

# RESUME

## PERSONAL DETAILS

Name : Dr Madhuvratha P  
Father's name : S Prasanna  
Mother's name : Hemamalini P  
Date of Birth : 8 December 1994  
Marital status : Married  
Husband's name : Krishna Ramasamy  
Address : A402, Radiance Shine Apartment, Old Mahabalipuram  
Road, Kazhipattur, Chennai- 603103  
Phone number : 7299092388  
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## EDUCATIONAL PROFILE

EDUCATION	INSTITUTION	YEAR	LEVEL
MD (Ayu) in Ayurveda Samhita & Siddhanta	College: Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan University: Rajiv Gandhi University of Health Science, Bengaluru	2018- 2021	First class
<b>DISSERTATION TITLE</b>  Development and validation of a scale for the concept of Wellbeing in Ayurveda (Sukha ayu & Hita ayu) <u>Guided by</u> Dr Raja Rajeshwari N M, Professor, Department of Ayurveda Samhita & Siddhanta, SDMCAH Hassan			
B.A.M.S	College: Sri Jayendra Saraswathi College of Ayurveda & Hospital, Nazarethpet, Chennai	2012- 2018	First class

	University: Sri Chandrasekharendra Saraswathi Viswa Maha Vidyalaya, Enathur, Kanchipuram		
Higher secondary	St Thomas Central School, Thiruvananthapuram, Kerala Central Board of Secondary Education	2011- 2012	95%
Secondary school	St Thomas Central School, Thiruvananthapuram, Kerala Central Board of Secondary Education	2009- 2010	CGPA 10/10

## **SKILLS & ABILITIES**

### ➤ **MULTILINGUAL**

<b>Language</b>	<b>Speak</b>	<b>Read</b>	<b>Write</b>
Tamizh	YES	YES	YES
English	YES	YES	YES
Malayalam	YES	YES	YES
Hindi	YES	YES	YES
Sanskrtam	YES	YES	YES
Kannada	YES	YES	NO
Telugu	YES	YES	NO
French	YES	YES	YES

### **As part of PG curriculum**

<b>SKILL ACQUIRED</b>	<b>DESCRIPTION</b>	
	<b>Details</b>	<b>Audience</b>
TEACHING	Charaka samhita Purvardha & Uttarardha, Padartha vijnyana and Ashtanga Hrdaya	BAMS 2 <sup>nd</sup> year
	Research Methodology and Medical Statistics	BAMS final year
	Shloka reading, understanding, reciting	BAMS 1 <sup>st</sup> – BAMS final year
PUBLIC	Presentations at department	PG Students and Teaching Staff

SPEAKING	level	
	Regular speaker at academic gatherings conducted at college level	Students and Staff
	Delivered an awareness talk and demonstration on National Yoga Day, 2017 in Jaya Jaya Sankara School	Middle-school students
HANDS-ON TRAINING	Drafting scientific write-ups related to pure concepts and fundamentals from classical Samhitas	
	Translation of Sanskrit verses and the commentaries of Samhitas through conceptual understanding, especially Brhat Trayee	
CLINICAL TRAINING	OPD & IPD of Respiratory Disorders & Fever	
	Flood relief camp organized by SJSAC&H, 2016	
	Village camps organized by SJSAC&H, 2017, 2018	

#### ➤ **SOFT SKILLS**

1. Empathic listener and persuasive speaker.
2. Passionate and fast learner
3. Public speaking and oration
4. Organisational skills
5. Affinity towards learning new languages

#### **WORK EXPERIENCE**

1. Worked as a Physician at Kottakkal Arya vaidya sala, LB Road, Adyar from Jan 2018 to Mar 2018.

Details:

Designation – Visiting Physician

No. of working days – 8 (Sundays only)

No. of health-seekers – 40 approx.

Payment – Consultation type

➤ **OTHER:**

Part of organising team of “Sharayu 2021”, a national level seminar on Sharngadhara Samhita held from January 5 to 8 2021, a first of its kind, organised by the Department of Ayurveda Samhita & Siddhanta, SDMCAH Hassan. Madhuvratha also participated as one of the Masters of Ceremony for the same.

➤ **AWARDS AND ACCOLADES**

1. Member of winning team of *Jyotishmati*, an All India Ayurveda Quiz contest, 2017, organised by SDL Pvt. Ltd.
2. National level Dissertation competition “Jnanarnavam” in the category Fundamental and Observation Research – third place, held by Vaidyaratnam P S Varier Ayurveda college, Kottakkal, as part of Satapournima celebrations 2021.

➤ **Other Qualifications**

- Currently pursuing Certificate course on Jyotishya shastra, in National Sanskrit University, Tirupati (through distance learning)
- Diplome d’Etudes en Langue Francaise (DELF) Level B1 - Passed in first class (79%), conducted by Alliance Francaise Trivandrum, 2009.

➤ **Hobbies**

- Trained Bharatanatyam dancer
- Writing blog articles in topics related to everyday practices of Ayurveda for the website [www.ayurdom.com](http://www.ayurdom.com) (**Strategic eating in Ayurveda – the series**)

**SEMINARS & COMPETITIONS**

Seminar	Organiser	Role	Topic
National Level	Nangelil Ayurveda	Participant	Title of Paper: “ <b>Revisit to the</b>

seminar “Saadhanaa 2020”, from Feb 6 to Feb 8, 2020	Medical College, Ernakulam, Kerala	& Delegate	<b>concept of Srotas in the view of contemporary physiological understanding”</b>
International Webinar “Hitaayu 2020”, from Sept 15 to Sept 19, 2020	JSS Ayurvedic Medical College, Mysuru	Participant & Delegate	Title of Paper: <b>“Self-Regulation: a key to holistic health and content life”</b>
National level Shloka Recitation competition “Shloka Samveda”	SDMCAH Udupi	Participant	Shloka: SnehavidhiH Adhyaya of Ashtanga Hrdaya Sutrasthana
National level Elocution competition “Charaka Chintana 2020” on Charaka avalokana, from Dec 14 to Dec 22, 2020.	JSSAMC Mysuru	Participant	“Charakastu Chikitsite”

#### ➤ REFERENCES

1. Dr Prasanna N Rao, Head of Institution, Professor, Sri Dharmasthala Manjunatheshwara College of Ayurveda and Hospital , Hassan, Karnataka- + 91 9448064277.
2. Dr Raja Rajeshwari N M, Professor, Department of Ayurveda Samhita & Siddhanta, Sri Dharmasthala Manjunatheshwara College of Ayurveda & Hospital, Hassan, Karnataka - +91- 9964586059
3. Prof Dr Girish K J - Dean Academics, PG Department of Kayachikitsa, Sri Dharmasthala Manjunatheshwara College of Ayurveda, Hassan - +91 – 9448646866.