



## Dr. Neetinakumar Patil

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### EDUCATION / QUALIFICATION

Institution / University	Degree	Field of Study
<b>YOGA</b>		
SVYASA, Yoga University, Bangalore	PhD	Integrated Yoga and Chronic Low Back Pain
	MD (Yoga & Rehabilitation)	Yoga & Rehabilitation
	YTOT (Yoga Therapy Orientation Training for Doctors )	Yoga Therapy
	Yoga Instructor Course (YIC)	Yoga
<b>AYURVEDA / PSYCHOLOGY / ACCUPUNCTURE</b>		
RGUHS, Bengaluru	BAMS (2000-06)	Ayurveda
Annamalai University Tamil Nadu (DDE)	MSc (2012)	Applied Psychology
Annamalai University Tamil Nadu (DDE)	[PG Dip. Acupuncture]	Acupuncture
<b>RESEARCH TRAINING</b>		
KWA Klinik Stift Rottal, Bad Griesbach, <b>Germany</b>	Trainee / Indo_German student exchange program (2010)	Neuro-rehabilitation
ICMR, Delhi and SVYASA, Yoga University, Bangalore	Trainee	Yoga research (Neurophysiology)

## POSITIONS

Sl No	Organization	Job responsibilities	Designation	Period
1	Dept. of Integrative Medicine (Yoga & Ayurveda ) Sri Devraj Urs Medical College / University Tamaka, Kolar, <b>Karnataka - 563101</b> www.sduu.ac.in www.sdumc.ac.in	1. Coordinating the activities of the Integrative Medicine (Yoga & Ayurveda) - Academics, Research and strengthening integrative Medicine. 2. Academic: Yoga therapy classes for MBBS and MD(Physiology) students, BPT, BSc [Clinical Nutrition] PG Dip in Yoga 3. Consultation : Ayurveda Yoga and Counseling in in R L Jalappa Teaching hospital, Kolar (1250 bedded Teaching hospital)	<b>Associate Professor &amp; I/c Head</b>	1 <sup>st</sup> July 2017 to till date June
			<b>Asst. Prof. &amp; Program Coordinator</b>	September 2015 to till date June 2017
			<b>Assistant Professor</b>	January 2012 to September 2015
2	SAMUTKARSH, Academy of Yoga, Music and Holistic living <b>Ahmedabad, Gujarat</b>	1. Academics 2. Therapy Consultation 3. Research	<b>Asst. Prof. / Yoga Therapy consultant</b>	2011 - 2012
3	Wasabi Yoga Center, <b>SINGAPORE</b>	Yoga for Common ailments, Anatomy & Physiology for YTTC	<b>Guest Lecturer</b>	2008
4	SVYASA, Yoga University, <b>Bengaluru</b>	Teaching of Yoga & Ayurveda to PGDYT& MSc(Yoga) Students	<b>Lecturer</b>	2007

**Organizing Secretary** for SAMANVAYA CONFERENCE: Conference on Integrative Medicine (Ayurveda, Yoga, CAM) every year in the month of June in SDUAHEER, Kolar - Proceeding of the same has been published in PubMed indexed journals.

## PUBILCATIONS

### A. Chapter in a Book

1. 'Yoga in Geriatric Medicine' - A chapter in a book titled ' Principles and Practices of Geriatric Medicine' edited by Dr OP Sharma - Secretary, Geriatric Society of India was published on 25 Nov 2015, New Delhi during GSICON -2015. (ISBN- 978 81 3093421-1)
2. Ayurveda: Science of Life: - A chapter in a book Titled 'Introduction to AYUSH Systems', Edited by Dr. CK Hiranya Gowda MD, FACA, USA. (ISBN: 978-1-57843-096-3)
3. Introduction to Naturopathy: A chapter in a book Titled 'Introduction to AYUSH Systems', Edited by Dr. CK Hiranya Gowda MD, FACA, USA. (ISBN: 978-1-57843-096-3)

### B. Publication (Peer reviewed Indexed Journal ) - 16 (9 International & 7 National)

#### International - 9

1. **Patil NJ**, Nagaratna R, Garner C, Raghuram NV, Crisan R. Effect of integrated Yoga on neurogenic bladder dysfunction in patients with multiple sclerosis-A prospective observational case series. Complement Ther Med. 2012 Dec;20(6):424-30. **PubMed PMID: 23131373.**
2. **Patil NJ**. Samanvaya: conference on alternative medicine. J Ayurveda Integr Med. 2013 Oct;4(4):252-3. **PubMed PMID: 24459395.**
3. **Patil NJ**, Nagarathna R, Tekur P, Patil DN, Nagendra HR, Subramanya P. Designing, validation, and feasibility of integrated yoga therapy module for chronic low back pain. Int J Yoga. 2015 Jul-Dec;8(2):103-8. **PubMed PMID: 26170588.**
4. Bhattacharyya A, **Patil NJ**, Muninarayana C. "Yoga for Promotion of Health": Conference held on International day of Yoga-2015 at Kolar. J Ayurveda Integr Med 2015;6:305-6 **PubMed PMID: 25671267.**
5. **Patil NJ**, Venkatarathnamma PN, RamchandraRao S. 'Yoga for Lifestyle Diseases': Conference held on 2nd International Day of Yoga-2016 at Kolar, India. J Ayurveda Integr Med. 2016 Nov 24. **PubMed PMID: 27889425.**

6. Sudharkodhy S, Kutty K, Vinutha Shankar M S, **Patil N J**. Effect of stress and anxiety on 1st year medical students. *Int J Yoga - Philosop Psychol Parapsychol* 2016;4:24-7
7. **Patil NJ**, Venkatarathnamma P N, Sunitha L. "Need for integration of Yoga in healthcare": Conference held on 3rd International day of Yoga - 2017 at Kolar, India. *Ancient Sci Life* 2017;37:53-4. **PubMed**.
8. **Patil NJ**, Nagaratna R, Tekur P, Manohar PV, Bhargav H, Patil D. A Randomized Trial Comparing Effect of Yoga and Exercises on Quality of Life in among nursing population with Chronic Low Back Pain. *Int J Yoga*. 2018 Sep-Dec;11(3):208-214. **PubMed PMID: 30233114;**
9. Aithal S., Vidyasagar CR. Venkatarathnamma PN, **Patil NJ**: Quality of Life in elderly type 2 Diabetes Mellitus patients with mild cognitive impairment. *Int J Recent Sci. Res.* 9 (3), pp.2495-2498.

**National: 7**

10. **Patil N.J**, Patil D, Tekur P, Venkatarathnamma PN, Manohar PV; Sciatica - An Ayurveda Perspective. *J Ayurveda Integr Med Sci* 2017; 5:102-112.
11. Sumitra S, Kutty K, **Patil NJ**, Vinutha S. Effect of Integrated Yoga practices on stress, anxiety and heart rate variability in first year medical students. *Indian Journal of Clinical Anatomy and Physiology*. DOI: 10.18231/2394-2126.2018.0022.
12. Dhanashri P, **Patil NJ**, Pampanna GH: Dhatuparinama - An Ayurvedic Approach of Metabolic Transformation. *J Ayurveda Integr Med Sci* 2017; 1:1-6.
13. Darshan B, Dhanashree P, **Patil NJ**, Pampanna GH. Kalyanakarakam- A unique compendium of Jaina to Ayurveda. *Int Ayu Med J*. 2015 Jul -Aug; 3 (8): 2544-52.
14. Patil DN, Darshan Babu N, Umapati C. Baragi, Pampanna Gouda H., **Patil NJ**. Kalyanakarakam - A Gem of Ayurveda. *AYUSHDHARA*, 2015;2(3):141-149.
15. **Patil N J**, The Need of Practicing Yoga for Healthy Today and Tomorrow. *J. res. tradit. med* 2016; 2(3):54-55. doi.org/10.21276/jrtm.2016/167
16. **Patil NJ**, Prabhakar K, Vijay KS, Patil DN: Effect of Carica Papaya leaf extract on febrile thrombocytopenia in patients with Dengue. *J Clin Biomed Sci* 2013; 3(3):137-39.

## RESEARCH PROJECTS

Title	Funding Agency	Budget (Rs)
Evaluation of Add on Efficacy & Safety of An Ayurvedic Formulation in the Management of Dengue Fever & Prevention of its complications - A Double Blind Clinical Study	<b>EMR: Principal Investigator</b> Central Council for Research in <u>Ayurvedic</u> Sciences (Ministry of AYUSH, New Delhi)	22.59 Lakhs
Effect of integrated Yoga in elderly Type2 diabetics with cognitive impairments	<b>IMR: Principal Investigator</b> Sri Devaraj Urs Academy of Higher Education and Research, Kolar	1.95 Lakhs
Association of PGM1 c. 1258 T>C gene polymorphism with diabetes: A case-control study	<b>IMR : Co - PI</b> Sri Devaraj Urs Academy of Higher Education and Research, Kolar	1.94 Lakhs
Efficacy of Integrated Yoga in Nursing students with Chronic Low Back Pain Efficacy of Carica Papaya Leaf extract in Dengue - Add on therapy to medical management - A pilot study	<b>IMR: Principal Investigator</b> Sri Devaraj Urs Academy of Higher Education and Research, Kolar	50,000
Effect of Yoga Nidra (Yogic Guided Relaxation Practice) on Sleep and Quality of life in patients with Chronic Kidney Diseases	Non Funded	Nil
Effect of integrated Yoga on anxiety, stress and heart rate variability in first year nursing students.	Non Funded	Nil
Study of Swarna Bindu Prashana on human peripheral blood mononuclear cells.	Non Funded	Nil
Evaluation of hemostatic property Sphatika Bhasama in patients on antiplatelet therapy undergoing dental Extraction	Non Funded	Nil

## **A. Reviewers for International Journals (Peer reviewed PubMed Indexed Journal )**

- a. European Journal of Integrative Medicine
- b. Journal of Alternative and Complementary Medicine
- c. Journal of Ayurveda & Integrative Medicine
- d. Journal of Signs & Symptoms
- e. Journal of Complementary and Integrative Medicine
- f. Journal of Religion and Health
- g. Journal of Stem Cells
- h. Journal of Research in Traditional Medicine
- i. International Journal of Yoga

## **GUEST SPEAKER**

### **International / National /CME**

1. Role of Yoga and Meditation in Schools Colleges and Universities: A guest talk in **International conference** on educational futures jointed organised by National Institute for technical teacher training and NERI, **Chandigarh**. (Nov 18-19, 2016).
2. Evidenced based Yoga for Psychological wellbeing: A Guest talk during **CME** on the occasion of World Mental Health Day, Organized by Dept. of Psychiatry, SDUMC, Kolar, Karnataka (12th October 2016).
3. 'Yoga and evidence based CAM' in 'Yoga for Lifestyle Diseases': Conference held on 2nd International Day of Yoga-2016 (21<sup>st</sup> June) at Kolar, India.
4. Role of Yoga in Mental Health care : A talk during **CME** on the occasion of World Mental Health Day, Organized by Dept. of Psychiatry, SDUMC, Kolar, Karnataka (9th October 2015).
5. Yoga Therapy for chronic low back pain- evidence based approach: CME on "Lumbar Spondylosis" jointly organized by Dept. AYUSH New Delhi and Arya Vaidya Pharmacy, Coimbatore. Tamilnadu (22nd March 2015)
6. Yoga for Obesity – An evidence based approach: **Lakulish Yoga University**, Ahmadabad, Gujarat. (10th Sept.2014)

7. Guest speaker - Yoga for Obesity - An evidence based approach - **National conference** on “**Meda Manthan**”, Organized by Dept. of Panchakarma, KLE’s Shri BMK Ayurveda college and Hospital, Belgavi, Karnataka (11th April.2014)
8. Guest speaker - “Potable water” in **AYUSHGRAM** (Jadigenahalli- Hoskote) - **Dept. of AYUSH, Govt. of Karnataka**, organized by Soukya - Dr Mathai’s Rural Holistic Health Centre, Bangalore (26th March 2014).
9. Integrated Yoga for LS and AS: CME organized by Arya Vaidya research foundation, Coimbatore, Tamilnadu (21<sup>st</sup> - 23<sup>rd</sup> March 2014).
10. “Role of Yoga in Rheumatic Diseases” **CME on Rheumatology**, Organized by Department of Medicine, Sri Devaraj Urs Medical College, Kolar, Karnataka (1st March 2014).
11. “Yoga Nidra - Yogic relaxation technique” in SAMANVAYA - A **National** conference on **alternative medicine**, organized by Department of Community Medicine, Sri Devaraj Urs Medical College, Kolar, Karnataka (20th Sept. 2013).
12. “Yoga - An evidence based CAM for Depression” on **World Suicide prevention** day, organized by Department of Psychiatry, Sri Devaraj Urs Medical College, Kolar, Karnataka (10th Sept. 2013).
13. “Yoga - An evidence based CAM - An Ayurveda prospective” organized by Dept. of Swastavritta, Rajiv Gandhi Education Society’s Ayurveda Medical College & Hospital, Ron, Karnataka (10th December 2012).
14. “Stress managements for chartered accountants” - Jointly organized by SAMUTKARSH- Academy of Yoga, Music, Holistic living and KALUPUR bank, Ahmedabad, Gujarat (28th August 2011).

### **Medical Education & R & D Training**

- Workshop on ‘Medical Education Technique’ conducted by Department of Medical Education, Sri Devaraj Urs Medical College Kolar, Karnataka (27<sup>th</sup> to 29<sup>th</sup> Nov 2012)
- Workshop - R&D: “Basic ICH Good clinical practice training program” organized by Dept. of Research and Development, SDUAHER, Kolar, Karnataka (4<sup>th</sup> Aug2016).
- Workshop on Research Methodology - SDUAHER Kolar (7<sup>th</sup> March 2013)

## ACHIEVEMENTS

### 1. International Faculty

1. **Germany:** Conducted Yoga Therapy Classes/ Research/ Stress management program in KWA Klinik, Stift Rottal, Neuro-Rehabilitation Centre, Bad Greisbach Germany (5 Months - 2010)
2. **Singapore:** Guest Faculty for wasabi Yoga Centre to teach Yoga therapy and Ayurveda for YTTC (Yoga Teacher Training Course) students (1 Month - 2008)
3. **Italy, Austria, Switzerland, Czech Republic:** Conducted Stress management program and Yoga classes in Italy, Austria, Switzerland, Czech Republic.

### 2. Research

1. Received research grant from Central Council for Research in Ayurveda Sciences, New Delhi (22.59 lakh)
2. First to get selected for International student research project, KWA Kinik Stiift Rottal, **Bad Griesbach, Germany**, (2010). Conducted MD (Yoga and Rehabilitation) Dissertation on 'Effect of Integrated Yoga on Neurogenic Bladder Dysfunction in Multiple Sclerosis'. This work has been published in one of the top journal of Complementary and Alternative Medicine.

### 3. Academic

1. Development of Yoga Curriculum and Incorporation of Yoga therapy, theory and practical classes for 1st year MBBS (16 hours) and MD (Physiology - 10 hours) students since academic year 2012. Best of our knowledge Sri Devaraj Urs Medical College is **FIRST** Medical College in India to Yoga as part of their curriculum in Physiology.
2. Development of Yoga Curriculum and Incorporation of Yoga therapy, theory and practical classes for 1<sup>st</sup> year BSc Nursing (30 hours) since academic year 2013.
3. Co- guide for Dr. Sumitra, MD (Physiology) student of 2012-13 batch. Her Dissertation topic is " Effect of Integrated Yoga in HRV and Anxiety in first year Medical students
4. Guided for two PG students, 6 PG Diploma in Yoga students



5. Developed curriculum for two Yoga courses under the faculty of Allied Health Sciences. 1. Certificate in Yoga instructor, 2.P G Diploma in Yoga Therapy/ Practice

**4. Therapy (clinic) / consultation :**

- Played key role in initiation and establishment of Integrative Medicine department (Ayurveda and Yoga), in teaching hospital of Sri Devaraj Urs Medical College, Kolar,
- Developed Evidence based Yoga therapy module/ protocol for Diabetes Mellitus, Chronic Low Back pain, Hypertension and Pregnancy.

**Administration / Organization / Others**

1. Editorial Board Member: Journal of Research in Traditional Medicine (JRTM), Peer reviewed Index journal
2. Organizing Secretary : International Day of Yoga - 2015 , 2016, 2017, 2018 Sri Devaraj Urs University, Kolar, Karantaka - 563101
3. Organizing secretary for SAMANVAYA - Conference on Alternative Medicine - Every year since from 2013 to 2018
4. Organising Committee member NIC- 2015, SDUAHER, Kolar
5. Organized "Discourse on Yoga" by Brahmakumaris.
6. Attended more than 20 international and National conferences / CME / workshop across the country.