

Dr. Sravani Chitturi

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Designation:

Appointed as Professor of Practice in the Dept. of Yoga and Consciousness, Andhra University.

Profile:

With a keen interest and passion towards Yoga discipline, pursued Masters degree in Yoga (2015-17). and successfully completed Ph.D in Yoga on a subject of social relevance – how and to what extent yoga training can benefit the pulmonary and cognitive health of health care students during the pandemic, from Andhra University. Highly passionate about teaching and research in Yoga and related areas such as yoga psychology, meditation etc.

Educational Qualifications:

- B.Sc Home Science,
St.Joseph's College for Women, Visakhapatnam - 1996 -1999
- M.A Yoga & Consciousness, Andhra University - 2015-2017
- PG Dip. In Yoga Therapy, SVYASA University - 2019- 2020
- UGC NET (YOGA) – 2017
- Ph.D Yoga – Awarded Ph.D on 9th February, 2023..
- Mark Stephens Pranayama Online course -2021.

Teaching Experience:

Taught M.A Yoga, PG Dip in Yoga, 6 months Dip. In Yoga, Certificate courses in the Department of Yoga and Consciousness, Andhra University.

Taught certificate course for Defense personnel as Career resettlement option.

Subjects taught – Foundations of Yoga, Human Biology, Hatha Yoga Texts, Yoga Theory, Indian Philosophy.

Conducted Yoga sessions for naval officers in INS Kalinga for International Yoga Day, 2017.

Conferences attended:

- National conference “Yoga Shastra Sangamam” in Vivekananda Kendra, Kanyakumari, Tamil Nadu.
- 23rd International Conference on Frontiers of Yoga Research and its Applications (INCOFYRA), SVYASA University, Bangalore, Karnataka.
- International Seminar(Virtual) “Dynamic Approaches to Strengthen Immunity”, Dept. of Yoga & Consciousness, Andhra University.
- 7th International Conference on Innovations in Big data, Cyber security, Bio informatics & Biotechnology, JNTUK, Kakinada.

Papers Presented:

- Yogic techniques in Classical Hatha yoga texts – A comparative perspective (with reference to Hatha Yoga Pradipika, Gheranda Samhitha and Siva Samhitha) in January 2018, at Yoga Sasthra Sangamam, Kanyakumari, Tamil Nadu.
- Effect of Yoga training on Breath holding time, Maximum voluntary ventilation and Peak expiratory flow rate among covid recovered nursing students in December 2021 at Innovations in Big Data, Cyber Security, Bioinformatics and Biotechnology at JNTUK, Kakinada,

Papers Published:

- **KOMMAREDDY S, KIRANMAYI P, RAGAM R, BABU K R.** BREATH HOLDING TIME AND OXYGEN SATURATION IN COVID AFFECTED NURSING STUDENTS-A COMPARATIVE STUDY. Asian J Pharm Clin Res [Internet]. 2022 Jan. 4 [cited 2022 Feb. 17];15(2):86-9

- Sravani K, Ramesh Babu K. Application of Yogic and Nutritional Aspects to Enhance Sports Performance. International Journal of Health Sciences and Research. ISSN: 2249-9571.

Conference Proceedings:

- YOGA: Its impact on education, Impact of Yoga on Education, Issues and Challenges, 2018, ISBN: 978-93-5300-166-7
- Yoga for Chitta Prasadana in National Conference cum Workshop, 2018, ISBN: 978-81-931036-8-5.

Instrumental in organizing the International conference in June 2021, on the occasion of International Yoga Day.

Social Profile:

- Director - Sri Gopal Automotive Ltd, SRMT Group.
- Director - SSA Hotels & Resorts (Daspalla's Jaya Residency – Kakinada)
- Director - SSA Realty LLP.