

DR. SREEDHAR RAO MEKA

Ayurveda Practitioner, Yoga Consultant & Panchakarma Expert

Curriculum Vitae

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PERSONAL STATEMENT

A qualified Ayurveda Professional who is seeking a suitable position in the Natural Health field. My passion for and belief in the benefits of Ayurveda and Yoga along with my commitment to enhance the positive health of the community supports this desire. My view is that all of us owe something back to the community we live in as we are all made from the elements of the nature.

CAREER OVERVIEW

Jun 2006-Till Date	Hon. Faculty, Ayurvedic Practitioner & Advisor Ayurvedic Centre, New Zealand Ayurveda Practitioner & Yoga Consultant	Natural Therapies College Ayurveda Sanctuary, Pune, India.
Nov 2004-June 2006	Ayurveda Practitioner & Yoga Consultant	Ayurveda Health Centres, South Africa(Johannesburg, Cape Town and Durban)
Apr 2004-Nov 2004	Ayurveda Hospital Administrator and Lecturer	Gomantak Ayurveda College & Research Centre, Goa, India
Aug 2002-Mar 2004	Lecturer in Ayurveda	Ayurveda Medical College & Hospital, Ghataprabha, India
1999-2002	Registrar, Ayurveda Medicine Department	Government Ayurveda Hospital, Nanded, India
1998-1999	Development Officer (Medicinal Plants)	BAIF Development Research Foundation, Tiptur, India
1997-1998	Research Assistant (Medicinal Plants)	Foundation for Revitalization of Local Health Traditions (FRLHT), Bangalore, India

KEY STRENGTHS

- **Ayurveda Medicine** – Have a passion for this and am well respected in my field. Have attended 10 conferences and have been a Guest Lecturer 36 times. Extremely knowledgeable about all aspects of Ayurveda Medicine and Complementary medicines Care and have been involved with training and assessing others for many years.
- **Leadership Skills** – Have managed a Ayurveda Centre & Spa overseas with 10 staff members and a 100 bed hospital in India with a staff of over 75. Able to establish close relationships with staff, clients and communities. Possess vision and determination and am able to make decisions confidently, whilst managing large budgets.
- **People and Interpersonal Skills** – Enjoy motivating people to make change. Have a vision for healthy communities and am committed to this. Strengths in problem solving and am skilled at handling sensitive issues.
- **Communication Skills** – Articulate communicator and proven experience in communication with people from different cultures. Possess excellent listening skills and show empathy. Effective in influencing others, have undertaken many lectures and am able to produce reports with clarity.
- Excellent planning and implementing skills- Working and training staff on different aspects of community health, conservation of medicinal plants, sustainable harvesting, value addition and processing of traditional medicines and natural Wellness Therapies with job profiles and make new projects to be implemented smoothly.

QUALIFICATION

Bachelor of Ayurvedic Medicine & Surgery (B.A.M.S) –Bangalore University, India
Government Ayurveda Medical College, Bangalore 1992-1997

- Teaching various subjects like Anatomy, Physiology, Pathology and Research Methodology and Statistics, Preventive and Social Medicine, Toxicology and others with special reference to Complementary medicines.
- Conducted yoga lessons for students and was responsible for the subject Yoga

1999-2002

Registrar, Ayurveda Medicine Department

**Government Ayurveda
Hospital, Nanded, India**

Key tasks:

- Ayurveda Medical Consultations, Diagnosis and Prescriptions
- Managed 20 beds in Ayurvedic ward – visits and planning of treatments each day
- Preparing and dispensing herbal medications and conducting therapies
- Teaching undergraduates clinical medicine

1998-1999

Development Officer (Medicinal Plants)

**BAIF Development Research
Foundation, Tiptur, India**

Key tasks:

- Developed Ethno-medicinal forest, Medicinal plants nursery for Rare and Endangered Species, Raw Drug and Herbs Museum, Demonstrative Garden
- Developed programmes for empowering rural community preparing them for a sustainable health care system
- Trained facilitators towards Community Health and Wellness
- Conducted Botanical surveys in different range forests and planned projects for saving medicinal species and sustainable harvesting methods
- Conducted training programs for school teachers and children about health and use of herbs
- Community health research

1997-1998

Research Assistant (Medicinal Plants)

**Foundation for Revitalization of
Local Health Traditions
(FRLHT), Bangalore, Karnataka**

Key tasks:

- Research assistance in developing database of 1700 Ayurveda Medicinal Plants whilst completing degree
- Research assistance in Medicinal Plants Conservation, Local Health Traditions Documentation, establishing Herbarium, Raw Drugs and Seeds Museum projects.
- Conducted trainings on identification of herbs, processing and value addition and usage of traditional medicines to a wide range of target groups.

PROFESSIONAL MEMBERSHIP

1. Advisory Committee Member, Faculty of Ayurveda & Yoga, Wellpark College of Natural Therapies, New Zealand
2. Member, The New Zealand Ayurvedic Association
3. National Executive Members: International Traditional Medicine Association of Africa, Malawi.
4. Fellow of Academy of General Education, Manipal, Karnataka-India.

COMPUTER SKILLS

Expertise in use of Microsoft Word, Excel and Power point

INTERESTS

- Yoga
- Medicinal Plants & Gardening
- Healing Music
- Meditation
- Spiritual Awareness
- Community service

PERSONAL DETAILS

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Nationality: Indian

Passport No. E8768011

Drivers Licence: A valid driver licence – car.