

RESEARCH

ASK RESEARCH DEPARTMENT

Bridging Ancient Wisdom
with Modern Science

The Research Department of Adhyatm Sadhna Kendra (ASK), Chhatarpur, New Delhi, conducts structured research at the intersection of traditional Indian knowledge and contemporary science. Its research portfolio spans Preksha Meditation, yoga, Jain fasting, holistic health, school-based meditation, rehabilitation and evidence synthesis.

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Website handover reference

Interested in Researching With ASK?

[Research With ASK](#)[Submit an Enquiry](#)

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OVERVIEW

Research at Adhyatm Sadhna Kendra

The Research Department of Adhyatm Sadhna Kendra is committed to creating a systematic bridge between traditional Indian knowledge systems and contemporary scientific inquiry.

Research activities at ASK encompass meditation, yoga, Jain fasting, holistic health, school-based interventions, rehabilitation and evidence synthesis. The department brings together researchers, medical and scientific experts, yoga professionals, academic institutions, schools and community organizations to develop structured and responsible research programmes.

[+] PHOTO TO BE ADDED

Meditation / Preksha
Dhyan

[+] PHOTO TO BE ADDED

Yoga / therapeutic
intervention

[+] PHOTO TO BE ADDED

Scientific assessment /
research

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OVERVIEW

Evidence & Documentation

Through appropriate research methodologies, validated assessment tools, multidisciplinary collaboration and systematic documentation, ASK seeks to contribute to a growing body of evidence on traditional practices and their relevance to contemporary health and well-being.

[+] PHOTO TO BE ADDED

Systematic research documentation and assessment activity at ASK

Our Research Approach

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OVERVIEW

Our Research Approach

The department works with academic institutions, research experts, schools, healthcare and community organizations to undertake systematic studies using appropriate scientific methods, validated assessment tools, multidisciplinary expertise and responsible research practices.

Central positioning

ASK Research Department brings traditional Indian knowledge into dialogue with contemporary scientific inquiry through systematic research, multidisciplinary collaboration, responsible methodology and evidence-based documentation.

Traditional knowledge
Scientific research
Evidence & collaboration

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RESEARCH AREAS

Areas of Research

Quick access 1 of 2

Preksha Meditation

Research into meditation, awareness, emotional balance and related outcomes.

Yoga

Scientific investigation of yoga-based practices and interventions.

Jain Fasting

Research into physiological, biochemical and psychological dimensions of Jain fasting practices.

Holistic Health

Multidisciplinary approaches involving yoga, naturopathy, lifestyle and related practices.

More Research Areas

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RESEARCH AREAS

Areas of Research

Quick access 2 of 2

School & Child Research

Research involving meditation, cognitive development, attention, behaviour and emotional well-being.

Rehabilitation

Yoga and holistic interventions in institutional and correctional settings.

Evidence Synthesis

Systematic compilation and organization of scientific literature relating to traditional Indian health practices.

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PROJECTS

Research Projects

Project directory 1 of 3

Research initiatives follow their respective designs, protocols, collaborations and applicable approvals.

01 Varshitap Project

Ongoing

[View Project](#)

02 ASK Compendium of Research Publications (ASK-CRP)

Ongoing / Knowledge Resource

[View Project](#)

03 Athai Project

Manuscript Submitted

[View Project](#)

04 Tihar Jail Project — CJ-5

Report in Progress

[View Project](#)

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PROJECTS

Research Projects

Project directory 2 of 3

05 Yoga for First-Time Offenders — Jail No. 4

Report in Progress

[View Project](#)

06 Superbrain Meditation for Kids

Completed / Expanding

[View Project](#)

07 Superbrain Meditation for Children with Attention/Hyperactivity Concerns

Implemented / Expansion Planned

[View Project](#)

08 Divine Child Project

Ongoing / Programme Development

[View Project](#)

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PROJECTS

Research Projects

Project directory 3 of 3

09 Parkinson's Research Project

Programme Development

[View Project](#)

10 Standardized Yoga-Meditation Protocols

Programme Development

[View Project](#)

11 Global Varshitap Database

Development / Proposed

[View Project](#)

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PEOPLE

Research Team

The ASK Research Department brings together research professionals, yoga therapists, meditation experts, data specialists, administrators and senior leadership supporting scientific research and field implementation.

Research Leadership

Associate Researchers

Yoga Therapists

Data & Statistical Analysis

Meditation & Subject-Matter Expertise

Administration & Research Support

All Team Profiles

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ADVISORY BOARD

ASK Advisory Board

Member portraits 1 of 3

Experienced professionals from medicine, science, administration, education, industry and institutional leadership provide senior-level guidance for ASK research.

+
PHOTO

Padmashri Dr. S.C. Manchanda

Renowned cardiologist; former Head of Cardiology, AIIMS; Chairman, ASK Advisory Board.

+
PHOTO

Dr. D.S. Gangwar

Former IAS officer and Secretary to Government of India; alumnus of King George's Medical College.

+
PHOTO

Dr. Vinod Agrawal

Former IAS officer and Secretary to Government of India; AIIMS alumnus.

+
PHOTO

Dr. Tanuja Nesari

Former Director, All India Institute of Ayurveda (AIIA); expertise in Ayurveda and research.

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ADVISORY BOARD

ASK Advisory Board

Member portraits 2 of 3

+
PHOTO

Dr. Sushil Chandra

Former Director, Institute of Nuclear Medicine & Allied Sciences (INMAS), DRDO; biomedical research expertise.

+
PHOTO

Dr. Ishwar Basavaraddi

Former Director, Morarji Desai National Institute of Yoga (MDNIY); yoga expert.

+
PHOTO

Dr. Ajay Singhal

Former IAS officer; ENT specialist and surgeon.

+
PHOTO

Shri K.L. Jain

Industrialist and Chairman, KLJ Group.

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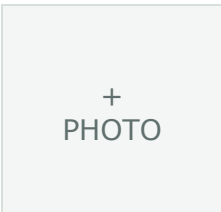
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ADVISORY BOARD

ASK Advisory Board

Member portraits 3 of 3



Shri Mani Jain

Founder and Director, The Heritage Group of Schools.



Shri K.C. Jain

Former IRS officer and Honorary Director, Adhyatm Sadhna Kendra.



Dr. N.K. Chaudhury

Retired Scientist G, INMAS, Delhi; Director of Research, ASK.

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SCIENTIFIC OVERSIGHT

Scientific Research Committee

Committee grid 1 of 2

The Committee provides scientific guidance and multidisciplinary oversight, bringing together expertise in medicine, science, yoga, administration, research and institutional leadership.

+ PHOTO	Padmashri Dr. S.C. Manchanda	+ PHOTO	Dr. D.S. Gangwar
+ PHOTO	Dr. Vinod Agrawal	+ PHOTO	Dr. Tanuja Nesari
+ PHOTO	Dr. Sushil Chandra	+ PHOTO	Dr. Ishwar Basavaraddi

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SCIENTIFIC OVERSIGHT

Scientific Research Committee

Committee grid 2 of 2

+
PHOTO

Dr. Ajay Singhal

+
PHOTO

Shri K.L. Jain

+
PHOTO

Shri Manit Jain

+
PHOTO

Shri K.C. Jain

+
PHOTO

Dr. Bimal Chhajer
MBBS, MD, Founder,
SAAOL

+
PHOTO

Dr. N.K. Chaudhury
Director of
Research, ASK

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PURPOSE

Vision & Mission

Vision

To develop ASK as a credible research Centre contributing to the scientific understanding of meditation, yoga, fasting and related traditional practices while fostering collaboration between traditional knowledge and contemporary science.

Mission

Conduct structured and ethically responsible research.

Generate evidence through appropriate scientific and validated assessment methods.

Develop collaborations with universities, research institutions, clinicians and community organizations.

Document traditional practices systematically for future scholarship.

[+] PHOTO TO BE ADDED

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FACILITIES

Research Facilities

Assessment, intervention and reporting 1 of 2

ASK supports participant assessment, intervention delivery, documentation, data management and scientific reporting.

[+] PHOTO TO BE
ADDED

Supervised
physiological
assessment

Physiological Assessment

BP, pulse, SpO₂, anthropometry and physical assessments.

[+] PHOTO TO BE
ADDED

Researcher conducting
an assessment or
interview

Psychological Assessment

Validated questionnaires, cognitive and behavioural assessments.

[+] PHOTO TO BE
ADDED

Actual partner
laboratory, with
permission

Biochemical Assessment

Hematological, metabolic, hormonal, inflammatory and lipid parameters through appropriate laboratory partners.

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FACILITIES

Research Facilities

Assessment, intervention and reporting 2 of 2

[+] PHOTO TO BE ADDED

Yoga or Preksha meditation at ASK

Yoga & Meditation Intervention

Dedicated settings for Yoga, Preksha Meditation, Kayotsarga, breathing and therapeutic practices.

[+] PHOTO TO BE ADDED

Researcher working with anonymized data or charts

Data & Statistical Analysis

Data management, statistical analysis, visualization and scientific reporting.

[+] PHOTO TO BE ADDED

Organized research documentation or document review

Research Documentation

Protocols, participant records, consent documentation, reports and publication support.

Interested in Researching With ASK?

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PARTNERS

Research Collaborations

Collaborators by category 1 of 2

ASK works with academic institutions, research organizations, schools, correctional institutions, healthcare and community organizations in support of research, education, interventions and knowledge development.

Universities

Jain Vishva Bharati Institute
COER University

Yoga & Research Institutions

Morarji Desai National Institute of Yoga

Schools

Gyanshree School
Acharya Tulsi Sarvodaya Bal Vidyalaya
Jain Samnopasak Senior Secondary School
CSKM
Sumermal Jain Public School

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PARTNERS

Research Collaborations

Collaborators by category 2 of 2

Correctional / Institutional Research

Tihar Jail, New Delhi

Other Research & Community Partners

Khartar Suvihit Team, Bangalore

Shri Adinath Jain Shwetambar Temple Trust

Shri Shreyansh Parna Sangh

Sri Mahaveer Swamy Varshitap Charitable Trust

Collaboration Network

Interested in Researching With ASK?

Research With ASK

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OPPORTUNITIES

Research With ASK

ASK welcomes academic, scientific and institutional collaborations that contribute to rigorous research in Yoga, Meditation, Jain practices and integrative health.

PhD & Academic Research

Discuss a Research Proposal

Research Internship

Apply / Enquire

Institutional Collaboration

Propose a Collaboration

Scientific Partnership

Contact Research Department

Student Dissertation Support

Enquire About Availability

[+] PHOTO TO BE ADDED

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ASK-CRP

ASK Compendium of Research Publications

ASK-CRP is a structured research initiative compiling and organizing scientific literature across yoga, meditation and traditional Indian health practices. The resource is intended to support researchers, scholars, practitioners and institutions seeking an accessible evidence base.

[+] PHOTO TO BE ADDED

Academic publications / digital literature database

Browse Research Areas

Publication Record Layout

Only verified publication details and DOI/identifier links will appear in the resource. No publication records were supplied.

Interested in Researching With ASK?

Research With ASK

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RESPONSIBLE RESEARCH

Ethics & Governance

Responsible research is central to the work of the ASK Research Department. Research involving human participants should be conducted according to applicable ethical, scientific and institutional requirements.

01 Ethical Review

02 Informed Consent

03 Participant Confidentiality

04 Data Protection

05 Scientific Integrity

06 Transparent Reporting

Human-participant studies should describe applicable ethical approval and consent procedures accurately for each individual study. Information concerning approvals, registrations, study protocols or institutional permissions should be published only after official verification.

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NEWS

Research News & Updates

Stay informed about research activities, project developments, publications, collaborations, events and knowledge initiatives of the ASK Research Department.

Varshitap Research

Superbrain Meditation

Other Research Updates

Article placeholders await ASK verification of information, dates, photographs and project status.

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CONTACT

Research Enquiries

For research collaborations, academic enquiries, institutional partnerships, project proposals, publications and scientific communication, please contact the ASK Research Department.

FORM LAYOUT • Fields are illustrative in PowerPoint

Name	Required
Institution / Organisation	Required
Designation	Optional / Recommended
Email	Required
Phone	Optional
Enquiry Type	Select a category
Message	Required
Attachment	Optional

Attachment: CV, research proposal, institutional profile or another relevant document.

Submit Research Enquiry

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COLLABORATE

Interested in Researching With ASK?

[+] PHOTO TO BE ADDED

Wide research or meditation activity at ASK
Use a dark overlay behind the website CTA

Collaborate with the ASK Research Department in exploring meditation, yoga, Jain practices, fasting, holistic health and related areas through systematic research and interdisciplinary collaboration.

[Research With ASK](#)

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AREAS OF RESEARCH

Preksha Meditation

Research into meditation, awareness, emotional balance and related outcomes.

[+] PHOTO TO BE ADDED

Real ASK / subject-specific photograph: Preksha Meditation

Related Research Projects

ASK Compendium of Research Publications (ASK-CRP)

Superbrain Meditation for Kids

Superbrain Meditation for Children with Attention/Hyperactivity Concerns

Interested in Researching With ASK?

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AREAS OF RESEARCH

Yoga

Scientific investigation of yoga-based practices and interventions.

[+] PHOTO TO BE ADDED

Real ASK / subject-specific photograph: Yoga

Related Research Projects

Tihar Jail Project — CJ-5

Yoga for First-Time Offenders — Jail No. 4

Parkinson’s Research Project

Standardized Yoga-Meditation Protocols

Interested in Researching With ASK?

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AREAS OF RESEARCH

Jain Fasting

Research into physiological, biochemical and psychological dimensions of Jain fasting practices.

[+] PHOTO TO BE ADDED

Real ASK / subject-specific photograph: Jain Fasting

Related Research Projects

Varshitap Project

Athai Project

Global Varshitap Database

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AREAS OF RESEARCH

Holistic Health

Multidisciplinary approaches involving yoga, naturopathy, lifestyle and related practices.

[+] PHOTO TO BE ADDED

Real ASK / subject-specific photograph: Holistic Health

Related Research Projects

Divine Child Project

Parkinson’s Research Project

Standardized Yoga-Meditation Protocols

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AREAS OF RESEARCH

School & Child Research

Research involving meditation, cognitive development, attention, behaviour and emotional well-being.

[+] PHOTO TO BE ADDED

Real ASK / subject-specific photograph: School & Child Research

Related Research Projects

Superbrain Meditation for Kids

Superbrain Meditation for Children with
Attention/Hyperactivity Concerns

Divine Child Project

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AREAS OF RESEARCH

Rehabilitation

Yoga and holistic interventions in institutional and correctional settings.

[+] PHOTO TO BE ADDED

Real ASK / subject-specific photograph: Rehabilitation

Related Research Projects

Tihar Jail Project — CJ-5

Yoga for First-Time Offenders — Jail No. 4

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AREAS OF RESEARCH

Evidence Synthesis

Systematic compilation and organization of scientific literature relating to traditional Indian health practices.

[+] PHOTO TO BE ADDED

Real ASK / subject-specific photograph: Evidence Synthesis

Related Research Projects

ASK Compendium of Research Publications (ASK-CRP)

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PROJECT 01

Varshitap Project

Research focus

Investigating the Psycho-Biological Effects of Jain Fasting

Status: Ongoing

Longitudinal investigation of physiological, biochemical and psychological dimensions of Varshitap fasting. The programme includes multidisciplinary research and repeated assessments across the study period. The project is expanding across locations, subject to study protocols and approvals.

[+] PHOTO TO BE ADDED

Authentic Varshitap participants or practitioners in a respectful setting

Back to Research Projects

Interested in Researching With ASK?

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PROJECT 02

ASK Compendium of Research Publications (ASK-CRP)

Research focus

Evidence Mapping of Yoga, Meditation and Traditional Indian Health Practices

Status: Ongoing / Knowledge Resource

A structured compilation of global research intended to create a consolidated academic reference resource for researchers, scholars and practitioners.

[+] PHOTO TO BE ADDED

Academic publications, research papers, books/journals or a digital literature database

[Back to Research Projects](#)

[Explore ASK-CRP](#)

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PROJECT 03

Athai Project

Research focus

Exploring Long-Term Effects of Jain Fasting

Status: Manuscript Submitted

Examines biochemical, metabolic, hormonal, psychological and related dimensions of extended Jain fasting.

[+] PHOTO TO BE ADDED

Jain fasting participants in an appropriate setting

Back to Research Projects

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PROJECT 04

Tihar Jail Project — CJ-5

Research focus

Yoga Intervention for Juvenile Offenders

Status: Report in Progress

A structured yoga intervention in Tihar Jail focusing on stress, emotional regulation, aggression/impulse control, physical fitness and well-being.

[+] PHOTO TO BE ADDED

Approved institutional yoga intervention photograph; protect juvenile identities

Back to Research Projects

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PROJECT 05

Yoga for First-Time Offenders — Jail No. 4

Research focus

A Holistic Rehabilitation Approach

Status: Report in Progress

A 90-minute daily yoga intervention with baseline and follow-up assessments to examine emotional regulation, self-awareness and related outcomes.

[+] PHOTO TO BE ADDED

Authorized group yoga or rehabilitation session

Back to Research Projects

Interested in Researching With ASK?

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PROJECT 06

Superbrain Meditation for Kids

Research focus

School-Based Cognitive and Emotional Development

Status: Completed / Expanding

A child-friendly meditation programme examining attention, memory, emotional regulation and problem-solving. Implemented at Gyanshree School and being extended to additional schools subject to approvals.

[+] PHOTO TO BE ADDED

Authorized school meditation activity; display faces only with appropriate consent

Back to Research Projects

Interested in Researching With ASK?

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PROJECT 07

Superbrain Meditation for Children with Attention/Hyperactivity Concerns

Research focus

Attention, Behaviour and Emotional Regulation

Status: Implemented / Expansion Planned

A non-medical school intervention using physical activation, breathing, humming and guided relaxation, with standardized assessment under appropriate professional supervision.

[+] PHOTO TO BE ADDED

Child-friendly breathing or meditation activity with appropriate permissions

Back to Research Projects

Interested in Researching With ASK?

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PROJECT 08

Divine Child Project

Research focus

Integrated Holistic Health Initiative

Status: Ongoing / Programme Development

Combines yoga, naturopathy and psychological counselling through multidisciplinary education and lifestyle interventions.

[+] PHOTO TO BE ADDED

Children, wellness, yoga and holistic health

Back to Research Projects

Interested in Researching With ASK?

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PROJECT 09

Parkinson’s Research Project

Research focus

Yoga and Holistic Therapy for Neurological Health

Status: Programme Development

Research focus includes motor function, mobility, cognition and emotional well-being in Parkinson’s disease.

[+] PHOTO TO BE ADDED

Supervised therapeutic yoga or movement practice for older adults

Back to Research Projects

Interested in Researching With ASK?

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PROJECT 10

Standardized Yoga-Meditation Protocols

Research focus

Disease-Specific Scientific Framework

Status: Programme Development

Development of structured, replicable protocols for mental health, chronic disease and neurological applications.

[+] PHOTO TO BE ADDED

Structured yoga practice with research documentation or assessment

Back to Research Projects

Interested in Researching With ASK?

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PROJECT 11

Global Varshitap Database

Research focus

Scientific Repository for Varshitap Research

Status: Development / Proposed

A structured repository intended to document fasting patterns, demographics, lifestyle and health indicators across participating practitioners, subject to governance, consent and data-protection requirements.

[+] PHOTO TO BE ADDED

Data/research visualization with a respectful Varshitap photograph

Back to Research Projects

Interested in Researching With ASK?

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RESEARCH TEAM

Team Profiles

Profile directory 1 of 3

+ PHOTO	Raghvendar Singh Research Lead	Read More
+ PHOTO	Dr. Kajal Bhatt Chief Medical Officer (CMO) & Research Team Member	Read More
+ PHOTO	Saviendra Data Analyst	Read More
+ PHOTO	Garima Pathak Associate Researcher & Yoga Therapist	Read More

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RESEARCH TEAM

Team Profiles

Profile directory 2 of 3

+ PHOTO	Shreya Pandey Associate Researcher & Yoga Therapist	Read More
+ PHOTO	Arti Associate Assistant & Yoga Therapist	Read More
+ PHOTO	Harikesh Yadav Yoga Therapist	Read More
+ PHOTO	Harendra Yadav Yoga Therapist	Read More

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RESEARCH TEAM

Team Profiles

Profile directory 3 of 3

+ PHOTO	Abhishek Yoga Therapist	Read More
+ PHOTO	Shri Vimal Gunecha Senior Preksha Dhyān & Meditation Expert	Read More
+ PHOTO	Sanjay Saxena Strategic Advisor & Holistic Health and Outreach Lead	Read More
+ PHOTO	Hari Singh Research Administration & Operations Coordinator	Read More

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RESEARCH TEAM

Research Leadership

Raghvendar Singh

View Profile

Sanjay Saxena

View Profile

All Team Profiles

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RESEARCH TEAM

Associate Researchers

Dr. Kajal Bhatt

View Profile

Garima Pathak

View Profile

Shreya Pandey

View Profile

All Team Profiles

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RESEARCH TEAM

Yoga Therapists

Garima Pathak

View Profile

Shreya Pandey

View Profile

Arti

View Profile

Harikesh Yadav

View Profile

Harendra Yadav

View Profile

Abhishek

View Profile

All Team Profiles

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RESEARCH TEAM

Data & Statistical Analysis

Saviendra

View Profile

All Team Profiles

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RESEARCH TEAM

Meditation & Subject-Matter Expertise

Shri Vimal Gunecha

View Profile

All Team Profiles

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RESEARCH TEAM

Administration & Research Support

Hari Singh

View Profile

All Team Profiles

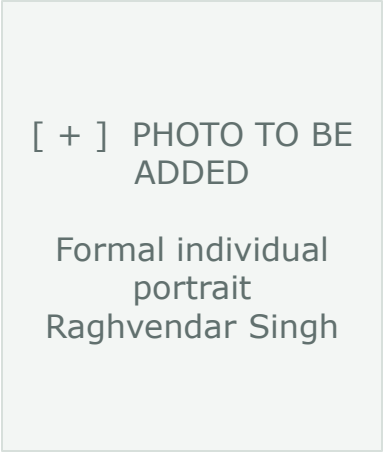
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RESEARCH TEAM

Raghvendar Singh



Research Lead

B.A. Yogashastra, M.Sc. Yoga Therapy; PhD Scholar

Research Leadership

Raghvendar Singh leads research coordination, study management, scientific documentation and research activities at the ASK Research Department. His role includes coordinating research programmes, supporting study implementation and facilitating systematic documentation of ongoing research activities.

Back to Team Profiles

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RESEARCH TEAM

Dr. Kajal Bhatt

[+] PHOTO TO BE
ADDED

Formal individual
portrait
Dr. Kajal Bhatt

Chief Medical Officer (CMO) & Research Team Member

BNYS

Associate Researchers

Dr. Kajal Bhatt is a BNYS professional with six years of professional experience. She supports the Research Department in research activities, clinical coordination, holistic health initiatives and field implementation.

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RESEARCH TEAM

Saviendra

[+] PHOTO TO BE ADDED

Formal individual portrait
Saviendra

Data Analyst

B.Tech.

Data & Statistical Analysis

Saviendra is responsible for research data management, statistical analysis and reporting, supporting the systematic handling and interpretation of research data.

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RESEARCH TEAM

Garima Pathak

[+] PHOTO TO BE
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Formal individual
portrait
Garima Pathak

Associate Researcher & Yoga Therapist

M.A. Yoga, B.P.Ed., Diploma in Yoga &
Naturopathy; PhD Scholar

Associate Researchers / Yoga Therapists

Garima Pathak supports research activities, yoga therapy and field implementation. Her academic background in yoga, physical education and naturopathy contributes to multidisciplinary research and intervention activities.

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RESEARCH TEAM

Shreya Pandey

[+] PHOTO TO BE
ADDED

Formal individual
portrait
Shreya Pandey

Associate Researcher & Yoga Therapist

B.Sc. Yoga Science, M.Sc. Yoga Therapy

Associate Researchers / Yoga Therapists

Shreya Pandey supports research activities and yoga-based interventions within the ASK Research Department.

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RESEARCH TEAM

Arti

[+] PHOTO TO BE
ADDED

Formal individual
portrait
Arti

Associate Assistant & Yoga
Therapist

Diploma, MDNIY; M.A. Yoga Science & Life
Science, JVBI

Yoga Therapists

Arti supports research activities and yoga therapy,
contributing to the implementation of yoga-based
research and intervention programmes.

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RESEARCH TEAM

Harikesh Yadav

[+] PHOTO TO BE
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Formal individual
portrait
Harikesh Yadav

Yoga Therapist

M.A. Yoga Science & Life Science, JVBI

Yoga Therapists

Harikesh Yadav supports yoga interventions and field implementation within ASK research programmes.

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RESEARCH TEAM

Harendra Yadav

Yoga Therapist

[+] PHOTO TO BE
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portrait
Harendra Yadav

M.A. Yoga Science & Life Science, JVBI

Yoga Therapists

Harendra Yadav supports yoga interventions and field implementation within ASK research programmes.

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RESEARCH TEAM

Abhishek

[+] PHOTO TO BE ADDED

Formal individual portrait
Abhishek

Yoga Therapist

Qualification to be confirmed by ASK

Yoga Therapists

Abhishek supports yoga interventions and field implementation as part of ASK's research activities.

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RESEARCH TEAM

Shri Vimal Gunecha

[+] PHOTO TO BE
ADDED

Formal individual
portrait
Shri Vimal Gunecha

Senior Preksha Dhyana & Meditation Expert

More than 40 years of experience

Meditation & Subject-Matter Expertise

Shri Vimal Gunecha is a distinguished practitioner and teacher of Preksha Dhyana and meditation, with more than 40 years of dedicated experience in the study, practice and dissemination of meditative disciplines.

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FULL PROFILE

Shri Vimal Gunecha

Biography 1 of 3

His extensive engagement with Preksha Dhyan has enabled him to develop a deep and practical understanding of meditation as a discipline for cultivating awareness, emotional balance, inner stillness and greater harmony between body and mind.

Over several decades, Shri Gunecha has remained closely associated with institutions and initiatives dedicated to the study and promotion of Preksha Dhyan, including his association with Jain Vishva Bharati and other organisations working in this field. His long-standing engagement reflects a sustained commitment to understanding, practising and sharing the principles of Preksha Dhyan.

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FULL PROFILE

Shri Vimal Gunecha

Biography 2 of 3

At Adhyatm Sadhna Kendra, Shri Gunecha has contributed extensively to meditation-related activities and programmes. His experience encompasses guided meditation, awareness practices, contemplative techniques and methods aimed at developing greater mental and emotional equilibrium.

His approach to meditation emphasises conscious observation, awareness of thoughts and emotions, self-regulation and the gradual cultivation of inner stillness. He presents meditation not merely as a relaxation technique, but as a disciplined practice for developing deeper self-awareness and a more balanced approach to everyday life.

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FULL PROFILE

Shri Vimal Gunecha

Biography 3 of 3

Throughout his four-decade journey, Shri Gunecha has worked to make the principles of Preksha Dhyan accessible and relevant to contemporary practitioners while remaining grounded in its traditional foundations.

With more than 40 years of experience in Preksha Dhyan and meditation, supported by extensive institutional association and practical teaching experience, Shri Vimal Gunecha brings exceptional depth, continuity and experience to the field of meditation and inner development.

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RESEARCH TEAM

Sanjay Saxena

[+] PHOTO TO BE
ADDED

Formal individual
portrait
Sanjay Saxena

Strategic Advisor & Holistic Health and Outreach Lead

Post Graduate Diploma in Planning &
Management; Google Certified Digital
Marketing Expert

Research Leadership / Outreach

Sanjay Saxena is a strategist, thought leader, orator, mentor and promoter of holistic living, with nearly four decades of leadership experience across health, technology, education, marketing, institutional development and social initiatives.

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FULL PROFILE

Sanjay Saxena

Biography 1 of 4

He is a strong promoter of yoga, naturopathy, natural living and preventive healthcare and is deeply committed to environmental responsibility and social wellbeing. His work reflects a combination of modern management expertise with holistic values.

Currently serving as Deputy CEO at Adhyatm Sadhna Kendra, New Delhi, Mr. Saxena has contributed to digital transformation, national and international outreach, integrated go-to-market strategies and strategic alliances across India and overseas.

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FULL PROFILE

Sanjay Saxena

Biography 2 of 4

In the education sector, he has held leadership positions including Head of School at French LISAA School of Design, as well as Executive Director and General Manager roles with leading institutions. His work has focused on institutional growth, credibility and operational efficiency.

A powerful orator, writer and communicator, Mr. Saxena is known for articulating complex ideas with clarity and impact. His writings span health, education, social issues and technology and have appeared across print and digital platforms.

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FULL PROFILE

Sanjay Saxena

Biography 3 of 4

As a socially engaged professional and social worker, he has contributed to initiatives relating to youth guidance, wellness awareness, natural lifestyle adoption and community development. His understanding of health sciences, emerging technologies and their practical integration enables him to contribute future-ready perspectives to professional and social initiatives.

He is also a career counsellor and mentor who has guided students and professionals through workshops, training programmes and mentoring sessions.

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FULL PROFILE

Sanjay Saxena

Biography 4 of 4

Mr. Saxena holds a Post Graduate Diploma in Planning & Management and is a Google Certified Digital Marketing Expert. He continues to pursue lifelong learning with a focus on innovation, ethics and societal good.

Sanjay Saxena brings together strategy, communication, technology and holistic values in support of purposeful institutional development.

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RESEARCH TEAM

Hari Singh

[+] PHOTO TO BE
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Formal individual
portrait
Hari Singh

Research Administration & Operations Coordinator

Associated with ASK since 9 November
2014

Administration & Research Support

Hari Singh is an experienced professional with extensive expertise in general management, administrative coordination, resource management and logistical support. He has been associated with Adhyatm Sadhna Kendra since 9 November 2014, contributing to the effective functioning of the Training and Research Centre.

Key Responsibilities

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FULL PROFILE

Hari Singh

Biography 1 of 2

His role involves supporting the Research Department through material management, systematic record keeping, resource coordination and logistical planning. His experience and organizational capabilities contribute to the smooth and efficient execution of research activities and ongoing projects.

Hari Singh has been instrumental in mobilizing resources and manpower required for conducting research activities. He coordinates operational requirements and facilitates the timely availability of materials, personnel and other necessary resources, thereby enabling research teams to carry out their work effectively.

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FULL PROFILE

Hari Singh

Biography 2 of 2

Through his dedicated service, practical management skills and commitment to organizational efficiency, he contributes to the smooth functioning of research operations and the implementation of ongoing research projects at Adhyatm Sadhna Kendra.

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ADMINISTRATION & RESEARCH SUPPORT

Hari Singh: Responsibilities

General management and administrative coordination at the Training and Research Centre

Material and resource management for research activities

Maintenance and systematic record keeping

Logistical planning and operational support

Mobilization and coordination of manpower

Coordination of resources for ongoing research projects

Supporting the smooth and timely execution of research activities

Facilitating result-oriented research operations

[Back to Hari Singh](#)

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RESEARCH COLLABORATIONS

Collaboration Network

ASK Research Department

Universities

Yoga & Research Institutions

Schools

Correctional / Institutional Research

Other Research & Community Partners

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PUBLICATION DATABASE

ASK-CRP: Research Areas

Select a subject to open its publication category layout.

Yoga

Meditation & Preksha

Fasting & Jain Practices

Naturopathy

Ayurveda

Mental Health

Cognitive & Emotional Health

Chronic Disease

Neurological Health

School & Child Research

Research Methodology

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Yoga

Publication records in this category will appear after ASK verifies the title, authors, source, year and DOI or identifier.

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ASK-CRP CATEGORY

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Publication Record Layout

Title	Full publication title
Authors	Author list
Journal / Source	Journal name
Year	Publication year
DOI / Identifier	Verified DOI or identifier
Research Area	Category
ASK Contribution	Study / Review / Collaboration / Compilation
Link	Verified publisher or repository link

Layout only. No fabricated titles, authors, DOI numbers or links.

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NEWS CATEGORY

Varshitap Research

News and updates relating to the Varshitap research programme.

[+] PHOTO TO BE ADDED

Verified news photograph

Category / Verified date
Headline to be added
Short description to be added

Read More

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NEWS CATEGORY

Superbrain Meditation

News and updates relating to Superbrain Meditation programmes and research activities.

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Verified news photograph

Category / Verified date

Headline to be added

Short description to be added

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NEWS CATEGORY

Other Research Updates

Research publications

Institutional collaborations

Conferences and presentations

Research workshops

New projects

Project milestones

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Category / Verified date

Headline to be added

Short description to be added

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RESEARCH NEWS

News Article Placeholder

ASK will add the article after verifying its information, dates, photographs and project status.

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Approved article photograph

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RESEARCH ENQUIRIES

Enquiry Type

Research Collaboration

Academic Enquiry

Publication

Research Project

Institutional Partnership

Internship

Dissertation

Other

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CONTACT

Research Enquiry Submission

The presentation shows the contact form layout. PowerPoint cannot submit or upload form data. The website version will need a working form and an approved destination for enquiries.

Official ASK Research contact details await confirmation. No unconfirmed email address or telephone number appears in this presentation.

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IMPLEMENTATION REFERENCE

Website & Photography Handover

Photography requirements

Open

Design direction

Open

Recommended website URLs

Open

Publication and privacy checks

Open

These reference pages support adding real images and preparing the eventual website.

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PHOTOGRAPHY

Research Photo Library

Required photographs 1 of 2

ASK campus / Training & Research Centre

Research team group photograph

Individual research team portraits

Advisory Board portraits

Scientific Research Committee portraits

Preksha Dhyana session

Yoga intervention

Physiological assessment

[+] marks an intentional photo placeholder. Replace with high-resolution real photography.

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PHOTOGRAPHY

Research Photo Library

Required photographs 2 of 2

Psychological assessment

Data analysis / research work

Research documentation

School meditation

Varshitap-related activity

Academic / research meeting

Collaboration meeting

Research presentation / workshop

[+] marks an intentional photo placeholder. Replace with high-resolution real photography.

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WEBSITE REFERENCE

Design Direction

Research institution identity

Clean white/light backgrounds

Deep saffron or muted ochre accents

Deep green/teal for scientific sections

Dark charcoal text and generous whitespace

Professional typography and high-quality real photographs

Minimal decoration

Image direction

Use ASK campus, meditation and actual research activities. Keep the primary hero grounded in Indian wisdom and scientific research. Avoid unrelated laboratory stock photography and excessive spiritual graphics.

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Recommended Website URLs

URL map 1 of 2

/research/

/research/advisory-board/

/research/scientific-research-committee/

/research/vision-mission/

/research/projects/

/research/team/

/research/facilities/

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WEBSITE REFERENCE

Recommended Website URLs

URL map 2 of 2

/research/collaborations/

/research/opportunities/

/research/ethics-governance/

/research/news/

/research/ask-crp/

/research/enquiries/

Individual project paths:

/research/projects/varshitap/

/research/projects/athai/

/research/projects/superbrain-meditation/

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WEBSITE REFERENCE

Publication & Privacy Checks

Confirm names, designations, affiliations and current project status.

Keep the two unconfirmed “ABC” committee entries unpublished.

Confirm Abhishek’s qualification before publishing it.

Verify ethical approvals, registrations, protocols and institutional permissions for each study.

Use only verified publication information and DOI/identifier links.

Verify all news information, dates, photographs and project status.

Confirm official ASK Research contact details before displaying them.

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WEBSITE REFERENCE

Photography & Research Claims

Participant privacy

Use photographs involving children, prisoners/correctional participants, patients and research participants only where required permissions and consent exist. Where necessary, use images that do not reveal participant identities.

Evidence and claims

Avoid unverified statistics, unverified research outcomes, before/after health claims and medical claims that exceed the evidence. Use “scientifically proven” only when specific evidence supports the claim.

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