

**Name:** Dr. Naorem Jiteswori Devi  
**Designation:** Assistant Professor  
**Branch:** Physical education & Yoga Department  
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**Educational Qualification(s):**

Qualification(s)	University
B.A .	Lady Shri Ram College, Delhi
MA	Jawaharlal Nehru university ( JNU), Delhi.
PGD in Human Rights	Indian institute of human rights, Delhi
YIC ( yoga instructor course)	SVYASA, Bangalore.
PhD in Yoga	SVYASA, Bangalore.

**Experience in years:**

Academic :

Details:

Sl. No.	Organization	Position Held	Duration	
			From	To
1	YPISM yoga college, Manipur.	Assistant Professor	16th April 2017	15th Feb 2018.
2	SVYASA, Bangalore.	Work assistantship	10th Aug 2010	30th Nov 2012

Industrial:

Details:

Sl. No.	Organization	Position Held	Duration	
			From	To
1	Bapu Nature Cure	Research Officer	12 th	8th

	Hospital & Yogasram, Delhi.		Nov 2015	March 2017
2	Ananda Singh yoga & Nature Cure Research Hospital, Manipur.	Programme Officer	1st Jan 2006	30 Nov 2008.

### Other Information:

a) Publication details.

Published 12 research articles in national and international journals.

### PUBLICATION OF RESEARCH PAPERS:

**Devi, Naorem. Jiteswori.,** Singh, T. B., & Subramanya, P. (2015, December 16). Effect of Yoga on Depression and quality of Life in Drug Abusers. *International Journal of Ayurveda and Pharma Research*, 2(2), 61-65

**Devi, Naorem. Jiteswori.,** & Subrahmanyam, Kambhampati. (2015). Yoga as An Ancient Science of Healing: Its Impact on Mental Health of Women. *International Journal of Ayurveda and Pharma Research*, 2(3).

**Devi, Naorem. Jiteswori.,** & Subrahmanyam, K. (2014). Women in the Rig Vedic age. *International Journal of Yoga - Philosophy, Psychology and Parapsychology*, 2(1), 1–3. <https://doi.org/10.4103/2347-5633.157985>

**Devi, Naorem. Jiteswori.,** Subrahmanyam, K., & Singh, T. B. (2016). Impact of Yoga Intervention on Spiritual Well Being, Sleep Quality and Guna in Young Widows: A Randomised control Trial. *International Journal of Development Research*, 6(9), 9502–6.

**Jiteswori Devi, N.,** & Benji Singh, T. (2016). A Randomized Control trial of the Effect of Yoga on Quality of Sleep, Self-esteem and Depression in Substance Abuser. *International Journal of Multidisciplinary Approach and Studies*, 3(4), 11–17.

**Jiteswori Devi, N.,** Subrahmanyam, K., & Benji Singh, T. (2016). Efficacy of Yoga on Trigunas in Young Widows: A Randomized Control Trial. *International Journal of Arts, Humanities and Management Studies*, 2(7), 27–35.

Nair, R., Saxena, D., **Devi, Naorem. Jiteswori.,** Chawla, R., & Sood, V. R. (2016). Emphasis of Naturopathy in the Management of Type 2 Diabetes Mellitus. *Nature Cure Hospital &Yogashram*, 4. <https://doi.org/10.18535/jmscr/v4i12.112>

Nair, R., Saxena, D., **Devi, Naorem. Jiteswori.,** Chawla, R., & Sood, V. R. (2016). Effect of Naturopathy on Glycemic Status and Clinical Symptoms of Type 2 Diabetic Patients. *International Journal of Multidisciplinary Approach and Studies*, 3(3), 24–32.

Rukamani Nair, **Naorem Jiteswori Devi,** Gaurav Kaushik, V.N. Gaur, & Akhil Jain. (2016). Integrated Approach yoga, Naturopathy and Physiotherapy in the Management of Osteoarthritis of Knees. *International journal of Ayurveda & Alternative Medicine*, 4(3), 149–55.

Shyami Devi, N., **Jiteswori Devi, N.**, & Shashikant Bilagi, A. (2015). Efficacy of Yoga on Self –Esteem and Depression on Women Labourers. *International Journal of Recent Scientific Research*, 6(12), 7968–71. Retrieved from <http://www.recentscientific.com/>

Shyami Devi, N., **Jiteswori Devi, N.**, Shashikant Bilagi, A., (2016). Effect of Yoga on Depression and Somatic Symptoms of Women Labourers. *International Journal of Science and Research*, 5(1), 519–522. Retrieved from [www.ijsr.net](http://www.ijsr.net)

**Naorem Jiteswori Devi**, K Sahntibala Devi, Thongam Benji Singh (2017). Impact of 4 weeks Yoga training programme on Anxiety level and Guna in Substance Abuser. *Journal of Medical Science and Clinical Research*, 5(7), 24501-5.

#### **ARTICLE IN LOCAL NEWSPAPER:**

Naorem Jiteswori Devi & Thongam Benji Singh, “ Meeobana Yoga Karigi Tougadouribano.” *Poknapham*, page 7, 12<sup>th</sup> Aug 2016.

#### **POSTER PRESENTATION:**

Nair, Deepali Saxena, Ranjna Chwala & Naorem Jiteswori Devi., (2016). Effects of Naturopathy Intervention in Patients with Diabetes Mellitus. 5<sup>th</sup> Annual Conference of Indian Academy of Biomedical Science (IABS). Theme: biomedical Science in 21<sup>st</sup> Century and Beyond. Organized by Medanta, Held at India Habitat Centre, New Delhi, Feb 26<sup>th</sup> – 28<sup>th</sup>, 2016.

#### **(b) Details of Seminar/Workshop/Conference.**

Participated as a delegate in the “International Conference Yoga for Diabetes” organized by Central Council for Research in Yoga & Naturopathy (CCRYN), New Delhi from 4<sup>th</sup> to 6<sup>th</sup> Jan 2017.

Participated as a delegate in the ‘National Seminar on Emerging Trends of Research in yoga & Naturopathy, New Delhi from 16<sup>th</sup> to 18<sup>th</sup> Sept 2016.

Participated International Yoga Day Conference on “Yoga for Body & Beyond” 22<sup>nd</sup> to 23<sup>rd</sup> June 2016 at Vigyan Bhavan, New Delhi.

Attended the Symposium “Advance in Cardiac Biomarkers: An Update” held at GIPMER, New Delhi, on 23<sup>rd</sup> April 2016.

Participated in the “Consultation Seminar on Indian Psychology: Challenges and Prospects” organized by The Centre for Indian Psychology, Jain University, Bangalore on 6<sup>th</sup>-7<sup>th</sup> August 2011.

Volunteer at 19<sup>th</sup> INCOFYRA International Conference on Frontiers in Yoga Research and Its' Applications with the theme, "Yoga for Global Health, Education & Peace" at SVYASA, Bengaluru from Dec 20<sup>th</sup> to 23<sup>th</sup>, 2011.