

CURRICULUM VITAE



R. TULASI RAO

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ACADEMIC PROFILE:

- ✓ BNYS (Bachelor of Naturopathy and Yogic Sciences), 5¹/₂ Years Medical Course from Govt. Naturopathy Medical College, Hyderabad, 1997.
- ✓ MA (Philosophy) from AndhraUniversity-2004
- ✓ Ph.D.(Gold medal) in Yoga & Naturopathy, Andhra University ,2012
- ✓ Best thesis awarded, Andhra University,2014
- ✓ PGDHS(Acupuncture),Annamalai Univeristy-2019

Research Publications Details of each paper, tittle of the paper, year of publication, volume No, No., Authors and Name of the Journal:

- 1.Pramaana Research Journal, Effect of Yogic Diet on Type-II Diabetic Patients ,2012, page 295,Aacharya Silak Ram.
2. Stress Management Through Yoga and Yogic Diet,2012,Volume 1,Page123-130,Victor Babu Koppula, International Journal of Multidisciplinary Educational Research.
- 3.Effect of Yoga Technique on Sports Men During their Old age ,2012,Volume -1,Issue 5,Pages 219-227, Victor Babu Koppula, International Journal of Multidisciplinary Educational Research.

4. Management of Hypertension through Yoga and Naturopathy, January 2016, Volume - 3, Page-82,

Dr. T.V. Ramana, International Journal of Academic Research.

5. Impact of Yoga and Allied Sciences on Management of Diabetic Foot Ulcer July 2016, Andhra University, Journal of Indian Psychology.

6. International journal of Multidisciplinary educational Research, ISSN 2277-7881,

Paper title: Effect of Yoga therapy on Lifestyle Disease-Diabetes Mellitus an experimental study 2012

7. International Journal of Science & Research (Medical Research), presented paper as a Co Authored on 10th Oct 2020, paper title: Effect of Inverted yoga postures on Intra ocular Pressure clinical study, ISSN: 2319-7064

Books/Book chapters published:

The Associated Publishers, New Delhi, 2014,

Chapters-6

3. Yoga easy way to live 100 Years, Roshan Publications, 2015, Chapters 5

4. Yoga and Acupressure, Roshan Publications, 2020, Contents-24

5. Yoga Therapy for Hypertension, Back & Neck pain, Hamsa Foundation, Hyderabad.

Conferences/Seminars attended and Presented Papers

Details of the conference/seminar attended

1. AU Research Forum Andhra University, organized expert talk Five Basic Principles of Healthy Living through Naturopathy, 2009

2. National Seminar on Prevention of Sports Injuries and Rehabilitation, paper presented by Dr. R. Tulasi Rao, Effect of Yoga Technique on **Sports men during their old age**, organized Department Sports, Andhra University, 2011

3. International Seminar Organized by Department of Yoga & Department of Applied Psychology, Gitam, The paper presented – Yoga and Alternative therapies – way to control type – II Diabetes an experimental studies, 2014.

4. National Seminar organized by Yoga Consciousness Trust, Bheemili, VSP, Paper title: Health, Happiness enrichment of life at your Fingertips, 2016

5. International Seminar on Policies, Institutions, Governance and Contemporary Disarray ‘,

Paper presented entitled, Mental Reformation-The Yoga way.

6. UGC Sponsored National Seminar organized by Siddhartha College of Arts&Science- Vijayawada

Paper title :Yoga for Health and Wellness on 7th&8th July 2017

7. Orientation Programme organized by UGC –HRDC ,AU ,VSP ,Delivered expert talk on Role of Yoga on Life style Diseases on 14-6-2018.

8. UGC –HRDC ,AU,VSP ,Dr.R.Tulasi Rao has participated in the DRC in Environmental Sciences as a Resource person and delivered a talk on Role of Yoga and Health Hazards,26-12-2019.

9. AU National Service ,Talk on Stress management ,Spinal problems &Health and wellbeing through Yoga.

10 UGC –HRDC ,Organized an IDRC in Soft Skills&Personality Development programme ,expert talk by Dr.R.Tulasi Rao, on How to improve Your Working Skills through Yoga -2015 .

Workshop/Training Programmes attended

Department of Yoga Organized 3 days’ Workshop on Acupressure ,Dr.R.Tulasi Rao ,has participated as a Resource person on 2-3-2016

To 4-3-2016

2. Capacity Building Workshop and Training Programme on Yogic management of Cancer, bronchial asthma &stroke ,organized by Moraji Desai National Institute OF Yoga ,NewDelhi,2016.

3. . Five session of the Virtual Workshop on Yoga &Naturopathy for Brandix India staff on 11-7-2021.

Awards/Patents/Medals

1. Gangi Reddy Gold Medal for Ph.D best thesis -2014,by AndhraUniversity.

2. Prakruti Vaidya Ratna Award -2015 by Naturopathy&Yoga Doctors Association, AP (For Highest Academic Achievement in the field of Yoga &Naturopathy,2015

3. Received best Yoga therapy expert award from Govt. Of ayush ,AP. On the occasion of the International Yoga Day-2016.

4. Received best Resource person in the field of Yoga, award from Govt. Of ayush ,AP. On the occasion of the International Yoga Day 2023

Dr.R.Tulasi Rao