

## CURRICULUM VITAE

**Dr. Nair Dhiren Ajit**, B.N.Y.S., M.D. (Naturopathy)  
Naturopathy Physician & Yoga Therapy Consultant  
E-mail Address : danny.a.nair@gmail.com  
Cell Phone : +91-7899143619



**Associate Professor & Officating Principal,  
Assistant Medical Superintendent**  
Maharishi Aurobindo Subharti College & Hospital of  
Naturopathy & Yogic Sciences, Meerut  
Website: www.naturopathy.subharti.org  
E-mail: naturopathy@subharti.org  
Cell Phone: +91-7899143619, +91-9639010531

**Officating Dean, Faculty of AYUSH**  
Swami Vivekanand Subharti University, Meerut  
Website: www.subharti.org  
E-mail: ayush\_dean@subharti.org  
Cell Phone: +91-7899143619, +91-9639010531

### Postal Address:

Swami Vivekanand Subharti University, Subhartipuram,  
NH-58, Delhi-Haridwar Bypass Road, Meerut, Uttar Pradesh, India-250005.

### Professional Skills

Good communication, Presentation, Effective interaction, Entrepreneurship, Logistics, Quality Administration, Good Governance, Event management, Organization & Team Leader

### Educational Qualification

Sl. No.	Degree	College/University	Year of Completion
1.	Certification course in Ozone therapy	National Institute of Naturopathy, Ministry of AYUSH, Govt. of India, Pune-411001	2026
2.	Fellowship program in "Gandhian philosophy"	National Institute of Naturopathy, Ministry of AYUSH, Govt. of India, Pune-411001	2023
3.	P.hD (Doctor of Philosophy) Community Medicine	Dept of Community Medicine, Netaji Subhash Chandra Bose Subharti Medical College, Swami Vivekanand Subharti University, Meerut.	Pursiung since 2022
	Certification course in Ethics Review of Health Research	ICMR-National Institute of Epidemiology Chennai, India (SWAYAM, NPTEL)	2022
4.	M. D. (Doctor of Medicine) Naturopathy	SDM College of Naturopathy and Yogic Sciences, Ujire/ Rajiv Gandhi University of Health Sciences, Karnataka	2019
5.	B.N.Y.S. (Bachelor of Naturopathy & Yogic Sciences)	SDM College of Naturopathy & Yogic Sciences, Ujire/ Rajiv Gandhi University of Health Sciences, Karnataka	2016
6.	12 <sup>th</sup>	Gujarat secondary & Higher secondary education Board, Gandhinagar	2011
7.	10 <sup>th</sup>	Gujarat secondary & Higher secondary education Board, Gandhinagar	2009

- Title of Doctoral thesis:** "EFFECT OF 4 WEEKS OF YOGA-BASED INTERVENTION ON PSYCHOLOGICAL, COGNITIVE AND PHYSICAL PARAMETERS AMONGST HEALTHY VOLUNTEERS -A RANDOMIZED CONTROLLED TRIAL."
- Title of M. D. (Doctor of Medicine) thesis:-** "EFFECT OF GASTRO-HEPATIC PACK AS AN ADJUVANT TO NATUROPATHY AND YOGA INTERVENTIONS IN PATIENTS WITH ALCOHOL DEPENDENCE"
- Title of fellowship thesis:-** "MAHATMA GANDHI: THE CURIST"

### Registration details

1. Registered under the Karnataka Act 09 of 1962 in the Karnataka Ayurvedic & Unani practitioners board with registration no:733.
2. Central registration under Yoga & naturopathy system of medicine with central registration no: 609 form NATUROPATHY REGISTRATION BOARD (Ministry of Ayush, Govt. of India).

### Work Experience

Sl. No.	Nature of Work	Details
1.	<b>Teaching &amp; Administrative</b>	<ul style="list-style-type: none"><li>• Officiating Dean, Faculty of AYUSH, Swami Vivekanand Subharti University, Meerut since Dec 2025</li><li>• Officiating Principal, Maharishi Aurobindo Subharti College &amp; Hospital of Naturopathy &amp; Yogic Since Dec 2025</li><li>• Associate professor since July 2025 till date.</li><li>• Head of Department for Post graduate studies and research since Oct 2020 till date.</li><li>• Guide for research projects of BNYS, MD Naturopathy, MD Yoga, and MD Nutrition and Dietetics graduate students since 2020.</li><li>• Assistant professor from Nov 2019 - July 2025.</li></ul>
2.	<b>Clinical</b>	<ul style="list-style-type: none"><li>• Assistant Medical Superintendent, Maharishi Aurobindo Subharti College &amp; Hospital of Naturopathy &amp; Yogic Sciences, Swami Vivekanand Subharti University, Meerut since 2025.</li><li>• Unit Head for Unit II for Subharti Yoga &amp; Naturopathy Hospital since 2024.</li><li>• Treated various cases from lifestyle disorder to unhealing wound since 2019 till date.</li></ul>
3.	<b>Academic &amp; Research</b>	<ul style="list-style-type: none"><li>• Examiner and paper setter for Madhya Pradesh Medical Science University, Bopal, Dr. Sarvepalli Radhakrishnan Rajasthan Ayurved University, Rajasthan, IIMT University Meerut, Yenepoya ( Deemed to be University), Mangalore.</li><li>• Member of Medical cluster of University research Committee.</li><li>• Nominated as Section Editor for Journal of AYUSH: Ayurveda, Yoga, Unani, Siddha, Homeopathy (JoAYUSH)(eISSN:2278-2214 ISSN: 2321-6484), STM Journal</li></ul>
4.	<b>Special Responsibilities</b>	<ul style="list-style-type: none"><li>• Developed the Dept. of Post graduate studies at Swami Vivekanand Subharti University</li><li>• Planning, Logistics &amp; Development of In-patient Treatment facility at Swami Vivekanand Subharti University</li><li>• College NAAC coordinator at Swami Vivekanand Subharti University</li><li>• Special Consultant for Student, Faculty &amp; Staff Wellness Centre, SVSU, Meerut.</li><li>• Represented Yoga &amp; Naturopathy intervention in Wellness festa, South Korea in 2022, 2023 &amp; 2024.</li></ul>
5.	<b>Social Responsibility</b>	<ul style="list-style-type: none"><li>• Delivered numerous health talks at public gatherings, schools, colleges on topics like Disease Prevention, Healthy Lifestyle, Hygiene, Yoga in daily life etc.,</li><li>• Organized numerous Awareness Camps &amp; Naturopathy &amp; Yoga Treatment Camps.</li></ul>

### Research specialization:

Planning research proposal, Data acquisition, Extraction, Analysis of various Clinical Electrophysiological Techniques and Psychological Measurements such as:- Autonomic and Respiratory Variables including HRV • Electroencephalogram (EEG) • Spirometry •SOC – 28, Six Letter Cancellation Task, Digit Letter Substitution Task, Number Tracking test, Epworth Sleepiness Scale, Beck's Depression Inventory, Perceived Stress Scale, State Trait Anxiety Inventory.

Financial support received:-

Student Research Projects Guided:-

S.no		Completed	Ongoing
------	--	-----------	---------

1	BNYS	10	-
2	MD	23	05
3	M.sc Surgery	-	01

## Research publication

S. No.	Article Title	Journal Details (Volume, Issue, Page No., Year, ISSN No)	Date of publication online	Type (Review/Research/Conference, Book, Book Chapter)	Article Link/DOI	Indexing Details (Scopus / Web of Science / Pub Med with paper indexed ID)	Peer-Reviewed (Yes/No)	Author Position
1	<a href="#">Therapeutic Sunbathing in Yoga and Naturopathy Hospitals: Establishing National Standards through the Delphi Methodology</a>	Journal of Lifestyle Medicine 15 (2), 48						
2	<a href="#">Effect of Naturopathy thorax massage on spirometric variables among healthy individuals</a>	Indian Journal of Traditional Knowledge (IJTK) 24 (8), 749-757						
	<a href="#">Cardiac Autonomic</a>							

	<u>Effects of Ajwain (Trachyspermum ammi) in Hypertension: A Randomized Controlled Study</u>							
	<u>Immediate Effects of Asthma Bath on Pulmonary Function Tests and Vital Signs in Healthy Individuals: A Randomized Controlled Trial.</u>							
	Immediate Effect of Cold Spinal Compress & Sham Spinal Compress on Heart Rate Variability in Healthy Volunteers: A Randomized Control Trial							

## PROFESSIONAL COMPETENCIES

**Clinical Skills:** Comprehensive naturopathic treatment prescription, diet counseling, yoga instruction, hydrotherapy, acupuncture, ward management

**Academic Skills:** Teaching, curriculum development, research supervision, presentation, academic administration

**Administrative Skills:** Department coordination, event management, stakeholder engagement, institutional planning

**Technical Skills:** MS Office (Word, Excel, PowerPoint), institutional administration and management

**Languages:** English, Hindi, Kannada, Gujarati

## **PERSONAL DETAILS**

Date of Birth: 11th May 1993 | Nationality: Indian | Marital Status: Married | Location: Meerut, Uttar Pradesh

I hereby declare that the above information's are true to the best of my knowledge. \_\_\_\_\_

Dr. Nair Dhiren Ajit