



**Dr. Srilalitha Avinash**  
**drsrilalitha22@gmail.com**  
**+91-7337709555**

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**Over 20+ experience as APhysician and Yoga Consultant and teaching yoga related subjects.  
BAMS, MSc in yoga therapy ,MBA,PGDPC, Phd in yoga –**

**RESOURCE PERSON-**

1. **Workshop on yogic science 18<sup>th</sup>-24<sup>th</sup> DEC 2024**  
**RUSA Sponsored faculty development program at University of Mysore**  
**Oneday workshop on Scientific benefits of yoga and scopes of yogic practices**
2. **Participated as session chair for 15<sup>th</sup> National women's science congress held at Bengaluru**  
**organised by Swadeshi vijnana andolana , Matru vedike karnataka .Date- 6<sup>th</sup> ,7<sup>th</sup> and 8<sup>th</sup> Dec**  
**2024**
3. **Participated as session co chair for 15<sup>th</sup> National women's science congress held at**  
**Bengaluru organised by Swadeshi vijnana andolana , Matru vedike karnataka .Date- 6<sup>th</sup> ,7<sup>th</sup>**  
**and 8<sup>th</sup> Dec 2024**
4. **Panelist in one day workshop titled "Yogic approach to mental health"organised by SRI**  
**BALAJI VIDYAPEETH (deemed to be university)Puducherry and KSU Bengaluru on 8<sup>th</sup>**  
**November 2024**

**Presented**

1. **Won best paper award** for "an observational study on mindful thoughts due to chandra graha/moon planet, and its control through the practice of asana ,pranayama and mudras"at GLOBAL YOGA SUMMIT 2024 held at Dr Babu Rjendraprasad, internayional convention centre , G K V K Bangaluru on 14<sup>th</sup> and 15<sup>th</sup> December 2024.
2. a paper titled" Effect of yoga asanas on physical health of cricketers " in the International Conference on " Advancing Knowledge From Multidisciplinary Approach In PhysicalScience " held on 23rd & 24th February, 2023 organized by Department of Physics , Shri JagdishprasadJhabarmalTibrewalaUniversityVidyanagri,Chudela, Jhunjhunu, Rajasthan.
3. A paper titled – Observational study on effects of trataka on anxiety in adolescents. In global yoga summit , held at Bengaluru December 23<sup>rd</sup> and 24<sup>th</sup> 2023
4. has participated in the National Conference on  
" National Conference on Recent Trends in Multidisciplinary Research through Mathematical Sciences "held on 30th January, 2023 organized by Department of Mathematics , Shri Jagdishprasad Jhabarmal Tibrewala University Vidyanagri,Chudela, Jhunjhunu, Rajasthan.
5. presented a paper titled " Effect of nadishodana and suryabedha pranayama on obesity. " in the National Conference on" National Conference on Role of Yoga, Naturopathy and Ayurveda on Subjective wellbeing and in the Management of Lifestyle diseases [On the Occasion of National Naturopathy Day] "held on 18th November, 2022 organized by Department of Yoga and

Natural Health Science, Shri Jagdishprasad Jhabarmal Tibrewala University Vidyanagri, Chudela, Jhunjhunu, Rajasthan.

6. poster presentation on importance shodhasamskaras 1st International AYUSH Conference & Exhibition Dubai which is scheduled at Dubai World Trade Centre from 9th to 11th November 2017.

### **PEER REVIEWED JOURNALS AND THEIR PUBLICATIONS OF SCIENTIFIC PAPERS**

Presented scientific papers about 10 papers and published peer reviewed scientific papers in yoga

1. ISSN(O): 2249-3905, ISSN(P) : 2349- An observational study to understand the efficacy of sri lalitha sahasranama on anxiety patients
2. ISSN -2393-8048 Multidisciplinary Indexed/Peer Reviewed Journal Volume-20, Issue-I 203 Impact of Yoga and Meditation on the Academic Performance In Relation To Stress Level
3. "ISSN -2393-8048 Yoga and Positive Psychology as a Practice Tool in the Biological Processes
4. ISSN: 2231-1475 An Observational Study of the Chitta Vrittis Caused By the Chandra Graha/Moon Planet, And Its Control through the Practice of Asanas, Pranayama, and Mudras.
5. Poster presentation on importance shodhasamskaras 1st International AYUSH Conference & Exhibition Dubai which is scheduled at Dubai World Trade Centre from 9th to 11th November 2017.
6. Publication of research paper entitled " Descriptive Study on Effect of Asanas & Anuloma Viloma Pranayama on Irregular Periods " in CENTUM journal ISSN: 2231-1475 Volume 12 Issue 2 (2024), PP 12-18 Volume12, Issue 2 (2024), PP 12-18
7. Shabdarnav ,impact factor :7.510 ISSN:2395-5104 , International peer reviewed refereed journal of multidisciplinary research year 10 vol-20,part-IV july –December 2024 page 371-376 , Descriptive study on effect of asanas and anuloma viloma pranayama on irregular periods



### **Work Experience**



#### **Karnataka samskrit university, Chamrajpete, Bengaluru.**

Feb 2023 to present

Designation-Guest lecturer in department of yoga therapy and counselling

Taking yogasana practical classes to diploma, PG diploma and certificate courses anatomy and physiology, Yoga vijnana classes , basics of yoga , Bhagavat geetha , patanjali sutra , yoga for common ailments ,scientific approach of yoga etc.

#### **# Sri Trinetra international institute of yogic studies, Chandravana ashram,Sri Rangapatna , Mandya Dist.**

#### **Recognized by KARNATAKA SANSKRIT UNIVERSITY, Bengaluru**

October 2020 to Feb 2023

#### **Designation- Yoga lecturer - P G Diploma in Yoga shastra**

- Taking online and offline yoga sessions, practical classes and teaching.
- Seminars and presentation on anatomy and physiology to all enrolled students



#### **Diet Herbs India Pvt Ltd, Delhi-Mysore,**

April 2020 to Present

#### **Designation: -Consultant – Yoga and Ayurveda**

- The inspirational preventive field I work for by taking medical history, prescribe medical tests to be done, prescribe diet and herbs or medication if required.
- Fully Vedic style of diet to reduce/gain weight, manage hyperlipidemia, diabetes, child nutrition etc

 **Nutrifit India Pvt Ltd**, Dwarka, Delhi  
April 2015 to March 2020

**Designation- VEDIC diet and Ayurveda yoga consultant**

- Experience in consulting patients in panchakarma, ayurvedic diet and yoga therapy for patients with diabetes, High cholesterol, obesity, child obesity, PCOD, Weight gain, hormonal imbalance etc.

 **Novel International School**, Jeddah, Saudi  
November 2014 – June 2016

**Designation - Yoga consultant**

- Yoga consultant for all students grade one to twelve.
- Clinic in charge for all students providing first aid and informing parents with class teachers.
- Teaching yogic postures from grade one to twelve.
- Presenting lectures to students on discipline, health and personal hygiene adverse effects of eating junk etc.
- Teaching science and English to grade 3 – 7, Biology to grade 9

 **Dr. Shikha's Nutrihealth Systems Pvt Ltd** – Delhi  
August 2012 to February 2014

**Designation- Doctor in charge, Dept of Ayurveda.**

- Experience in consulting patients in panchakarma, ayurvedic diet and yoga therapy for patients with diabetes, High cholesterol, obesity, child obesity, PCOD, Weight gain, hormonal imbalance etc.

 **Kurias Earth Ayurveda hospital** - Gurgaon, Haryana  
August 2011 to August 2012

**Designation- Resident medical officer**

- Yoga and ayurvedic consultant.
- One to one yoga for patients, consultation and Counseling for the patients about diet and Lifestyle change for better health maintenance, Weight loss package, female health maintenance.
- Treating hormonal imbalance in women, Streeroga, etc
- Management of hospital, Pharmacy responsibility, therapist maintenance

 **Prasad medical center** –Mysore  
November 2006 to December 2009

**Designation-Assistant Physician Panchakarma**

- Handling panchakarma therapies virechana,
- Basties, vamana, therapeutic massage to all the lady patients, yoni prakshalana, vasti introduction, akshi tharpana, shirodara, janu Basti, kati basti, therapeutic massage.
- Yoga classes for patients, diet instruction, and instructions about how to tackle with the
- Present complaints with routine change and maintenance of health and lifestyle changes.

 **Mobile Hospital, Vishwa Sanjeevini Trust** - Udupi,  
September 2005 to October 2006

**Designation - Ayurvedic Consultant**

- Consultation of all patients in rural areas, counselling about hygiene and sanitation. Healthcare maintenance by home remedies.
- ORGANISED YOGA CAMPS - Udupi rotary clubs and summer camps for children, and for MBA college students for better performance in studies and when in jobs for future

 **Chaitanya's Punarnava Ayurveda Hospital**, Udupi.  
September 2005- October 2006

## Designation - Hospital Superintendent

- Yoga consultation for all the patients.
- Special Single class for international patients Germans Specially.
- Panchakarma consultation and Therapeutic massage to foreign and all severe case patients.
- Maintenance of hospital diet & Nutrition for in -patients, keeping track of hospital records and workers interview and Supervision.



## Education

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- **Phd in yoga**
- **ShriJagdishprasad Jhabarmal Tibrewala University**
- **Vidya Nagari, Chudela, Churu - Jhunjhunu Road, Jhunjhunu, Rajasthan - 333010**
- **MBA- Health Care Services - Sikkim Manipal University** - Gurgaon, Haryana (March 2013)
- **PG DIPLOMA in panchakarma course Bharat sevak samaj**, Delhi NCR (April 2012)
- **MSc. Yoga therapy in Therapeutic yoga, Kasturba Medical College** - Manipal, Karnataka (July 2006)
- **BAMS SDM college of Ayurveda** - Udupi, Karnataka (February 2003)



## Skills / IT Skills

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- Panchakarma and yoga therapy (15 years)
- Conducting Online consultation and classes on -Zoom/Google meet/Microsoft teams
- Basic computer skills.



## Personal Details

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**Languages Known:** English, Kannada, Hindi and Sanskrit

**Date of birth** – 29-06-1979

**Permanent Address:** #1293,E and F Block, Ramakrishna Nagar, Mysore -23, Karnataka.

175789070695

ಕರ್ನಾಟಕ ಸರ್ಕಾರ  
GOVERNMENT OF KARNATAKA

Z

0172005

# ಕರ್ನಾಟಕ ಪ್ರೌಢ ಶಿಕ್ಷಣ ಪರೀಕ್ಷಾ ಮಂಡಳಿ Karnataka Secondary Education Examination Board



## ಪ್ರಮಾಣ ಪತ್ರ CERTIFICATE

ಈ ಕೆಳಗೆ ನಮೂದಿಸಿದ ಅಭ್ಯರ್ಥಿಯು ಎಸ್.ಎಸ್.ಎಲ್.ಸಿ. ಪರೀಕ್ಷೆಯಲ್ಲಿ ಕೆಳಗಿನ ವಿವರಗಳೊಂದಿಗೆ  
ಕಾರ್ಯದರ್ಶಿಯಾಗಿದ್ದಾನೆ/ದ್ದಾಳೆ ಎಂದು ಪ್ರಮಾಣೀಕರಿಸಲಾಗಿದೆ.

This is to certify that the candidate mentioned below has PASSED S.S.L.C. Examination  
with the following details.

ನೋಂದಣಿ ಸಂಖ್ಯೆ Register No.	243960	ತಿಂಗಳು/ವರ್ಷ Month/Year	APR-1995
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ಹೆಸರು  
Name  
SRILALITHA M G  
ತಂದೆಯ ಹೆಸರು  
Father's Name  
D/O GOVINDARAJU K S  
ಜನ್ಮ ದಿನಾಂಕ  
Date of birth  
29/06/79 TWENTYNINTH JUNE SEVENTYNINE  
ಶಿಕ್ಷಣ ಮಾಧ್ಯಮ  
Medium of Instructions  
ENGLISH

ವಿಷಯಗಳು SUBJECTS	ಅಂಕಗಳು MARKS		ಪಡೆದ ಅಂಕಗಳು MARKS OBTAINED	ಪಡೆದ ದರ್ಜೆ (ಶ್ರೇಣಿ) CLASS OBTAINED
	ಗರಿಷ್ಠ MAX.	ಕನಿಷ್ಠ MIN.		
ಪ್ರಥಮ ಭಾಷೆ/FIRST LANGUAGE: SANSKRIT	125	44	112	<p>ನೋಟ: 1) ಪ್ರಥಮ ದರ್ಜೆ ಈ 60 ಮತ್ತು ಅಧಿಕವೂ ಇರಬೇಕು 2) ದ್ವಿತೀಯ ದರ್ಜೆ ಈ 50, ಮೂರು ಮತ್ತು ಮೂರನೆಯ ದರ್ಜೆ ಈ 40ರ ಒಳಗೆ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಉತ್ತೀರ್ಣತೆ: 1) ಪ್ರತಿ ವಿಷಯದಲ್ಲಿ ಕನಿಷ್ಠ ಈ 30 ಅಂಕಗಳು ಮತ್ತು ಒಟ್ಟಿನಲ್ಲಿ ಈ 35 ಅಂಕಗಳು ಪಡೆಯಬೇಕು. 2) 3 ಭಾಗಗಳಲ್ಲಿ 2 ಭಾಗಗಳ ಉತ್ತೀರ್ಣತೆ ಕಡ್ಡಾಯ ಮತ್ತು ಅವರಲ್ಲಿ ಒಂದು ಕಡ್ಡಾಯವಾಗಿರಬೇಕು.</p> <p>NOTE: 1) FIRST CLASS: 60% AND ABOVE 2) SECOND CLASS: 50% AND ABOVE BUT BELOW 60% PASS IN EXAMINATION: 1) 30% MIN IN EACH SUBJECT AND 35% IN THE AGGREGATE 2) CUT OF 11 LANGUAGES PASS IN 2 LANGUAGES 3) COMPULSORY OUT OF THEM ONE SHOULD BE KANNADA</p>
ದ್ವಿತೀಯ ಭಾಷೆ/SECOND LANGUAGE: ENGLISH	100	35	084	
ತೃತೀಯ ಭಾಷೆ/THIRD LANGUAGE: KANNADA	100	35	080	
ಪ್ರಮುಖ ವಿಷಯಗಳು CORE SUBJECTS:				
ಗಣಿತ MATHEMATICS	100	35	081	
ವಿಜ್ಞಾನ SCIENCE	100	35	065	
ಸಮಾಜ ವಿಜ್ಞಾನ SOCIAL STUDIES	100	35	076	
ಒಟ್ಟು ಅಂಕಗಳು / TOTAL	625		498	FIRST (79.68%) G055

ಪಡೆದ ಅಂಕಗಳು (ಅಕ್ಷರಗಳಲ್ಲಿ)  
TOTAL (in words) FOUR HUNDRED AND NINETY EIGHT ONLY

M. G. Sorilalitha  
ಆಭ್ಯರ್ಥಿಯ ಸಹಿ ಮತ್ತು ದಿನಾಂಕ  
Signature of the Candidate with Date

ಕಾರ್ಯದರ್ಶಿಗಳು  
ಕರ್ನಾಟಕ ಪ್ರೌಢಶಿಕ್ಷಣ ಪರೀಕ್ಷಾ ಮಂಡಳಿ  
Secretary  
Karnataka Secondary Education Examination Board

ಶಾಲೆಯ ಮುಖ್ಯಸ್ಥರು  
Signature of  
Principal,  
MANTIPAL - 576 119.

ದಾಖಲೆದಿನ  
BANGALORE  
ದಿನಾಂಕ  
DATED  
03/06/95

176608



GOVERNMENT OF KARNATAKA ಕರ್ನಾಟಕ ಸರ್ಕಾರ

ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣ ಇಲಾಖೆ

DEPARTMENT OF PRE-UNIVERSITY EDUCATION

## ಪ್ರಮಾಣ ಪತ್ರ CERTIFICATE

ಈ ಕೆಳಗೆ ನಮೂದಿಸಿದ ಅಭ್ಯರ್ಥಿಯು ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣದ ದ್ವಿತೀಯ ವರ್ಷದ ಪರೀಕ್ಷೆಯಲ್ಲಿ ಕೆಳಗಿನ ವಿವರಗಳೊಂದಿಗೆ ತೇರ್ಗಡೆಯಾಗಿದ್ದಾನೆ/ಳೆಂದು ಪ್ರಮಾಣೀಕರಿಸಲಾಗಿದೆ :

This is to Certify that the Candidate mentioned below has passed the Second Year Pre-University Examination with the following details :

ಅಭ್ಯರ್ಥಿಯ ಹೆಸರು SRILALITHA MG

Name of the Candidate :

ತಂದೆಯ ಹೆಸರು GOVINDARAJU KS

Name of the Father :

ಪರಿಶೀಲನೆ ಪ್ರಕಟಣೆ ದಿನಾಂಕ

29.05.97

Date of announcement of result .....

ನೋಂದಣಿ ಸಂಖ್ಯೆ

344698

Register No.

ವಿಷಯಗಳು Subjects ಭಾಗ - I ಭಾಷೆಗಳು Part - I Languages	ನೋಂದಣಿ ಸಂಖ್ಯೆ Register No.	ತಿಂಗಳು/ವರ್ಷ Month/Year	ಗರಿಷ್ಠಾಂಕ Max. Marks	ಪಡೆದ ಅಂಕಗಳು Marks Obtained	
				ಅಂಕಗಳು In figures	ಅಕ್ಷರದಲ್ಲಿ In words
ENGLISH	344698	APR 97	100	75	SEVEN FIVE
SANSKRITA	344698	APR 97	100	74	SEVEN FOUR
ಭಾಗ - II ಐಚ್ಛಿಕ ವಿಷಯಗಳು Part - II Optionals					
PHYSICS	344698	APR 97	100	71	SEVEN ONE
CHEMISTRY	344698	APR 97	100	54	FIVE FOUR
MATHEMATICS	344698	APR 97	100	73	SEVEN THREE
BIOLOGY	344698	APR 97	100	35	THREE FIVE
ಕಾಲೇಜು ಸಂಕೇತ ಸಂಖ್ಯೆ College Code No.	S026	ಒಟ್ಟು ಅಂಕಗಳು Total Marks	600	382	
ಅಂಕಗಳು ಅಕ್ಷರಗಳಲ್ಲಿ Marks obtained in words	THREE HUNDRED AND EIGHTY TWO ONLY			ಪಡೆದ ದರ್ಜೆ - Class Obtained	
ಕಾಲೇಜು College	MANIPAL PU COLLEGE MANIPAL UDUPI TQ SK DIST			FIRST CLASS	

Srilalitha M.G.  
ಅಭ್ಯರ್ಥಿಯ ಸಹಿ Signature of the Candidate

3522

Manahab  
ಪ್ರಾಚಾರ್ಯರ ಸಹಿ Signature of the Principal  
MANIPAL PRE-UNIVERSITY COLLEGE  
ಸಂಸ್ಥೆಯ ಮೊಹರು Seal of the Institution

Manahab

ನಿರ್ದೇಶಕರು

ಪದವಿ ಪೂರ್ವ ಶಿಕ್ಷಣ ಇಲಾಖೆ

Director

Department of Pre-University Education

ಬೆಂಗಳೂರು Bangalore



**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA**  
BANGALORE - 560 041

ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ  
ಬೆಂಗಳೂರು - 560 041

**STATEMENT OF MARKS**

SL.NO.S.C.- 02794

I PROFESSIONAL B.A.M.S (RS) EXAMINATION  
OCTOBER 1999

Register Number 97A7547

Name of the Student: SRILALITHA M G

Sl. No.	Subjects	University Examination				I.A.		Grand Total		Remarks	
		Theory/Practicals		Viva		Max.	Sec.	Max.	Sec.		
		Max.	Sec.	Max.	Sec.						
01	PADARTHA VIGNANAM	Th.	200	122	030	022	020	016	0250	0160	Pass
02	ASHTANGA SANGRAHA	Th.	100	056	030	017	020	013	0150	0086	Pass
03	SHAREERA RACHANA	Th.	200	118	060	044	040	028	0300	0190	Pass
		Pr.	080	063			020	015	0100	0078	
04	SHAREERA KRIYA	Th.	200	114	060	033	040	032	0300	0179	APR'99
		Pr.	080	049			020	014	0100	0063	
<b>GRAND TOTAL</b>									1200	0756	PASS CLASS

Min to Pass : 40% in University Theory, 50% in Theory aggregate  
40% in University Practical, 50% in Practical aggregate

Total marks obtained: SEVEN HUNDRED FIFTY SIX  
(in words)

Name of the College: SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA

Name & Signature : UDUPI

of Verifier **B. K. RAMA SWAMY**

Date : 26/02/2000

Registrar (Evaluation)





**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA**

BANGALORE - 560 041

ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ

ಬೆಂಗಳೂರು - 560 041

**STATEMENT OF MARKS**

SL.NO.S.C.-

33248

I PROFESSIONAL B.A.M.S (RS) EXAMINATION  
APRIL / MAY 1999

Register Number 97A7547

Name of the Student: SRILALITHA M G

Sl. No.	Subjects	University Examination				I.A.		Grand Total		Remarks	
		Theory/Practicals		Viva		Max.	Sec.	Max.	Sec.		
		Max.	Sec.	Max.	Sec.						
01	AYURVEDA ITHIHASA	Th.	080	048			020	015	0100	0063	Pass
02	SANSKRIT	Th.	200	118	030	023	020	015	0250	0156	Pass
<b>GRAND TOTAL</b>									0350	0219	

50% in Ithihasa, 50% in Sanskrit

Total marks obtained: TWO HUNDRED NINETEEN  
(in words)

Name of the College: SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA

Name & Signature : UDUPI

of Verifier

K. KRISHNAPPA

Registrar (Evaluation)

Date : 02/05/2001



**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA**  
BANGALORE - 560 041

ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ  
ಬೆಂಗಳೂರು - 560 041

STATEMENT OF MARKS

Sl. No. R.K. - 054558

**II PROFESSIONAL B.A.M.S (RS) EXAMINATION**  
APRIL / MAY 2001

Register Number 97A7547

Name of the Student: **SRILALITHA M G**

Sl. No.	Subjects	University Examination				I.A.		Grand Total		Remarks
		Theory/Practicals		Viva		Max.	Sec.	Max.	Sec.	
		Max.	Sec.	Max.	Sec.					
01	SWASTHAVRITTA	Th. 200 Pr. 080	123 049	060	032	040 020	023 014	0300 0100	0178 0063	Pass
02	DRAVYAGUNA VIGNANA	Th. 200 Pr. 080	118 040	060	030	040 020	029 011	0300 0100	0177 0051	Pass
03	RASASHASTRA AVAM BHAI. KALPANA	Th. 200 Pr. 080	111 045	060	035	040 020	031 016	0300 0100	0177 0061	Pass
04	AGADAG TANTRA VYVAHARA	Th. 100 Pr. 040	056 030	030	020	020 010	017 007	0150 0050	0093 0037	Pass
05	ROGA VIGNANA AVAM VIKRITHIVIGNANA	Th. 200 Pr. 080	087 047	060	040	040 020	023 012	0300 0100	0150 0059	Pass
06	CHARAKA SAMHITA PAPER - I	Th. 100	064	030	012	020	017	0150	0093	Pass
GRAND TOTAL								1950	1139	2ND CLASS

Min to Pass : 50% in Theory, 50% in Practical

Total marks obtained: **ONE THOUSAND ONE HUNDRED THIRTY NINE**  
(in words)

Name of the College: **SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA**  
UDUPI

Name & Signature of Verifier : **UDUPI**

**K. KRISHNAPPA**

Date : **06/08/2001**

**60/08/01**  
Registrar (Evaluation)

**RAJIV GANDHI UNIVERSITY OF HEALTH SCIENCES, KARNATAKA**

BANGALORE - 560 041

ರಾಜೀವ್ ಗಾಂಧಿ ಆರೋಗ್ಯ ವಿಜ್ಞಾನಗಳ ವಿಶ್ವವಿದ್ಯಾಲಯ, ಕರ್ನಾಟಕ

ಬೆಂಗಳೂರು - 560 041

STATEMENT OF MARKS

SI. No. G.K. - 034899

III PROFESSIONAL B. A. M. S (RS) EXAMINATION  
NOVEMBER 2002

Register Number 9747547

Name of the Student: SRILALITHA M G

Sl. No.	Subjects	University Examination				I.A.		Grand Total		Remarks
		Theory/Practicals		Viva		Max.	Sec.	Max.	Sec.	
		Max.	Sec.	Max.	Sec.					
01	PRASOITI TANTRA AND STREEROGA	Th. 200 Pr. 080	099 065	060 042	040 020	024 015	0300 0100	0165 0080	Pass	
02	KAUMARABHRITYA	Th. 100 Pr. 040	054 027	030 016	020 010	011 005	0150 0050	0081 0032	Pass	
03	SHALYATANTRA	Th. 200 Pr. 080	109 049	060 030	040 020	027 012	0300 0100	0166 0061	Pass	
04	SHALAKYATANTRA	Th. 200 Pr. 080	112 042	060 031	040 020	029 014	0300 0100	0172 0056	Pass	
05	CHARAKA PAPER II	Th. 100	052	030 023	020 020	020	0150	0095	Pass	
06	KAYACHIKITSA (A)	Th. 200 Pr. 080	110 047	060 034	040 020	034 017	0300 0100	0178 0064	Pass	
07	KAYACHIKITSA (B)	Th. 200 Pr. 080	103 040	060 030	040 020	032 014	0300 0100	0165 0054	Pass	
<b>GRAND TOTAL</b>							2350	1369	2ND CLASS	

Min to Pass : 50% in Theory, 50% in Practical

Total marks obtained: ONE THOUSAND THREE HUNDRED AND NINE

Name of the College: SRI DHARMASTHALA MANJUNATHESWARA COLLEGE OF AYURVEDA, UDUPI

Name &amp; Signature of Verifier

Dr. G.V. NIRANJAN

Date : 10/02/2003



Registrar (Evaluation)

No 017816



ಡಾ|| ಶ್ರೀಲಲಿತಾ ಎಮ್.ಜಿ.

ಆಯುರ್ವೇದಾಚಾರ್ಯ (ಬಿ.ಎ.ಎಂ.ಎಸ್.)

ಪದವಿಗೆ ಯಥಾಯೋಗ್ಯವಾದ ಅವಶ್ಯಕತೆಗಳನ್ನು ಪೂರೈಸಿರುವವರೆಂದು ದೃಢೀಕರಿಸುತ್ತಾ, ಅಗತ್ಯವಾದ ಅರ್ಹತೆಯನ್ನು

ನವೆಂಬರ್ ೨೦೦೨

ಪರೀಕ್ಷೆಯಲ್ಲಿ ಪಡೆದಿರುವ ಕಾರಣ ಅದನ್ನು ಅಂಗೀಕರಿಸಿ

ವಿಶ್ವವಿದ್ಯಾಲಯದ ಅಧಿಕಾರ ಮುದ್ರೆಯೊಡನೆ ಈ ಪದವಿಯನ್ನು ನೀಡಲಾಗಿದೆ.

*Certifies that*

Dr. SRILALITHA M.G.

*has been duly admitted to the Degree of*

AYURVEDACHARYA (B.A.M.S.)

*in recognition of the fulfilment of the requirements  
for the said degree in the examination held during*

NOVEMBER 2002

*Given under the seal of the University*



ಕುಲಪತಿ

Vice-Chancellor



Reg. No. : 97A7547

ಬೆಂಗಳೂರು

Bangalore

College SRI DHARMASTHALA MANJUNATHESHWARA COLLEGE OF AYURVEDA UDUPI

ದಿನಾಂಕ ೨೪/೦೩/೨೦೦೪

Date 24/03/2004



**MANIPAL ACADEMY OF HIGHER EDUCATION**  
(Deemed University)

OFFICE OF THE CONTROLLER OF EXAMINATIONS  
University Building, Madhav Nagar, MANIPAL 576 104, KARNATAKA, INDIA



Sl. No.

**13**

Dated : 21 JULY 2006

**CONSOLIDATED STATEMENT OF MARKS**

**M.Sc. Yoga Therapy First Year and Second Year Examinations from July 2005 to July 2006**

Registration No. : **040146003**

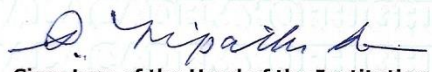
Name : **SRILALITHA M G**

EXAMINATIONS	TOTAL	
	Maximum Marks	Marks Secured
1. First Year	500	<b>360</b>
2. Second Year	600	<b>455</b>
<b>Grand Total</b>	<b>1100</b>	<b>815</b>

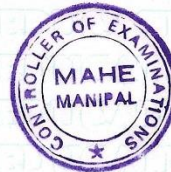
**Grand Total in Words : EIGHT HUNDRED AND FIFTEEN ONLY**

**Result : PASSES IN FIRST CLASS**

Entered by: \_\_\_\_\_ Verified by: \_\_\_\_\_ Scrutinized by: \_\_\_\_\_

  
Signature of the Head of the Institution  
(with seal)  
DEAN

**Kasturba Medical College**  
**MANIPAL**



  
Controller of Examinations

प्रज्ञानं ब्रह्म



Manipal  
INSPIRED BY LIFE

**Manipal Academy of Higher Education**

Deemed University

*Faculty of Medicine*

**Kasturba Medical College**

*This is to certify that*

**SRILALITHA M G**

*has been admitted to the*

*Degree of*

**Master of Science in Yoga Therapy**

*having fulfilled the prescribed requirements*

*in the year 2006*



Vice-Chancellor



No: 004881

GIVEN UNDER THE SEAL OF MANIPAL ACADEMY OF HIGHER EDUCATION, MANIPAL, INDIA

ON THIS DATE: August 17, 2006

Reg. No: 040146003

Register No.: 16719

Date: 10/04/2012



# CERTIFICATE

This is to certify that..... **DR. SRILALITHA M.G** .....

*has successfully completed the*

**POST GRADUATE DIPLOMA IN PANCHAKARMA COURSE**

*conducted in the Year ..... 2011-2012 ..... at*

**EARTH CONNECTED KURIAS EARTH AYURVEDA MULTI SPECIALITY HOSPITAL**

**# 24, JCM(JACRANDA MARG), DLF PHASE II, GURGOAN, HARYANA-122 002**

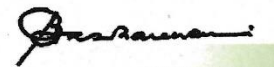
*and has been placed in ..... DISTINCTION ..... Division*

*with ..... FIRST ..... Division in Theory and*

*..... DISTINCTION ..... Division in Practicals.*

  
DIRECTOR





CHAIRMAN  
BOARD OF EXAMINATIONS



at the instance of Planning Commission, Government of India with the object of enabling individual citizens to contribute, in the form of an organized co-operative effort, to the implementation of the National Development Plan. The constitution and functioning of Bharat Sevak Samaj is approved unanimously by the Indian Parliament.



# BHARAT SEVAK SAMAJ

NATIONAL DEVELOPMENT AGENCY, PROMOTED BY GOVERNMENT OF INDIA

## CENTRAL BOARD OF EXAMINATIONS

### STATEMENT OF MARKS



NAME OF THE CANDIDATE <b>DR. SRILALITHA M.G</b>		COURSE WITH DURATION <b>POST GRADUATE DIPLOMA IN PANCHAKARMA COURSE (- 2011-2012)</b>	
REGISTER NUMBER <b>16719</b>	DATE <b>10/04/2012</b>	INSTITUTION NAME AND ADDRESS <b>EARTH CONNECTED KURIAS EARTH AYURVEDA MULTI - SPECIALITY HOSPITAL - GURGOAN, HARIYANA</b>	

Sl.No.	SUBJECTS	MAXIMUM MARKS	MINIMUM MARKS	MARKS AWARDED	
				IN FIGURES	IN WORDS
1	THEORY				
	1 Bahir Parimarjana Karma And Keraliya Chikitsa	100	40	75	Seven Five
	2 Hospital Establishment And Management	100	40	76	Seven Six
	3 Panchakarma Chikitsa And Preventive Aspects	100	40	85	Eight Five
	TOTAL	300	120	236	Two Three Six
2	PRACTICAL				
	1 Practical	100	40	92	Nine Two
	2 Internal Assessment	100	40	90	Nine Zero
	TOTAL	200	80	182	One Eight Two
	GRAND TOTAL	500	200	418	Four One Eight



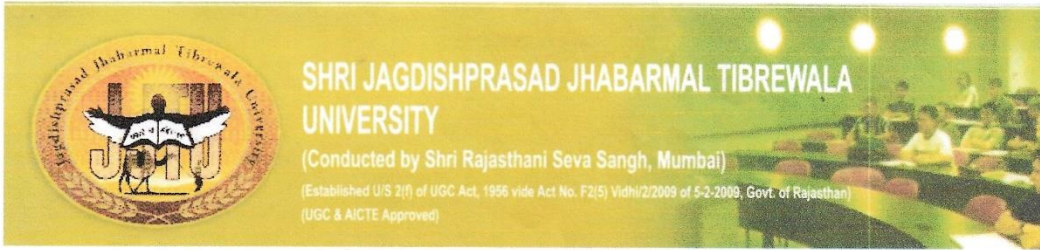
THIRUVANANTHAPURAM - 695003



Any alteration makes this mark statement invalid

*Geetha's*

CONTROLLER OF EXAMINATIONS



### Provisional Registration Letter

Ref. No.: -JJTU/R&D/PRL/1050

Date: 31/01/2022

Ms. / Mrs. / Mr. Srilalitha Avinash,  
# 1293-14th Cross Eandf Block Ramakrishna Nagar  
Mysuru Distt. Mysuru Karnataka-570022

Dear Scholar,

You are hereby informed that you have cleared Common Entrance Test (CET) held on **23, January 2022** Successfully. You have been Provisionally Registered as a Ph.D. Scholar in the Batch of **January 2022** in the Subject of **Yoga** and your Provisional Registration Number is **23122050**. You are required to attend course work as per schedule.

Note: -

- *Failing above requirements your provisional registration shall be cancelled.*
- *If already submitted/deposited above mentioned requisite, then please ignore it.*

Deputy Registrar



#### Main Office :

Vidya Nagari, Jhunjhunu-Churu Road, Chudela  
Dist. Jhunjhunu-333010, Rajasthan  
Tel.: 8104883413, 9116198933  
E-mail: phd@jitu.ac.in Website : www.jitu.ac.in

#### Mumbai Office :

C/o Shri Rajasthani Seva Sangh, J.B Nagar, Andheri (E)  
Mumbai - 400059. (MAH)  
Tel.: 9323973505/9819695239  
E-mail: jitu@jitu.ac.in  
Website : www.jitu.ac.in

Reg No:- 23122059

Enroll No: PEN/AH/22/00118



**SHRI JAGDISHPRASAD JHABARMAL TIBREWALA UNIVERSITY**  
**श्री जगदीशप्रसाद ज़ाबरमल टिबरेवाला विश्वविद्यालय**  
(Constituted by Shri Jagdish Sansh Sangh, Mumbai)  
Vidyapeeth, Jhunjhunu - Chokri Road, Dist. - Jhunjhunu, Rajasthan - 333010  
(Incorporated U.S. 271 of U.S.C. Act, 1956 vide Act No. 7 (21) 1980/1989 of S-2-2009, Govt. of Rajasthan)

### Thesis Submission Certificate

*This is to certify that Ms. Sejalitha Avinash has submitted Ph.D. Thesis entitled 'Impact of Yoga and Meditation on the Academic Performance in Relation to Stress Level of Students with A Reference to High School Students of Udaipi City ', for the degree of Doctor of Philosophy on the date 09/09/2024.*

Ref No: J.J. Ph.D./TH/5927

Asst. Registrar Registrar

Issue Date: 19/09/2024

Jhunjhunu

S.J.T.U



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# Sikkim Manipal University

5th Mile, Tadong, Gangtok - 737 102, INDIA



## CONSOLIDATED STATEMENT OF MARKS

Master of Business Administration (MBA) Examinations held during Feb 2010 and Feb 2013



Name: SRILALITHA M G

Registration Number : 511021689

01.03.2013

SEM	PAPER	UE MARKS		IA MARKS		TOTAL MARKS		SEM TOTAL		GRADE
		MAX	SCORED	MAX	SCORED	MAX	SCORED	MAX	SCORED	
I	MB0038	140	82	60	53	200	135	1200	738	B
	MB0039	140	96	60	57	200	153			
	MB0040	140	70	60	48	200	118			
	MB0041	140	52	60	40	200	92			
	MB0042	140	50	60	39	200	89			
	MB0043	140	93	60	58	200	151			
II	MB0044	140	60	60	44	200	104	1200	589	D
	MB0045	140	58	60	43	200	101			
	MB0046	140	59	60	43	200	102			
	MB0047	140	52	60	40	200	92			
	MB0048	140	49	60	39	200	88			
	MB0049	140	59	60	43	200	102			
III	MB0050	140	71	60	48	200	119	1200	609	C
	MB0051	140	60	60	44	200	104			
	MH0051	140	54	60	41	200	95			
	MH0052	140	52	60	40	200	92			
	MH0053	140	49	60	39	200	88			
	MH0054	140	65	60	46	200	111			
IV	MB0052	140	67	60	47	200	114	1400	837	C
	MB0053	140	69	60	48	200	117			
	MH0056	140	59	60	43	200	102			
	MH0057	140	49	60	39	200	88			
	MH0058	140	65	60	46	200	111			
	MH0059	140	75	60	50	200	125			
	MH0055	NA	NA	200	180	200	180			
Grand Total and Grade								5000	2773	C

Grand Total in Words : TWO THOUSAND SEVEN HUNDRED SEVENTY-THREE ONLY

### GRADING

A	EXCELLENT	+ 70%
B	VERY GOOD	+ 60%
C	GOOD	+ 50%
D	SATISFACTORY	+ 40%
E	FAILURE	
NA	NOT APPLICABLE	
EX	EXEMPTED	

Note : Subject details are printed on the reverse



Assistant Registrar (S.E)

24179130123410

98612C115



11460771



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# Sikkim Manipal University

This is to Certify that

**Srilalitha M G**

has been awarded the degree of

**Master**

**of**

**Business Administration**

for having duly completed the prescribed

requirements with C grade

in the year 2013

Given under the seal of the University on the

14th day of March 2013

## SMU

Sikkim Manipal University

Assistant Registrar  
Student Evaluation



Vice - Chancellor

UIASCodeTM: SMU.GTK.SK.MBADM.03130000120811

Reg No: 511021689

Visit [www.uias.org](http://www.uias.org) for verification of this Certificate. UIAS code provided at the bottom left corner of the Certificate.

Gangtok, Sikkim, INDIA



2295044