

PROFILE

NAME: DR Avnish Dave

Educational background :

M.D(Human Physiology) from M.S. University of Baroda (2000)

Postgraduate Diploma in Clinical and Applied Hypnosis (D.C.A.H.) from M.S. University of Baroda (2003).

Post Graduate Diploma In Maternal and Child Health (D.M.C.H.) ,2003

Certified in Industrial Medicine (C.I.H), MSU Baroda in yr 2015),

Trained Yog Teacher at Sir Sayajirao Institute Of research in Yog and Music, yr 1999)

Certified **Sleep Medicine** Specialist, **AIIMS**, New Delhi in yr 2006

Certified Trainer By DOPT (Department of Personnel & Training) Government Of India.

Certified **Adolescent Counsellor** by Indian Academy of Paediatrics under Mission Kishore Uday, DO Health GOI.

Certified for Advance course in **Diabetes Mellitus** (2020) from Medversity and Royal Liverpool academy (U.K).

ACADEMIC EXPERIENCE:

24 Years,

- Worked as a teaching faculty ,as a Professor at various Medical colleges in India.
- Practicing and teaching Hypnotherapy since 2003.

MEMBERSHIP :

Past membership in society for clinical and experimental hypnosis.

Member of Indian society of physiology and pharmacology.

Member of Indian society of sleep medicine.

Member Indian Medical Association.

RESEARCH EXPERIENCE:

Post graduate Teacher and Guide to in various Medical institutes of India ,and guided P.G. students .

AREAS OF EXPERTISE :

Hypnotherapy , Psycho-somatic Medicine ,Life style Medicine ,Industrial Medicine ,Sleep Medicine ,Adolescent and Child Behaviour ,Behavioural problems of Adult and Geriatric Age .

PUBLICATIONS :

Over 20 publications in national and international journals and contributed few articles in books.

Some of the related studies published in various journals:

- Effect of progressive muscular relaxation techniques and psychological counselling on physiological parameters during Surgical Stress.

Indian journal of evidence based medicine and healthcare Vol2,issue 43 26thOctober 2015.

- Assessment of Melatonin levels in normal healthy young university students, post Hypnosis and Yoga practitioners

International journal of basic and applied Physiology vol 1 issue 8 January 2019.

- The outcome of pre-self- hypnosis on somatic and psychobiological symptoms in patients.

*Indian journal of evidence based medicine and healthcare Vo l2, issue 43 26thOctober 2015.
Pages7582-7586*

- Waist height ratio (whtr), Body mass index (bmi) and serum cholesterol in risk prediction of Life style diseases

International journal of basic and applied Physiology vol 1 issue 7 January 2018 pages 105-110.

- Pulmonary functions in overweight and obese adult as predictor of Life style diseases.

International journal of basic and applied Physiology vol 1 issue 1 January 2012 pages 105-110.

- Electronic media and child behaviour .

National journal of Medical Research vol1 issue 2 oct 2011 pages 87-89.

- Impact of Group Study and Self-Study Sessions in Learning in First Professional Medical Students

Journal of Research in Medical Education & Ethics Vol. 8 (Special Issue) December, 2018, pp-571-576.

Some of the related studies submitted for publication in various journals.

- Impact of life style modification and mental relaxation in control of blood sugar in type 2 Diabetes.
- Pain distraction technique in pre school children using cell phone.
- Sleeping late and sleeping less affects Body Mass index in Adolescent boys and girls.
- Effect of examination stress on cardiac autonomic functions.

