2025

Place: Varanasi

DR. KANCHAN CHOWDHURY