CURRICULUM VITAE

Dr. Abhay M. Shankaregowda, B.N.Y.S., M.D. (Yoga)
Naturopathy Physician & Yoga Therapy Consultant
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EDUCATIONAL QUALIFICATION

Sl. No.	Degree	College/University	Year of Completion	Achievement
1.	B.N.Y.S. (Bachelor of Naturopathy & Yogic Sciences)	SDM College of Naturopathy & Yogic Sciences, Ujire/ Mangalore University	1999	64%
2.	M. D. (Yoga) [Doctor of Medicine Yoga (Clinical)]	SDM College of Naturopathy and Yogic Sciences, Ujire/ Rajiv Gandhi University of Health Sciences, Karnataka	2013	First Rank-Secured Sitaram Jindal Gold Medal
3.	Ph. D Community Medicine	Swami Vivekanand Subharti University, Meerut	Pursuing since 2021	Data collection ongoing

WORK EXPERIENCE (TOTAL 24 YEARS as of July 2024)

	Employer/Institution	Period		Designation	Nature of work and level of responsibilities
		From	To		
A	S.D.M. College of Naturopathy & Yogic Sciences, Ujire, D.K. District, Karnataka	03-10-2000	20-07-2015	Assistant Professor & Senior Medical Officer	• Under Graduate Teaching (Bnys Course) October 2000 – July 2015) • Post Graduate Teaching (MD in Yoga Program) (January 2014 - July 2015) • PG Guide for MD Yoga in Rajiv Gandhi University of Health Sciences, Karnataka • Senior Medical Officer & Consultant at SDM Nature Cure Hospital, Shanthivana, Dharmasthala (October 2000 – July 2015) • External Examiner, MGR Medical University, Chennai, SVYASA University, Bangalore, • Deputy Chief Superintendent, University Examinations, Internal & External Examiner, Squad Chief for Examinations, Question Paper Review Panelist, Rajiv Gandhi University of Health Sciences, Bangalore.
B	Swami Vivekanand Subharti University,	03-08-2015	Till Date	• Professor & • Principal,	• Administrative & Academic Head of the college

	Subhartipuram, NH-58, Meerut			Maharishi Aurobindo Subharti College & Hospital of Naturopathy & Yogic Sciences, Meerut	• Under Graduate Teaching (BNYS Program) • Post Graduate Teaching & Guide (MD in Yoga Course) • Member Academic Council, Swami Vivekanand Subharti University, Meerut (NAAC 'A' Accredited)
		September 2017	Till Date	Dean Faculty of AYUSH	Administrative & Academic Head of the Faculty of AYUSH overseeing all activities under the AYUSH Faculty
		Dec 2021	Jun 2024	Pro-Vice Chancellor	• Senior Administrative officer of the University • Assisting the Hon'ble Vice Chancellor in all matters of the University • Senior Administrative Member of the IQAC Committee • Chairman of the Exam UFM & Disciplinary committee • Chairman NEP Task Force
		Nov 2023	Till Date	Additional Chairperson, University Research Council & Research Advisory Board	Monitoring & providing counsel on the functioning of the University Research Council & Research Advisory Board
		Feb 2018	May 2020	Member Executive Council	Member of the highest Council in the University which approves the agendas derived from Academic Council, Finance Committee and any other decisions at the University Level
		June 2022	April 2023	Dean Academics	Administrative & Academic position for looking after all academic activities, introduction of new program/courses and formulating the guidelines for academic upliftment.

RESEARCH EXPERIENCE

- Additional Chairperson, University Research Council & Research Advisory Board
- Guide For M.D. Yoga Post Graduate Students
- Co-Guide For MDS & Ph. D Molecular Biology Candidates
- Research undertaken in PG: "Effect Of Neti (Sutra Neti & Jala Neti) a Yogic Kriya (Cleansing Procedure) on Chronic Rhinosinusitis Symptoms- A Prospective Randomized Controlled Trial."
- Patent (Enclosed)
- Publications (Enclosed)
- Books published (Enclosed)

OTHER EXPERIENCES

- Good Command Over Multiple Languages Both Speaking & Drafting
- Organizing Secretary SDM International Conference on Yoga & Naturopathy, December 2014 (2000 delegates)

- Organized International Training of Trainers for the delegates of Wonk Wang Digital University, South Korea, in 2014 & 2015
- Organizing Secretary for Mass Yoga Program for 3000 Students of SDM Educational Institutions in Ujire conducted by Shwasaguru Sri Vachanananda Swamy, SHWASA, Bangalore, March 2015
- Convened & Co-ordinated all Scientific Sessions of the AYURYOG 2019 Conference & Expo.
- Coordinated & Conducted multiple programs on the occasion of International Day of Yoga (21st June) including Common Yoga Protocol in 2016, 2017, 2018, 2019, 2020, 2021, 2022 & 2023.
- Developed The Dept. of Physiotherapy at SDM Yoga & Nature Cure Hospital, Shanthivana, Dharmasthala in 2002
- Planning, Logistics & Development Of SDM Out-Patient Treatment Facility at SDM College of Naturopathy & Yogic Sciences, Ujire in 2007
- Designed & Developed The SDM College of Naturopathy & Yogic Sciences, Ujire Website www.sdmbnys.in
- Designed & Developed The SDMICYN Conference Website www.sdmicyn.com
- Special Consultant for Student, Faculty & Staff Wellness Centre, SVSU, Meerut
- Consultancy for The Planning, Logistics & Development of Day Spa for MAK Choice Pvt. Ltd, Meerut
- Administrative & Managerial Experience As
    - Boys Hostel Warden
    - Member of the University IQAC, as Senior Administrative Officer
    - Member of the Executive Council, Highest body of the University
    - Has actively worked in drafting and preparation of NAAC SSR document in 2016 & 2022.
    - A trained NAAC Assessor

AWARDS & RECOGNITIONS

- Oral Prize Paper in The International Conference on Yoga & Naturopathy, Bangalore - 2012
- Sitaram Jindal Foundation Gold Medal for Topper in Post Graduation M.D. Yoga – 2013
- Appointed as a committee member of the National sub-committee to finalize uniform BNYS syllabus throughout the country during the Academic Committee of Yoga & Naturopathy under the National Board for Promotion and Development of Yoga & Naturopathy (NBPDYN), Ministry of AYUSH - 2017
- Sushrut Medical Science Award Year 2018-19 award for special contribution in the field of Yoga & Naturopathy – 21-07-2019
- "Privileged Patron" AYURYOG 2019 Conference & Expo.
- Subharti Extra Ordinary Services Award For Exemplary Contribution to Swami Vivekanand Subharti University- 2020
- Award of Maximum Achievements in Less Than 10 Years Of Service In Subharti University With A Commendation Letter From Maj. Gen. (Dr) G. K. Thapliyal, SM (Retd), Hon'ble Vice Chancellor, Swami Vivekanand Subharti University – 2022
- Letter of Appreciation From CEO, Swami Vivekanand Subharti University, Meerut for Unmatched Sincerity & Dedication During The Preparation of NAAC SSR 2022
- Subharti Meritorious Award for Dedication & Sincerity in Service at Swami Vivekanand Subharti University – 2023

INTERNATIONAL RECOGNITION

- Was invited consecutively for 2 years and lead a team of Doctors in the International HI-Wellness Festa organized by the Government of South Korea on 7-9th October 2022 and on 7-9th October 2023 at Yeongdeok-gun, Gyeongsangbuk-do, South Korea for propagation of Indian Systems of Medicine, Ayurveda & Yoga.
- Conducted an International workshop on "Advanced Yoga Therapy Protocols" for a delegation of Korean team from Ayurveda Yoga Academy and Healing arts Korea 7th Nov 2023.
- Coordinated & conducted a Hands-on Workshop on Naturopathy & Yoga Therapy for Delegates of Ayush Longevity & Wellness Institute, Colombo, Sri Lanka

MEMBERSHIPS

- Registered as Medical Practitioner in Yoga & Naturopathy
- Member of Indian Naturopathy & Yoga Medical Graduates Association

COMPUTER SKILLS

MS Office Word, MS Office PowerPoint, MS Office Excel, Adobe Photoshop, HTML in Adobe Dreamweaver

LANGUAGES KNOWN
8 Languages: English, Hindi, Kannada, Tulu, Tamil, Malayalam, Konkani, Marathi

EXTRACURRICULAR ACTIVITIES:
- Drawing, Painting, Photography
- Shuttle Badminton, Cycling, Adventure Motor Sports

PROFESSIONAL SKILLS
Good Communication, Presentation, Effective Interaction, Entrepreneurship, Logistics, Quality Administration, Good Governance, Event Management, Organization & Team Leader

PERSONAL DETAILS:
Indian, Born on 20th March 1978 in Belgaum, Karnataka, Married with 1 child

ENCLOSURES
Publications/ Patents/ Books Published/ Conference Papers Presented/ Resource Person/ Conferences Attended/ Articles/ Radio Programs/ TV Programs

DECLARATION
I certify that the above information is correct and complete to the best of my knowledge and belief and nothing has been concealed/ distorted. If at any time I am found to have concealed/ distorted any material/ information.

Dr. Abhay M. Shankaregowda

ANNEXURE TO CV OF DR. ABHAY SHANKAREGOWDA

List of Publications

S.N.	Title of Paper	Journal	Year	Journal status
1.	Yoga for Wellness & Treatment of Illness	Natural Volatiles & Essential oils (E-ISSN:2148-9637)	2021	Scopus Indexed Peer reviewed Journal
2.	Vipasana & Mental Health: An Analysis	Natural Volatiles & Essential oils (E-ISSN:2148-9637)	2021	Scopus Indexed Peer reviewed Journal
3.	Immediate Effect of Cold Spinal Compress & Sham Spinal Compress On Heart Rate Variability In Healthy Volunteers: A Randomized Control Trial	Journal of Chemical Health Risks (ISSN: 2251-6727)	2023	Scopus & Elsevier Indexed Peer reviewed Journal
4.	Yoga Therapy and Rehabilitation of the Convicted: A Study	Journal of Population Therapeutics & Clinical Pharmacology (ISSN: 1710-6222)	2023	Indexed in WoS , Scopus and EMBASE/ Excerpta Medica (Elsevier), EBSCO
5.	Yoga as a Non-Pharmacological intervention in Diseases	Journal of Population Therapeutics & Clinical Pharmacology (ISSN: 1710-6222)	2023	Indexed in WoS , Scopus and EMBASE/ Excerpta Medica (Elsevier), EBSCO

Book Written

Title of the book	Year of publication	ISBN/ISSN number	Name of the publisher
Yogasans	2018	978-93-5274-783-2	Laxmi Publication, New Delhi

Patents

Title of Patent	Type	Design No	Status	Organization
Simple Shirodhara equipment	Design Patent	335198-001	Registered	The Patent Office, Govt. of India

Articles/ Radio/ TV programs

S.N.	Organization	Date	Details	Type
1.	E-news letter Subharti times	27-06-2016	Article on " Introduction to yoga- from philosophy to science"	News Article
2.	NIOS Community Radio Station	24-05-2018	Live Radio Talk & Phone in Program "Samanya Jeevan mein Hitkari Prakriti Chikitsa	Radio Program
3.	Subharti TV	25-04-2019	(EK SAMWAD) योग पर खास चर्चा Dr. Abhay Shankaregowda जी के साथ... EP-32 part- 01 https://youtu.be/4INhinOpt48?si=BijujRJ6hae7OcTd	TV Program
4.	Subharti TV	04-05-2019	(EK SAMWAD with Dr. Abhay Shankaregowda) एक्यूपंचर एक चाइनीज चिकित्सा पद्धति है EP-38 part- 02 https://youtu.be/WPPZyGybhAc?si=YMfLjIZecdCH2b5Y	TV Program
5.	College Duniya	19-08-2021	Thoughtful Leaders Series https://www.youtube.com/watch?v=DCUNe9IcdCg	Online Video Intervie

				w
6.	APN News	18-09-2021	Natural Lifestyle for Obesity https://www.facebook.com/story.php?story_fbid=10216669605330943&id=1785078009&mibextid=xfxF2i	APN Ayushman Bhava Series
7.	Subharti TV	04-05-2019	(EK SAMWAD with Dr. Abhay Shankaregowda) एक्यूपंचर एक चाइनीज चिकित्सा पद्धति है EP-38 part- 01 https://youtu.be/Lm2Jynj0_JE?si=09nrPnJtqj6e8G-E	TV Program
8.	Subharti Diary	21-06-2023	Discussion on Yoga on 9th International Yoga Day-2023 'Vasudhaiva Kutumbakam' (One Earth. One Future. One Family). https://youtu.be/wa2I48XmZ_I?si=zT-UuWLWTUdy0_5k	YouTube Channel
9.	APN News & Nepal 1 Live	23-10-2023	Ayushman Bhava Live interview & Phone in Program – Yoga & Naturopathy for Heart Diseases	TV Program

Resource person/ Invited Speaker/ Chairperson

S.no.	Organization	Duration		Details	Role
		From	To		
1.	Government of Karnataka, Department of AYUSH in co-operation with SDM College of Naturopathy & Yogic Sciences & Hospital, Ujire.	23/07/2012	28/07/2012	TOT program for AYUSH Physicians	Resource person & Delegate
2.	Amrita School of Ayurveda, Amrita Vishwa Vidyapeetham	22/04/2013	27/04/2013	CME in Swasthavritta	Resource person
3.	Ashtabandha Brahmalashotsava Samithi, Dharmasthala	12/03/2015	18/03/2015	Mega Health Checkup, treatment, and counseling camp at Dharmasthala Primary School	Resource person
4.	Swami Vivekanand Subharti University, Meerut in association with the Indian Association for Geriatric Mental Health.	7/05/2016	8/05/2016	National Midterm CME of Indian Association for Geriatric Mental Health (IAGMH) guest lecture on Naturopathy and yoga In Geriatric health.	Guest speaker
5.	National Institute of Naturopathy, Ministry of AYUSH, Govt of India, Pune in association with Svyasa University, Bangalore	12/07/2016		Professional enhancement program at Svyasa University under the "Naturopathy-the way Ahead" Deliver a lecture on " Role of Documentation-Evidence for Future"	Resource Person
6.	Central council for research in yoga &	16/10/2016	18/10/2016	Session in the "National seminar	Co-chairperson

	Naturopathy, New Delhi			on emerging trends of research in Yoga & Naturopathy	
7.	Department of Psychiatry, SMC	02/12/2017	-	Workshop on Yoga and Mental Health	Conducted workshop
8.	Alva's College of Naturopathy and Yogic Sciences, Moodbidri	13/09/2022	-	6 days CME for Naturopathy and Yoga teachers	Resource person
9.	World Peace Dome, MIT Art, Design & Technology University, Pune in association with CCRYN & NIN, Ministry of AYUSH, GOI	18/11/2022	19/11/2022	5th International Conference on Naturopathy	Resource person
10.	Central Council of Research in Yoga & Naturopathy, Ministry of AYUSH, GOI	20/11/2022	20/11/2022	Talk on "Standardization & quality of Education in Yoga & Naturopathy"	Guest speaker & and chairperson of the session
11.	University of Patanjali, Haridwar	18/11/2023	19/11/2023	6th International Conference on Naturopathy	Resource person
12.	Wellness Centre, SVSU, Meerut	09-02-2024		Symposium on Integrated Multi-Disciplinary approach for Holistic Health & Wellness	Resource Person

Oral paper Presentations

S.N.	Organization	Duration		Details	Role
		From	To		
1.	Department of AYUSH, Government of Karnataka	10/02/2012	12/02/2012	International Conference on Yoga, Naturopathy and AROGYA Expo-2012	Oral paper, Poster presenter & Delegate
2.	Department of Swasthavritta, Amrita School of Ayurveda, Kollam	24/04/2013	-	CME on Swasthavritta	Paper presentation
3.	SDM college of Naturopathy & Yogic Sciences, Meerut	12/12/2014	14/12/2014	International Conference on Yoga & Naturopathy 2014	Oral Institutional Paper presentation and Delegate

Participant/ Delegate/ Attendee

S.N.	Organization	Duration		Details	Role
		From	To		
1.	Karnatak Dharwad University	09/10/1994	18/10/1994	National Service Scheme special camping programme at Areangadi (local	Participant

				youth)	
2.	Nisargopchar Gramsudhar Trust, Uruli Kanchan, Pune	17/02/2000	20/02/2000	State Naturopathy & Yog Conference	Participant
3.	Morarji Desai National institute of Yoga, Ministry of Aush	06/03/2006	10/06/2006	Five days workshop on Research Methodology in yoga	Participant
4.	The University of Patanjali, Haridwar, Uttarakhand, India	02/01/2011	05/01/2011	First International Conference on " Yoga for Health And Social Transformation"	Attendee
5.	SDM College of Naturopathy & Yogic Sciences in assoscation with National institute of Naturopathy	14/05/2011	16/05/20211	CME on Naturopathy & Yoga	Delegate
6.	Department of P.G. Studies and Research in Social Work, SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE, UJIRE	07/02/2012	07/02/2012	One-Day Seminar on "Suicide Prevention & Counselling Approaches"	Participant
7.	National Institute of Naturopathy, Dept. of Ayush, Pune	10/05/2014	12/05/2014	Teaching technology workshop at Chennai	Participant
8.	CII Institute of Quality at Chist University, Bangalore	16/09/2014	17/09/2014	National summit on quality in education	Participant
9.	KAUP Board Bangaluru & Ayush Department, Bengaluru	22/11/2014	23/11/2014	AYUSH Utsava 2014	Participant
10.	Pandit Madan Mohan Malviya Auditorium of Swami Vivkanand Subharti University, Meerut	06/06/2016	08/06/2016	Faculty development program on "Educational objectives and learning outcomes"	Attended
11.	Swami Vivekanand Subharti University, Meerut	12/10/2017	14/10/2017	First foundation course on "Universal Human values & Professional rthics in higher education	Attended
12.	Sunrise Technical Education Promotion Society	6/06/2018	7/06/2018	Two days faculty development program on "contemporary enhancement at consultancies"	Attended
13.	Swami Vivekanand Subharti University, Meerut	5-02-2019		Faculty development programme Workshop on "Research output through	Participant

				Bibliometric tools"	
14.	Swami Vivekanand Subharti University, Meerut	3/06/2019		Training on the development of E-content	Participant
15.	Swami Vivekanand Subharti University, Meerut	09/10/2019		One-day seminar on "Career opportunities & Entrepreneurship in Naturopathy & Yoga"	Organizer & Participant
16.	India Expo Center & Mart Greater Noida	07/11/2019	10/11/2019	Ayuryog Expo 2019- World Assembly of Ayurveda, Yoga & Naturopathy	Participant & Convenor Scientific Sessions
17.	Swami Vivekanand Subharti University, Meerut	07/10/2020	-	Webinar on:- patent Why & How to file?	Participant
18.	Internal quality Assurance cell jointly with faculty of law, Swami Vivekanand Subharti University in association with INpods India Pvt. Ltd. Pune.	08/10/2020	10/10/2020	03 days online Faculty development program: Outcome Based Education	Attended
19.	Swami Vivekanand Subharti University, Meerut	21/02/2021	27/02/2021	Refresher course entitled " National Education policy-2020"	Participant
20.	Swami Vivkanand Subharti University, Meerut	18/09/2021	-	One day international, webinar on " Writing Research article for publication in an academic journal	Participant
21.	Education Promotion Society of India	30/11/2021		National conference on " Implementation of NEP-2020: "Challenges and opportunities for educational institutions"	Participant
22.	Mahatma Gandhi National Council of Rural Education, Department of Higher Education, Ministry of Education, GOI.	19/03/2022		One-day National conference, SAP 2022 on Mentoring institutional social responsibility and facilitating community engagement.	Participant
23.	Swami Vivekanand Subharti University, Meerut	19/03/2022		Exhibition to showcase the innovations/ novel ideas	Participant and showcase the topic "Ayurvedic Panchakarma

					Shirodhara equipments.
24.	Institute for Academic Excellence, Hyderabad in collaboration with "Collegiate Education & Technical Education Department, Telangana state."	20/06/2022	21/06/2022	2 days online National level workshop "Transformation through NAAC Accreditation process for higher education institutions & Health Science Institutions	Participant
25.	Gyeongsangbukdo Province And Yeongdeok-Gun County, South Korea	07/10/2023	09/10/2023	Gyeongbuk-yeongdeok international Hi-wellness Experience Festa 2023	Participant
26.	Wellness Centre, Swami Vivekanand Subharti University, Meerut	09/02/2024		Symposium on "Integrated multi-disciplinary approach for holistic health & wellness"	Resource Person & Participant