

Bio Data – Dr Sandeep Bekal R

Educational Qualification:

Postgraduate Degree:

MD (Ayurveda) - kayachikitsa

Rajivgandhi University of health sciences, Bangalore (2003sept – 2006oct)
Institution – Government Ayurveda medical college, Mysore,karnataka.
Year-March 2006.

Undergraduate Degree:

Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.)

Rajiv Gandhi University of Health Sciences, Bangalore. Karnataka (1997- 2003)
Institution - Alva's Ayurveda Medical College. Moodbidri. Karnataka
Year-May 2003

Additional Qualification

- **DNYS (Diploma in Naturopathy and Yogic sciences)** Under Alvas education foundation, Moodbidri.
- **Currently pursuing PhD at NITTE University.**

Present occupational status and experience

- **Professor and HOD** in Dept. of Kriya shareera, and Physician, Sharada Ayurveda Medical College and hospital since December 2019
- Currently Principal Sharada Ayurveda Medical College and Hospital, Talapady Mangalore.
- Running *self established Ayurvedic clinic* with dispensing facilities and Panchakarma at Mangalore (*Pranathi Ayurvedalaya*). Since June 2007 till date.
- **>17 yrs of experience as a teacher and physician.**

Completed Assignments

- Visited Cameroon in May 2013 to present Ayurveda at University des Montagnes on an invitation by Foundation Jean Felicien Gacha.
- Visited Hrishikesh in March 2013 Invited by Sanjeevini Health centre to train a batch of Chinese Yoga tutors in Ayurveda subsequently conducted several Ayurveda training programs.
- Subsequently trained Russians and American batches in Varma chikitsa.
- Initiated Yuva swastya chintana and bala swastya chintana in order bring awareness about health through Ayurveda among the youth and children.
- Worked as Hired writer for Yogaforfocus.com
- Currently also working for easyayurveda.com
- Designed and Completed a project “Thirty day Program” which is meant to Poreach about Yoga and Ayurveda lifestyle.
- Training the public regarding healthy lifestyle
- Has been invited guest speaker at several programs for varied health problems
- Conducted more than 50 CPR training programs at various locations.
- Written several columns in popular dailies on Ayurvedic management of different health issues
- Involved as the guide and investigator in several researches funded by the university
- Conducting free Medical camps on a yearly basis at Rikhi, Jharkhand.
- Closely associated in conducting several CMES and public awareness programs