

CURRICULAM VITAE



Dr. CHAITRA.B

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Qualification: BAMS, MD(Ayu),
PG diploma in Yoga ,
(MSc) in Applied Psychology.

Current Designation: Assistant Professor (Guest Faculty) and Medical Officer at
Department of Yoga Therapy and Counselling, Karnataka Sanskrit University.

EDUCATIONAL QUALIFICATION DETAILS

1. BAMS (2011-2017) – JSS Ayurvedic medical college and hospital Mysore
2. MD Panchakarma (2017-2021)- SDM College of Ayurveda, Udupi.
3. PG Diploma in Yoga (2020-2021)- Karnataka Sanskrit University Bangalore.
4. Pursuing MSc in Applied Psychology.

WORK EXPERIENCE

1. 1-year internship in JSS Ayurvedic Medical Hospital Mysore, where in comprises of consulting patient, treatments, counselling the patient and monitoring in patients.
2. Worked as duty doctor in Shree Raksha Day Care Centre Mysore for two and half years, where in comprises of consulting patient, treatments, counselling the patient.
3. Worked as research scholar as a part of post-graduation (panchakarma). the title of research work was “A clinical study to evaluate the efficacy of Panchaprasrutiki Basti on parkinsonism” where in highly significant results were seen in patient on reducing the symptoms Parkinsonism. During my postgraduation i had worked in SDM college of ayurveda.
4. Worked as part time lecturer in Shree Krupa tutorials from 2017 (monthly twice) to 2020 February for biology subject which included NEET coaching.
5. Worked as full-time lecturer for biology from 2020 march till Feb 2023 in Shree Krupa tutorials (online and off line)
6. **Worked as duty doctor in Bhanavi hospital for 3 months in Mysore.**
7. **Working as** Guest Faculty in Department of Yoga Therapy and Counselling at Karnataka Sanskrit University, Bengaluru from February 2023 till date.

Other Responsibilities Handled:

1. Consultant physician
2. Guest Faculty at Dept of YT&C-KSU .

Handled subjects –

- Anatomy and Physiology
- Research methodology and Statistics,
- Yoga and Naturopathy,
- Yogic Diet and Nutrition,
- Counselling and
- Psychology subjects.

3. Co-Ordinator for the National Level Seminars held at KSU,2023
4. Co-Ordinator for the Workshop conducted by KSU,2024.

Resource Person and Panellist

1. Resource Person at HRDC sponsored FDP at University of Mysore, 2023.
2. Resource Person at RUSA sponsored FDP at University of Mysore, Nov 2024.
3. Convenor at 15 NATIONAL science congress held at Karnataka Samskrit University Bengaluru with the collaboration SVAk.

Achievements and Paper Presentations:

1. “A single case study to evaluate the efficacy of Virechana karma in Psoriatic Arthritis W.R.S to Vatarakta” article published in IJAPC volume 2 issue 3 .
2. “A study to evaluate the efficacy of Panchaprasritiki Basti in Parkinsonism” article published in IJAPC volume 13 issue 2 .
3. “A case study to evaluate the efficacy of sadyovamana in topic dremetities” article was published.
4. Best paper presentation was awarded at International level seminar “ Soundharya” 2019 which was held in NIA , Jaipur.

SKILLS AND INTEREST

1. Experience and expertise in preparing all basti formulation.
2. Vast experience in handling IPD and OPD
3. Assurance of patient confidentiality.
4. Stress management capabilities.
5. Teaching experience

Languages Known: Kannada, English and Hindi

DECLARATION:

I hereby declare that the information furnished above is to the best of my knowledge.

Place: Bengaluru

Date:

Sincerely

(Dr. Chaitra.B)