Name: **Dr. Bharath Holla**, MBBS, MD, PhD
Office address: Associate Professor of Psychiatry,

Department of Integrative Medicine,

National Institute of Mental Health and Neurosciences (NIMHANS),

Bengaluru, KA, INDIA

Email: <u>hollabharath@gmail.com; hollabharath@nimhans.ac.in</u>

Phone: +91-9844259459 DOB 02nd Feb 1986

EDUCATION/TRAINING						
INSTITUTION AND LOCATION	DEGREE	MM/YY	FIELD OF STUDY			
Bangalore Medical College and Research Institute, Bengaluru, KA, India	Bachelor of Medicine, Bachelor of Surgery; (M.B., B.S.)	03/10	Medicine			
National Institute of Mental Health and Neurosciences, Bengaluru, KA, India	Doctor of Medicine (M.D.) in Psychiatry	04/14	Psychiatry			
National Institute of Mental Health and Neurosciences, Bengaluru, KA, India	Post-Doctoral Fellowship in Addiction Medicine	06/15	Addiction Psychiatry			
National Institute of Mental Health and Neurosciences, Bengaluru, KA, India	Doctor of Philosophy (Ph.D.) in Psychiatry	01/22	Psychiatry, Brain Imaging and Genomics			

A. POSITIONS AND HONORS

A1. Position and Employment:

POSITION, INSTITUTION AND LOCATION	FROM (MM/YY)	TO (MM/YY)	Duration
Senior Resident and Clinical Post-Doctoral Fellow in Centre for Addiction Medicine, Dept. of Psychiatry, NIMHANS, Bengaluru, India	07/14	06/15	1 y
Senior Resident and PhD scholar, Wellcome Trust / DBT India Alliance Research Training Fellow, Dept. of Psychiatry, NIMHANS, Bengaluru, India	07/15	07/17	2 y
Assistant Professor of Psychiatry, Clinician Scientist, Accelerator program for Discovery in brain disorders using stem cells (ADBS), NIMHANS, Bengaluru, India	07/17	08/19	2 y
Assistant Professor of Psychiatry, Department of Integrative Medicine, NIMHANS, Bengaluru, India	08/19	06/23	3y 11m
Associate Professor of Psychiatry, Department of Integrative Medicine, NIMHANS, Bengaluru, India	07/23	Till date	Till date

A2. Awards & Honours

Funding Scholarship Award by InterAcademy Partnership (IAP) to attend the Young Physician Leaders (YPL) Programme at European School of Management and Technology, Berlin, Germany October 13-18, 2022 INSA Medal for Young Scientists from Indian National Science Academy, New Delhi on October 6th, 2021. Early Career Investigator Award from the International Society of Psychiatric Genetics at the Virtual World Congress of Psychiatry Genetics, October 11-15, 2021 Poona Psychiatrists Association Award (PPA-II) - for the best-published article by an IPS member at the 72 nd Annual National Conference of Indian Psychiatric Society, 22-25th January 2020, Kolkata, WB, India Funding Scholarship Award by University of Bristol, UK to attend Mental health intergenerational transmission: Epidemiological methods for global mental health research workshop, Negombo, SL, 12-14 Feb'19. Poona Psychiatrists Association Award (PPA-II) - for the best-published article by an IPS member at the 71st Annual National Conference of Indian Psychiatric Society, 31st January to 03rd February, 2019, Lucknow, UP, India Junior Investigator Merit Award Research Society on Alcoholism (RSA) 41st Annual Scientific Meeting Jun 16 - 20, 2018. San Diego, USA International Society for Magnetic Resonance in Medicine - Educational Stipend at the 25th Annual Meeting of the ISMRM, April 22-27, 2017, Honolulu, HI USA Wellcome Trust / DBT India Alliance Research Training Fellowship Grant Award Substitute of Isbard Award at 37th Annual RSA Scientific Meeting and 17th Congress of ISBRA to be held in June 21-25, 2014, Bellevue, Washington, USA	11. Tivulus & Tivulus		
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B. RESEARCH PUBLICATIONS

Selected Pubmed-indexed Journal Publications

https://pubmed.ncbi.nlm.nih.gov/?term=%28Holla%2CBharath%29OR%28%22Holla%2CB%22%5BAuthor%5D%29

Google Scholar Profile : : http://scholar.google.co.in/citations?user=ystafgIAAAAJ

Integrative Medicine

- 1. Mukhopadhyay, S., Abraham, S. E., **Holla, B.** †, Ramakrishna, K. K., Gopalakrishna, K. L., Soman, A., Chikkanna, U. C., Bharath, M. M. S., Bhargav, H., Varambally, S., & Gangadhar, B. N. (2021). Heavy Metals in Indian Traditional Systems of Medicine: A Systematic Scoping Review and Recommendations for Integrative Medicine Practice. *Journal of Alternative and Complementary Medicine (New York, N.Y.)*, 27(11), 915–929. https://doi.org/10.1089/acm.2021.0083
- 2. Bhargav, H., **Holla, B.,** Ramakrishna, K. K., Shivakumar, V., Gokulakrishnan, K., Varambally, S., & Gangadhar, B. N. (2022). Yoga and Integrative Healthcare: Lessons from the National Institute of Mental Health and Neurosciences (NIMHANS) in India. *International journal of yoga*, 15(2), 150–157. https://doi.org/10.4103/ijoy.ijoy.56.22
- 3. Mukhopadhyay, S., **Holla, B.,** Bhargav, H., Ramakrishna, K.K., Chikkanna, U., Varambally, S., Gangadhar, B.N., 2022. Integrative Medicine as "Medicine": A Perspective. *Integrative Medicine Reports* 1, 86–94. https://doi.org/10.1089/imr.2022.0054
- 4. Bhargav H, Eiman N, Jasti N, More P, Kumar V, **Holla B,** Arasappa R, Rao NP, Varambally S, Gangadhar BN and Keshavan MS (2023) Composition of yoga-philosophy based mental traits (Gunas) in major psychiatric disorders: A trans-diagnostic approach. *Front. Psychol.* 14:1075060. https://doi.org/10.3389/fpsyg.2023.1075060
- Gokulakrishnan, K., Nikhil, J., Vs, S., Holla, B., Thirumoorthy, C., Sandhya, N., Nichenametla, S., Pathak, H., Shivakumar, V., Debnath, M., Venkatasubramanian, G., Varambally, S., 2022. Altered Intestinal Permeability Biomarkers in Schizophrenia: A Possible Link with Subclinical Inflammation. Ann Neurosci 29, 151–158. https://doi.org/10.1177/09727531221108849
- Gokulakrishnan, K., Joyappa, N., Viswanath, B., Thirumoorthy, C., Narasimhan, S., Devarajan, B., Joseph, E., David, A.K.D., Sharma, S., Vasudevan, K., Sreeraj, V.S., Holla, B., Shivakumar, V., Debnath, M., Venkatasubramanian, G., Varambally, S., 2023. Comparison of gut microbiome profile in patients with schizophrenia and healthy controls A plausible non-invasive biomarker? *Journal of Psychiatric Research. https://doi.org/10.1016/j.jpsychires.2023.05.021*
- 7. Ramakrishna, K.K., Bhargav, H., **Holla, B.,** Chikkanna, U., Jasti, N., Kumar, S., Varambally, S., Gangadhar, B.N., 2023. Transforming Indian Healthcare: A Systemic Integrative Healthcare Model at NIMHANS for Advancing Evidence-Based Medicine as Envisioned in Prime Minister Modi's Mann Ki Baat. *Journal of Research in Ayurvedic Sciences 7, 19.* https://doi.org/10.4103/jras.jras_105_23

Population Neuroscience:

- 8. Bethlehem, R.A.I., Seidlitz, J., White, S. R., Vogel, J. W., Anderson, K. M., Adamson, C., Adler, S., Alexopoulos, G. S., Anagnostou, E., Areces-Gonzalez, A., Astle, D. E., Auyeung, B., Ayub, M., Ball, G., Baron-Cohen, S., Beare, R., Bedford, S. A., Benegal, V., Beyer, F., ... Alexander-Bloch, A. F. (2021). Brain charts for the human lifespan. *Nature*. https://doi.org/10.1101/2021.06.08.447489 **Open-source Software Web Tool:** www.brainchart.io
- 9. Holla, B.[†], Seidlitz, J., Bethlehem, R.A.I., & Schumann, G. (2020). Population normative models of human brain growth across development. *Science Bulletin*, 65(22), 1872–1873. https://doi.org/10.1016/j.scib.2020.08.040
- 10. **Holla, B.**[†], Taylor, P. A., Glen, D. R., Lee, J. A., Vaidya, N., Mehta, U. M., Venkatasubramanian, G., Pal, P. K., Saini, J., Rao, N. P., Ahuja, C. K., Kuriyan, R., Krishna, M., Basu, D., Kalyanram, K., Chakrabarti, A., Orfanos, D. P., Barker, G. J., Cox, R. W., ... Benegal, V. (2020). A series of five population-specific Indian brain templates and atlases spanning ages 6-60 years. *Human Brain Mapping*, 41(18), 5164–5175. https://doi.org/10.1002/hbm.25182
- Zugman, A., Alliende, L.M., Medel, V., Bethlehem, R.A.I., Seidlitz, J., Ringlein, G., Arango, C., Arnatkevičiūtė, A., Asmal, L., Bellgrove, M., Benegal, V., Bernardo, M., Billeke, P., Bosch-Bayard, J., Bressan, R., Busatto, G.F., Castro, M.N., Chaim-Avancini, T., Compte, A., Costanzi, M., Czepielewski, L., Dazzan, P., de la Fuente-Sandoval, C., Di Forti, M., Díaz-Caneja, C.M., María Díaz-Zuluaga, A., Du Plessis, S., Duran, F.L.S., Fittipaldi, S., Fornito, A., Freimer, N.B., Gadelha, A., Gama, C.S., Garani, R., Garcia-Rizo, C., Gonzalez Campo, C., Gonzalez-Valderrama, A., Guinjoan, S., Holla, B., Ibañez, A., Ivanovic, D., Jackowski, A., Leon-Ortiz, P., Lochner, C., López-Jaramillo, C., Luckhoff, H., Massuda, R., McGuire, P., Miyata, J., Mizrahi, R., Murray, R., Ozerdem, A., Pan, P.M., Parellada, M., Phahladira, L., Ramirez-Mahaluf, J.P., Reckziegel, R., Reis Marques, T., Reyes-Madrigal, F., Roos, A., Rosa, P., Salum, G., Scheffler, F., Schumann, G., Serpa, M., Stein, D.J., Tepper, A., Tiego, J., Ueno, T., Undurraga, J., Undurraga, E.A., Valdes-Sosa, P., Valli, I., Villarreal, M., Winton-Brown, T.T., Yalin, N., Zamorano, F., Zanetti, M.V., cVEDA, Winkler, A.M., Pine, D.S., Evans-Lacko, S., Crossley, N.A., 2023. Country-level gender inequality is associated with structural differences in the brains of women and men. Proc Natl Acad Sci U S A 120, e2218782120. https://doi.org/10.1073/pnas.2218782120

Addiction Psychiatry

- Holla, B., Biswal, J., Ramesh, V., Shivakumar, V., Bharath, R. D., Benegal, V., Venkatasubramanian, G., Chand, P. K., & Murthy, P. (2020). Effect of prefrontal tDCS on resting brain fMRI graph measures in Alcohol Use Disorders: A randomized, double-blind, sham-controlled study. *Progress in Neuro-Psychopharmacology & Biological Psychiatry*, 102, 109950. https://doi.org/10.1016/j.pnpbp.2020.109950
- 13. **Holla, B.**[†], Gowda, G. S., Prabhu, L., Baby, S., Viswanath, B., Chand, P., & Murthy, P. (2015). High doses of Baclofen as suicide attempt in patients with alcohol use disorders—A serious concern. *Asian Journal of Psychiatry*, 17, 99–100. https://doi.org/10.1016/j.ajp.2015.06.015
- 14. Holla, B., Karthik, S., Biswal, J., Viswanath, B., Jayarajan, D., Bharath, R. D., Venkatasubramanian, G., & Benegal, V. (2018). Brain Functional Magnetic Resonance Imaging Cue-reactivity Can Predict Baclofen Response in Alcohol Use Disorders. Clinical Psychopharmacology and Neuroscience: The Official Scientific Journal of the Korean College of Neuropsychopharmacology, 16(3), 290–301. https://doi.org/10.9758/cpn.2018.16.3.290
- Holla, B., Viswanath, B., Agarwal, S. M., Kalmady, S. V., Maroky, A. S., Jayarajan, D., Bharath, R. D., Venkatasubramanian, G., & Benegal, V. (2014). Visual Image-Induced Craving for Ethanol (VICE): Development, Validation, and a Pilot fMRI Study. Indian Journal of Psychological Medicine, 36(2), 164–169. https://doi.org/10.4103/0253-7176.130984
- 16. Narasimha, V. L., Arvind, B. A., **Holla, B.,** Tadepalli, R., Kandasamy, A., & Murthy, P. (2022). Practice and attitude of doctors towards patients with substance use: A study from south India. *Asian journal of psychiatry*, 77, 103247. Advance online publication. https://doi.org/10.1016/j.ajp.2022.103247
- 17. Oomer, F., Ghosh, A., Ahuja, C. K., Basu, D., **Holla, B.,** & Avasthi, A. (2022). Resting-state network connectivity in cannabis-induced psychosis: Is it different from first episode schizophrenia with heavy cannabis use?. *Asian journal of psychiatry*, 75, 103201. https://doi.org/10.1016/j.ajp.2022.103201
- 18. Shukla, S., Ghosh, A., Ahuja, C. K., Basu, D., & Holla, B. (2021). An instrument for visual cue associated craving of HEroin (IV-CACHE): A preliminary functional neuroimaging-based study of validity and reliability. *Indian Journal of Psychiatry*, 63(5), 448–455. https://doi.org/10.4103/indianjpsychiatry.indianjpsychiatry 1391 20

The Consortium on Vulnerability to Externalizing Disorders and Addictions (c-VEDA): www.cveda-project.org

- 19. Sharma, E., Vaidya, N., Iyengar, U., Zhang, Y., **Holla, B.**, Purushottam, M., Chakrabarti, A., Fernandes, G. S., Heron, J., Hickman, M., Desrivieres, S., Kartik, K., Jacob, P., Rangaswamy, M., Bharath, R. D., Barker, G., Orfanos, D. P., Ahuja, C., Murthy, P., ... cVEDA Consortium. (2020). Consortium on Vulnerability to Externalizing Disorders and Addictions (cVEDA): A developmental cohort study protocol. *BMC Psychiatry*, 20(1), 2. https://doi.org/10.1186/s12888-019-2373-3
- Vaidya, N., Holla, B., Heron, J., Sharma, E., Zhang, Y., Fernandes, G., Iyengar, U., Spiers, A., Yadav, A., Das, S., Roy, S., Ahuja, C.K., Barker, G.J., Basu, D., Bharath, R.D., Hickman, M., Jain, S., Kalyanram, K., Kartik, K., Krishna, M., Krishnaveni, G., Kumaran, K., Kuriyan, R., Murthy, P., Papadopoulos Orfanos, D., Purushottam, M., Kurpad, S.S., Singh, L., Singh, R., Subodh, B.N., Toledano, M., Walter, H., Desrivières, S., Chakrabarti, A., Benegal, V., Schumann, G., Consortium on Vulnerability to Externalizing Disorders and Addictions (cVEDA), 2023. Neurocognitive Analysis of Low-level Arsenic Exposure and Executive Function Mediated by Brain Anomalies Among Children, Adolescents, and Young Adults in India. JAMA Netw Open 6, e2312810. https://doi.org/10.1001/jamanetworkopen.2023.12810
- 21. Sharma, E., Ravi, G. S., Kumar, K., Thennarasu, K., Heron, J., Hickman, M., Vaidya, N., Holla, B., Rangaswamy, M., Mehta, U. M., Krishna, M., Chakrabarti, A., Basu, D., Nanjayya, S. B., Singh, R. L., Lourembam, R., Kumaran, K., Kuriyan, R., Kurpad, S. S., Kartik, K., ... cVEDA Consortium (2023). Growth trajectories for executive and social cognitive abilities in an Indian population sample: Impact of demographic and psychosocial determinants. *Asian journal of psychiatry*, 82, 103475. Advance online publication. https://doi.org/10.1016/j.ajp.2023.103475
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