

Dr. Akhilesh Kumar Mishra

Associate Professor, Department of Commerce, Sri Aurobindo College (E), University of Delhi. Rich teaching experience of more than 22 years.

Author of the book 'Stress Management through Divine Healing : Sri BhagavadGita'. The book is about the Yogashastra of heart and Sustainable human behaviour through the integration of the knowledge, speech and action. The book also explains the relationship between the Universe, seven chakras and the human body, the dynamic environment and the social responsibilities of the human life.

Published Research Papers in the reputed National and International Journals, on the topics entitled, 'Vedic Wisdom to Corporate Excellence : A Paradigm Shift and Holistic Perspective' ; Essence of Education: Enrichment and transformation of life through the integration of nature, body and soul,with the pearls of wisdom from BhagavadGita ; 'The Heart as a treasure of happiness, Well- being and Sustainable Behaviour' ; ' GyanYoga – Nature, Language and Mental Health' ; 'The Essence of true education: The complete Yoga of the Mind, Speech and Actions.'; 'The Karma Yoga : The Duties First'; 'The Alignment of the mind, speech and action, for the organisational efficiency and effectiveness.'; 'The Selfless Actions : An Ideal Yoga for the Integration of the Physical and Mental Qualities', to name a few. Presented Research Papers in the National and International Conferences. Secured Second Best Research Paper award in presenting a Research paper in the National Conference on SDG – 4 on the New Education Policy : Aligning Industry and Policy Ecosystem for Quality Education, at the PHD Chamber of Commerce and Industry, New Delhi. Presented a Research Paper on the title 'Strengthening the God's Instruments through Equanimity and Yoga' , at the 'National E- Conference on SDG 4, held on 24th July, 2020 under the theme 'COVID – 19 : Re-calibrating Indian Education System. Was awarded the second best research paper. Contributed as the Resource person for the one day online Workshop on "Latest Advancement and Future Trends" in Commerce & Management which was held on 20th Dec,2020. The workshop was attended by participants from across all the states of India.

Youtube : BhagavadGita & Sustainable Human Behaviour

Website : <https://buildingsocialhapp.wixsite.com/bhagavadgita>

Podcast : <https://anchor.fm/akhilesh-kumar-mishra39>

