

# **DR. SREEDHAR RAO MEKA**

**Ayurveda Practitioner, Yoga Consultant & Panchakarma Expert**

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## *Curriculum Vitae*

No.2, RH-87, Shahunagar  
G-Block, MIDC Chinchwad  
PUNE 411019  
INDIA  
PH: +91-20-27493135  
Mobile: +91-9370678310  
Email: [nainasri@yahoo.com](mailto:nainasri@yahoo.com)

## **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

**Doctor of Medicine(M.D - Ayu) – Specialization : Rog Nidan, Marathwada University, India**  
Government Ayurveda College & Hospital, Nanded, Maharashtra 1999-2002.

#### **EMPLOYMENT IN DETAIL**

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**2006-Present day**

**Hon. Faculty, Ayurvedic Physician & Advisor**

**Natural Health Centre  
New Zealand, India**

**Key tasks:**

- Consulting and counselling clients, body type analysis
- Elicit and record information about client's medical history and Ayurvedic treatments administered
- Examine clients to determine symptoms, pulse diagnosis
- Conducting wellness and therapeutic procedures
- Training clients for healthy diet, lifestyle and Yoga advises individually planned by me
- Organizing residential and non-residential Panchakarma & Yoga retreats
- Informative and educative lectures of Complementary Medicines
- Preparing marketing and informative brochures and publishing articles

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**Nov 2004-June 2006**

**Ayurveda Physician & Yoga Consultant South Africa**

**Key tasks:**

- Consultation, diagnosis of diseases and condition of patients
- Administering Ayurveda therapies, remedial measures, Yoga and or medication that might be necessary
- Managed Holistic Health Centre & Spas with team of ten people which involved recruitment and inhouse training
- Preparing and dispensing herbal medications and conducting Ayurvedic wellness and therapeutic procedures
- All aspects of administrative duties involved with running a very busy centre
- Group work with Alternative health professionals and Medical doctors

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**Apr 2004-Nov 2004**

**Ayurveda Hospital Administrator and Lecturer**

**Gomantak Ayurveda Hospital &  
Research Centre, Goa, India**

**Key tasks:**

- Preparing and dispensing herbal medications and conducting therapies
- Consulting, counselling, conducting minor surgeries
- Teaching Bachelor's degree students, served as University Examiner/assessor
- Organised yoga camps for groups and children and Yoga for specific ailments
- Implemented special programmes, such as Ayurveda & Yoga Awareness Camps, Wellness Weeks etc
- All administration required for a 100 bed hospital
- Managed large budgets
- Responsible for 75 staff – this included drawing up of rosters for all staff including domiciliary

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**Aug 2002-Mar 2004**

**Lecturer in Ayurveda**

**Ayurveda Medial College &  
Hospital, Ghataprabha, India**

**Key tasks:**

- Constructed lesson plans
- Assessed students
- Examiner and evaluator of graduate courses

- 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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Name: **Dr. Sreedhar Rao Meka**  
Address: **No.2, RH-87, Shahunagar  
G-Block, MIDC Chinchwad  
PUNE 411019. INDIA**

Phone: +91-20-29493135  
Mobile: +91-9370678310  
Email: [nainasri@yahoo.com](mailto:nainasri@yahoo.com)

Nationality: Indian

Passport No. E8768011

Drivers Licence: A valid driver licence – car.