

Short Biodata

Yogachemmal Dr. Meena Ramanathan

(B.Sc., M.A., C.Y.T., D.N.Y.S., P.G.D.Y., M.Sc., PhD (Yoga), C-IAYT)

Yogachemmal Dr. Meena Ramanathan is the Associate Professor and Deputy Director of CYTER, the Centre for Yoga Therapy Education and Research at MGMCRI (Mahatma Gandhi Medical College & Research Institute), SBV (Sri Balaji Vidyapeeth), Deemed to be University. She has completed numerous undergraduate and post graduate degrees and diplomas in Yoga, Science and English has completed her PhD in Yoga (first woman to complete PhD in Yoga from Pondicherry) through Tamil Nadu Physical Education and Sports University (TNPESU). **She is a recognized IAYT Certified Yoga Therapist by the International Association of Yoga Therapists, USA.**



She has been recognized as **PhD Guide** (Yoga Therapy and Inter Disciplinary Research) by Sri Balaji Vidyapeeth, Pondicherry in March 2016, appointed as **Lead Examiner for Yoga Certification Board (YCB)** through Indian Yoga Association, recognised by AYUSH, Central Ministry of Health, and New Delhi in Sep 2016. She has been nominated as **"Subject Expert"** in the Selection Committee of the Govt of Puducherry, Directorate of Indian Systems of Medicine and Homeopathy; under National Health Mission. She recently received the Achiever's Award for "Best Yoga Therapist". She is currently a Professional and Executive Committee member of Indian Yoga Association representing Pondicherry and the Lead Examiner for the Yoga Certification Board through Indian Yoga Association, recognised by AYUSH, Central Ministry of Health, Govt of India to assess eligible Yoga Teachers and Instructors. She is the External Expert for the Academic council for Meenakshi Academy of Higher Education and Research, Chennai, as well as the Member of Board of Studies for the Yoga Courses at the Alagappa University, Karaikudi. Recently appointed as the **Joint Secretary (Academics & Accreditation)** PY UTCC, Indian Yoga Association (IYA), State Chapter – Puducherry UT.

A student of the Rishiculture Ashtanga Yoga Parampara, Dr Meena has been an integral part of the Tradition for over a decade. She has admirably trained thousands of students under the auspices of Pondicherry University as Coordinator of the Yoga

courses in the Community College as well as faculty of Annamalai University, Manonmaniyam University, MGR University and Yoganjali Natyalayam. She is Coordinator; Outreach Programmes of Yoganjali Natyalayam and was Guest Faculty at ACYTER, JIPMER. She was giving practical Yoga training to Staff, Students and faculties of Pondicherry University for the past 8 years. She has been working tirelessly on a voluntary basis, for the cause of enhancement and empowerment of the lives of Divyanga (Children with Intellectual and physical disabilities), Silver Citizens and the Transgender Population through Yoga and Yogic Techniques.

She has authored and co-authored a dozen books and more than three dozen papers on Yoga in English and Tamil in various journals. She is currently carrying on many Research/Pilot Studies at CYTER of SBV at MGMCRI as a guide and co-guide for PhD and MPhil in Yoga Therapy, and has published more than 60 scientific papers and 22 abstracts in leading Scientific Journals. She has contributed as author for 3 chapters in books and also has 9 copyrights, 15 Compilations and 5 Hand-outs to her credit. She has been featured in two videos on Yoga Therapy in India and has conducted the TV show for Doordarshan, Puducherry to celebrate “**International Day of Persons with Disabilities**”. She was a member of the chanting group in **Chanting the Yoga Sutra**, a two disc Audio CD compilation produced and distributed by Super Audio, Chennai , which is *also available as applications for iPhone and iPad*.

Her books on **Thirukkural and Yoga, Applied Yoga, Gheranda Samhita and Primer of Yoga Theory (Tamil)** are best sellers. She has received many awards such as Yoga Chemmal, Yoga Rathna, Yoga Seva Maamani, Bangalore Sundaram Award, Yoga Jyothi, Chellammal Award and Annai Sivakami Award, Sri Aurobindo Award (Mahan Arvindar Virudu), “Mozhi Peyarppu Tharagai” to name a few. She was honoured with the best Yoga Teacher Award on the International Day of Yoga by Nehru Yuva Kendra and Ministry of Tourism, Puducherry consecutively for the past four years. Recently she was honoured with the title awards, “**Yognat Shakti 2018**” the Dynamic Woman of Eminence and “**Yoga Thilagam**” by Pondicherry Yogasana Association, in recognition of her dedicated services and contribution in the field of Yoga and Yogic Sciences.

On the occasion of the “AYUSH Day”, Rejoice Health Foundation conferred “**Rejoice AYUSH Excellence Award, 2019 for Yoga**” to Dr Meena Ramanathan, on 17th November 2019. The awards were initiated by Rejoice Health Foundation, a promoter of mankind health services in the country. This foundation supports and promotes taking care of specially abled-children through the application of AYUSH system.

Valluvar Villisai Kuzhu of Pondicherry honoured Dr Meena Ramanathan with the title “**Yoga Perisai Thilagam**” for her skills and services in the field of Yoga. This was awarded by Muththamizh Maamani Pulavar Pattabiramane during the 34th Pondicherry Yogasana Sports Competition on 22nd December 2019.

PERSONAL DETAILS:

Full Name: **Dr Ramanathan Meena**

Present official position: Associate Professor and Deputy Director of Centre for Yoga Therapy, Education and Research of Sri Balaji Vidyapeeth at Mahatma Gandhi Medical College & Research Institute, Pondicherry

Field of specialization: **Yoga education, consultation, counseling, yoga therapy & research**

Date of birth: **30th August 1963**

Place of Birth: **Palghat, Kerala, South India**

Name of husband: **Ramanathan Chidambaram**

Number of children: **1 son**

EDUCATIONAL QUALIFICATION

- **C-IAYT** - International Association of Yoga Therapists, USA, February 2016
- **Ph.D Yoga** - Tamilnadu Physical Education & Sports University, Chennai, 2015
- **MPhil Yoga** - Tamilnadu Physical Education & Sports University, Chennai, 2012
- **M.Sc. Yoga** - Annamalai University, Chidambaram, Tamil Nadu, 2008
- **P.G.D.Y** - Post Graduate Diploma in Yoga, Annamalai University, Chidambaram, Tamil Nadu, 2005
- **D.N.Y.S.** - Diploma in Naturopathy & Yogic Sciences; Manonmaniam Sundaranar University, Thirunelveli at Chennai, 2004
- **C.Y.T** - Certificate in Yoga Teaching. (**Gold medalist with distinction**) Pondicherry University Community College, Pondicherry, 2003

- **B.Sc. (Chemistry)** - Degree from the Madras University; Meenakshi College for Women, Chennai, 1983
- **M.A. (English)** - Post graduate Degree from the Madras University 1985
- **CRMBS** – Certificate course in Research Methodology and Basic Statistics from Sri Balaji Vidyapeeth, Pondicherry, April 2018

CAREER:

Publications on Yoga/Yoga therapy:

- ❖ 9 copyrights
- ❖ 10 books, 15 compilations and 5 handouts
- ❖ 60 published papers and 22 abstracts in National and International journals, conference proceedings and articles in many journals and magazines.
- ❖ 4 Chapters in National and International books.

YOGA/YOGA THERAPY RESEARCH EXPERIENCE:

- **Associate Professor for** Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth - from May 2017
- **Deputy Director:** Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth - from May 2017.
- **Recognized IAYT Certified Yoga Therapist** by the International Association of Yoga Therapists, USA in February 2017
- **PhD Guide for Research Studies on Yoga** (Yoga Therapy and Inter Disciplinary Research) at Mahatma Gandhi Medical College and Research Institute, Sri Balaji Vidyapeeth, Pillayarkuppam, Puducherry since March 2016
- **MPhil Guide for Research Studies on Yoga** (Yoga Therapy and Inter Disciplinary Research) at Mahatma Gandhi Medical College and Research Institute, Sri Balaji Vidyapeeth, Pillayarkuppam, Puducherry since March 2016
- **Coordinator cum Yoga Therapist:** Centre for Yoga Therapy Education and Research (CYTER), Sri Balaji Vidyapeeth - from November 1, 2010 to April 2017.

- **Co-ordinator/Resource Person** in Pondicherry University Community College under Pondicherry University for Yoga Courses D.Y.E., P.G.D.Y., C.Y.S.C (July 2005 to August 2014).
- **Coordinator - Outreach Programme** of Yoganjali Natyalayam, the premier Institute for Classical Dance, Yoga and Music from 2007 onwards
- **“Subject Expert”** in the Selection Committee (for conducting the interview) conducted by the Govt of Puducherry, Directorate of Indian Systems of Medicine and Homeopathy; to appoint a Physician in Naturopathy and Yoga Therapy for the Karaikal region under National Health Mission, on June 4th 2015.
- **Faculty (Part time)** in Annamalai University (Centre for Yoga Studies), Chidambaram for Diploma in Yoga, P.G. Diploma in Yoga, and M.Sc.(Yoga) 2006 to 2011.
- **Guest Faculty** at ACYTER (Advance Centre for Yoga Therapy, Education and Research, JIPMER, Pondicherry under M.D.N.I.Y., New Delhi (2009 to 2013)
- **Honorary Yoga Therapist / Instructor** at SADAY School for Special Children, Pondicherry, teaching Yoga for the children with Special Needs on voluntary basis from 2005 onwards
- **Chief Facilitator for YOGA MELA**, a program specifically designed for the differently abled children of Samvadshala School for Special Children in Lonavla who participated along with family and teachers, a collaborative activity between Kaivalyadhama, CYTER and Freie University of Berlin, Germany.
- **Research Consultant** for the deliberations at Scientific Research Department, Kaivalyadhama on future collaborative research projects on Yoga for the Children with Intellectual Disability to be initiated through MOU between SBVU and Kaivalyadhama
- **Recognized as PhD Guide** (Yoga Therapy and Inter Disciplinary Research) by Sri Balaji Vidapeeth, Pondicherry in August 2016.
- **Lead Examiner (First one from Pondicherry)** for Yoga Certification Board (YCB) through Indian Yoga Association, recognised by AYUSH, Central Ministry of Health , New Delhi in Sep 2016
- **Honorary Yoga Therapist / Instructor** at SADAY School for Special Children, Pondicherry, teaching Yoga for the children with Special Needs on voluntary basis from for 12 years (2004 till date)

- **Honorary Consultant** –Satya Special School, Pondicherry
- **External Expert** for the **Doctoral Committee Meeting** in Physical education and Yoga at SRM Institute of Science and Technology, Potheri, Chennai.(August 2019)
- **External Member/Specialty Expert** for the Academic Council for the Meenakshi Academy for Higher Education and Research, Deemed to be University, Chennai (July 2019)
- **Member for Adhoc Board of Studies in Centre for Yoga Education** at Alagappa University, Karaikudi, Tamil Nadu. (July 2019)
- **Invited Examiner** to evaluate 2018-2019 batch of international and national yoga teacher trainees at Krishnamacharya Healing Yoga Foundation (KHYF), Chennai, (June 2019)
- **Honoured** with cash award by SBV for guiding a ICMR project during the Valedictory function on 28th Nov 2019 of the SBV Research days 2019
- **External Member / Specialty Expert** for the Academic Council for the Meenakshi Academy for Higher Education and Research (MAHER), Deemed to be University, Chennai (July 2019)
- **External expert** for the **BOARD OF STUDIES** in the Department of Yoga Sciences and Therapy in Faculty of Yoga Sciences and Therapy (FYST) of the Meenakshi Academy for Higher Education and Research (MAHER), Deemed to be University, Chennai (August 2020)
- **PEER REVIEWER for**
 - International Journal of Gynecology and Obstetrics Research (manuscript titled “Effect of antenatal yoga on labour outcome-study from a tertiary hospital in South India”)
 - International Journal of Yoga Therapy (manuscript titled Generic yoga modules for clinical and research settings - Need of the hour)
 - SBV Journal of Basic, Clinical and Applied Health Science (Statistics article)

AWARDS/ TITLES:

“Yogachariar Bangalore Sundaram Award 2005” received from Shri **Surjeet Singh Barnala**, His Excellency the Governor of Tamil Nadu on behalf of Asana Andiappan Sundara Yoga & Natural Living Development Trust at Chennai on 26.2. 2005.

- **“Yoga Chemmal”** title awarded by the Pondicherry Yogasana Association, affiliated to Indian Yoga Federation and recognized by International Yoga Federation, International Council of Yoga Sport and Asian Union of Yoga in 2006, in recognition of her contribution in the field of Yoga and Yogic Sciences.
- **“Yoga Jyothi”** title awarded by Gitanjali Yoga Centre, recognised by Pondicherry Yogasana Association and Puducherry Govt in 2007, in recognition of her contribution in the field of Yoga and Yogic Sciences.
- **“Chellammal” award from Kavithai Vaanil Kavimandram Trust** in recognition of her contribution in the field of Yoga and Yogic Sciences in 2010
- **“Annai Sivagami Award”** from Pudukkottai Magalir Ulagam, Society welfare Organisation (Samuga Narpani Iyakkam- Reg No: 555/2008) in recognition of the service in enhancing the quality of life of many people and Service to the Society through Yoga in 2010
- **“Yoga Seva Mamani”** awarded by the Pondicherry Senior Citizens’ Welfare Association, Pondicherry in recognition of her contribution in the field of Yoga and Yogic Sciences in 2010
- **“Yoga Rathna”** award from Manimozhi Ramajayam Trust, Pondicherry in recognition of her contribution in the field of Yoga and Yogic Sciences in 2011
- **“Mahan Arvindar’s Anmeega Sudar Award”** in 2013 by the Pondicherry State Artists’ Society (REGD) in recognition of the service in enhancing the quality of life of many people for the cause of spirituality, Education and Service to the Society through Yoga
- **“Mozhi Peyarppu Tharagai”** by Pondicherry Villupaatu Sangam in recognition of the service rendered to the Tamil society by translating classical Yoga scriptures into 2014
- Honoured with the **Best Yoga Teacher Award** on the International Day of Yoga, 21st June, 2015, by Nehru Yuva Kendra and Ministry of Tourism, Puducherry.
- Honored on the International Women’s Day with the **“Achiever’s Award - Best Yoga Therapist 2016”** by Karma Cultural Centre in association with Bharathidasan Women’s College, Puducherry on 8th March 2016

- Honoured with the best **Yoga Teacher Award** on the International Day of Yoga, 21st June, 2016, by Nehru Yuva Kendra and Ministry of Tourism, Puducherry.
- Recognized as **PhD Guide** (Yoga Therapy and Inter Disciplinary Research) by Sri Balaji Vidyapeeth, Pondicherry in March 2016.
- Appointed as Examiner (**First one from Pondicherry**) for Quality Council of India (QCI) through Indian Yoga Association, recognised by AYUSH, Central Ministry of Health , New Delhi in Sep 2016
- Recognized as **IAYT Certified Yoga Therapist by the International Association of Yoga Therapists**, USA in February 2017.
- **Honored by the Chief Minister** for her services for the cause of Yoga in Puducherry on 21st June 2017, during the International Day of Yoga Celebrations
- Awarded the **Best Yoga Teacher Award** by Tamil Nadu Sports Yogasana Association in appreciation for the services rendered in the field of Yoga on the occasion of the 3rd International Day of Yoga on 21.6.2017 at Chennai.
- Appointed as **Lead Examiner (First one from Pondicherry)** for Quality Council of India (QCI) through Indian Yoga Association, recognised by AYUSH, Central Ministry of Health , New Delhi in Oct 2017
- **“Yognat Shakti 2018”**, the Dynamic Woman of Eminence, title awarded by the Yoga Jivana Satsangha, ICYER and Yoganjali Natyalayam, on 21st October 2018, in recognition of her contribution in the field of Yoga and Yogic Sciences.
- Yogachemmal Dr Meena Ramanathan was honored with the title award **“Yoga Thilagam”** by Pondicherry Yogasana Association, on 18th November 2018 in recognition of her dedicated service for the cause of Yoga over the past many decades during the Golden Jubilee year of Ananda Ashram in Pondicherry ,India
- On the occasion of the “AYUSH Day”, Rejoice Health Foundation conferred **“Rejoice AYUSH Excellence Award, 2019 for Yoga”** to Dr Meena Ramanathan, on 17th November 2019. The awards were initiated by Rejoice Health Foundation, a promoter of mankind health services in the country. This foundation supports and promotes taking care of specially abled-children through the application of AYUSH system.
- Valluvar Villisai Kuzhu of Pondicherry honoured Dr Meena Ramanathan with the title **“Yoga Perisai Thilagam”** for her skills and services in the field of Yoga. This

was awarded by Muththamizh Maamani Pulavar Pattabiramane during the 34th Pondicherry Yogasana Sports Competition on 22nd December 2019.

Dr Meena Ramanathan is currently the **Associate Professor and Deputy Director** of the Centre for Yoga Therapy Education and Research (CYTER) at MGM&RI, Pondicherry under auspices of Sri Balaji Vidyapeeth. More than 75,000 patients have benefited from Yoga therapy at this centre. CYTER is constantly adding to research based, empirical evidence in Yoga Therapy with 22 completed and 10 ongoing research projects. 118 papers, 2 books, 6 chapters in books, 12 copyrights, 13 compilations and 45 abstracts have been published in national and international journals highlighting immediate, short term as well as long term, health enhancing benefits of Yoga training and Yoga Therapy along with the conduct of successful National Seminars/Workshops/ CMEs on “Yoga and lifestyle disorders” in 2013, “Sleep, consciousness and meditation: neurological correlates” in 2014, “Therapeutic Potential of Yoga” in 2015, “Integrating Yoga in Health Professions Education” in 2016, “Role of Yoga in Chronic Diseases” in 2017, as well as International Symposiums on “Yoga and Wellbeing” in 2016 and “Yoga Therapy” in 2017, “Swastha Manas: Mental Health and Well-being through Yoga” that was held in 2018 and “National Seminar on Divyanga Yoga: Yogic Approach to Special Needs”, SBV International Health Research Convention (IHRC) 2019 and CYTER conducted the Workshop on "Holistic Approach of Yoga Therapy in Health and Disease" and also The Indo-French workshop on “Yoga therapy and Ayurveda” was conducted on 22nd October, 2019 apart from the 3 International Symposiums and other events at CYTER of SBV. Yoga has been integrated in a holistic manner with modern medicine in various clinical departments as well as in the medical, nursing, dental and AHS curriculum. The stupendous success of our recent event, the Yuva Yoga Sangamam organized and conducted by CYTER in January 2020 in commemoration of Swami Vivekananda’s birth anniversary, is a standing testimony to the positive impact Yoga is having amongst students and faculty members of SBV. CYTER of SBV organized and conducted an International Webinar on "Role of Yoga in Times of COVID-19" as a part of International Day of Yoga 2020 from 19th to 21st June 2020 in which eminent national and international guests participated along with more than 300 participants from 22 different countries from across the globe. She is the student and associate of Dr Ananda Balayogi Bhavanani, an eminent and internationally renowned pioneer in Yoga and Yoga Therapy, bridging the traditional Science of Yoga and modern Science serving thousands through Yoga.

Memberships:

- **Executive Committee Member** of **Indian Yoga Federation**, at the National Level, representing Tamilnadu and Pondicherry for 10 years (since 2006)
- **Executive Committee Member/ Education Committee Member** at Pondicherry Yogasana Association for 11 years (2005 till date)
- **Jury Member**, Pondicherry Yogasana Association for 11 years (2005 till date)
- **Honorary Yoga Therapist / Instructor** at SADAY School for Special Children, Pondicherry, teaching Yoga for the children with Special Needs on voluntary basis from for 12 years (2004 -2016)
- **Member, Board of Studies as External Expert** for KGNC, SBV for “Foundation in Yoga Therapy” in B.Sc (Nursing) curriculum of KGNC, MGMCRI; 20 July 2016.
- **Member of the Board of Studies** for PGDYT , MGMCRI, SBV- since 2013
- **Member of the Board of Studies** for MSc YT , MGMCRI, SBV- since 2015
- **Member Secretary of the Board of Studies** for PGDYT, MGMCRI, SBV-2016
- **Member of Academic Council** of Sri Balaji Vidyapeeth, 2016
- **Member Secretary of the Board of Studies** for MPhil, Yoga Therapy, CYTER ,SBV
- **Member Secretary of the Board of Studies** for PhD, Yoga Therapy, CYTER ,SBV
- **Nodal Officer for Certificate Course in Yoga for Wellness**
- **External Expert** for the **Doctoral Committee Meeting** in Physical education and Yoga at SRM Institute of Science and Technology, Potheri, Chennai.(August 2019)
- **External Member/Specialty Expert** for the Academic Council for the Meenakshi Academy for Higher Education and Research, Deemed to be University, Chennai (July 2019)
- **Member for Adhoc Board of Studies in Centre for Yoga Education** at Alagappa University, Karaikudi, Tamil Nadu. (July 2019)
- **Invited Examiner** to evaluate 2018-2019 batch of international and national yoga teacher trainees at Krishnamacharya Healing Yoga Foundation (KHYF), Chennai, (June 2019)

- **Joint Secretary (Academics & Accreditation)** PY UTCC , Indian Yoga Association (IYA), State Chapter – Puducherry UT
- **Question paper setter (External expert)** for MSc Yoga Therapy for the Meenakshi Academy for Higher Education and Research, Deemed to be University, Chennai (October 2019)
- **External expert** for the **BOARD OF STUDIES** in the Department of Yoga Sciences and Therapy in Faculty of Yoga Sciences and Therapy (FYST) of the Meenakshi Academy for Higher Education and Research (MAHER), Deemed to be University, Chennai (August 2020)

Address:

No. 37, Thilakar Street, Venkateswara Nagar (West),

New Saram, Pondicherry -605013.

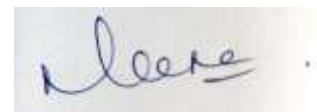
Phone: **+91-413 - 2244650.**

Mobile: +91 97905 82999 & +91 8838530140

E-mail: saineema@gmail.com

PLACE: PONDICHERRY

DATE: 18.09.2020



(Dr MEENA RAMANATHAN)

Deputy Director & Associate Professor (Yoga Therapy)

CYTER of Sri Balaji Vidyapeeth