

DR. AMIT SINGH, *BAMS, MD (Yoga), PhD (Yoga)*

Associate Professor, SVYASA University, Bengaluru



- Date and place of birth** : 30th December, 1980 / Varanasi (Kashi) -
Uttar Pradesh, India.
- Nationality** : Indian
- Designation** : Associate Professor, SVYASA University,
: Chief Medical officer, Arogyadhama, VYASA,
: National Coordinator, Stop Diabetes Movement
- Membership** : Life Member of **Indian Yoga Association**
(IYA/LM/033)
- Research Publication** : 30
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Academic Profile

Degree	Institution	Year	Title of the study
PhD (Yoga)	Swami Vivekananda Yoga Anussandhana Samsthana (S-VYASA University), Bangalore	Oct - 2019	Thesis title: Yoga Enhances Molecular And Systemic Homeostasis In Type 2 Diabetes Mellitus: Studies On Short And Long-Term Yoga Practitioners
MD¹ (Y & R)	Swami Vivekananda Yoga Anussandhana Samsthana (S-VYASA University), Bangalore	Aug - 2011	Thesis Title: Development of Yoga protocol for Diabetes protocol
BAMS²	Rajiv Gandhi University of Health sciences Bangalore	June- 2007	Discipline: Ayurveda

Notes: - **MD¹** – Doctor of Medicine, **BAMS²** – Bachelor of Ayurveda Medicine & Surgery.

Research Publications

SL. NO	Title	Journal	IF	Year
1.	Assessment of risk of diabetes by using Indian Diabetic risk score (IDRS) in Indian population	<i>Diabetes Research and Clinical Practice</i>	3.239	2020
2.	Perceptions of benefits and barriers to Yoga practice across rural and urban India-implications for workplace Yoga	<i>Work, (Preprint)</i>	1.009	2020
3.	Knowledge, Attitude, and Practice of Yoga in Rural and Urban India, KAPY 2017: A Nationwide Cluster Sample Survey	<i>Medicines</i>	2.133	2020
4.	A composite of BMI and waist circumference may be a better	<i>Diabetes Research and Clinical Practice</i>	3.239	2020

	obesity metric in Indians with high risk for type 2 diabetes: An analysis of NMB-2017, a nationwide cross-sectional study			
5.	Distribution of glycated haemoglobin and its determinants in Indian young adults	<i>Diabetes Research and Clinical Practice</i>	3.239	2020
6.	Perceived stress and depression in prediabetes and diabetes in an Indian population—A call for a mindfulness-based intervention	<i>General Hospital Psychiatry</i>	3.220	2020
7	Integrative Medicine as a Panpharmacon for COVID-19 Pandemic: A call for Global Advocacy	<i>Annals of Neurosciences</i>		2020
8.	Efficacy of a Validated Yoga Protocol on Dyslipidemia in Diabetes Patients: NMB-2017 India Trial	<i>Medicines</i>	2.133	2019
9.	Niyantrita Madhumeha Bharata 2017, methodology for a nationwide diabetes prevalence estimate: Part 1	<i>International journal of yoga</i>	1.20	2019
10.	Methodology of Niyantrita Madhumeha Bharata Abhiyaan-2017, a nationwide multicentric trial on the effect of a validated culturally acceptable lifestyle	<i>International journal of yoga</i>	1.20	2019

	intervention for primary prevention of diabetes: Part 2			
11.	129-OR: Diabetes Prevention through Yoga-Based Lifestyle: A Pan-India Randomized Controlled Trial.	<i>Diabetes</i>	7.273	2019
12.	Partitioning of radiological, stress and biochemical changes in pre-diabetic women subjected to Diabetic Yoga Protocol	<i>Diabetes & Metabolic Syndrome: Clinical Research & Reviews</i>	1.940	2019
13.	Role of Yoga in T2DM	<i>Journal of Stem Cells</i>	1.55	2018
14.	Impact of Yoga on Blood Glucose Level among Patients with Type 2 Diabetes Mellitus: A Multicentre Controlled Trial.	<i>Journal of Stem Cells</i>	1.55	2018
15.	Effect of a Residential Integrated Yoga Program on Blood Glucose Levels, Physiological Variables, and Anti-Diabetic Medication Score of Patients with Type 2 Diabetes Mellitus: A Retrospective Study	<i>Integrative Medicine International</i>	1.90	2017
16.	A holistic antenatal model based on yoga, ayurveda, and vedic guidelines.	<i>Health care for women international</i>	0.950	2015
17.	Effect of Integrated Yoga Therapy on Arterial Stiffness: A Pilot Study	<i>Integrative Medicine International</i>	1.90	2017

	on Young and Older Adults with Obesity			
18.	Effect of integrated approach of Yoga therapy on chronic constipation	<i>Voice of Research</i>	3.522	2016
19.	Effect of 1-week yoga-based residential program on cardiovascular variables of hypertensive patients: A Comparative Study	<i>International journal of yoga</i>	1.20	2018
20.	Psychosomatic disorders: Yoga and Ayurveda perspective	<i>Ayurveda Sutra</i>		2018
21.	Immediate effect of mind sound resonance technique (MSRT—a yoga-based relaxation technique) on blood pressure, heart rate, and state anxiety in individuals with hypertension: a pilot study	<i>Journal of Complementary and Integrative Medicine</i>	0.66	2018
22.	Can yoga-based diabetes management studies facilitate integrative medicine in india current status and future directions	<i>Integrative Medicine International</i>	1.90	2017
23.	Ayurveda and Yoga therapy for allergy, asthma WSR to Shwasa	In: Vedanthan PK, eds. Text book of allergy for the clinicians 1st ed. Allergy, Asthma and Sinus Center Pte Ltd. Colorado, USA: CRC		2014

		press		
24.	Ayurveda and Yoga therapy for allergy, asthma WSR to Shwasa	In: Vedanthan PK, eds. Text book of allergy for the clinicians. 2nd ed. Allergy, Asthma and Sinus Center Pte Ltd. Colorado, USA: CRC press		2019
25.	Meditation for Human Health and Wellbeing. Book: Yoga as an Complementary and Alternative Therapy	<i>Yoga as an Complementary and Alternative Therapy</i>		
26.	Mindfulness and impulsivity in diabetes mellitus. In <i>diabetes technology & therapeutics</i>	<i>Diabetes Technology & Therapeutics</i>	4.488	2015
27.	Integrated approach of yoga therapy towards morbid obesity: A case report	<i>Integrative Medicine Case Reports.</i>		2020
28.	Conservative and non-surgical management of lumbar disc herniation.	<i>Integrative Medicine Case Reports.</i>		2020
29.	Non-surgical approach towards uterine fibroid and ovarian cyst with Yoga practice.	<i>Integrative Medicine Case Reports</i>		2020
30.	Potential benefits of yoga in pregnancy related complications during the COVID-19 pandemic and	<i>Work</i>	1.132	2020

	implications for working women			
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Achievements: Received “The Vivian Fonseca and Nagendran Family Diabetes Research Award” for “Diabetes Prevention through Yoga-Based Life Style: A Pan-India Randomized Controlled Trial” from **American Diabetes Association**.

Other Educational qualification:

- Yoga Therapy Orientation Training for Doctors from SVYASA University (Sept-Nov 2006).
- Yoga Instructors Course- An Intensive Training Program from SVYASA University (August 2006).

Paper/Poster Presented:

1. From Wheels to her own Feet – a case of Amyotrophic lateral sclerosis (ALS) after IAYT and Ayurveda therapy (Presented in 19th INCOFYRA, 2011 at SVYASA University & published in Monthly Magazine – Yoga Sudha)
2. Changes in Tridosha and Triguna in type 2 diabetics after Integrated approach of yoga therapy - a pilot study (Presented in 19th INCOFYRA at SVYASA University, 2011)
3. Worked on the Pilot study to evaluate psychological aspects of Ayurveda on type 2 diabetes patients after 6 weeks residential treatment- In Review

PROFESSIONAL EXPERIENCE:

- Working as an Integrative Medical Consultant in VYASA Integrative Centre, Bangalore from 2013 to till date.
- Worked as Research associate on Diabetes Control Project of CCRYN, Department of AYUSH, Govt. of India from Dec 2016 to Dec 2017.
- Senior Research fellow, AYUSH Projects, SVYASA University, Bangalore from Jan 2011 to Jan 14.

- Ayurveda and Yoga Therapy consultant in a 250 bed holistic health home (Hospital) of VYASA from 2011 to till date.
- Postings field training Co-ordinator for MD (Doctor of Medicine), PhD, MSc, Programs of SVYASA University, Bangalore from 2011 to till date.
- Working as a guest faculty for Wasabi Yoga and Wellness - a Unit of Wabi-Sabi, Singapore from June 2008 to till date.
- Posted as a trainee (Junior Doctor) in Narayana Multispeciality Hospital (a 5000 bed hospital) for 8 months in different departments under super specialized physicians for Doctor of Medicine in Yoga & Rehabilitation.
- Posted as a trainee (Junior Doctor) in SPARSH Orthopedic Hospital (a 100 bed hospital) for 1 month for Doctor of Medicine in Yoga & Rehabilitation.
- Posted as a trainee (Junior Doctor) in National Institute of Mental Health and Neurological sciences (NIMHANS) – The largest psychiatric unit of India, for 2½ months in different departments under super specialized physicians for Doctor of Medicine in Yoga & Rehabilitation.
- Worked as internee for a period of one year in western and ayurvedic hospitals (2006-2007).
- Worked as Volunteer in the scientific committee for organizing the 17th international conference on Frontiers of Yoga Research and its Applications in 2007.
- Worked as Volunteer in the scientific committee for organizing the 18th international conference on Frontiers of Yoga Research and its Applications in 2009.
- Worked as a pre-conference coordinator for International Conference of Yoga and Naturopathy, organized by Dept. of AYUSH and Govt. of Karnataka in 2012.
- Member of diabetes and cancer prevention program of Health ministry Maharashtra and Uttar Pradesh.
- Member of National Scientific Committee of Central University of Rajasthan.
- Member of Organising Committee of Ministry of Ayush - Government of India & ARH.
- Currently Co-principal investigator in the research project titled “Ayurveda and Diabetes: A Multi-Centric Research Study” under VYASA JIVANTI study.

Teaching Experience:

- As, the Doctor of Medicine involves the regular posting, training and teaching works. Hence, I was involved in teaching theory, principles and mechanism of yoga and its applications for common ailments at SVYASA University to the students of:
 - a) Yoga Instructors Course
 - b) Stress Management Program
 - c) Special courses on Pranayama and Meditation
 - d) Advanced Spiritual retreats for senior citizens
 - e) Theory and Practice of specific for Yoga Therapy modules for various diseases such as Bronchial Asthma, Hypertension, Diabetes Mellitus, Rheumatoid Arthritis, Back pain, Anxiety Neurosis & Depression, Obesity and Chronic pain.
- Involved in teaching medical aspects of yoga to the students of :
- Post Graduate diploma in Yoga Therapy
- Yoga Therapy Instructors Course
- Diploma in Yoga and Naturopathy

Workshops conducted on YOGA AND AYURVEDA for corporates:

1. Conducted special workshops on Yoga and Ayurveda for Positive Health and Stress management at:
 - ONGC, Govt of India Enterprise.
 - NTPC, New Delhi.
2. Visited Singapore to conduct workshops (Oct 2009, Sept-Oct 2010, Oct-Nov 2011, Oct-Nov 2013, Sep-Oct 2015):-
 - Invited lecturer for Diploma in Yoga Therapy at UNION Yoga Ayurveda, Singapore.
 - Invited lecturer for Certificate in Yoga Teacher Training at Union Yoga Ayurveda, Singapore.
 - Invited lecturer for Diploma in Yoga Therapy at VYASA Singapore
 - Invited lecturer for Diploma in Yoga Therapy at Wabi-Sabi holistic lifestyle, Singapore.
 - Invited lecturer for Certificate of Ayurvedic Principles at VYASA Singapore
 - Invited lecturer for Ayurveda Foundation Course at Wabi-Sabi holistic lifestyle, Singapore.

- Speaker at Yoga Seminar -I organized by Ministry of Ayush, Government of India, AIIA,CCIM, MUHS, Dr.G.D. Pol Foundation & D Y Patil Deemed to be University, Navi Mumbai at CIDCO Exhibition Centre, Navi Mumbai on 22nd August, 2019

CLINICAL / TECHNICAL SKILLS

Integrative Medicine:

- Combining Yoga-Ayurveda-Naturopathy-Physiotherapy-Other holistic systems under one roof with scientific approach
- Classifying health priorities as per bio-chemical variable, radiological variables, GDV, Nadi Tarangini, Yin-Yang to bring maximum benefit in Integrative medicine.

Ayurveda:

- Panchakarma
- Diagnosis by nadi pareeksha, Pulse metabolic analyzer.
- Counseling-lifestyle interventional practice as lifestyle consultant.
- Ayurveda diet consultation and remedy by assessment of Prakruti and Vikruti.
- Treatment by the traditional and scientifically validated protocols (Best of the west and best of the east).

Yoga:

Practice: Asanas, Pranayama, Kriya, Meditation, Cyclic Meditation, Stress management program and Yoga Therapy (for different ailments)

Theory: Raja yoga, Jnana Yoga, Bhakti Yoga, Karma Yoga, Integrated approach of Yoga Therapy, Patanjali Yoga Sutra, Hatha Yoga Pradipika.

Administrative skills:

- In charge Resident Medical Officer, Arogyadhama- A 250 bed hospital of Yoga, Naturopathy, Ayurveda & Conventional medicine of VYASA from May 2011 to till date.
- Field Coordinator Medical programs like MD (Doctor of Medicine) & PGDYTD Programs SVYASA University, Bangalore from 2011 to till date.
- Field Coordinator Non-Medical programs for Therapist training like MSc, BSc & PGDYT Programs of SVYASA University, Bangalore from 2011 to till date

Conferences/Workshops:

Was one of the organizing committee member for the following conferences-

- In the scientific committee for organizing the 19th international conference on Frontiers of Yoga Research and its Applications in 2011. Organized by Vivekananda Yoga Anusandhana Samsthana, Bangalore.
- In the first International Conference in Yoga – Naturopathy & Arogya Expo-2012, as a coordinator for the Pre conference, Organized by Department of AYUSH, Govt. of Karnataka, Bangalore.
- Participated in conducting the pre & post conference workshop on Yoga Therapy as part of the first International Conference in Yoga – Naturopathy & Arogya Expo-2012, Organized by Department of AYUSH, Govt. of Karnataka, and Bangalore.
- Participated in the 5 day Refresher Course on “Research Methodology and Statistic using R” from Dec 20-24, 2016 organized by Division of Yoga and Physical Sciences at Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru.
- Was a Delegate at 20th, 21st, 22nd INCOFYRA, organized by VYASA in collaboration with S-VYASA, Bengaluru during 2014, 2016, 2018.
- In the 23rd INCOFYRA Pre-conference workshop at Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru was involved as organizer as well as Resource person for the 5 day Continuing Medical Education (CME) from 27th – 31st Dec 2019.
- Participated in the World’s First Symposium on “Role of Meditation in Prevention and Treatment of Cardiovascular Disease” from 09th – 10th March 2019 at All India Institute of Medical Sciences, Rishikesh.
- Was an organizer at 23rd INCOFYRA in January 3-6, 2020 organised by S-VYASA, Bengaluru.
- Speaker in 7 day international webinar on Role of Alternative and complementary Therapies to Combat Covid-19 : An integrative approach (Lecture delivered on “Role of pranayama as a preventive tool in COVID-19”), organized by Yoga and Naturopathy Education Centre, Mahatma Gandhi Kashi Vidyapith (MGKVP), Varanasi.

Covid Webinar 2020

Sl. No	Title	Institution / place	Year
1	International Webinar On Life Style Management : A Holistic Approach	C.M. Dubey Post Graduate College, Bilaspur, Chhattisgarh, India	June 21, 2020
2	Healing From Within...	Jagadguru Ramanandacharya Rajasthan Sanskrit Vidhyalaya	18 may, 2020
3	Role Of Pranayama As A Preventive Tools In Covid-19	Institute Of Medical Science, BHU, Varanasi.	27 th april – 3 rd may 2020
4	The Preventive Role Of Yoga On Covid 19	C. M. D. Post Graduate College, Bilaspur	June 21, 2020
5	COVID and Hypertension: Role of Yoga in Management “The Preventive role of Pranayama on COVID-19”	PGIMR, SIPHER, Chandigarh and GHAI, USA	2 nd may, 2020
6	Yoga : To Combat Pandemic fear	SBPASS Yoga School	21 June, 2020
7	Role of Yoga and naturopathy in Covid-19	Pt. Deendayal Upadhyaya Government Degree college, Palahipati, Varanasi.	11 to 15 July 2020

Language: Kannada, Hindi, English.