

**Dr.SREEPARVATHY.R**

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**Address for communication:**

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**QUALIFICATIONS**

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COURSE	BOARD/UNIVERSITY	YEAR	% Of MARKS	REMARKS
Ph.D (Pursuing)	Kerala University of Health Sciences	Joined in 2022	NA	
M.D.(Ay)	Rajiv Gandhi University of Health Sciences	2018	60.5 %	First class
B.A.M.S  V.P.S.V. Ayurveda College, Kottakkal	University of Calicut	2002-2008	3 <sup>rd</sup> prof.	First class
			65%	
			2 <sup>nd</sup> prof.	First class
			65%	
			1 <sup>st</sup> prof.	First class with <b>Distinction</b>
			72%	

Higher Secondary Examination	Board of Higher Secondary Examination	1999-2001	78.2 %	First class with <b>Distinction</b>
Secondary School Examination	Central Board of Secondary Education	1999	82.6 %	First class with <b>Distinction</b>

## ACADEMIC ACHIEVEMENTS

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1. **Aryavaidyan P.S.Variar Smaraka Puraskaram** for the topper in B.A.M.S. 2008 by warrier samajam in Kerala.
2. **Vaidyabhooshanam Raghavan Thirumulppad Endowment** for the topper by B.A.M.S.2008 in Warrier Samajam,Thrissur district.

## EXPERIENCES

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- Working as **Assistant Professor** in the Department of Panchakarma at **Ashtamgam Ayurveda Chikitsalayam Vidyapeedham** from Dec 24, 2018 till date.
- Serving as **NSS (National Service Scheme) Program Officer** for the NSS unit at Ashtamgam from Dec 2020.
- Worked as **Resident Medical Officer** at **Ashtamgam Ayurveda Chikitsalayam** from December 2013 to October 2015
- Worked as **MEDICAL OFFICER** at **ZAMORIN'S HEALTH RETREAT PVT LTD.** from February 2011 to February 2013.
- Worked as consultant physician at **VAIDYARATNAM OUSHADHASALA** agency, Perumbilavu from July 2009 to January 2011.
- Worked as **JUNIOR PHYSICIAN** at **VAIDYARATNAM NURSING HOME**, Thaikkattussery,Ollur for a period from December 2008 to April 2009.

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#### PRESENTATIONS:

- Presented a paper titled “SHASHTIKA PINDA SWEDAM – THE INNOVATION, HISTORY UNVEILED” AT 4<sup>th</sup> Global Ayurveda Festival conducted from 12 to 19, March 2021.
- Presented a paper on the topic “RELEVANCE OF CONSIDERING OJAS IN THE MANAGEMENT OF CANCER” in Ayurcan 2016.
- Presented a paper on the topic “RITUSODHANAM” in Vajra 2017, International Seminar organised by Vaidyaratnam Oushadhasala.
- Presented a paper on the topic “GUIDELINES FOR KRIYAKRAMA IN CHILDREN” in Sastramadhanam, National Seminar organised by Vagbhatasarani.
- Presented a paper on the topic “AYURVEDIC TRADITION OF KERALA \_ LITERATURE AND PRACTICE” as part of International lecture series organised by Government Sanskrit College, Pattambi.
- Presented a paper on the topic “ROGAMARGA AND OUSHADHA” in Chikitsa sameeksha, a National Seminar organised by Ashtamgam Ayurveda Chikitsalayam Vidyapeedham.
- Presented a paper on the topic “PRACTICAL PANCHAKARMA” in PAMPA RESOLUTE, national level online webinar series.
- Presented a paper on the topic “Kriyakrama in Keraleeya Grantha - A bird's eye view” in PAMPA RESOLUTE, national level online webinar series.
- Presented a paper on the topic “Exploration of Kalpa Sthana in clinical practice” in PAMPA RESOLUTE, national level online webinar series.
- Presented a paper on the topic “Pizhichil & Shashtika pinda Swedam” in a national level online webinar series organised Dhootpapeswar pharmaceuticals.

#### PUBLICATIONS:

- **Co-author of KAUMARABHRITYAM** – a text book on the basis of syllabus of kaumarabhrityam proposed by Central Council of Indian Medicine, by Dr.Dinesh.K.S(tutor,Dept. of Koumarabhrithya,VPSV Ayurveda College, Kottakkal), released in connection with Navathi celebrations of V.P.S.V. Ayurveda college.
- Published a Paper titled “Experimental study on the efficacy of Vasanthika Vamana in maintaining health” to Aryavaidyan journal of Arya Vaidya Sala, Kottakkal
- Started a series of articles in Vaidyasamvadam, quarterly journal of Vaidyabhooshanam Raghavan Thirumulppad Foundation on the topic “Indications and contraindications of Panchakrma – a contemporary view”.
- Have published more than 8 articles in a popular health magazine- Mathrubhumi Arogyamasika.
- Have given awareness sessions through All India Radio.
- Writer of a weekly column named “AYUSOOKTHANGAL” in Mathrubhumi.com
  1. <https://www.mathrubhumi.com/health/features/how-to-cure-neck-pain->

- [cervical-spondylosis-with-ayurveda-1.7375273](#)
2. <https://archives.mathrubhumi.com/health/wellness/healthy-living/pros-and-cons-of-night-time-workouts-why-working-out-in-the-evening-night-is-bad-1.6165150>
  3. <https://www.mathrubhumi.com/health/features/national-ayurveda-day-2021-what-is-the-importance-of-ayurveda-1.6142570>
  4. <https://archives.mathrubhumi.com/health/wellness/healthy-living/hot-sunlight-sometimes-during-rainy-season-makes-some-health-issues-1.5948130>
  5. <https://archives.mathrubhumi.com/health/specials/karkkadakam-2021/karkkadakam-2021-karkkadakam-lifestyle-1.5906341>
  6. <https://archives.mathrubhumi.com/health/ayurvedam/what-is-aparajitha-dhooma-choornam-an-ayurvedic-fumigant-1.5660240>
  7. <https://archives.mathrubhumi.com/health/ayurvedam/is-it-necessary-to-apply-oil-on-the-head-ayurveda-tips-1.5554216>
  8. <https://archives.mathrubhumi.com/health/ayurvedam/ayurveda-tips-to-good-physical-and-mental-health-1.5432586>
  9. <https://archives.mathrubhumi.com/health/ayurvedam/ayurveda-tips-to-cure-mental-and-physical-diseases-1.5413886>
  10. <https://archives.mathrubhumi.com/health/ayurvedam/how-to-relieve-mental-fatigue-1.5392284>
  11. <https://archives.mathrubhumi.com/health/ayurvedam/right-time-to-exercise-benefits-of-workout-as-per-ayurveda-1.5349515>
  12. <https://archives.mathrubhumi.com/health/ayurvedam/benefits-of-regular-exercise-how-exercise-good-for-health-ayurveda-tips-1.5325727>
  13. <https://archives.mathrubhumi.com/health/ayurvedam/what-is-pathyam-what-will-happen-if-we-didnt-follow-pathyam-properly-during-the-ayurvedic-treatment-1.5299906>
  14. <https://archives.mathrubhumi.com/health/ayurvedam/what-are-the-health-problems-caused-by-sleeping-late-ayurveda-tips-1.5281275>
  15. <https://archives.mathrubhumi.com/health/ayurvedam/why-it-is-said-that-only-half-of-the-abdomen-should-be-eaten-1.5245091>
  16. <https://archives.mathrubhumi.com/health/ayurvedam/ayurveda-concept-of-eating-how-when-and-how-much-to-eat-1.5221396>
  17. <https://archives.mathrubhumi.com/health/ayurvedam/there-are-four-types-of-digestive-system-in-ayurveda-and-plan-your-eating-habits-1.5190552>
  18. <https://archives.mathrubhumi.com/health/ayurvedam/what-is-agni-in-human-body-ayurveda-concept-1.5171826>
  19. <https://archives.mathrubhumi.com/health/ayurvedam/food-is-the-cause-of-health-and-disease-1.5152521>
  20. <https://archives.mathrubhumi.com/health/ayurvedam/what-is-hunger-and-when-to-eat-1.5134639>
  21. <https://archives.mathrubhumi.com/health/ayurvedam/is-your-baby-growing-properly-growth-milestones-from-four-months-you-needs-to-know-1.5111111>

- 1.5124181
22. <https://archives.mathrubhumi.com/health/ayurvedam/is-your-baby-growing-properly-growth-milestones-from-four-months-you-needs-to-know-1.5124181>
  23. <https://archives.mathrubhumi.com/health/ayurvedam/how-do-you-know-if-the-child-is-developing-growing-normally-1.5044453>
  24. <https://archives.mathrubhumi.com/health/ayurvedam/ayursooktham-ayurveda-human-body-and-good-health-1.4963062>
  25. <https://archives.mathrubhumi.com/health/ayurvedam/ayursooktham-ayurveda-never-block-crying-open-your-mind-and-cry-1.4927768>
  26. <https://archives.mathrubhumi.com/health/specials/karkkidakam-2020/features/karkkidakam-2020-what-is-karkidaka-chikitsa-health-ayurveda-1.4911339>
  27. <https://archives.mathrubhumi.com/health/ayurvedam/ayursookthangal-immunity-boosting-food-1.4627749>
  28. <https://archives.mathrubhumi.com/health/ayurvedam/ayursookthangal-school-kids-diseases-1.4572544>
  29. <https://archives.mathrubhumi.com/health/ayurvedam/ayursookthangal-ayurveda-lifestyle-1.4554933>
  30. <https://archives.mathrubhumi.com/health/ayurvedam/what-is-ayurvedam-1.4535959>
  31. <https://www.mathrubhumi.com/health/features/ayurveda-tips-for-cold-season-1.4423608>
  32. <https://archives.mathrubhumi.com/health/hair-and-beauty/how-to-get-healthy-hair-1.4405072>
  33. <https://www.mathrubhumi.com/health/features/drinking-water-at-the-right-time-1.8092368>

## TRAINING & WORKSHOPS

1. **Continuing Medical Education for Panchakarma teachers** organised by Department of Panchakarma, V.P.S.V Ayurveda College, Kottakkal sponsored by Rashtriya Ayurveda Vidyapeeth from 3 -8<sup>th</sup> January, 2022-08-13
2. Training on Basic concepts & working for NSS Program Officers organised by Kerala University of Health Sciences from 13/12/2021 to 14/12/2021
3. Attended VAGBHATA SAMEEKSHA organised by Vaidyabhooshanam Raghavan Thirumulppad Foundation from 27/11/21-28/11/21
4. Attended LEKHANA 2021 a Webinar on Scientific writing organised by AMAI on 25/05/2021
5. Attended a training session on Ayurvedic Clinical Cardiology organised by Deeksha during 14/03/2021 – 27/03/2021
6. Participated in 4<sup>th</sup> Global Ayurveda Festival conducted from 12/03/2021 to 19/03/2021
7. Completed a **Certificate Program in Health Science Education Technology** during October- December 2020 organised by **Kerala University of Health**

### Sciences

8. Attended Training Program for Master Trainers on Standardised Prakrithi Assessment Scale & AYUR Prakriti Web Portal organised by CCRAS at VPSV Ayurveda College, Kottakkal from 07/03/2020-09/03/2020
9. Attended VAGBHATA SAMEEKSHA organised by Vaidyabhooshanam Raghavan Thirumulppad Foundation from 23/11/19-24/11/19
10. Attended a training session on Agasthya Marma Practise of Bandaging by Dr. Ajayan Sadanandan on 30/04/2019

### Activities during college:

- Was an active participant of **“KERALEEYA 2006”**, a national seminar on **PANCHAKARMA**, organized by Department of Kayachikitsa, V.P.S.V. Ayurveda College, Kottakkal.
- Attended a seminar on Infertility, **“PUNARJANI ‘07”**, held at V.P.S.V. Ayurveda College, Kottakkal, organized by House Surgeon’s Association 2006-2007.
- Attended several scientific seminars conducted by Arya Vaidya Sala, Kottakkal, as a part of their Founder’s Day celebrations from 2002-2008.
- Attended scientific sessions organized by S.N.A.Oushadha Sala, Thrissur, on the 1<sup>st</sup> of December every year in memory of their founder Unni Mooss, for a period of 6 years from 2002.

### SERVICES AND LEADERSHIPS

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- Participated actively in National Service Scheme camp in different remote areas of Kerala state for consecutive five years from 2002.
- Participated in various free medical camps actively.
- Represented the class in the college union at V.P.S.V. Ayurveda College, Kottakkal, during 2006-2007
- Had been an active member of Com:P.K.Rajan Memorial Drug Bank ,a subcommittee of the college union, during this period .

## PERSONAL

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Age : 39 yrs

Gender : Female

Marital status : Married

Religion : Hindu, Varier

Languages Known : English, Hindi, Malayalam – Can speak, read and write.  
Sanskrit – Can read and write.

## DECLARATION

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I..... do hereby declare that the details furnished above are true best of my knowledge and the documents regarding the above matters can be produced if necessary.

Place:

Date

Dr.Sreeparvathy R