

Dr. VIVEKARADHYA. M

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Objective

Looking for an excellent opportunity to work in your institution/hospital with my skills that will help me to give better service.

Education

Year	Degree	Institution
2009	10 th STD	St. Thomas Residential School, Bidadi, Ramanagara
2011	P.U.C	The National College, Basavanagudi, Bengaluru.
2017	BAMS	Sri Dharmasthala Manjunatheshwara Ayurveda College and Hospital, Hassan
2020	MD in Panchakarma	Ashwini Ayurveda College And Hospital, Tumakuru
2021 (In Distance Education)	MSc (Yoga Therapy)	Swami Vivekananda Yoga Anusandana Samstana, (SVYASA) Bengaluru
2023	PhD (Pursuing)	Rajiv Gandhi Educational Society's Ayurvedic Medical College and Research Centre, Ron, Gadag.

Other Courses:

- Yoga instructor's course (YIC) from SVYASA, Bengaluru.
- Transcendental meditation course from Maharishi Foundation.
- Basics in Computer, DTP and Tally Courses.
- Basic Course in Biomedical Research by NPTEL (SWAYAM)

Work Experience

- 3.5 Years of Teaching Experience and 7 Years of Practice.

Professional Skills

- Teaching Ability in Panchakarma, Kayachikitsa, Research and Statistics Subjects.
- Ayurveda Consultation and Yoga therapy consultation.
- Application of Ayurveda & Yoga therapy in lifestyle disorders & promotion of positive health.
- Diet consultation (Yoga & Ayurveda)

Conferences

- 2011- National level conference on Anatomy, SJGAMCH, Koppal.
- 2014- SADHANAM- 10 days clinical training programme, Alvas moodabidire conducted by Ayurveda Academy
- 2014 and 2016- Swasthyamasa conducted by Ayurveda Academy, Bangalore.
- International day of Yoga 2015, at Dharmasthala, Conducted by Ministry of Youth and sports, NSS regional centre, Bengaluru.
- Feb 2016- Symposium on “Understanding Cognition and Consciousness through Music and Meditation, NIMHANS, Bengaluru”
- Dec 2018- Jignasa, International conference and National Level Arogya Fair.
- Jan 2018- Workshop on Research Methodology and Biostatistics, AAMC Tumkur.
- Jan 2019- Vaidyashala, National level workshop and seminar, AAMC Tumkur.
- Feb 2019- Presented Poster in Fusion- Spirituality and Health Conference, Ramaiah Hospital, Bengaluru.
- September 2020: Presented Research Paper in Hitaayu E-conference, JSS Ayurveda Medical College and Hospital, Mysuru.
- Presented Scientific Paper in Jignasa 2021 International Conference and National Arogya Fair.
- Presented Research Paper in PARIPOORNA ABHIJNANA 2023- International Conference on Integrated System of Medicine at Sri Paripoorna Sanatana Ayurveda Medical College, Hospital and Research Centre, Bangalore.
- Participated as Resource Person in YOGYA SAMPADA 2023, Hands on Training in Practice of Ayurveda for Delegates from Europe.
- Participated in Workshop on Research Methodology and Bio-Statistics- “Ashwini Anusandana-2024” in Ashwini Ayurvedic Medical College and Research Centre, Tumkur.
- Attended 6 Days CME for AYUSH teachers on Panchakarma at Sushrutha Ayurvedic Medical College & Hospital, Co-ordinated by Rasthriya Vidyapeeth, New Delhi.

- Attended various national and international conferences, workshops, Seminars and Webinars.

Medical Camps and Other Achievements:

- NSS Volunteer since 2011, Attended 5 Annual Special Medical camps.
- 2014 November: Blood donation camp conducted by Jeeva Raksha blood bank, Hassan.
- Worked as Secretary of Literary wing of Student Council, SDMCAH Hassan in the year 2015-16.
- Member of editorial board of College magazine – Ayurashmi 2015, SDMCAH Hassan.
- April 2016- National level seminar on Gandhian values organized by NSS wing and conducted Medical camps.
- Worked as Joint Secretary of Student Council 2016-17, SDMCAH Hassan.
- College level High Jump Championship for 2 consecutive years, in SDMCAH, Hassan
- Participated in Various medical camps conducted by AAMCH, Tumakuru.
- Worked as organizing committee member in Blood donation camps conducted by Red Cross Society, Tumakuru.
- Worked as Volunteer in Government COVID-19 Fever Clinic during March and April 2020.
- Worked as Volunteer with Step One project an initiative of Govt of Karnataka in doing Tele-consultations during COVID-19 Pandemic.
- Member of Vidyarthi Prakosta -2021 of Vishwa Ayurveda Parishad, Tumkur District Branch.

Publications:

- Authored 6 Research Articles, published in recognized international journals.
 1. Ayurvedic Management of Kitibha Kushta (Psoriasis) - A Case Study: IJA CARE 2019 Vol 3
 2. Ayurvedic Management of Chronic Renal Failure (CRF) – A Case Report. IJAPC 2020 Volume 12

3. Efficacy of Kantakari Ghrita and Vasa Gritha for Snehapana followed by Virechana in the Management of Tamaka Shwasa w.s.r. to Bronchial Asthma: A Randomized Comparative Clinical Study. IJHSR 202 Vol 10
4. Ayurvedic Management of Iron Deficiency Anaemia- A Case Report. IJA CARE 2022 Vol 6.
5. Tamaka Shwasa in Ayurvedic Literature: A Comprehensive Literary Review. IJAPC 2024 Vol 20.
6. Embracing the Future of Ayurveda: Exploring Futuristic Trends in Ayurveda Medical Science. Futuristic Trends in Medical Sciences Volume 3 Book 2, 2024

- Done peer review for 15 Research papers.
- Published various Health articles in Kannada News Papers.

Awards:

- Young Researcher Award 2020 from INSC Bangalore.

Strength and Skills:

- Willingness to learn.
- Able to work under pressure.
- Ability to deal with people friendly.
- Tolerant and flexible to different situations.
- Good in Research and Statistical methodologies.
- Good in basic Computer applications and DTP.

Personal Information

Father's Name : Mahadevappa B
Mother's Name : Parvathamma
Date of Birth : 30/11/1993
Place of Birth : Bidadi, Ramanagara District
Hobbies : Reading, listening to music, Gardening, Sports.
Languages Known : Kannada (Native), English, Hindi