



## DEVI PRASANNA MANDADAPU

### CONTACT ME

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Andhra Pradesh-522647.

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### EDUCATION:

- **10th Grade**

Genius English Medium High School, Vinukonda, Guntur District

Graduated: 2017

- **Intermediate**

National Sanskrit University, Tirupati

Graduated: 2019

- **B.Sc in Yoga**

National Sanskrit University, Tirupati

Graduated: 2022

- **M.Sc in Yoga Therapy**

National Sanskrit University, Tirupati

Graduated: 2024

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### Personal Details:

- Date of Birth: 12-04-2002.
- Gender: Female.
- Marital Status: Not Married.
- Religion: Hindu
- Nationality: Indian

## **PROFESSIONAL EXPERIENCE:**

- **Yoga Therapist Intern-Sri Venkateswara Ayurvedic Hospital, Tirupati, Feb 2024 - Apr 2024 (Intern Rotational shifts)**

I have treated multiple patients in the hospital from various departments like

1. **Kaaya Chikitsa:** Internal Medicine
2. **Shalya Tantra:** Surgery
3. **Prasuti Tantra:** Obstetrics and Gynecology
4. **Shalakya Tantra:** Otorhinolaryngology (ENT) or Ophthalmology
5. **Panchakarma:** Detoxification and Rejuvenation Therapy
6. **Rasayana:** Geriatrics or Rejuvenative Therapy
7. **Vaajikarana:** Andrology or Sexual Health
8. **Swasthavritta:** Preventive Medicine and Public Health
9. **Kaya Chikitsa:** General Health and Wellness
10. **Hospital Unit:** Inpatient Care Unit

As a team, we have developed personalized yoga plans to address most of the health concerns of their lifestyle and dietary habits.

- **Yoga Therapist Intern-Sreesh Mandiram-Jan 2024 – Apl 2024 (Intern rotational shifts)**

Designed and trained specialized yoga therapy modules for children with **Neurodevelopmental disorders.**

- **Therapy Instructor -SVIMS-Sept 2023- Dec 2023. (Freelancer)**

Led classes for physiotherapy students, in a **PROJECT investigating the effects of integrative yoga on immune markers.**

- **Virtual Yoga Therapist and Trainer(Freelancer)**

**Jneya Foundation-May 2023- August 2024**

Multiple responsibilities include

-Taught therapeutic techniques and theoretical knowledge for certificate courses, and developed new syllabus patterns based on patient care needs.

-Conducted thorough assessments of clients' physical and emotional needs, creating personalized yoga therapy plans.

-Leveraged extensive knowledge of anatomy, physiology, and therapeutic practices to enhance program effectiveness.

-Improved client satisfaction through empathetic communication and personalized care, leading to positive feedback and better outcomes.

- **Sanskrit Instructor (Freelancer)**

**Center for Sanskrit Language Promotion, National Sanskrit University -  
Aug 2017- 2024 June**

Taught spoken Sanskrit to diverse age groups, promoting cultural appreciation.

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**PROJECTS:**

**1. Yogic Management of High BP, Back Pain, Dyspnea, and Urinary Incontinence during Pregnancy**

-Conducted research on therapeutic interventions for pregnant women.

**2. Yoga for Differently Abled**

- Implemented a project focused on therapeutic approaches for differently-abled individuals.

**3. Pilot Studies on Case Histories of S.V. Ayurvedic Hospital**

- Analyzed case histories to develop effective therapeutic strategies.

**4. Yogic management for social health**

- basic and regular Yoga plans for all the age groups in society.

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**LANGUAGES:**

**English:** Fluent

**Telugu:** Fluent

**Sanskrit:** Fluent

**Hindi:** Fluent

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**SKILLS:**

(Most of the skills mentioned here regarding my profession depend on patients' healthcare concerning the modern healthcare system)

**-Therapeutic Yoga Techniques:** Specializing in relaxation, and injury rehabilitation. Also in Prenatal and postnatal most importantly in Gestational care specialized.

**-Client Assessment:** Proficient in creating tailored yoga programs.

**-Mindfulness Practices:** Skilled in stress reduction techniques.

**-Communication:** Strong empathetic skills to support client engagement.

**-Anatomy and Physiology:** In-depth knowledge relevant to therapeutic practices.

**-Modern lifestyle Disorders:** In-depth knowledge of disease and therapeutic approach knowledge.

**-Textual Yoga Shatram Knowledge:** Detailed knowledge related to Yoga depends on the authentic texts and can explain them relating and connecting to present mindsets of society.

**-Expertized in dealing with KRIYA techniques:** Can able to train Shat kriya techniques and could explain them both therapeutically and textually-based on patient condition. (mainly Respiratory care)

**- Make new syllabuses and certifications:** Necessary for the modern way of understanding with authentic textual and therapeutical knowledge.

**- Basic diet plan recommendation:** Depending on the health concern and reports.

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## **Referees:**

Jneya Foundation

Mrs. Nanda Gaonkar

Founder and CEO

Nandolli, Yellapur, Uttara Kanada, Karnataka.

Email: [wellness@jneya.in](mailto:wellness@jneya.in)

Whatsapp: 9019213366,8317457090

Website: [jneya.in](http://jneya.in)

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## **PROFESSIONAL GOALS:**

-I aim to deepen my expertise in therapeutic yoga while gaining practical experience from literature with necessary practical application.

-My research interests focus on the effects of yoga on psychiatric and mood disorders, particularly among pregnant women.

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## **DECLARATION:**

**I declare that the information provided above is true to the best of my knowledge.**

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**Place: Vinukonda,Guntur(dt)**

**M.Devi Prasanna**

**Signature**