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Associate Professor,
Department of Kriyashareera,
Ashtangam Ayurveda Chikitsalayam & Vidyapeedham,
Vavanoor, Koottanad, Palakkad,
Kerala-679533

EXPERIENCE

Dhanwanthari Vaidyasala, Abad Harmonia, Vizhinjam — *Consultant Physician*

September 2011- February 2012

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

December 2015 - Present

In the department of Kriyashareera

EDUCATION

G.H.S.S, Kunhimangalam, Kannur Dist. — *S.S.L.C*

March 2002 - March 2003

G.H.S.S, Kunhimangalam, Kannur Dist. — *Plus Two*

June 2003 - March 2005

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

August 2005 - March 2011

Govt. Ayurveda College, Pariyaram, Kannur Dist. — *Post Graduation (M.D. Ayurveda)*

November 2012 - October 2015

Govt. Ayurveda College, Thripunithura, Kerala Under K.U.H.S Thrissur— *PhD (Ayurveda-Kriyashareera)*

2021 - currently doing

Yoga Instructors Course (Y.I.C.), a 6 months Program Conducted by Directorate of Distance Education (DDE), Swami Vivekananda Yoga Anusandhana Samsthana (S-VYASA) at Prasanthi Kutiram, Bengaluru

October 2021

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

November 2022 - November 2023

SKILLS

Passionate in Teaching

Experience in conducting Swadhyaya

Efficiency as an Organizer and Anchor

Strong verbal and personal communication
skills- Orator

Presentation skills

Poster designing

Event management

Skilled in photography

Naturalist

Bird watching

OTHER AREAS OF INTEREST

Reading, Travelling, Trekking

Bird watching, Wild life, Photography

Spirituality, Naturalism

Movies, Sports

LANGUAGES

Read, Write & Speak: Malayalam,
English, Hindi

Speak: Kannada, Tamil

Read, Write and Understand: Sanskrit

TRAINING PROGRAMS

**Training To Teachers (TTT), a 3 day Program
Conducted by C.C.I.M at Amrita School Of Ayurveda**

March 2017

**Workshop on Mediacal Varmology , a 3 day training
program Conducted by Thirumoolar Varmology
Institute, Coimbatore at Thrissur**

June 2018

**6 month Certificate Program on Advances in Basic
sciences and Bioethics (CABSB) conducted by K.U.H.S**

October 2019

**Tarkasameeksha, a short term course in Tarka
Sangraha organized at Chinmaya International
Foundation, Adisankara nilayam, Velyanad, Piravam**

November 2019

**National Teachers Training Programme in the subject
of Kriyashareera , a 3 day Program Conducted by
C.C.I.M. organized by Rashtriya Ayurved Vidyapeeth
(R.A.V.) Newdelhi**

January 2021

**First Aid & Basic Life Support (BLS) Trainers Program
Conductted in association with Pararaksha Project**

November 2023

ACHIEVEMENTS/ RESOURCE PERSON

Thesis titled “Exploration of the relationship between metabolic markers and the functional aspects of Pitta and Rakta through the assessment of treatment response in psoriasis in May 2015.

Presented the topic “An Ayurvedic view on Metabolic markers related to Autoimmune disorders” at a presentation competition seminar for the award of Aryavaidyan P. Madhava Varier Memorial gold medal conducted by Aryavaidya Sala, Kottakkal.

Attended various continuing medical education programs.

Resource person for Vagbhata Sameeksha 2018 and presented a paper on Agni and Dhatu parinama on 8 and 9 December

Presented a paper (poster) in International Ayush Conclave Kerala 2019-International Seminar on “Public health interventions by AYUSH Mediacal Systems-Diverse Dimensions and Future

PUBLISHED ARTICLES & PAPERS

**Agni and Dhatu Parinama in Vaidya
Samvadam, Quarterly journal in
Malayalam**

**Theoretical and pragmatic challenges in
integrating Ayurveda in contemporary
health perspectives published by Journal
Of Psychological Research(ISSN
0973-5410, eISSN 0976-3937), Vol. 15,
No. 2, 2020, 461-470 DOI No:
[https://doi.org/10.32381/JPR.2020.15.02.
9](https://doi.org/10.32381/JPR.2020.15.02.9)**

**An observational study on the relation
of Prakrti with Agni and Koshta
published by Aryavaidyan(ISSN
0970-4086), Vol. XXXV, No. 3, February
to April 2022, Page No-37**

**Exploration of the relationship between
metabolic markers and the functional
aspects of pitta and rakta through the
assessment of treatment response in
psoriasis accepted to be published by
Aryavaidyan(ISSN 0970-4086), Vol.
XXXVI, No. 2, 2023**

‘Tisraishaneeyam- Vaidyathinte Oru
Hraswa chitram’ in Ayurveda Physician
magazine Vol-6, Issue 1-3, published by
Kerala State Government Ayurveda
Medical Officers Association

PROJECTS

**SPICMACAY Ashtamgam Unit—
Coordinator**

Formed in 2018

**AYUSHKAMEEYAM
StoriyoH-VKRTF Podcast
Magazine— Coordinator**

Formed in 2020

First Ayurveda Podcast Magazine in
History

Perspectives in February 2019

Resource person (Judge) for recitation competition in Sastramadhanam 2019, National seminar on Ayurveda with focal theme - Garbhacharam & Balopacharam in March 2019.

Resource person for **Vagbhata Sameeksha 2019** and presented a paper on **Dushyas in Vyadhighatakas** in November 2019

Resource person for **Nasya Sameeksha 2019** and presented a paper on **Shareera of Nasya** in december 2019

Talks on introducing **Vivruti Vyakhyana**, as a part of Vaidyabhooshanam K. Raghavan Thirumulpad centenary Celebrations 2019-20 at Ashtamgam Ayurveda Vidyapeedham and PNNM Ayurveda College.

Presented a Paper on **Srotodushti in Different Samprapti** in Chikitsa sameeksha (National seminar conducted on Ashtanga Hrudaya Chikitsasthana by Ashtamgam Ayurveda Vidyapeedham) in December 2019

Presented a paper on **Theoretical and Pragmatic Challenges in integrating Indian Knowledge Traditions (IKT) with contemporary health perspectives** in an international seminar conducted by Chinmaya International Foundation (CIF) and published the paper in December 2019

Resource person during 9th Ashtanga Hrudaya Sathram (online) focusing on "Jwara-Vyadhikshamatwa-Rasayana-Annapanavidhi" in october 2023

Session titled "**Glimpses of Avian Life**" related with bird watching for students of V.A.C Ollur N.S.S unit in 'PRAYUKTI' on 22.01.2021

Session on '**Biodiversity, Vrikshayurveda & Mrgayurveda**' in Association with Prabodha 21- Transition Curriculum at V.A.C. Ollur on 10.03.2021

Session on "**Healthy Lifestyle in Teenage**" students of N.S.S unit of G.H.S.S Vattenad on 29.03.2021

Resource person for **Vagbhata Sameeksha 2021** and presented a paper on **Pranavahasrotas and dosha lakshanas**

Resource person for Satayu- National Seminar on Rasayana (virtual platform) organized by department of Kayachikitsa, Vadyaratnam Ayurveda College, Ollur, Thrissur in April 2022

Session on '**Vidyabhyasa-A unique method to learn sastra**' in Association with Transitional Curriculum at V.A.C. Ollur on 21.04.2022

Presented a Paper on **Bahudoshavastha** in 'Karmasidhi' (National seminar conducted on Keraleeya Kriyakrama by the department of Panchakarma, Ashtamgam Ayurveda Vidyapeedham) in August 2022

Session on '**Ayurveda Educational Methodology**' in Association with Transitional Curriculum at V.A.C. Ollur on 24.02.2023

VKRTF SWADHYAYAM — Coordinator

Ashtanga Hrudaya Swadhyayam on selected chapters on every friday mornings since 29th may 2020

VKRTF TADVIDYA SAMBHASHA — Coordinator

Conversation on Ayurvedic Principles on every second sunday evenings since December 2020

CAMPUS BIRD COUNT 2020 at Ashtamgam— Coordinator

Conducted from feb 4-7 2020

3rd position National level

Wiki Project Ayurveda— Volunteer/Member

Formed in 2023

To contribute and edit articles related to Ayurveda in wikipedia especially in wiki malayalam.

Attended the 'Workshop On Wikipedia Editing' by Ayurvedic Medicine Manufacturing Organisation of India in July 2023

Panelist for a discussion on " Is Ayurveda only Yuktivyapasraya Chikitsa?" in 'Ayurveda Conversations', a 3 day Tadvidya sambhasha conducted by Ashirwad Health & Education Trust at Saranya Campus, coimbatore in August 2023

Session on '**Why Ayurveda?- An Introspection**' in Association with Transitional Curriculum at V.A.C. Ollur on 17.11.2023