

Dr. NAVEEN K.H



Personal information:

Age:	45 years
Date of Birth:	23.02.1980
Sex:	Male
Marital status:	Married
Present Address	302/B block, Type 5 qtrs, Gate no. 8 AIIMS Residential Complex, Basni Industrial area phase II AIIMS, Jodhpur, Rajasthan- 342005
Permanent Address:	C/o Smt. Andal Krishna swamy, D.no.335, D. Subbaiaha road, Behind Hotel Maharaja, Chamaraja Mohalla Mysore-570024, Karnataka, India
Nationality:	Indian
Mobile No.:	9980030138, WhatsApp: 9036773746
Email:	naveenkhdoc@gmail.com khn@aiimsjodhpur.edu.in
Present designation:	Additional Professor
Department:	Community Medicine and Family Medicine
Institution:	All India Institute of Medical Sciences (AIIMS), Jodhpur (From August 2016 till date)

Educational qualifications:

1. **M.Sc (Yoga)** 2 years distance learning program from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA) Deemed to be University, Bengaluru (July 2020 Batch) (Received Academic excellence award for being overall topper in M.Sc)
2. **Certificate Course in Integrative Medicine (CCIM)** 6 months certificate course conducted by Dept. of Integrative Medicine, NIMHANS, Bengaluru (July 2023-December 2023). Received Best outgoing student award
3. **Yoga Instructors' Course (YIC)**-online and distance learning (ODL) mode from SVYASA Deemed to be University, Bengaluru (August 2020)
4. **Post Graduate Diploma in Family Medicine (PGDFM) (2017-2019)** a distance learning program from CMC Vellore
5. **Post Graduate Diploma in Hospital and Health Management-PGDHHM (2011-2012)** (Distance Learning Program-Indira Gandhi National Open University, New Delhi, India)
.
6. **M.D. Social & Preventive Medicine (2005-2008)**
Motilal Nehru Medical College, University of Allahabad, Allahabad, U.P, India
7. **M.B.B.S (1997-2003)**
Vijayanagara Institute of Medical Sciences, Bellary, Karnataka, India.
(Rajiv Gandhi University of Health Sciences, Bangalore)

Others:

1. Leadership and Management in Health (LMIH) an E-learning program from the Department of Global Health, University of Washington, USA (September to December 2017)
2. "Global Public Health"- An online course by SDSNEDU conducted by Prof K Srinath Reddy president of Public Health Foundation of India, May 2015
3. Environmental Health-An Integrative Approach, Certificate Course of Arizona Center for Integrative medicine, University of Arizona in 2014
4. Fundamentals of Clinical Trials-Harvard X from Harvard University on line learning initiative- Certificate course on EDX-2014
5. Short Course in Biostatistics:
 - a. Clinical trials and Meta analyses- May 27-31, 2013

- b. Multiple Linear Regression, Logistic Regression & Survival Analysis- June 03-07, 2013, at Christian Medical College (CMC), Vellore, Tamilnadu, India.
6. E Hospital Management – A certificate course in Hospital Management from Indian Institute of Health Management Research (IIHMR), Jaipur, Rajasthan, India (2010-2012).

Previous work experience:

1. Currently working as an Additional Professor in the Department of Community Medicine and Family Medicine, All India Institute of Medical Sciences, Jodhpur, Rajasthan, India (July 2023 onwards)
2. Worked as Associate Professor in the Department of Community Medicine and Family Medicine, All India Institute of Medical Sciences, Jodhpur, Rajasthan, India (July 2020-June 2023)
3. Worked as Assistant Professor in the Department of Community Medicine and Family Medicine, All India Institute of Medical Sciences, Jodhpur, Rajasthan, India (August 2016 to June 2020)
4. Worked as Assistant Professor in the Department of Community Medicine, Mysore Medical College & Research Institute, Mysore, Karnataka, India (May 2010 to August 2016)
2. Worked as Assistant Professor in the Department of Community Medicine, J.S.S Medical College, Mysore, Karnataka, India (July 2008 to May 2010)
3. Worked as Junior Resident in the Department of Community Medicine, Motilal Nehru Medical College, University of Allahabad, Allahabad, U.P.(May 2005 to May 2008)
4. Worked as Non PG resident in various Departments of JIPMER, Puducherry from July 2004 to January 2005.

Professional experience:

More than ten years of working as Assistant Professor and involved in teaching, training and guiding Under Graduate (MBBS) and Post Graduate students (M.D)

ICMR Short Term Studentship (STS) Research Projects guided:

1. Prevalence and Predictors of Peripheral Neuropathy among type 2 Diabetes Mellitus Patients, attending a Government Tertiary Care Teaching Hospital in Mysore- 2013-14
2. Usage and factors influencing safety helmet use by motorcyclists in Mysore city- A Population based observational study- 2015-16

Post Graduate dissertation:

MD Thesis Guide:

1. Effect of Yogic Breathing on Depression, Anxiety, Stress and Sleep Quality among School going Adolescents in Rural Jodhpur (Dr. Twinkle, 2023- June 2025)
2. Subclinical hypothyroidism (SCH), mental health status, and Vitamin D levels among women with polycystic ovarian syndrome (PCOS): A Cross-Sectional study (Dr. Aneena MA, 2024- June 2026)
3. Evaluation of Routine Immunization services in a Community Development Block of Jodhpur: A mixed method study" (Dr. Bharat Vaishnav, 2020-2022)
4. Exploring internet addiction and its associated factors among college students in Jodhpur- A mixed method study" (Dr Rajasekhar T, 2017-2019)

MD Thesis co-guide:

1. Exploring Morbidity Profile of Mine Workers and Social and Economic Impact of Working Conditions in Mines of Jodhpur- A Mixed Methods Study. (Dr Vibhuti Aggarwal, 2023-2025)
2. Effectiveness and acceptability of mindful breathing and deep breathing in patients with anxiety disorders: a randomized controlled trial (Dr Urvashi Khichar, 2024-2026)
3. Patient Centric Mobile Based Care Among People with Type 2 Diabetes in Urban Jodhpur, Rajasthan: A Community-Based Interventional Study (Dr. Kumari Harshita, 2021-2023)
4. Hybrid model for home-based care in improvement of frailty index among urban elderly- A community-based interventional study. (Dr. Pritish B, 2019-2021)
5. Determinants and risk factors for drug-resistant Tuberculosis in Jodhpur: A case-control study. (Dr. Nikhilesh Ladha, 2017-2019)

MPH thesis/projects:

Guide:

- i. Assessment of mental health and nutritional status of school going adolescents in rural and urban areas of Jodhpur" (2018)
- ii. Complementary and alternative medicine (CAM) usage and adherence among type 2 diabetes mellitus patients in an urban area of Jodhpur: A cross-sectional study (Dr. Nishant Soni, 2021)
- iii. Health Status, Quality of Life and Vocational Needs of Widows Enrolled In Social Security Scheme In Jodhpur City: A Cross-Sectional Study (Dr. Ishani Chadha, 2022)
- iv. Assessment of Professional Fulfilment, Happiness, and Spiritual Intelligence among Clinical Nurses at Tertiary Health Centers in India: A Cross-sectional Study (Sitaram, 2023)

Co-guide:

- i. Exploring Salt Intake Behavioural Practices among Persons with Hypertension in Jodhpur using COM-B Theory of Change: A Mixed Methods Study (Dr. Vinod Vasisht, 2023)
- ii. Situational Analysis on Implementation of National Programme for Palliative Care in Jodhpur: An Exploratory Study (Dr. Jyoti Jethwani, 2023)
- iii. Assessment of anxiety and dementia among elderly, in Jodhpur (Dr. Anjali Agrawal, 2022)
- iv. Assessment of outcomes and risk factors of Gestational Diabetes Mellitus (GDM) mothers delivered at a tertiary care health facility in Jodhpur (Dr. Ridhi Jain, 2023)
- v. Assessment and Predictors associated with Sleep Quality among Elderly Population in Jodhpur: A cross-sectional study (Dr. Sweta Sharma, 2025)

Research Publications:

1. **Naveen KH**, Kumar P, Sharma PP, Goel AD, Aneja J, Gupta MK, Raghav P, Dutt N. Symptoms of Depression and Inhaler Adherence Among Adolescents With Asthma: Is There an Association? *Pediatr Pulmonol*. 2025 Apr;60(4):e71098. doi: 10.1002/ppul.71098. PMID: 40257443.
2. Shafi, Shazia; Raghav, Pankaja; **Naveen, K H**; Chowdhary, Yachana; Pundhir, Ashish. Health profile assessment of school children of Jodhpur District of Rajasthan. *Journal of Family Medicine and Primary Care* 14(1):p 70-77, January 2025.
3. **Naveen KH**, Sharma P, Bhargav H, Gupta T, Nebhinani N. Meditation: Philosophical foundations and its role in managing common noncommunicable diseases. *Indian Journal of Community Medicine* ():10.4103/ijcm.ijcm_305_24, March 31, 2025. | DOI: 10.4103/ijcm.ijcm_305_24
4. Saxena, Vartika; Misra, Puneet; **Naveen, K H**; Sumanth, M M; Das, Amity; Jain, Vama. Strengthening AYUSH Integration with Preventive Medicine. *Indian Journal of Community Medicine* 49(Suppl 2):p S183-S190, December 2024.
5. **Naveen KH**, Singh D, Srinivasan S, Bhardwaj P, Mitra P, Shukla KK, Tomo S, Dwivedi K, Sharma PP, Baskaran P, Shukla R, Vyas H, Kumar A, Midha N, Garg MK, Sharma P, Misra S. Effect of tele-yoga on burnout, mental health and immune markers of health care workers on COVID-19 duty: An open-label parallel group pilot randomized controlled trial. *Complement Ther Med*. 2024 Dec;87:103109. doi: 10.1016/j.ctim.2024.103109. Epub 2024 Nov 8. PMID: 39521190.
6. Baskaran T B P, Raghav P, **Naveen KHS**. Hybrid model of care for older persons for improvement of frailty index-a community-based interventional study in an urban setting. *BMC Geriatr*. 2024 Sep 19;24(1):772. doi: 10.1186/s12877-024-05351-0. PMID: 39300347; PMCID: PMC11411904.
7. Rajasekhar T, **Naveen KHS**, Raghav P, Aneja J, Thirunavukkarasu P, Dutta G, Srinivasan S, Sharma PP, Gupta MK, Goel AD. Exploring internet addiction and its associated factors among

college students in Western Rajasthan, India: A mixed-methods study. Indian J Psychiatry. 2023 Aug;65(8):839-852, PMID: 37736232 PMCID: PMC10510635

8. Bhardwaj P, Ganapathy K, Pathania M, **Naveen K H**, et al. Effectiveness of ayurvedic formulation, NAOQ19 along with standard care in the treatment of mild-moderate COVID-19 patients: A double blind, randomized, placebo-controlled, multicentric trial. J Ayurveda Integr Med. 2023;14(6):100778, PMID: 37976809 PMCID: PMC10684801
9. Pritish Baskaran TB, Gupta MK, Raghav P, **Naveen KH**, Goel AD. Exploring frailty and its domains - Systematic mapping of the literature. Indian J Public Health. 2023 Jan-Mar;67(1):141-147. doi: 10.4103/ijph.ijph_962_22. PMID: 37039219.
10. Gupta MK, Dutta G, G S, Raghav P, Goel AD, Bhardwaj P, Saurabh S, S S, **K H N**, T P, Rustagi N, Sharma PP. Application of Indian Diabetic Risk Score (IDRS) and Community Based Assessment Checklist (CBAC) as Metabolic Syndrome prediction tools. PLoS One. 2023 Mar 27;18(3):e0283263. PMID: 36972242; PMCID: PMC10042346.
11. Singh T, Baskaran P, Raghav P, **Naveen KH**. Monkeypox: Current Situation in India: An Old Virus, A New Menace? Indian J Community Med. 2022 Oct-Dec;47(4):628-630. doi: 10.4103/ijcm.ijcm_719_22. Epub 2022 Dec 14. PMID: 36742949; PMCID: PMC9891061.
12. Gupta, M.K., Raghav, P., Tanvir, T. et al. Recalibrating the Non-Communicable Diseases risk prediction tools for the rural population of Western India. BMC Public Health. 2022 Feb 22;22(1):376. doi: 10.1186/s12889-022-12783-z. PMID: 35193546; PMCID: PMC8862298.
13. Nikhilesh Ladha, Pankaj Bhardwaj, Nishant Chauhan, **Naveen KH**, Vijaya Lakshmi Nag, Giri Babu D. Determinants, risk factors and spatial analysis of Multi-Drug Resistant Pulmonary Tuberculosis in Jodhpur, India. Monaldi Arch Chest Dis. 2022 Jan 18. doi: 10.4081/monaldi.2022.2026. PMID: 35044136
14. Joshi V, **Setty NKH**, Joshi NK, Jain YK, Bhardwaj P, Singh K. Mental health and nutritional issues: a dual burden among adolescent school going girls of urban and rural Jodhpur. Int J Community Med Public Health. 2021 Dec;8(12):5823-5831.
15. Baskaran P, Raghav P, **Naveen K H**, Saurabh S. Enabling Readiness of a School to Reopen during a Pandemic - A Field Experience . Disaster Med Public Health Prep. 2021 Aug 13: 1-5. doi:10.1017/dmp.2021.239. PMID: 34384516; PMCID: PMC8458860.
16. Nihadha PM, Chugh A, Kaur A, Kumar S, **Naveen KH**, Bhatia PK, Kumar P, Chaudhry K. Transdermal fentanyl patch versus standard analgesia in postoperative oral submucous fibrosis patients: a triple blinded, randomised control trial. Br J Oral Maxillofac Surg. 2022 Nov;60(9):1246-1253. doi: 10.1016/j.bjoms.2022.07.002. Epub 2022 Jul 21. PMID: 35970681..
17. **Setty NKH**, Sukumar GM, Majgi SM, Goel AD, Sharma PP, Anand MB. Prevalence and factors associated with effective helmet use among motorcyclists in Mysuru City of Southern India.

Environ Health Prev Med 25, 47 (2020). PMID: 32887547 PMCID: PMC7487705.
<https://doi.org/10.1186/s12199-020-00888-z>

18. **Naveen KH**, Goel AD, Dwivedi S, Hassan MA. Adding life to years: Role of gender and social and family engagement in geriatric depression in rural areas of Northern India. J Family Med Prim Care 2020;9:721-8. PMID: 32318409 PMCID: PMC7113954
19. Gupta MK, Raghav P, Gautam V, Bhardwaj P, Rustagi N, **Naveen KH**, et al. Steering the predictors to improve the knowledge and utilization of partograph by skilled birth attendants: An intervention study. J Family Med Prim Care 2020;9:3082-7. PMID: 32984177 PMCID: PMC7491779
20. Nanjundaswamy B L , Surendran K A K , Sathish S , **Setty NKH**, Chandrakumar L. Changing trends in sexually transmitted diseases during a seven year period- A retrospective study in STD clinic of a tertiary care hospital. IP Indian J Clin Exp Dermatol 2020;6(1):35-40.
21. Amrutha AM, **Naveen KH**, Sushma J. Profile of Animal Bite Cases Attending Anti-rabies Clinic of a Government Tertiary Care Hospital in Mysore and their Compliance to 4-Dose Intradermal Rabies Vaccine. Ann Community Health. 2017 Oct-Dec;5(4):2-5.
22. **Naveen KH**, Hassan MA, Dwivedi S. Morbidity profile among elderly population in rural areas of Allahabad district. Is there any gender difference? Int. J. Preven. Curat. Comm. Med. 2016; 2(1 & 2): 71-78
23. Kumaraswamy SKA, **Setty NKH**, Nagaraja MS, et al. Profile of psoriasis among in-patients of dermatology department of a government tertiary care teaching hospital in Mysore: a medical record based study. J. Evolution Med. Dent. Sci. 2016;5(19):959-963
24. **Naveen KH**, Manjunatha SN, Sumanth MM, Swathi SB. Prevalence and predictors of peripheral neuropathy among type 2 Diabetes Mellitus attending a government tertiary care teaching hospital in Mysore. Int Jr Mult Edu Res. Feb 2015; 2(4): 1-12.
25. **Naveen KH**, Sumanth MM, Manjunatha SN, Hassan MA, Dwivedi S. Prevalence and Predictors of Hypertension among the elderly population in rural areas of Allahabad district: A cross sectional study. Jr Med Sci Clin Res. Aug 2014;2(8):2004-15.
26. **Setty NH**, Nagaraja MS, Nagappa DH, Giriyaiah CS, Gowda NR, Laxmipathy Naik RD. A study on Surgical Site Infections (SSI) and associated factors in a government tertiary care teaching hospital in Mysore, Karnataka. Int J Med Public Health 2014;4:171-5.
27. Narapureddy B, **Naveen KH**, Madithati P, Singh RK, Pirabu RA. Sociodemographic profile and health care seeking behaviour of rural geriatric population of Allahabad district of UP: A Cross Sectional Study. Int J Med Sci Public Health 2012; 1:87-92.

28. **Naveen KH**, Sumanth Mallikarjuna Majgi , Mudassir A Khan. Impact of Religious and Cultural practices on recent Cholera outbreak in a village of South India. VCFL Sciences Journal . Aug 2012;2(3):39-45.

Research projects:

S.N.	Project Name	Role	Funding Agency
<u>Extramural projects</u>			
1.	Efficacy and safety of an Ayurvedic regimen (Brahmarasayana+ Mandukaparni Churna) in mild cognitive impairment (MCI) among elderly: An open-label RCT	Co-Principal Investigator	AYUSH-ICMR Advanced Center for Integrative Health Research (AI-ACIHR)
2.	Pathways to Resilience and Mental Health (PARAM)	Co-Principal Investigator	ICMR Extramural Multicentric project
3.	Efficacy and safety of Punarnavadi Mandura alone and in combination with Drakshavaleha compared to iron folic acid in the treatment of moderate iron deficiency anaemia among non-pregnant women of reproductive age group: a community-based three-arm multicentre randomized controlled trial	Co-Investigator	ICMR, New Delhi
4.	Assessment of urinary carcinogens level and urine cytology among industry and non-industry workers in Jodhpur (Funding agency-ICMR, Collaborating Institute- CSIR-Indian Institute of Toxicology Research, Lucknow)	Co-Investigator	ICMR, New Delhi
5.	Emerging drug resistance in community-acquired urinary tract infection and molecular insights into dynamics of resistance traits in Indian isolates- A multi-centric cross-sectional study	Co-Investigator	ICMR, New Delhi
6.	Evaluation of the effectiveness of the National Health Mission (NHM) policy of mainstreaming and co-locating AYUSH within Primary Health Care	Co-Investigator	NHSRC, New Delhi
<u>Industry sponsored</u>			
7.	A randomized, double blind, placebo controlled, multi-centric, trial to determine the therapeutic efficacy of Ayush medicine NOQ19 in treatment of symptomatic COVID-19 patients along with standard allopathic treatment	Co-Investigator	Sriveda Sattva Private Limited and Sri Sri Institute for Advanced Research Bangalore
<u>Intramural projects</u>			

8.	Effect of tele yoga on burnout, mental health and immune markers of Health Care Workers involved in COVID-19 duty: a pilot randomized controlled trial	Principle Investigator	AIIMS Jodhpur
9.	Profile and treatment outcome of patients presenting with urethritis at AIIMS, Jodhpur: A prospective study	Co-Investigator	AIIMS Jodhpur
10.	To Study the utilization of out patient's services in rural and urban health centres covered by department of community Medicine and Family Welfare, AIIMS, Jodhpur	Co-Investigator	AIIMS Jodhpur
11.	Validation of color coded rings for cervicograph and Knowledge and Skill Upgradation of Skilled Birth Attendants (SBAs) for Labor and Delivery Management at Sub District Level in rural Jodhpur	Co-Investigator	AIIMS Jodhpur
<u>Non funded project</u>			
12.	Symptoms of depression in adolescents with asthma: a reason for non-adherence? (2017-19)	Principle Investigator	NA
13.	Mental health, adherence to medication, and personality among diabetes and hypertension patients attending health centres of Department of Community Medicine and Family Medicine: A cross sectional study	Principle Investigator	NA
14.	Exploring adherence to Yoga and physical activity among health care personnel: A mixed-method study	Co-Principal Investigator	NA
15.	Comparative study on the effect of 2 types of relaxation technique on stress and cardiac oscillations among healthy volunteers: A Pilot study	Principle Investigator	NA
16.	Development, validation and feasibility testing of a short yogic breathing module for depression, anxiety, stress and sleep quality of school-going adolescents	Principle Investigator	NA