

## PERSONAL PROFILE

SEX: FEMALE

DATE OF BIRTH: 19-06-1983

NATIONALITY: INDIAN

RELIGION: HINDU, CASTE: NAIR

PERMANENT ADDRESS:  
NANDANAM YMCA COLONY,

SHORANUR (PO) PALAKKAD-  
679121, KERALA .

FATHER'S NAME: P  
NANDAKUMAR

MOTHER'S NAME :  
SARASWATHI C P

MARITAL STATUS: MARRIED

SPOUSE: MAHESHKUMAR C K

LANGUAGES KNOWN:  
MALAYALAM, ENGLISH, HINDI,  
KANNADA, SANSKRIT

## SKILLS

- 1.Specialization in Ayurvedic Preventive Medicine, Dietetics and Yoga
- 2.Interpersonal and leadership skills
- 3.Supervision of medical students and residents
- 4.Compassionate bedside manner
- 5.Content writer for health-related websites and other social platforms .

Dr DHANYA C P MD (Ay)

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## EDUCATION

**Government Ayurveda Medical College ,  
Thiruvananthapuram.**

**University of Kerala**

**September 2008 -September 2011**

[Ayurveda Vachaspathi, MD (AY) SWASTHAVRITTA.]

**Vaidyaratnam Ayurveda Medical College, Ollur,  
Thaikkattussery, Thrissur**

**University of Calicut**

**November 2001 – January 2008**

Bachelor of Ayurvedic Medicine and Surgery, BAMS

## WORK EXPERIENCE

**Professor, Department of Swasthavritta and Yoga  
Atreya Ayurvedic Medical College, Hospital and Research  
Centre, Dodaballapura Bangaluru Rural.**

**December 2021- September 2023**

Held the position of Head of the Department to supervise entire departmental activities.

Pioneered several health education programs in the vicinity of the institution.

Supervised Yoga awareness and performing classes for the public and school children.

Guided Undergraduate scholars to complete Research works related to the preventive aspects of ayurveda and Ayurvedic Dietetics.

Organized nutritional interventional programs in Anganwadi children.

**Assistant and Associate Professor, Department of  
Swasthavritta and Yoga**

**Atreya Ayurvedic Medical College, Hospital and Research  
Centre, Dodaballapura Bangaluru Rural**

**January 2016-December 2021**

Yoga clinics in common diseases.

Engaged Undergraduate theory and practical teaching hours.  
Designed monthly curricular and co-curricular health awareness demonstrations and camps and executed them with BAMS Students.

Initiated Establishment of Mental health clinic, Geriatric Clinic and Respiratory Disease clinic under Swasthavritta Out Patient Department.

Pioneered Antardhrushti Program as part of Build India Movement of Unnati Healing Foundations for counselling of school going adolescents in schools of Dodaballapura with pranayama and meditation.

Organized Massive Yoga Day celebrations each year with one month of Yoga Programs in schools and colleges of Doddaballapura with own designed Yoga schedule for immune promotion, increasing concentration and general well being of school going students and adolescents.

**Assistant Professor, Department of Swasthavritta and Yoga  
Ramakrishna Ayurvedic Medical College,  
Ramagondanahalli Yelahanka Bangalore  
December 2013- January 2016**

Engaged Undergraduate theory and practical teaching hours.  
Introduced Field Yoga training for general public and Patients with Low Back Ache

Initiated establishment of back ache clinic under Swasthavritta outpatient department.

**Assistant Professor, Department of Swasthavritta and Yoga**

**PNNM Ayurvedic Medical College, Cheruthuruthy,  
Shoranur, Kerala**

**October 2011-December 2013**

Engaged Undergraduate and Panchakarma Therapist Students' Theory and Practical teaching hours.

Initiated door to door awareness on Ayurvedic Post natal care following a survey on public awareness on authentic Ayurvedic Post natal care with essential dietary guidelines in the Village areas in the vicinity of the Institution.

## **PUBLICATIONS**

The Medical Oath of Consecration of Ancient India, Journal of Vishwa Ayurved Parishad/November-December 2018

## **PAPERS PRESENTED**

- Utility of ahara kalpana in preventing and managing type 2 diabetes mellitus with special reference to virya and satmya" at Ayurvision 2016, National seminar CIMR, Manipal University, Manipal.
- The scientific and clinical analysis of anuloma – viloma pranayama in pratisyaya with special reference to chronic rhinosinusitis, Shalaky Prabdhini, National Conference, Govt. Ayurveda College, Bangalore, Karnataka.
- Clinical and scientific evaluation of mud, the origin and source of sustenance of biodiversity, in terms of mud therapy in diseases-Jijnasa 2018, International Ayurveda conference and Arogya fair.
- Health awareness and self care in Young adolescents- Induction 2021 ,Jalappa College Of Engineering, Sri Devraj URS University, Dodaballapura, Bangalore.

### **Other Major Roles**

Academic Cordinator, Cultural Cordinator

Atreya Ayurvedic Medical College, Hospital and Research Centre, Dodaballapura Bangaluru Rural.

### **Responsibilities**

Designed academic calendar and cultural calendar and health events' calendar fulfilling syllabus completion and hassle free internal assessments assuring high pass percentage and academic excellence in the University Examinations.