

# MEDITATION AND CARDIOVASCULAR HEALTH



**Dr. Pradyumna Singh Shekhawat**

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## About the Author



### Dr. Pradyumna Singh Shekhawat

Dr. Pradyumna Singh Shekhawat, Ph.D, is a Yoga Teacher and Trainer with extensive experience as a trainer and researcher. He is guided by the motto "learn continuously, live generatively". Skilled in learning yoga system. Such as Traditional yoga, Physiology of Yoga, Preksha Meditation, Shat Karma etc. He teaches practice of Yoga and Physiological basis of Yoga.

He is a Science graduate and done his masters in Yoga & Science of Living. He done his PhD on meditation titled "Efficacy of Preksha Meditation on cardiovascular functions and blood profile of adults". He wrote more than 10 Research papers in referred journals and also a co-author of book titled "Preksha Meditation & Human Health". He is also co-author of text book titled "Manav Sharir rachna avam kriya Vigyan". He present more than 40 research papers in different International & National conferences and seminars.



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