

**Dr.MAHESH.T.S**

Sri Rama Nivas, No.21

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## **Professional Experience**

### **Achievements:**

- With the professional experience of 7 years in the field of Ayurveda, including 3 years of teaching experience as being Lecturer and Physician in the department of Dravya Guna in Alva's Ayurveda college & hospital, Moodbidri.
- During my PG studies I had also been a Research Assistant in ARMARC, Koppa for 2 years and also as an Editor in the monthly Newsletter of the same for a period of 1 year. During the years I had been the part of certain basic research conducted in AIDS, Psoriasis, that were conducted in the centre.
- As an Editor of the Newsletter I had dedicated myself in promoting and propagating the science of Ayurveda through the writings.
- Being a Dravya Guna teacher and in Alva's Ayurveda Medical College Moodbidri, I have also taught the subjects namely the Basic Principles (Padartha Vijnyana) to the students that pursue the study here.
- Being a practitioner as the Chief Consultant for Bekal Ayurvedic Rejuvenation Centre, Palakunni, Uduma, Bekal, Kasargod Dist. Kerala, I have the experience of practicing Panchakarma procedures.
- I am also the consultant physician in other centres namely Prana Health Centre Mangalore and Satya Sai Hospital, Puttur also.
- Presently I am working as a Lecturer and Physician in Alva's Ayurveda Medical College and Hospital till date under regular basis.

### **Alva's Ayurveda Medical College and Hospital, Moodbidri, Dakshina Kannada Dist. Karnataka State, India.**

(A unit of Alva's Education Foundation, Moodbidri, Dakshina Kannada District, Karnataka state, India)

Duration: Since January 2004 till date

Job Title: Assistant Professor and Physician.

### **Job Duties:**

- Being Assistant professor and also a physician responsibility of looking after the OPD and IPD section of the hospital along with teaching the students of Undergraduate course (B.A.M.S.) the subjects namely Dravya Guna (Ayurvedic Pharmacology), Padartha Vijnyana (Basic Principles) & Charaka Samhita (A Authentic Text of Ayurveda) and Post Graduate course (M.D) the subjects namely Dravya Guna(Ayurvedic Pharmacology) & Padartha Vijnyana or Maulika Siddhantah (Basic Principles).

**Bekal Ayurvedic Rejuvenation Centre, Palakunni, Uduma, Bekal, Kasargod Dist. Kerala**

Duration: 1<sup>st</sup> July 2004 – 30<sup>th</sup> November 2004

Job Title: Consultant Ayurveda Physician

Job Duties:

- Developing Ayurveda Medicinal Services in Bekal, providing necessary guidance in the setup of the Centre, treatment to patients those come there and also popularize the science of Ayurveda.

**Registered Medical Practitioner — Bangalore — Karnataka State, India**

Duration: January 1999 – Till Today

Job Title: Consultant Ayurveda Practitioner.

Job Duties:

- Consultant Ayurveda Practitioner for 7 years.

**Research Assistant in ARMARC (Aroor Ravi Memorial Ayurvedic Research Centre Koppa, Chikmagalur, Karnataka-577126).**

Duration: 1<sup>st</sup> November 2000 – 1<sup>st</sup> July 2002

Job Title: Research Assistant.

Job Duties:

- As a Research Assistant in a research centre, literary research regarding various texts and the contents of the texts were done for the purpose of various programmes that were taken up by the centre. Other than these execution of projects for the development of the Students of Ayurveda with respect to the Theoretical and Practical knowledge along with the knowledge of Sanskrit language. Conduction of programmes for the purpose of propagation of the language of Sanskrit.
- Take up clinical research in the AIDS centre which is a unit of ARMARC.
- Plan projects for various researches in the field of Ayurveda for the propagation & implementation of the same.
- Research regarding identification of plants, computing its use and allied informations.

**Editor in ARMARC (Aroor Ravi Memorial Ayurvedic Research Centre Koppa, Chikmagalur, Karnataka-577126).**

Duration: August 2002 – August 2003

Job Title: Editor.

Job Duties:

- Editing the various articles of the Monthly Newsletter which was published by the centre. As the editor of the same the editorial of the Newsletter was also written.

**Abhirama Ayurveda Seva Kendra® Abhirama, Padyana, Karopady Post, Bantwal Taluk, Dakshina Kannada Karnataka State.**

**(A registered society which is working for the Propagation, Development of Ayurveda)**

Duration: November 2003 – till Date

Job Title: Member, Consultant Physician.

Job Duties:

- Conduction of medical camps for the propagation of the science of Ayurveda, providing consultation and treatment in the mobile medicare unit of the society. Conduction of Seminars, symposiums, etc for the propagation of Ayurveda.

**Sri Muliya Rajatadri Ayurveda Seva Trust® Muliya, Alike Post and Village, Bantwal Taluk, Dakshina Kannada Karnataka State.**

**(A registered society which is working for the Propagation, Development of Ayurveda)**

Duration: November 2003 – till Date

Job Title: Member, Consultant Physician.

Job Duties:

- Conduction of medical camps for the propagation of the science of Ayurveda, providing consultation and treatment in the mobile Medicare unit of the society. Conduction of Seminars, symposiums, etc for the propagation of Ayurveda.

**Educational Profile:**

Course	Class Obtained	Year	College
S.S.L.C.	FIRST	1991	Ujjval Vidyalaya Whitefield, Bangalore
II PUC	FIRST	1993	A.P.S College, N.R.Colony, Bangalore
B.A.M.S	PASS CLASS	2000	Sri Dharmasthala Manjunatheshwara Ayurveda College & Hospital, Hassan.
M.D (Dravya Guna)	PASS CLASS	2004	A.L.N.Rao Memorial Ayurvedic Medical College Koppa, Chikmagalur Dist, Karnataka

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

S.D.M. College of Ayurveda and hospital, Hassan — Mysore University.

Registration Number of Karnataka Ayurvedic and Unani practitioners Board – 13176

### **M.D (Master degree of Dravya Guna)**

A.L.N.Rao Memorial Ayurvedic Medical College Koppa, Chikmagalur Dist, Karnataka— Rajiv Gandhi University of Health Sciences, Bangalore.

Registration Number of Karnataka Ayurvedic and Unani practitioners Board – 13176

### **Research Project Undertaken**

M.D THESIS WORK - “Evaluation of Jwaraghna property of Sariva – An Experimental Study”

Under the Guidance of Prof. V.N.Joshi.

### **Paper Presentations in different National and International Seminars:**

1) Migraine= Ardhavabhedaka – Myth or reality.

2) Research in Conservation of Medicinal Plants.

### **Articles Published in different Newsletter:**

1) Migraine= Ardhavabhedaka – Myth or reality, ARMARC Newsletter Feb&March 2002.

2) Important Aspects of Vruskshayurveda,ARMARC News letter-July 2002.

3) Acupuncture – The Chinese Traditional way of Treatment, ARMARC Newsletter-August 2002

4) Know the Plant Series, ARMARC Newsletter, August 2002 – July 2003

5) Research in Conservation of Medicinal Plants, ARMARC Newsletter – March, April 2003

### **Personal Profile:**

Name : Talipadpu Subraya Mahesh

Fathers Name : Late Talipadpu Subraya Bhat

Date of Birth : 22<sup>nd</sup> November 1975

Religion : Hindu

Permanent Address : Sri Rama Nivas  
No.21, Kalappa Layout  
Basavanagar, Marathalli Post  
Bangalore -560037  
Karnataka-India.

Present & Communication Address: Alva's Ayurvedic College and Hospital  
Near City Bus stand  
Moodbidri  
Dakshina Kannada -574227  
Karnataka-India.

Telephone (R) and (o) : +91-8258-236604 and +91-8258-238104

Mobile: : +91-9448160784

Passport No : A 8523665

Marital Status : Married

Languages Known : Kannada, English, Hindi, Tamil, Malayalam, Sanskrit and Tulu.

**Computer Knowledge:** Introduction to computers, Computer MS Office 2000, Internet, e-office, MS Database, Pagemaker6.5

**Additional skills:**

- Computer Proficiency.
- Management skills
- Organisational skills.
- Teaching ability.
- Editing and Publishing

**Extra Curricular Activities:**

- Reading books Novels and Magazines
- Playing Chess.
- Playing Cricket.
- Meditation/ Pranayama.
- Social and Cultural Activities.

**Strengths:**

- Positive attitude, High Will Power, Confidence and belief in my Capabilities and a true quality of maintaining a very good, long-standing relationship with my patients and professional ability in teaching of Ayurveda are my strengths.

**Areas Of Interest:**

- Teaching & clinical practice, New drug formulations and their clinical trials, correct Identification of Medicinal plants that are used in various formulations, Collection of Old treatises and its study, writing articles regarding current scenario & development of Ayurveda, Creating possible Herbal gardens as per the need of the land and also as told in Ayurvedic Classics.

## References

- : 1) Dr.Shantala Priyadrshini.  
M.S(Ayurveda)M.A.(sanskrit)  
Dr.Vijay's Ayurveda research and treatment center.  
Sri. Dhanwantari Krupa hootagalli Mysore  
Karnataka.India.570018  
CELL-9448011503.Residence-91-821-2404559
- 2) Dr V.N.Joshi.  
Lecturer,  
Middlesex University,  
United Kingdom.  
[ayurjoshi@yahoo.co.in](mailto:ayurjoshi@yahoo.co.in)
- 3) Prof.D.S.Lucas  
Retd.Principal Govt.College Of Indian Medicine  
Dean, PG Facutly, Head of the Department,  
Dept. of Dravya Guna,  
A.L.N.Rao Memorial Ayurvedic Medical College Koppa,  
Chikmagalur Dist. Karnataka, India.
- 4) Prof.Sanjay.K.S  
Principal A.L.N.Rao Memorial Ayurvedic Medical  
College Koppa, Chikmagalur Dist. Karnataka, India
- 5) Dr.Lakshemeesh Upadhyaya  
Principal  
Alva's Ayurveda Medical College and Hospital,  
Moodbidri, Dakshina Kannada Dist. Karnataka State,  
India.