

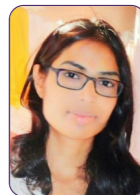
## ABOUT NIRWAN UNIVERSITY JAIPUR

Nirwan University, Jaipur was established by the Govt. of Rajasthan vide ACT No. 2 of 2017 and recognized U/s 2 (f) of UGC ACT 1956. The University has been empowered to award degrees under section 22 of UGC Act. NUJ has thirteen different faculties with seventeen schools. The University provides guidance and knowledge to the students in more than seventy programs ensuring high quality traditional and modern education. The University is situated in Jaipur, the capital of Rajasthan. NUJ is a successful venture of "NIRWAN CHARITABLE TRUST" and is one of the prominent choices for higher education among the students.

## ABOUT THE BOOK

"The Healing Power of Yoga: Scientific Studies" delves into the profound impact of yoga on physical, mental, and emotional well-being, backed by rigorous scientific research. Authored by experts in the field, this book serves as a comprehensive guide to understanding how yoga contributes to holistic healing. Through a synthesis of cutting-edge studies, the book illuminates the physiological mechanisms underlying yoga's therapeutic effects. From reducing stress and anxiety to alleviating chronic pain and improving cardiovascular health, each chapter presents empirical evidence supporting yoga as a potent tool for wellness.

## ABOUT THE EDITOR



**Dr. Krishna Agarwal**, currently serving as Dean and Assistant Professor School of Yoga and Physical Education at Nirwan University Jaipur, is a passionate yoga master with more than 10 years of professional experience. She has been awarded Ph.D. in Yoga from the Department of Human Consciousness and Yogic Science, Dev Sanskriti Vishwavidyalaya, Haridwar, Uttarakhand, India. She is post graduate in Sanskrit, Yoga, and psychology along with M.Phil. from the Global Open University, Nagaland; YCB certified Level-3 (Yoga Teacher & Evaluator) and UGC NET (Yoga) qualified. She has hands-on experience in exam evaluation and coordination in IYA PrCB, Noida, UP. She has expertise in successfully imparting yoga and life management classes and counseling sessions. She participated and presented papers in several national-international conferences and seminars. She has published several papers in journals of high repute.



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