

## DR. G. H. NAVEEN

Assistant Professor (Health and Yoga therapy)  
Chettinad Academy of Research and Education (CARE)  
Deemed to be University, Kelambakkam, Chennai 603103, India  
Email:dmaveenhalappa@gmail.com; Contact No: +91 7401465964  
+91 7299107279



## Qualifications

- 2009- 2012 **Ph.D (Yoga and Psychiatry Field)**, National Institute of Mental Health and Neuro Sciences (NIMHANS), Deemed University, Bangalore.
- 2005- 2007 **M.Sc. (Yoga Therapy)**, Manipal University, Manipal, Karnataka, India
- 2006 **PG Diploma in Wellness Management**, Apollo Hospitals Private limited, Hyderabad
- 1998- 2004 **BNYS (Bachelor of Naturopathy and Yogic Sciences)**, Rajiv Gandhi University of Health Sciences, Bangalore, India.

## Research Interests

Yoga and Psychiatry, Neuroplastic effects of Yoga, Yoga and Naturopathy in metabolic syndrome and Polycystic Ovarian Syndrome.

## Work Experience

- 2014-present Assistant Professor (Health and Yoga therapy), Chettinad Academy of Research and Education (CARE), Kelambakkam, Chennai, India
- 2012-2014 Assistant Professor/Research HOD, Department of Yoga, S.D.M. College of Naturopathy and Yogic Sciences, Ujire, Karnataka, India
- 2008-2012 Senior Research Fellow, Advanced centre for Yoga therapy and Research, Department of Psychiatry, NIMHANS, Bangalore, India
- 2005 Lecturer, Department of Yoga, ALN Rao Ayurvedic Medical College and Hospital, Koppa, Karnataka, India
- 2004 Medical Officer (Yoga and Naturopathy), Rajah Ayurvedic Hospital, Kerala, India

## Research Experience

- 2014-present Research activities & CARE Ph.D Guideship
- 2012-2014 Research HOD (Naturopathy and Yoga), S.D.M. Yoga and Nature Cure Hospital, Shantivana, Dharmasthala
- 2008- 2012 Senior Research fellow, ACYTR, National Institute of Mental Health And Neuro Sciences (NIMHANS), Bangalore

## Summary of Research

Papers/Books: 11/2	13	Papers/author	1.73	h-index	5
Citations	93	Cites/year	11.60	g-index	7
Years	5	Cites/author/year	2.83	hc-index	6
Cites/Year	6.14	hI, annual	0.40	i10-index	4
Cites/paper	8.29	hI, norm	2		

2 Research Papers are under review and 2 in pipeline

## Publications

1. **Naveen GH\***, Thirthalli J, Rao MG, Varambally S, Rita Christopher, Gangadhar BN. Positive therapeutic and neurotropic effects of yoga in depression: a comparative study. *Indian Journal of Psychiatry* 2013; 55:400-4
2. **Naveen GH\***, Rao MG, Vishal V, Thirthalli J, Varambally S, Gangadhar BN. Development and feasibility of yoga therapy module for out patients with depression in India. *Indian Journal of Psychiatry* 2013;55:350-6.
3. **Naveen GH\***, Sinha S, Girish N, Varambally S, Rashmi A, Taly AB, Gangadhar BN. Yoga and Epilepsy: What do patients perceive? . *Indian Journal of Psychiatry* 2013;55:390-3
4. Varambally S, **Naveen GH**, Rao MG, Thirthalli J, Sharma R, Rita Christopher, Gangadhar B N. Low serum Brain Derived Neurotrophic Factor (BDNF) in non-suicidal outpatients with depression: Relation to depression scores. *Indian Journal of Psychiatry* 2013;55:397-9.
5. Thirthalli J, **Naveen G H**, Rao MG, Varambally S, Rita Christopher, B, Gangadhar B N. "Cortisol and antidepressant effects of yoga" *Indian Journal of Psychiatry* 2013;55:405-8
6. Gangadhar BN, **Naveen GH**, Rao MG, Thirthalli J, Varambally S. Positive antidepressant effects of generic yoga in depressive outpatients: a comparative study. *Indian Journal of Psychiatry* 2013;55:369-73
7. **Naveen GH\***, Shetty P, Goutham M P, Ganesh PB, Chethan R, Sangram P. Effect of naturopathic based fasting therapy on Liver enzymes, electrolytes, Fasting blood glucose, weight and perceived stress among healthy individuals - A Randomized Controlled Trial. *International Journal of Yoga and Allied Sciences* 2014;8(2):103-111
8. **Naveen GH\***, Nithin K, Selva Kumar G. Management of alcoholic liver disease by naturopathy and yoga intervention: a case report. *International Journal of Yoga and Allied Sciences* 2014;8 (2): 98-102
9. **N. Halappa\*** , S. Varambally, J. Thirthalli, M. Rao, R. Christopher, N. Raghuram, G. Bangalore Association between serum BDNF and cortisol levels in drug-naive patients with depression treated with yoga therapy or antidepressants *European Psychiatry*, volume 30, Supplement 1, 28–31 March 2015, Page 721 (Publication by Elsevier)
10. **Naveen GH\***, Varambally S, Thirthalli J, Rao MG, Rita Christopher, Gangadhar BN Association between Serum Cortisol and BDNF in patients with Major Depression – Effect of Yoga. **International Review of Psychiatry** 2016 May 13:1-6.
11. **Naveen GH\***, Thirthalli J, Varambally S, Rao MG, Rita Christopher, Gangadhar BN Improvement in neurocognitive functions and serum BDNF levels in patients with

depression treated with antidepressants and Yoga. Indian journal of Psychiatry, 2016  
(Under Review)

### **Books**

1. **Naveen G H\***, Shivarama Varambally, Jagadisha Thirthalli. Book on “Yoga for Depression” 2010. NIMHANS publication No. 74.
2. **Naveen G H**, Ishwar N Acharya, Ritu. Book on “Yogic management of Neurological disorders” 2010, 1<sup>st</sup> Edition 2009, MDNIY publication, New Delhi.

### **Funded Research Projects**

- 2016-2017 PI, Institutional project on Yoga and PCOS, CHRI, Chennai
- 2013-2015 PI (SDMCNYS), Rajiv Gandhi University of Health Sciences, Bangalore (RGUHS), Research Scheme Grant, Total Direct costs: 20 Lakhs.
- 2013-2015 Co-Investigator (SDMCNYS), AYUSH EMR Scheme Grant, Government of India, Total Direct costs: 23 Lakhs.
- 2008-2012 SRF, Advanced centre for yoga therapy and research, NIMHANS, Bangalore. Total direct costs: 2 crores

### **Awards/Honors**

- 2016 **Ph.D Guideship** from Chettinad Chettinad Academy of Research and Education (CARE), Deemed to be University, Kelambakkam, Chennai.
- 2015 **Travel grant** Award (e-Poster walk presentation) from 23rd European Congress of Psychiatry (EPA 2015), Austria center, Vienna, Austria, 28-31 March 2015 organizer and Indian Council of Medical research (ICMR), New Delhi
- 2014 **Second best oral presentation Award**, 1<sup>st</sup> SDM International conference on Yoga and Naturopathy (SDMICYN), Ujire, Dakshina Kannada District, Karnataka,
- 2011 **Best Poster Award**, 19th International Conference on Frontiers in Yoga Research and its' Application (INCOFYRA), SVYASA University, Bangalore
- 2011 **Best Poster Award as third author**, 21<sup>st</sup> Annual Conference of Indian Psychiatric Society – Karnataka Branch (KANCIPS 2011)
- 2011 **Travel grant** Award (Poster presentation), 10th World Congress of Biological Psychiatry at Prague, Czech Republic

### **Skills**

- Consultation and advice related to Natural therapeutics and Yoga therapy
- Yoga and Naturopathy clinical research
- Guiding UG and PG students related to their respective research work.
- Writing Research proposal for funding, Teaching skills in Yoga
- College administrative skills, Health talks on Natural therapeutics and wellness management
- Conducting health awareness programs, workshops and seminars

## Medical licensures

2004- Present Registered Naturopathy & Yoga Medical practitioner under Karnataka State Council for Indian Medicine, Government of Karnataka, India (Regn. No: 174)

## Professional Membership

2009-present National Executive member of Indian Naturopathy and Yoga Graduates Medical Association (INYGMA), INYGMA is a member of World Naturopathic Federation.

2007-Fellow of Academy of General Education (FAGE), Manipal University

## Other relevant information

- Workshop / Training Courses: National – 10
- Presentation in the conferences (Oral/Poster): National – 3; International – 5
- Invited guest lecture/Resource person for CME/Seminar/Awareness program/workshop: National-25
- Television Interview: National-2
- Conference/workshop/training program co-ordinated or part of the organizing committee: National-11
- Conducted health awareness program/seminar: National-5
- Training program attended (Yoga and neurophysiology & Research methodology) National-4
- Participation in the conferences/seminar: National – 10; International-5