



**Dr. Kashinath G Metri, BAMS, MD, PhD (Yoga)**

Head Ayurved and Naturopathy, World Yog Institute, Jammu & Kashmir.

Assistant Professor, Central Rajasthan University, Rajasthan

PhD (Yoga), Swami Vivekananda Yoga Anussandhana Samsthana (S-VYASA University), Bangalore

MD (Doctor of Medicine) (Y & R), Swami Vivekananda Yoga Anussandhana Samsthana (S-VYASA University), Bangalore.

BAMS (Bachelor of Ayurveda Medicine & Surgery) Rajiv Gandhi University of Health sciences, Bangalore

ICMR (Indian Council of Medical Research) Trainer.

**Thesis- Research and Trainings:-**

Title: Efficacy of Yoga on Cardiovascular variables, psychopathologies and cognitive functions among Individuals with Hypertension.

Title: Correlation between Tridosha Prakriti and Body Mass Composition.

Title: Yog and Neurophysiology.