

BIO – DATA

DR.G.RAMAKRISHNAN

F1, Gokul Flats,
No.1, 2nd Canal Cross Street,
Gandhi Nagar, Adyar,
Chennai - 600 020.



Mob: +91-98412 62874

Mail id: ramayogatherapy@gmail.com

Qualification : **Ph.D. in Yoga** - **2017**
 M.Phil. in Yoga - **2012**
 PG. Diploma in Yoga Therapy - **2012**
 M.Sc. in Yoga - **2011**

Age and DOB : 53 Years, 10-03-1965

Award & Appreciation : **“Best Yoga Teacher”** awarded on 21st June, 2016.
 “Yoga Kalaimamani” awarded on 10th December, 2017.

Received Certificate of Appreciation from Lt.Col Officer Commanding 1(TN) Comp Tech Coy NCC, Anna University Campus, Guindy, Chennai-25 for **“Yoga Team Leader”** to train the cadets for the **International Yoga Day** program held at Anna University Campus on 21st June, 2015.

Received Certificate of Appreciation from GP CAPT Commanding Officer 4(TN) Air Sqn (Tech) NCC, IIT Madras Campus, Guindy, Chennai-25 for **“Battalion Yoga Coordinator”** to train the cadets for the **International Yoga Day** program on 21st June, 2015.

Experience : Associated with various fitness activities **Gym, Aerobics & Yoga** from **2001**

Yoga Therapist - Patanjalee Yoga Foundation, Adyar, Chennai
(From 03-03-2004 to 30-09-2012)

Senior Therapist, Patanjalee Institute of Yoga & Therapy, Adyar, Chennai
(From 01-10-2012 **till date**)

Guest Lecturer, handling practical and theory classes for Diploma, PG Diploma, B.Sc and M.Sc. Yoga courses through Distance Education mode of Tamil Nadu Physical Education and Sports University from the year 2012 to till date.

Production Engineer Plastic Industry, Chennai, (8 years)

From June 1983 to May 1991.

Mechanical Engineer Compression Molding, Riyadh, Saudi Arabia (10 years)

From May 1991 to May 2001.

Centre Head, Software Training, Chennai, (4 Years)

From 2004 to 2009.

Activities : Yoga - General Yoga - Occupational Disorders
Yoga - Therapy Therapeutic Massage
Yoga - Corporates Foot Reflexology (Gousa)
Yoga - Kids

Therapy Handling:

Asthma, Back Pain, Bipolar Disorder, Central Serous Retinopathy, Diabetes, Digestive Disorders, Glaucoma (uncontrolled), Hernia, Hypertension, Insomnia, Irritable Bowel Syndrome (IBS), Knee Pain, Menstrual Disorders, Migraine, Obesity, Parkinson's, Respiratory Disorders, Schizophrenia, Sinusitis, Sleep Apnea, Shoulder Pain, Sneezing, Stress, Urinary Stress Continence.

OTHER COURSES / PROGRAMMES

- Participated in "**Kayakalpa Course**" on December, 2013.
- Completed One Year-400 hours "**Post Graduate Diploma on Yoga Therapy**" (**Sri Krishnamachari Tradition**) during the period of May 2012 – Feb 2013.
- Completed BSS Certificate in "**Reflexology and Acupressure**" conducted by ORAA institute, Choolaimedu, Chennai.
- Completed "**Vipasana Meditation**" on March, 2014.
- Completed "**Reiki Level-I**" on May, 2014.
- Completed "**Reiki Level-II**" on July, 2014.
- Completed "**Healer Certificate Training in Tibetan Reiki Heal at Physical and Etheric Level**" on August, 2014.
- Completed the course on "**Yoga Vidya Pranic Healing Course**" founded by Grand Master CHOK KOK SUI on July, 2011.
- Completed the course on "**Yoga Vidya Pranic Psychotherapy Course**" founded by Grand Master CHOK KOK SUI on July, 2011.
- Completed the course on "**Yoga Vidya Advanced Pranic Healing Course**" founded by Grand Master CHOK KOK SUI on July, 2011.

- Participated in **“True Realization Programme”** on January, 2011.
- Participated in **“Yogathon Challenge and Completing 108 Rounds of Surya Namaskar”** on April, 2012.

NO. OF INTERNATIONAL - JOURNAL PUBLICATION - CONFERENCE - PAPER PRESENTAION	5
NO. OF NATIONAL - JOURNAL PUBLICATION - CONFERENCE - PAPER PRESENTAION	9
PARTICIPATION - CONFERENCE - SEMINAR - WORKSHOP – APPRECIATION	15
RESOURCE PERSON IN CONFERENCE - WORKSHOP - EVENT	7

INTERNATIONAL CONFERENCE - JOURNAL PUBLICATION - PAPER PRESENTAION

1. Published a paper on **“Effects of Yogic practices on lipid profile level among Obese Women”** in the International conference on **“Better Life Better World, Through Yoga with Allied Sports Sciences”** organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai in association with **“National Association of Physical Education and Sports Sciences (NAPESS)”** on February, 2012, Page no.327 (ISSN 2229-7049).
2. Published a paper on **“Effect of Yogic Practices on Fasting and Post Prandial Blood Sugar among Diabetic Software Professionals”** in UGC sponsored international congress on **“Renaissance in sports strategies, challenges and choices”** organized by Research Department of Physical Education and Sports Science, National College, Tiruchirappalli, Tamil Nadu on 29-30, August, 2014, Page no.633 (ISBN 978-81-908942-2-7).
3. Published a paper on **“Effect of Yoga on Selected Pysical Variables among Diabetic Men”** in UGC sponsored international congress on **“Renaissance in sports strategies, challenges and choices”** organized by Research Department of Physical Education and Sports Science, National College, Tiruchirappalli, Tamil Nadu on 29-30, August, 2014, Page no.569 (ISBN 978-81-908942-2-7).
4. Published a paper on **“Effect of Yogic Practices on Selected Physiological Variables among Diabetic Men”** in Journal of Physical Education Sports and Allied Disciplines by Tamil Nadu Physical Education and Sports University, Chennai, Vol.5, No.1 & 2, on Jan – July, 2014, Page no.1 (ISSN : 0974-343X).
5. Published a paper on **“Effect of Yogic Practices on Selected Bio Chemical Variables among Diabetic Men”** in International Journal Engineering Research & Sports Science , Vol.II, Issue II, on Feb, 2015, Page no.45 (ISSN : 2348-2400).

NATIONAL CONFERENCE - JOURNAL PUBLICATION - PAPER PRESENTAION

1. Published a paper on **“Effect of Yogic Practices on Physiological variables among Obese Women”** in UGC Sponsored National seminar on “Impace of Physical Education in Developing Wholesome Personality Among Modern Trends in Sports Management” organized by the Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamil Nadu on March, 2012, Page no.101 (ISBN: 978-81-923573-0-0).
2. Published a paper on **“Effect of Yogic Practices on Lipid Profile Level and Total Cholesterol among obese women”** in UGC Sponsored National seminar on “Modern Trends in Sports Management” organized by the Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi, Tamil Nadu in collaboration with Virudhunagar District Football Association on March, 2012, Page no. 431. (ISBN: 938048714-2).
3. Published a paper on **“Effect of Tibetan Yoga on Systolic and Diastolic Blood Pressure among Diabetic Men”** UGC Sponsored National seminar on “Recent Trends in Sports Technology, Management and Allied Sciences” organized by Department of Physical Education, Arumugam Pillai Seethai Ammal College, in collaboration with Sivagangai District Kabadi Association, Thirupathur, Sivagangai (Dist), Tamil Nadu, on 12-13, September, 2014, Page no. 25.
4. Published a paper on **“Effect of Yogic Practices on Systolic and Diastolic Blood Pressure among Diabetic Men”** in UGC Sponsored National Seminar on “Promotion of Yoga, Health Awareness and Physical Fitness, A Multi-Dimensional Approach” organized by Department of Physical Education, Aditanar College of Arts and Science, in collaboration with Vivekanandha Kendra, Kanyakumari, on 1st October, 2014, Page no.267, (ISBN 978-93-84734-02-2)
5. Published a paper on **“Effect of Tibetan Yoga on Organizational Climate and Anxiety among Diabetic Men”** in TEQIP (phase II) Sponsored Conference on “Importance of Physical Education and Sports Science on National Building” organized by Department of Physical Education, Coimbatore Institute of Technology, Coimbatore, Tamil Nadu on 19-20, December, 2014, Page no.190 (ISBN 978-81-930396-0-1)
6. Published a paper on **“Effect of Tibetan Yoga on Selected Bio-Chemical Variables among Diabetic Men”** in National Conference on “Yoga, Herbal and Traditional Medicine” organized by Indian Institute of Yoga and Naturopathy in co-ordination with Tamil Nadu Agricultural University and Tamil Nadu Physical Education and Sports University, Tamil Nadu on 07-09, August, 2015. Page no.17, (ISBN 978-81-927985-0-7)
7. Published a paper on **“Effect of Tibetan Yogic Practices on Selected Risk Factors Among Diabetic Men Software Professionals”** in National Conference on “ Training, Nutrition and Analeptic Regimen on Corporeal Property and High Performance in Sports” organized by the Department of Physical Education, Bharathiyar University, Coimbatore on 31st March and 1st April, 2016. Page no..., (ISBN ...)

8. Published a paper on **“Effect of Yogic Practices on Systolic and Diastolic Blood Pressure among Diabetic Women”** in National Conference on “Yoga, Herbal and Traditional Medicine” organized by Indian Institute of Yoga and Naturopathy in co-ordination with Tamil Nadu Agricultural University, Coimbatore and Tamil Nadu Physical Education and Sports University, Tamil Nadu on 09-10, September, 2017. Page no. , (ISBN...)
9. Published a paper on **“Effect of Tibetan Yogic Practices on Systolic and Diastolic Blood Pressure among Diabetic Women”** in National Conference on “Yoga for World Peace” organized by Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamil Nadu on 26-27, February, 2018. Page no. 242-247, (ISBN 978-81-923573-5-5)

PARTICIPATION - SEMINAR - CONFERENCE - WORKSHOP

1. Participated in the National Conference on **“Yoga: Caring, Sharing and Empowering”** organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, on 20-21 December, 2010.
2. Participated in the National Level Exhibition on **“Sport Nutrition”** organized by the Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai, on 14th October, 2011.
3. Participated in the International Conference on **“Frontiers in Yoga Research and its Applications”** organized by the VYASA, Bengaluru, on 20-23 December, 2011.
4. Participated in the Workshop on **“Statistical Software Applications in Physical Education and Sport Science Research”** UGC Sponsored National Workshop, organized by the Department of Physical Education, Bharathidasan University, Tiruchirappalli, Tamil Nadu, on 18-19 March, 2012.
5. Participated in the National Workshop on **“Applying Psychology for Managing Personal and Professional Challenges”** jointly organized by Science City, Department of Higher Education, Chennai and Department of Sports Management and Sports Psychology & Sociology, Tamil Nadu Physical Education and Sports University, Chennai, on 22nd January, 2013.
6. Participated in the Workshop on **“Yoga and Lifestyle Disorders”** credited by Tamil Nadu Dr.MGR Medical University and held at Mahatma Gandhi Medical College and Research Institute, Pillayarkuppam, Puduchery, on 22nd November, 2013.
7. Participated in the Workshop on **“Yoga and Emotional Health”** organized by Research Department, Krishnamacharya Yoga Mandiram, Chennai, on 23rd November, 2013.
8. Participated in the National Conference on **“Yoga, Herbal and Traditional Medicines”** organized by Indian Institue of Yoga, Tamil Nadu Physical Education and Sports University and World Traditional Medical Council at Tamil Nadu Agricultural University, Coimbatore on 9-10th August, 2014.
9. Participated in Exhibition of **“International Day”** of Yoga organized by Tamil Nadu Physical Education and Sports University, Chennai, on 21st June, 2015.

10. Participated in the National Workshop on **“Brunt of Sport Sciences on High Level Sports Performance”** organized by the Department of Advanced Training and Coaching, Tamil Nadu Physical Education and Sports University, Chennai, on 3rd October, 2015.
11. Participated in the National Workshop on Yoga **“Strengthen the Pride”** organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai, on 28-29 October, 2015.
12. Participated in the National Level Workshop on Yoga **“Sports Well – Being and Social Development”** organized by the Department of Sports Management and Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai, on 3rd November, 2015.
13. Participated in the National Conference on **“Holistic Sports”** organized by Prajapita Brahma Kumaris Ishwariya Vishwa Vidyalaya Sunguvarchatram, Chennai, on 31st January, 2016.
14. Participated in the National Workshop on Yoga **“Your Life Your Choice”** organized by Tamil Nadu Physical Education and Sports University, Chennai, on 27th February, 2016.
15. Participated in the Regional Seminar on **“Yoga: Philosophy and Practice”** organized by PG and Research Department of Philosophy, Pachaiappa’s College, Chennai on 9th March, 2018.

RESOURCE PERSON IN CONFERENCE - WORKSHOP-EVENT

1. Received Certificate for **“Imparted Training to NCC Cadets of MADRAS B Group, and Conducted Yoga on International Yoga Day”** from Lt.Col Officer Commanding 1(TN) Comp Tech Coy NCC and Group Commander, Madras B, held at Anna University Campus on 21st June, 2015.
2. Conducted **Yoga Programme for Scientists** participated in the National Training Programme on **“Biodiversity conservation, Sustainable livelihoods and need for climate change adaptation”** organized by M S Swaminathan Research Foundation, Chennai, from 21-25 September, 2015.
3. Active involvement as a volunteer in one day Workshop on **“Yoga for Health and Good Living ”** School of Physical Education and Sports and Training Department, Hindustan University, Chennai, on 20th February, 2016.
4. Delivered lecture-cum demonstration in the Workshop on Yoga **“Healthy Body and Mind”** organized by the Tamil Nadu Sports Yogasana Association at Padmam Yoga Studio, Chennai, on 17th April, 2016.
5. Delivered lecture-cum demonstration in the Yoga Workshop **“Accupuncture and Yoga Therapy”** organized by the Tamil Nadu Sports Yogasana Association, Chennai, on 23th April, 2017.

6. Delivered lecture on **“Yoga Therapy”** in National Conference on “Yoga, Herbal and Traditional Medicine” organized by Indian Institute of Yoga and Naturopathy, Coimbatore in co-ordination with Tamil Nadu Agricultural University and Tamil Nadu Physical Education and Sports University, Tamil Nadu on 10th, September, 2017.
7. Resource Person in one day Workshop on **“Yoga Today – Preparing Youth for Tomorrow”** organized by KCG College of Technology, Chennai, on 27th January, 2018.

MEDIA EXPOSURE

- Appeared as special guest in **“Dial Jaya”** program telecasted by **“Jaya TV”**, Tamil Channel, on May, 2010.
- Appeared as special guest in **“Kalai Malar”** telecasted by **“Jaya TV”**, Tamil Channel, on August, 2010.
- Performed main role in **“Surya Vanakkam”** short film on Sun Salutation, produced by **“Alpha Media”**, Chennai, on October, 2013.
- Organized one month yoga program in **“Udalin Mozhi”** telecasted by **“Vendhar TV”**, Tamil Channel, on August, 2014.
- Wrote article in **“Suryanukku Vanakkam Solvom”**, published by Tamil magazine **“Kumkumam Doctor”** on May, 2015.
- Delivered speech on yoga, one month program in **“Ilangnar Ulagam”** telecasted by the **“All India Radio, Chennai”**, on September, 2015.

REFERENCE

Dr.R.Elangovan,
Professor and Head,
Dept. of Yoga, Tamil Nadu Physical Education and Sports University,
Chennai, Tamil Nadu. **Mob-094431 21920.**

Perasiriyar Guruji KS.Sundaresyan,
Patanjalee Yoga Foundation, Garden of Wisdom,
Kungarupalayam, Kangeyam. **Mob-94459 17289**

I hereby declare that the above mentioned information is correct up to my knowledge.

Place : Chennai

Date : 16/05/2018

(G.RAMAKRISHNAN)