**Biographical Sketch**

**󠇛 Dongho Lim Ph. D.**

*\*Professor of Dept. of Naturopathy, Dongbang Culture University.*

*\*Address : 02838, 60 Seongbuk-ro 28-gil, Seongbuk-gu, Dongbang Culture University, Seoul Korea.*

*\*Telephone : 82-2-3668-9852, \*E-Mail: eatiger@hanmail.net*

**󠇛 Introduction**

*My field of study is health care science. In particular, research on Yoga and Meditation.*

**󠇛 Academic degrees**

*\*B.A. Daejon University, South Korea.*

*\*M.A. Pnne University, India.*

*\*Ph.D. Pnne University, India.*

**󠇛 Academic Activities**

*\*Basic Principles of Yoga Asana and Healing of Sleep Disorders through Nidra Training, Korea Integrated Medical Education Council (2009. 9).*

*\*A discussion society on the character and role of Isvara in yoga philosophy, Korean Yoga Society (2009. 5).*

*\*The Concept of Samadi in Traditional Yoga, Korean Buddhist Society (2008. 5).*

*\*The Composition and Comparison of the Scriptures of Hatha Yoga, Training for yoga instructors nationwide (2006. 4).*

*\*Yoga Meditation Demonstration: Yoga Healing for Menopausal Symptoms, Korea Integrated Medical Education Association (2001. 8).*

**󠇛 Books**

*\*Lim DH, Asana & Pranayama (2011).*

*\*Lim DH, Clinical yoga healing centered on spinal diseases (2007).*

*\*Lim DH, Yoga-centering on Asana (2006).*

**󠇛 Journal articles**

*\*Yang IS & Lim DH, The Effect of Manipulative Therapy of Blind Masseurs on Pain, Sleep, Depression, Quality of Life in Adult, Journal of the Korean Society of Physical Culture and Arts, 21(1), 217-228 (2020).*

*\*Kim YH & Lim DH, Study on Excessiveness or Insufficiency of Water Among Five Elements of the Universe in Saju Destiny Frame from the Viewpoint of Myeongli Science, The Journal of Humanities and Social science, 11(2), 1103-1116 (2020).*

*\*Han SM & Lim DH, A Phenomenological Study on the Effect of Danjeon Breathing on Living Health Experiences of Older Adults, The Journal of Humanities and Social science, 11(3), 565-580 (2020).*

*\*Lim DH, Comparison of the Sasang constitutional(四象體質) and Tridosha, Korean thought and culture, 98, 235-258 (2019).*

*\*Kim YH & Lim DH, A Study on Excessiveness or Insufficiency of Wood among Five Elements of the Universe from the Viewpoint of Myeongli Science, The Journal of Humanities and Social science, 10(6), 57-68 (2019).*

*\*Han SM & Lim DH, Empirical Values of Danjeon Breathing through Related Studies Analysis, Journal of Art, Humanities and Social Convergence Multimedia, 9(12), 791-803 (2019).*

*\*Jang ML & Lim DH, The Impact of Mobile Commerce Quality on Customer Satisfaction and Repurchase Intention, Journal of the Korean Society of Information Electronics and Telecommunications Technology, 11(2), 195-203 (2018).*

*\*Shin WJ & Lim DH, Effects of Dancing Healing on Post-traumatic Growth - Focused on Female Victims of Domestic Violence in Shelter, The Korea Contents Society, 18(2), 158-168 (2018).*

*\*Lim DG & Lim DH, A review of the literature on food culture of Yin-yang & five elements of the universe, Korean thought and culture, 93, 281-307 (2018).*

*\*Shin BS, Lim DH & Lee GK, Variation and Distribution of Anions and Cations in the Aerosols of Gyorae Forests in Jeju Island, Journal of the Korean Society of Science and Technology, 19(7), 384-395 (2018).*

*\*Lim DG & Lim DH, Gyeonglag massage Stuey of Donguibogam Yangsaengbeob Korean thought and culture, 70, 485-509 (2017).*

*\*Ryu SW & Lim DH, Study of Beneficial Drugs Described in Dongui Bogam, Medical Dictionary of Korea - Focusing on Yin and Yang, Energy and Blood for Healthy Body, Korean thought and culture, 86, 451-480 (2017).*

*\*Jung JK & Lim DH, A Study on Korean Traditional Ideology of Filial Duty and Parent Support, Journal of Art, Humanities and Social Convergence Multimedia, 7(5), 721-730 (2017).*

*\*Jone GS & Lim DH, The Effects of the Neck Pain and the Cervical Vertebrae Motion Range on the Complex Program of Meckenger Exercise and Hatha Yoga Therapy, Journal of The Korean Society of cosmetology, 23(6), 130-138 (2017).*

*\*Shin BS, Lim DH & Lee GK, Changes of Stress Hormone Cortisol After Visiting the Gotjawal Forest in Jejudo Journal of the Korean Society of Science and Technology, 18(10), 471-479 (2017).*

*\*Lim DH, The method of Yoga practice focusing on Astaņga Yoga, Korean thought and culture, 77, 427-444 (2015).*

*\*Lim DH, In yoga philosophy with dhyāna and āsana, Korean Society of eligion, 80, 417-439 (2015).*

*\*Kang ES & Lim DH, Comparative study of Oriental yukim and Western Astrology Korean thought and culture, 73, 435-464 (2014).*

*\*Lim DH, The presentation of some problems in Pātañjali Yoga-Sūtra - Centering I̅s Tvara, Vāyu, Citta, An̊ga - ,Korean thought and culture, 66, 313-338 (2013).*

*\*Lim DH, The Composition of the Haţha Yoga Sūtra with Practice Systems- with Haţhapradipika, Śiva Saṃhitā, Gherṇḍa Saṃhitā -,Korean Society of Religion, 72, 185-206 (2013).*

*\*Kang ES & Lim DH, Reality and Prospects of Korea Yoga, Korean thought and culture, 69, 509-536 (2013).*

*\*Lim DH, The consideration of Samãdhi in appearing Yoga Sūtra by Pātañjala, Korean Society of Religion, 67, 243-261 (2012).*

*\*Kim SG, Lim DH & Gong EG, Muscle Activation Change of Rectus Abdominal Muscle and Erector Spinae Muscle depending on Shoe Heel-height on Gait, The journal of Korean academy of physical therapy science, 19(2), 1-7 (2012).*

*\*Lim DH, Observation of Usefulness for Beauty by Yoga Practice, The Journal of Cosmetological Science, 6(2), 211-218 (2010).*