

DR. G. H. NAVEEN

Assistant Professor (Senior Scale),
Faculty of Allied Health Sciences
Chettinad Hospital and Research Institute
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Qualifications

- 2009- 2012 **Ph.D (Yoga and Psychiatry Field)**, National Institute of Mental Health and Neuro Sciences (NIMHANS), Institute of National importance, 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 & In-charge (Health and Yoga therapy),
Chettinad Academy of Research and Education (CARE), Kelambakkam,
Chennai, India
- 2013-2014 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

Visits Abroad:

May 16, 2017 to March 31st 2018:

Selected as a Yoga Chair Professorship, Institute for sports science, Leibniz University, Germany sponsored by Indian Council of Cultural Relations (ICCR), Ministry of External Affairs, Government of India.

Research Experience

2014-present Research activities & CARE Ph.D Guideship

2013-2014 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

Extramural projects ongoing/completed:

Sr. No.	Funding Agency	Sanctioned Amount in Rs.
1.	AYUSH Ministry, Govt. of India (SRF)	1.9 crores
2.	AYUSH Ministry, Govt. of India	23,00,000
3.	Chettinad Chettinad Academy of Research and Education (CARE)	20,000

Research Guidance:

Degree	Awarded	Ongoing
Ph. D.	0	0
MD	9	0

Summary of Publications

Research Papers	11	Books/Book Chapters	2/5	h-index	7
Citations	148	Years	5	i10-index	6

2 Research Papers are under review and 3 in pipeline

Patents

Nil

GenBank Submissions:

Nil

Publicatons

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. **Impact Factor: 3.91**

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. **Impact Factor: 2.27**

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*, 2017 (**In press**)

12. Naveen GH, Ezhilmaran P, Kiruba NG, Renuka S. Reduction in antral follicles, anxiety and weight after Yoga and Naturopathy intervention in primary anovulatory infertility patient with polycystic ovarian disease (PCOD) - A case report, *Journal of Ayurveda and Integrative Medicine* (**Under Review**)

13. **Naveen GH**. Remission of a chronic migraine with the Acupuncture and Vamana Dhauti (Yogic therapeutic self-emesis) intervention-2 case reports with a genetic association (**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, 1st Edition 2009, MDNIY publication, New Delhi.

Book Chapters

1. **Naveen G H***. **Invited chapter on** Management of Primary Headache Disorders with Naturopathic Medicine and Yoga as part of Clinical Naturopathy- A Manual for Physicians & Students, National Institute of Naturopathy, Pune.

2. **Naveen G H***. Chapter on Yoga therapy, mental health and well being as part of crisis and trauma counseling and family therapy course conducted by IGNOU, New Delhi ISBN: 978-81-266-5646-2 in the year 2011.

3. **Naveen G H***, Shivarama Varambally, Sanjib Sinha. Chapter on “*Yoga and depression for General Physicians*” and “*Yoga & Epilepsy for general physicians*” in Yoga and mental health seminar proceedings book. 2010
4. **Naveen G H***, Shivarama Varambally, Hrishikesh Behere. Chapter in seminar proceedings book on “*Neuroplastic and neurochemical changes in Depression and effect of Yoga*” 2010

Conference Presentations:

5 International and 5 National

Conferences / Workshops Organised:

16 National

Awards:

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| 2017 | ICCR – Short term Yoga Chair Professorship at Leibniz University, Hannover, Germany |
| 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 st 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 st 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

Medical licensures

2017- Yoga and Naturopathy Medical Central Registration (AYUSH Ministry)

Regn. No: 131

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 founding member of World Naturopathic Federation.

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