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Dr Bhat has done M.Sc. and P.hD. in Yoga from Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA), Bengaluru. His Ph.D. work was on 'Psychophysiological changes during Meditation'. Currently he is working as Professor and Head in the Department of Yoga, Central University of Rajasthan. Prior to this, he worked as Associate Professor in the Division of Yoga and Life Sciences at S-VYASA University, Bengaluru.



He served as Chief Coordinator for the SWAYAM project (2022–2023), supported by AICTE, New Delhi, overseeing the development of 16 online yoga credit courses. Dr. Bhat was also the Executive Editor (2022–2025) of the *International Journal of Yoga* (Impact Factor: 1.1), published by Wolters Kluwer India Pvt. Ltd., Mumbai.

Dr. Bhat has published over **30** research papers in indexed journals (h-index: **14**) and has co-authored two book chapters. His primary research interests include yoga, meditation, and psychophysiology. He has presented his research at several national and international conferences.

Dr. Bhat currently serves as a Yoga Expert on the Human Ethics Committee for AYUSH and Integrative Medicine at National Institute of Mental Health and Neurosciences (NIMHANS) (2023–2026). He was also a member of the UGC Expert Committee for the International Day of Yoga 2025 and served as an External Expert on the Board of Studies, Behavioural Sciences Division, NIMHANS. In addition, he serves as a Ph.D. thesis examiner for several universities across India