

PROF. DR. SONY KUMARI

Registrar & Professor

S-VYASA Deemed to be University, Bengaluru, Karnataka, India

Academic Leadership • Yoga Scholar • Researcher • Higher-Education Professional

OFFICIAL EMAIL	EXPERIENCE	SCHOLARLY PROFILE
registrar@svyasa.edu.in	23+ years in higher education, Yoga, research & administration	60+ publications • 324 citations • h-index 10 • i10-index 10

PROFESSIONAL PROFILE

Prof. Dr. Sony Kumari is a distinguished academician, researcher and university administrator with more than 23 years of experience in higher education, Yoga education, academic administration, examination systems, research, institutional quality assurance and programme development. She currently serves as Registrar & Professor at S-VYASA Deemed to be University, Bengaluru.

Her professional journey reflects progressive academic and administrative leadership, including Professor, Head of Department, Controller of Examinations, Dean of Academics (in-charge) and Registrar. Her work combines academic governance with scholarship in Yoga, management, leadership, emotional intelligence, organisational behaviour, workplace well-being, education and contemporary health challenges.

She has contributed to institutional quality processes and external academic engagement through NAAC Peer Team participation, UGC-related higher-education Yoga initiatives, and advisory engagement in Yoga and Naturopathy. She was also nominated by the University and interviewed for the President's Award for Teachers in 2023. Her research profile includes 60+ publications, 324 citations, an h-index of 10 and an i10-index of 10, together with doctoral and postgraduate research supervision, peer review, invited talks and conference participation.

AWARDS, HONOURS & PROFESSIONAL RECOGNITION

Prof. Kumari's professional standing has been formally recognised at the national level, as reflected below.

Recognition	Nominating / Awarding Body	Year	Significance
Nomination for the President's Award for Teachers (interviewed by the HRD Ministry)	S-VYASA University (nominating institution) / Ministry of Human Resource Development	2023	Nominated by the University and shortlisted for interview by the HRD Ministry for one of India's highest teaching honours.
Certificate of Commendation for Contribution towards Yoga and Indian Values	Higher Education Forum (HEF), Bengaluru Chapter & Indus Business Academy (IBA), Bangalore	2018	Recognized for her contribution towards Yoga and Indian Values during the 2nd HEF Bengaluru Conference on "Management & Leadership in Disruptive Times" , held on 7 December 2018.
Yoga Laxmi Puraskar,	In the Yogic Memory of Pujya Laxmi Amma, Founder of Prasanti Kutiram, Bangalore		In appreciation of her contribution Yoga Academics & University Administration.

NATIONAL & EXTERNAL ACADEMIC / PROFESSIONAL ENGAGEMENTS

Beyond her institutional responsibilities at S-VYASA, Prof. Kumari has contributed to national academic quality-assurance and policy processes through the following engagements:

National Assessment and Accreditation Council (NAAC)

Peer Team Member — visited higher education institutions and universities as part of NAAC assessment teams, contributing to external academic quality evaluation and accreditation processes in higher education.

Union Public Service Commission (UPSC)

Invited as an Advisory Board Member in the field of Yoga and Naturopathy, reflecting recognition of her subject expertise at a national statutory level. (Nature and dates of this engagement to be confirmed — see Verification Note.)

University Grants Commission (UGC)

Nominated as a member of the committee constituted to develop a national Yoga Protocol for Higher Education institutions.

Peer Review — Academic Journals

Has served as a peer reviewer for research papers submitted to multiple academic journals in the fields of yoga, management and behavioural sciences.

Role of Yoga in Value-Based Education

Participated and contributed to programmes on the Role of Yoga in Value-Based Education, including the Bengaluru chapter of this initiative.

Lakshminarayana Sammelana

Academic and professional participation and engagement at the Lakshminarayana Sammelana. (Nature, host organisation and date to be confirmed — see Verification Note.)

International Engagement — Vietnam

Recent international academic engagement, including participation in / visit to a conference in Vietnam. (Conference title and date to be confirmed — see Verification Note.)

ACADEMIC & ADMINISTRATIVE LEADERSHIP

Prof. Kumari's career at S-VYASA reflects a steady progression from teaching faculty to senior university administrator, combining academic leadership with institutional governance responsibilities.

Position	Scope of Responsibility	Period
Registrar & Professor	Senior university academic and administrative leadership as Registrar, while continuing as Professor	Aug 2025 – Present
Controller of Examinations	Deputed as Controller of Examinations (second term), overseeing university examinations while continuing as Professor	Aug 2022 – Jul 2025
Dean of Academics (In-Charge)	Deputed as Dean of Academics while continuing as Professor	July 2021 – July 2022
Head of Department, MBA (Yoga & Management)	Deputed as HOD, MBA programme, Department of Yoga and Management, while serving as Professor	Dec 2018 – Jun 2021
Controller of Examinations	First term as Controller of Examinations	April 2016 – Nov 2018

CAREER PROGRESSION / PROFESSIONAL EXPERIENCE

More than 23 years of combined teaching and academic-administrative experience at S-VYASA Deemed to be University, summarised chronologically below.

Period	Position	Details
Aug 2025 – Present	Registrar & Professor	Promoted to Registrar; senior university academic and administrative leadership
Aug 2022 – Jul 2025	Professor; Controller of Examinations (deputed)	Second term as Controller of Examinations
July 2021 – July 2022	Professor; Dean of Academics (deputed, in-charge)	—
Dec 2018 – Jun 2021	Professor; HOD, MBA (Yoga & Management)	Department of Yoga and Management
April 2016 – Nov 2018	Controller of Examinations	First term
Feb 2015 – March 2016	Associate Professor	—
May 2008 – Jan 2015	Lecturer / Assistant Professor	—
Dec 2005 – Jan 2007	Assistant Registrar, Academic Department	Dates as recorded in prior CV — to be confirmed
Jan 2003 – Dec 2005	Joint-Coordinator, Department of Yoga and Management	Also coordinated jointly for the Department of Humanities

Field and Outreach Assignments

- Coordinator — conducted several SMET (Self-Management of Excessive Tension) programmes for public-sector organisations including ONGC, BHEL and BEL.
- Yoga Instructor — conducted a ten-day Personality Development Camp for children.
- Yoga Instructor — conducted a one-month Yoga Foundation Course in Port Blair, Andaman and Nicobar Islands (Aug 2005).

EDUCATIONAL QUALIFICATIONS

Qualification	Institution	Period
Ph.D., Yogic Sciences	Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA University)	Awarded Jan 2009
M.A., Yoga Psychology	Bihar Yoga Bharati	2000 – 2002
B.Com.	Bhagalpur University	1995 – 1998

Professional Training

- Four-month Yoga Certificate Course, Bihar School of Yoga, Munger, Bihar.
- Pranic Healing Course, First Degree, Bangalore.

AREAS OF EXPERTISE

- Higher-Education Administration & Academic Governance
- Yoga Education, Research & Therapy

- University Examinations and Assessment
- Leadership and Emotional Intelligence
- Yoga and Management
- Organisational Behaviour and Workplace Well-being
- Curriculum Development
- Institutional Quality Assurance (NAAC processes)
- Research Guidance and Academic Mentoring
- Value-Based Education

EXAMINATION, ASSESSMENT & QUALITY ASSURANCE EXPERIENCE

Prof. Kumari has held direct institutional responsibility for university examinations on two separate occasions, alongside external assessment experience at the national level:

- Controller of Examinations, S-VYASA University — two terms (April 2016 – Nov 2018; Aug 2022 – Jul 2025), with overall responsibility for the conduct and administration of university examinations.
- Dean of Academics (in-charge), S-VYASA University (July 2021 – July 2022), overseeing academic administration.
- Registrar, S-VYASA University (Aug 2025 – Present), providing senior academic and administrative leadership including oversight of examinations and quality processes at the institutional level.
- NAAC Peer Team Member — external assessment visits to higher education institutions and universities as part of national accreditation processes.
- Involvement in curriculum development and institutional NAAC preparation work at S-VYASA.
- Peer reviewer for research papers submitted to academic journals in yoga, management and behavioural sciences.

CONFERENCES, SEMINARS & INVITED CONTRIBUTIONS

Invited Talks

Delivered more than 30 invited talks as a resource person across various academic and professional platforms.

Select Conference Presentations

- Guest Speaker at Vietnam Yoga Academy – International Relations Department. Delivered an invited lecture on “Yoga and Modern Medicine: Integrating Tradition for Holistic Health,” exploring the integration of traditional yogic practices with modern medical approaches to promote holistic health.
- Oral presentation, ICCSEM Conference, Dayananda Sagar College, Bengaluru (26–27 Sep 2013).
- Oral presentation, TECHMAN Conference, Acharya Institute of Management, Bengaluru (27–28 Dec 2013).
- Paper presentation on the leadership model, S-VYASA University, Bengaluru (2–5 Jan 2014).
- Oral presentation, 7th Indus Business Academy Conference, Bengaluru (23–25 Apr 2014) — on the theme of harmonic society, management leadership and consciousness in the 21st century.
- Conference attended, SDMIMD, Mysore (Dec 2014).
- Paper presented, Acropolis 2015, on the effect of yoga-based meditation on emotional intelligence and perceived stress in Indian IT professionals (28 Nov 2015).
- Oral presentation, 8th Indus Business Academy Conference, Bengaluru (23–25 Mar 2016).
- Paper presentation, Indore conference (14 Dec 2019).
- Paper presentation, SDMIMD conference (5–16 Dec 2019).

- Paper presented, LONGOM – Natural Medicine International Conference, “Natural Medicine 2023” (16 Sep).
- Oral presentation, IIM Bangalore, AIMS conference (undated in source record).
- Paper presented in absentia, AIMS Conference, Dubai (undated in source record).
- Oral presentation, The Association of Physiologists and Pharmacologists, SIMMER, Surat (undated in source record).
- Oral presentation, Banasthali, Rajasthan (undated in source record).

International Conferences Attended (S-VYASA)

- “Prana and Pranavesana” – International Conference, S-VYASA, Bengaluru (2003); voluntary participation and poster presentation.
- “Let Every Mother and Child Count” – International Conference, S-VYASA, Bengaluru (2005); voluntary participation and poster presentation.
- “Yoga Works but How?” – International Conference, S-VYASA, Bengaluru (2005); voluntary participation.

RESEARCH PROFILE

Dissertation / Thesis Topics

- Effect of Yoga Practices on Job Anxiety and Job Satisfaction (M.A. experimental dissertation).
- Effectiveness of the SMET Programme on Emotional Well-being among Managers (Ph.D., experimental).
- Concept of Leadership and Emotional Intelligence from Yoga and Spiritual Lore (Ph.D., literary).

Broad Research Themes

Her published research spans the effects of yoga-based interventions (including SMET, cyclic meditation and integrated yoga modules) on emotional intelligence, job anxiety, stress, counterproductive work behaviour, personality dimensions, academic performance, adolescent well-being and safe digital-screen use, across populations including corporate managers, IT professionals, college students, school children and adolescents.

Current Research Focus

- Yoga and leadership; emotional intelligence and organisational behaviour.
- Yoga-based interventions for workplace stress, job anxiety, job satisfaction and employee well-being.
- Yoga, education, academic performance, personality and emotional well-being among students and adolescents.
- Human development, yogic wisdom and self-actualisation.
- Safe use of digital screens and Yoga-based approaches for adolescent well-being.
- Global Yoga delivery, remote Yoga and integration of Yoga with contemporary healthcare.

RESEARCH METRICS & SUPERVISION

Metric	Current Profile
Research Publications	60+ papers / scholarly publications
Citations	324
h-index	10
i10-index	10

Metric	Current Profile
Ph.D. Scholars — Completed	11
Ph.D. Scholars — Ongoing	4
M.Sc. Dissertations — Completed	60+

Selected Ph.D. Topics (nine documented topics; total completed now stands at 11 — see Verification Note)

1. Effect of cyclic meditation on job stress levels of Indian IT professionals.
2. An empirical study of impact of Integrated Yoga Modules (IYM) on leadership competencies.
3. Effect of integrated yoga on counterproductive work behaviour.
4. Impact of Integrated Yoga Module on leadership competencies of managers, based on the Vedanta model of leadership.
5. Effect of yoga practices on academic performance and well-being among college students.
6. Effect of SMET yoga module on organisational behaviour and positive/negative affectivity among employees.
7. Impact of karma yoga module on job satisfaction, job involvement and motivation among sales development professionals.
8. Effect of short-term yoga module on physiological, psychological, emotional and spiritual well-being among residential school children.
9. Cross-sectional comparative study of yoga delivery — remote and in-person — in the demographics of India (East) and North America (West).

PUBLICATIONS

Prof. Kumari's current profile records 60+ published papers with 324 citations (h-index 10, i10-index 10). The most recent / high-impact publications are presented below, followed by the complete list of documented publications reconstructed and de-duplicated from the earlier CV record. As the earlier record documents 52 titles against a current total of 60+, a small number of more recent publications are not yet individually listed here — see Verification Note.

Selected Recent Publications

1. Ranisha, K., Kumari, S., & Dwivedi, U. (2024). Human Development Model Based on Yogic Wisdom for Well-being and Self-actualization: A Conceptual Framework. *Journal of Human Values*, 0(0). <https://doi.org/10.1177/09716858231210598>
2. Mona, M., Kumari, S., Anand, N., & Sharma, M. (2024). Safe Use of Screen Time Among Adolescents: A Randomized Controlled Study of the Efficacy of Yoga. *Cureus*, 16(10), e71335. <https://doi.org/10.7759/cureus.71335>
3. Gupta, S., Kumari, S., Vyas, N., & Padyal, A. (2024). Customizing Yoga for Global Diversity: A Comparative Study of Eastern and Western Practices for Effective Integration into Complementary Healthcare. *Cureus*, 16(10), e71085. <https://doi.org/10.7759/cureus.71085>
4. Gupta, S., Kumari, S., Vyas, N., & Padyal, A. (2024). Effectiveness of Remote Yoga for the Global Population and Implications for Healthcare Integration: A Mixed-Method Global Cross-Sectional Study. *International Journal of Experimental Research and Review*, 45, 221–236. <https://doi.org/10.52756/ijerr.2024.v45spl.018>
5. Mona, M., Kumari, S., Anand, N., & Sharma, M.K. (2025). Development, Validation, and Feasibility of Yoga Intervention Module for Optimizing Safe Use of Screen Time: A Pilot Study. *Advances in Mind-Body Medicine*, 39(2), 9–16.
6. Sinha, A., & Kumari, S. (2021). Integrating Yoga with Education in the Modern Schooling System: A Theoretical Model Based on Ancient Knowledge and Modern Research. *Yoga Mimamsa*, 53(1), 46.
7. Tripathi, M.N., Kumari, S., & Ganpat, T.S. (2018). Psychophysiological Effects of Yoga on Stress in College Students. *Journal of Education and Health Promotion*, 7.

8. Chokkalingam, P.S., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. (2015). Effect of Integrated Yoga on Emotional Stability and Performance of Employees: An Action Research Study. Prabandhan: Indian Journal of Management, 8(8), 7–17.

Selected List of Publications (De-duplicated, in original sequence)

1. Kumari, S., Nath, N.C.B., Nagendra, H.R. & Sharma, S. (2007). Effectiveness of SMET Programme on Emotional Intelligence: An Empirical Study. Xavier Institute of Management (Vilakshan).
2. Kumari, S., Nath, N.C.B., & Nagendra, H.R. (2007). Effectiveness of SMET Programme on Emotional Competence: An Empirical Study. National Academy of Indian Psychology.
3. Kumari, S., Nath, N.C.B., & Nagendra, H.R. (2008). An Exploration of the Relationship between E.Q., Guna Typology and H.Q.Q. Journal of Indira Management Review, 1(1), 72–81.
4. Kumari, S., Nath, N.C.B., Nagendra, H.R. & Sharma, S. (2007). Effectiveness of SMET Programme on Emotional Intelligence: An Empirical Study. Reprinted in Building Emotional Competence, ICFAI, Hyderabad.
5. Kumari, S., Hankey, A., & Nagendra, H.R. (2013). Health Advantages of Yoga Programs in Management. IFRSA Business Review, 3(1).
6. Kumari, S., Hankey, A., & Nagendra, H.R. (2013). Effect of SMET on Emotional Dynamics of Managers. Voice of Research, 2(1).
7. Kumari, S., Hankey, A., & Nagendra, H.R. (2013). Integrated Approach of Yoga Therapy: Its Power to Improve Cognitive Skills and Emotional Competence. IFRSA Business Review, 3(2).
8. Dey, B., Hankey, A., & Kumari, S. (2013). Listening to Bhajans Improves Sustained Attention (No. 2013-9-7).
9. Kumari, S., & Saurabh. (2013). Efficacy of Yoga in Executive Stress. Primax Journal (Nov. Special Issue).
10. Nandi, P., & Kumari, S. (2014). Effect of Integrated Yoga Module on Perceptibility of Stress and Emotional Competence Based on Coping Strategies on Diabetes Mellitus Patients. Voice of Research, 4.
11. Meitei, T.S., & Kumari, S. Efficacy of Cyclic Meditation on Reducing Music Performance Anxiety on Rock Musicians. International Journal of Social Science and Humanities Research, 2(3), 126–132.
12. Kumari, S. Prevention of Diabetes in Business. Annevesh – Journal of Management, 2(1), 19–21.
13. Ashwini, H.R., & Kumari, S. Effect of One-Month Residential Yoga Programme on Measuring Positive and Negative Attitude. Voice of Research, 3(4), 11–13.
14. Reddy, G.K., & Kumari, S. Effect of Short-Term Yoga Practices on Cognitive Function and Attitude Towards Violence in School Children – A Randomized Control Study. Voice of Research, 3(4), 14–16.
15. Kumari, S., & Ghosh, S. (2015). Effect of Cyclic Meditation on Quality of Life and Perceived Stress in Female Adolescence. International Journal of Educational and Psychological Research, 1(3).
16. Srinivas, P., & Kumari, S. A Study on Effect of Yoga-Based Practices on Job Anxiety in Information Technology Professionals. Human Resource Reflection, 2(4), 1–9.
17. Chokkalingam, P.S., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. Effect of Integrated Yoga on Emotional Stability and Performance of Employees – An Action Research Study. Prabandhan: Indian Journal of Management, 8(8), 7–11.
18. Dwivedi, U., Kumari, S., et al. Effect of Yoga Practices on Positive and Negative Affectivity and Counterproductive Work. Human Resource Reflection, 2(5), 1–11.
19. Srinivas, P., & Kumari, S. Is Job Anxiety and Perceived Stress Modifiable in Indian IT Professionals? An Experimental Study Using Yoga-Based Intervention. Journal of Human Resource and Recruitment (Sep–Dec issue).
20. Dwivedi, U., Kumari, S., et al. Model of Yoga Intervention in Industrial Organizational Psychology for Counterproductive Work Behaviour. Industrial Psychiatry Journal (Jul–Dec issue).
21. Dwivedi, U., & Kumari, S. Role of Yoga on Aggression in Industry. Prabandhan (Oct. issue).
22. Chokkalingam, P.S., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. An Action Research Study on Effect of Integrated Yoga on Personality of Employees with Reference to Openness to Experience. International Journal of Educational and Psychological Research (Sep. issue).
23. Chokkalingam, P.S., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. Guna Traya Model: An Effective Model for Total Quality of Mind and Organisational Development. Purushartha Journal (Oct. issue).

24. Dwivedi, U., Kumari, S., & Nagendra, H.R. (2016). Yoga and Its Impact on Counterproductive Work Behavior. *Medical Journal of Dr. D.Y. Patil University*, 9, 55–60.
25. P.S., C., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. (2015). Is Job Anxiety and Perceived Stress Modifiable in Indian IT Professionals? An Experimental Study Using Yoga-Based Intervention. *Journal of Health Research and Reviews*, 2, 81–85.
26. Chokkalingam, P.S., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. (2015). An Empirical Study to Improve Performance-Oriented Personality Dimensions through Yoga Intervention. *BIOINFOLET – A Quarterly Journal of Life Sciences*, 15(3), 236–242.
27. Chokkalingam, P.S., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. (2015). Effect of Integrated Yoga on Emotional Stability and Performance of Employees: An Action Research Study. *Prabandhan: Indian Journal of Management*, 8(8), 7–17.
28. Kumari, S., Akhilesh, K.B., & Nagendra, H.R. (2015). Effect of Integrated Yoga on Agreeableness and Performance of Employees (No. 2015-06-13). [Journal cited elsewhere in source records as Voice of Research, 49 – discrepancy to be confirmed.]
29. Dwivedi, U.C., Kumari, S., & Nagendra, H.R. (2015). Model of Yoga Intervention in Industrial Organizational Psychology for Counterproductive Work Behavior. *Industrial Psychiatry Journal*, 24, 119–124.
30. Dwivedi, U., Kumari, S., Akhilesh, K.B., & Nagendra, H.R. (2015). Well-Being at Workplace through Mindfulness: Influence of Yoga Practice on Positive Affect and Aggression. *AYU*, 36, 375–379.
31. Sunil, P., & Kumari, S. (2016). Effect of Yoga Module on Low Back Pain in Information Technology Professionals. *International Journal of Educational and Psychological Research*, 2, 234–237.
32. Mohan, R., & Kumari, S. (2016). Effect of Yoga on Positive–Negative Affect and Self-Esteem on Tribal Male Adolescents – A Randomized Control Study. *Indian Journal of Social Psychiatry*, 32.
33. Tripathi, M.N., Kumari, S., & Ganpat, T.S. (2018). Psychophysiological Effects of Yoga on Stress in College Students. *Journal of Education and Health Promotion*, 7.
34. Sinha, A., & Kumari, S. (2021). Integrating Yoga with Education in the Modern Schooling System: A Theoretical Model Based on Ancient Knowledge and Modern Research. *Yoga Mimamsa*, 53(1), 46.
35. Effect of Short-Duration Integrated Classroom Yoga Module on Physical Fitness, Cognitive Performance, Emotional Well-being and Personality Characteristic Measures of School Children. [Full citation incomplete in source record – to be confirmed.]
36. Tripathi, M.N., & Kumari, S. (2019). Effect of Yoga Practices on Academic Performance among College Students – Randomized Controlled Trial Study. *Think India Journal*, 22(14), 817–823.
37. Influence of Karma Yoga on Job Satisfaction among Business Development Professionals. [Full citation incomplete in source record – to be confirmed.]
38. Impact of Integrated Yoga Module (IYM) on Decision-Making Style of Managers – Randomised Controlled Trial Study. [Full citation incomplete in source record – to be confirmed.]
39. Ranisha, K., Kumari, S., & Dwivedi, U. (2024). Human Development Model Based on Yogic Wisdom for Well-being and Self-actualization: A Conceptual Framework. *Journal of Human Values*, 0(0). <https://doi.org/10.1177/09716858231210598>
40. Mona, M., Kumari, S., Anand, N., & Sharma, M. (2024). Safe Use of Screen Time Among Adolescents: A Randomized Controlled Study of the Efficacy of Yoga. *Cureus*, 16(10), e71335. <https://doi.org/10.7759/cureus.71335>
41. Mona, M., Kumari, S., Anand, N., & Sharma, M.K. (2024). Integrating Yoga into School Curriculums: A Strategy to Mitigate the Negative Effects of Excessive Screen Time in Children. *Urban India*, 44(2), 47–61.
42. Mona, M., Kumari, S., Anand, N., Sharma, M.K., & Thakur, A.K. (2024). A Needs Assessment Study to Inform Development of a Yoga Protocol for Safe Use of Digital Screens among Adolescents. *Biospectra*, 9, 131–140.
43. Gupta, S., Kumari, S., Vyas, N., & Padyal, A. (2024). Customizing Yoga for Global Diversity: A Comparative Study of Eastern and Western Practices for Effective Integration into Complementary Healthcare. *Cureus*, 16(10), e71085. <https://doi.org/10.7759/cureus.71085>. PMID: 39512965; PMCID: PMC11542673.
44. Gupta, S., Kumari, S., Vyas, N., & Padyal, A. (2024). Study Protocol: A Cross-Sectional Comparative Study of Yoga Delivery Modes in India (East) and North America (West). *Library Progress International*, 44(3), 6277–6283.
45. Gupta, S., Kumari, S., Vyas, N., & Padyal, A. (2024). Effectiveness of Remote Yoga for the Global Population and Implications for Healthcare Integration: A Mixed-Method Global Cross-Sectional Study. *International*

Journal of Experimental Research and Review, 45, 221–236.
<https://doi.org/10.52756/ijerr.2024.v45spl.018>

46. Mona, M., Kumari, S., Anand, N., & Sharma, M.K. (2025). Development, Validation, and Feasibility of Yoga Intervention Module for Optimizing Safe Use of Screen Time: A Pilot Study. *Advances in Mind-Body Medicine*, 39(2), 9–16. PMID: 40265988.

PROFESSIONAL MEMBERSHIPS & ASSOCIATIONS

Peer Reviewer — has reviewed submissions for multiple academic journals in the fields of yoga, management and behavioural sciences (journal names not specified in source record).

INSTITUTIONAL CONTRIBUTIONS TO S-VYASA

- Curriculum development and institutional NAAC preparation.
- Administration of university examinations across two terms as Controller of Examinations.
- Academic administration as Dean of Academics (in-charge).
- Head of Department, MBA programme, Department of Yoga and Management.
- Coordinator and Joint-Coordinator, Department of Yoga and Management (also serving jointly for the Department of Humanities).
- Delivery of SMET programmes for corporate/PSU partners including ONGC, BHEL and BEL.
- Design and delivery of a one-month Yoga Foundation Course in Port Blair, Andaman and Nicobar Islands.
- Delivery of a ten-day Personality Development Camp for children.

ACADEMIC & PROFESSIONAL PROFILE LINKS

S-VYASA Institutional / Management Profile: <https://www.svyasa.edu.in/management.php>

Google Scholar: https://scholar.google.com/citations?user=fPK_yPMAAAAJ&hl=en&oi=sra

VIDWAN / IRINS: <https://svyasa.irins.org/profile/176609>

ADDITIONAL INFORMATION

Personal Profile

Date of Birth	31 July 1977
Nationality	Indian
Marital Status	Married
Present Location	Bengaluru, Karnataka, India

Interests

Listening to and singing music; strong interpersonal and relationship-building skills.

PROFESSIONAL POSITIONING STATEMENT

Academic Leadership with Purpose. Prof. Dr. Sony Kumari brings together more than 23 years of experience in Yoga scholarship, higher-education administration, research, academic assessment and institutional leadership, with a sustained contribution to advancing Yoga within education, professional life and contemporary well-being.

VERIFICATION NOTE

This CV has been prepared from the supplied legacy CV and the updated information provided for this revision. Before submission for awards, nominations or statutory/external purposes, please cross-check: (a) exact dates and host organisations for the Lakshminarayana Sammelana and the Vietnam conference engagement; (b) the precise nature, tenure and current status of the UPSC advisory engagement in Yoga and Naturopathy; (c) NAAC assignment dates and institutions visited; (d) the two additional completed Ph.D. topics reflected in the updated count of 11 (nine topics are individually listed here from the prior record); and (e) the complete, updated list of 60+ publications, of which 52 titles are individually listed here from the prior record.

DECLARATION

I hereby declare that the information furnished above is true, complete and correct to the best of my knowledge and belief.

Prof. Dr. Sony Kumari

Registrar, S-VYASA Deemed to be University, Bengaluru