



Vaidya Sreelakshmi U.

TCMC Reg. No. : 11727

Associate Professor

Dept of Rasasastra & Bhaishajya Kalpana

Ashtangam Ayurveda Chikitsalayam & Vidyapeedham

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EXPERIENCE

ETM Vaidyasala, Thiruvalla — Consultant Physician

6 MONTHS 2012 - 2013

Oushadhi Agency, Olakettiyambalam — Consultant Physician

6 MONTHS 2013 - 2014

Ashtamgam Ayurveda Chikitsalayam and Vidyapeedham, vavanoor, Koottanad, Palakkad — Associate Professor

December 2017 - Present

In the department of Rasashastra and Bhaishajya Kalpana

Department of Manufacturing & Pharmacy

EDUCATION

A.R.R.R.V.M. Govt.G.H.S.S, Mavelikkara — S.S.L.C

June 2001 - March 2002

N.S.H.S.S., Mannar — Plus Two

June 2002 - March 2004

A.L.N.R.M.A.M.C. Koppa, Karnataka — B.A.M.S.

August 2005 - March 2011

Govt. Ayurveda Medical College, Thiruvananthapuram — Post Graduation (M.D. Ayurveda)

November 2014 - November 2017

Secured First Class with 61% marks

Under K.U.H.S. in the Department of Rasashastra & Bhaishajya Kalpana

K.U.H.S Thrissur — PhD (Ayurveda-Rasashastra & Bhaishajya kalpana)

Currently qualified to carry out PhD

Central Sanskrit University, NAAC accredited, New delhi, — Certificate Course in Sanskrit Language Of Non-formal Sanskrit Education(CCSL)

November 2022 - November 2023

SKILLS

Teaching with passion

Training in Medicine Manufacture

Can supervise Medicine Preparation

Familiar with Drug standardization and Quality Control

Hard working and goal oriented

Enthusiastic about Traditional techniques for formulations

Efficient in making value added products

CERTIFICATE PROGRAMS/ CME

Skill development programme for teachers of Rasashastra evam Bhaishajya kalpana conducted by dept. of Rasashastra evam Bhaishajya kalpana, Thiruvananthapuram in 2017.

Attended Capacity Building Programme on Herbo-Mineral Formulations conducted by Dept. Of Rasashastra and Bhaishajya Kalpana, Govt. Ayurveda College, Thripunithura on 5th & 6th December 2018

'Rasaprakasha 2022'- CME on Rasaoushadhis in clinical practice organized by department of Rasashastra & Bhaishajya kalpana, Govt. Ayurveda College, Kannur on 7 & 8th march 2022

'Bheshaja sameeksha 2023'- CME on standardisation parameters of ASU drugs & its relevance organized by department of Rasashastra & Bhaishajya kalpana, Govt. Ayurveda College, Kannur held on 14 & 15th february 2023

Completed an online Certificate Course on Maharasavarga by IIAR in 2021

TRAINING PROGRAMS

A week Industrial training in the Pharmaceutical corporation (I.M) Kerala Limited, "Oushadhi", Kuttanellur, Thrissur in 2017

6 month Certificate Program on Healthy Ageing and Geriatric Care, Counseling, Palliation (CHAGCCP) conducted by K.U.H.S October 2019

Tarkasameeksha, a short term course in Tarka Sangraha organized at Chinmaya International Foundation, Adisankaranilayam, Velyanad, Piravam November 2019

"KRITI"- 6 months online Certificate Course on Ayurvedic Products Making (Cosmetic Products) in 2021 March 2021

First Aid & Basic Life Support (BLS) Trainers Program Conducted in association with Pararaksha Project November 2023

ACHIEVEMENTS

Topper in Final BAMS Examination of A.L.N.R.M.A.M.C of the year 2010 under R.G.U.H.S Bangaluru

Thesis titled "**Development of An Analytical Profile for Vachalasanadi Thailam**" — in May 2017

Presented a paper titled "**Preparation and Standardization of Vacha Lasunadi Thailam**" in the two day international conference on traditional and alternative medicine organized by the Department of biochemistry, St. Thomas college, Pala.

Presented a paper at International Ayush Conclave Kerala 2019 titled "**Preparation and Standardization of Vacha Lasunadi Thailam**"

Attended various continuing medical education programs.

MEMBERSHIP

SPICMACAY Ashtangam Unit-
Core Committee Member

Drug & Therapeutic Committee
member at Ashtangam Ayurveda
Chikitsalayam.

LANGUAGES

Read, Write & Speak:
Malayalam, English, Hindi

Speak: Kannada, Tamil

Read, Write & Understand: Sanskrit

OTHER AREAS OF INTEREST

Classical Dance, Violin, Veena,

Cooking , Crafting Ornaments

Reading, Vlogs, Movies & Music

PROJECTS

AYURVEDA DAY 2022
Coordinator

Sessions on Etiology of Gastro-intestinal disorders for the students from belgium through an institutional contract in 2018

Sessions on pharmaceutical preparations in Ayurveda for the students from Australia through an institutional contract in 2019

AS RESOURCE PERSON

Resource person (Judge) for oral paper presentation competition in Sastramadhanam 2019, National seminar on Ayurveda with focal theme - Garbhopacharam & Balopacharam in March 2019.

“Live Demonstration of Rare Formulations “a yoga a day” used in Garbhopachara & Balopachara” in Sastramadhanam 2019, National seminar on Ayurveda with focal theme - Garbhopacharam & Balopacharam conducted by Vagbhatasarani and Ashtamgam Ayurveda Vidyapeetham in March 2019.

“Unveiling the facts and concepts behind kalpanas”- in 4th Aranyakam National seminar conducted by Ashtamgam Ayurveda Chikitsalayam & Vidyapeedham in December 2021

“Live Demonstration of Preparation of Thailas used in Kriyakrama” in ‘Karmasidhi’ (National seminar conducted on Keraleeya Kriyakrama by the department of Panchakarma, Ashtamgam Ayurveda Vidyapeedham) in August 2022

“Effective Transformation of Dravyas into Suitable formulations - A Few Illustrations” in 5th Aranyakam National seminar conducted by Ashtamgam Ayurveda Chikitsalayam & Vidyapeedham in January 2023

“Live Demonstration of Rare Formulations” in 6th Aranyakam National seminar conducted by Arya Vaidya Pharmacy (Coimbatore)LTD, CIMH in Association with Ashtamgam Ayurveda Chikitsalayam & Vidyapeedham in November 2023

SEMINARS/ WORKSHOPS ATTENDED

‘Prajnanam’ 2015, National seminar on Ayurvedic approach to the prevention and management of Neurodegenerative diseases organized by Amrita school of Ayurveda

‘Janani saparyaya’ 2016, National seminar on healthy motherhood conducted by Pankajakasthuri Ayurveda college.

‘Pathyam’, 2 day seminar conducted by dept. of Rasashastra evam Bhaishajya kalpana, Thiruvananthapuram.

International seminar conducted in connection with G.A.F 2016.

‘Sambodhya’ 2017, National Ayurveda seminar on Rheumatic diseases- An Ayurvedic approach conducted by HSA, GAC Thiruvananthapuram.

‘Vagbhata Sameeksha’, 2 day seminar on Ayurveda Shareera conducted by VKRT Foundation in December 2017

‘Vagbhata Sameeksha’, 2 day seminar on Agni: principles & practice conducted by VKRT Foundation in December 2018

‘Vaidyamrutam’, 2 days intensive residential training program organized by center of excellence in Traditional and Advanced Ayurvedic studies in May 2018

‘Chikitsa Sameeksha’, 6 day national seminar on Ashtanga hrudaya chikitsa sthana organized by Ashtamgam Ayurveda Vidyapeedham in December 2019

‘Vagbhata Sameeksha’, 2 day seminar on Rasa Panchaka conducted by VKRT Foundation in December 2023

