

## **CURRICULUM VITAE**

### **DR. AYUSHI KAMDAR, BNYS, MD (YOGA)**

#### **1. PERSONAL INFORMATION -**

FULL NAME: Dr. Ayushi Kamdar

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#### **2. CAREER OBJECTIVE -**

A committed and sincere MD (Yoga) scholar with a background in BNYS, having a strong interest in integrative healthcare. Experienced in clinical practice, research, and yoga therapy for psychosomatic, lifestyle-related, and mental health conditions. Aims to contribute to patient well-being by combining traditional yogic knowledge with modern scientific approaches.

#### **3. EDUCATIONAL QUALIFICATIONS -**

<b>QUALIFICATION</b>	<b>INSTITUTION</b>	<b>YEAR</b>	<b>BOARD/UNIVERSITY</b>
<b>MD Yoga</b>	Swami Vivekananda YogaAnusandhana Samsthana.	<b>August2022- September 2025</b>	SwamiVivekananda Yoga Anusandhana SamsthanaUniversity.
<b>BNYS</b>	ShriMahavir Medical	<b>December 2017</b>	Pt. Deendayal Upadhyay

	College of Naturopathy and Yogic Sciences, Nagpura.	– April 2022	Memorial HealthSciences and Ayush University of Chhattisgarh.
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#### **4. DISSERTATION / RESEARCH WORK -**

**Title**– INFLUENCE OF YOGA ON BURNOUT IN IT PROFESSIONALS - A RANDOMIZED CONTROLLED TRIAL.

**Description** - A comparative interventional study involving yoga modules, Copenhagen Burnout Inventory (CBI), and Perceived Stress Scale (PSS-10) as tools, conducted among IT professionals over 3 months.

**Role**- Principal Investigator

#### **5. INTERNSHIPS / CLINICAL POSTINGS -**

- Narayana Hrudayalaya, Bangalore
- National Institute of Mental Health and Neurosciences (NIMHANS), Bangalore
- S-VYASA University, Bangalore
- Shree Narayan Dham Yog Nisargopchar Ayurvedic Sanshodhan Kendra, Pune
- Shri Swami Ramanand Prakriti Chikitsa Kendra, Guna, MP
- Healthville – Yoga and Nature Cure Centre, Odisha
- Navneet Prakriti Yoga Chikitsa Dham, Bassi, Jaipur.

#### **6. KEY SKILLS & COMPETENCIES -**

- **Clinical Expertise:**

- **Integrative Medicine:** Proficient in combining Yoga Therapy and Naturopathy for lifestyle disorders (Diabetes, Hypertension, Obesity).
- **Mental Health Management:** Specialized in Yoga interventions for stress, burnout, and psychosomatic ailments (as demonstrated in MD thesis).
- **Therapeutic Yoga:** Customizing yoga modules (Asanas, Pranayama, Meditation) for specific patient needs.

- **Research & Academic Skills:**

- **Research Methodology:** Experience in designing and conducting Randomized Controlled Trials (RCTs).
- **Psychometric Assessment:** Skilled in using tools like the Copenhagen Burnout Inventory (CBI) and Perceived Stress Scale (PSS-10).
- **Data Analysis & Scientific Writing:** Experience in clinical data collection, analysis, and preparing research manuscripts.

- **Professional Skills:**

- **Patient Counseling:** Lifestyle modification counseling and health education.
- **Medical Education:** Ability to teach and demonstrate yogic practices to students and patients effectively.

