

RESUME



Dr. Ritu Chaku

Date of Birth: 08-Jan-1980

Qualification: PhD in Yoga & Life Sciences from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bangalore.

Aspiration:

I always strive to become a better human being. I want to spread the message of adopting Yoga as a means of spiritual growth and not merely as an instrument for physical fitness and therapy.

Academic Achievements:

First in physical education in graduation

Ranked 4th in M.Sc Yogic Science (2001-2003) with distinction in 6 subjects from Mangalore University, Mangalore.

Research papers published:

1. Chattha, R., Raghuram, N., Venkatram, P., and Hongasandra, N. R. (2008). Treating the climacteric symptoms in Indian women with an integrated approach to yoga therapy: a randomized control study. *Menopause*, 15(5): 862-870.
2. Chattha, R., Kulkarni, R., Nagarathna, R., and Nagendra, H. R. (2008). Factor analysis of Greene's Climacteric Scale for Indian women. *Maturitas*, 59(1): 22-27.
3. Chattha, R., Nagarathna, R., Padmalatha, V., and Nagendra, H. R. (2008). Effect of yoga on cognitive functions in climacteric syndrome: a randomised control study. *An International Journal of Obstetrics and Gynaecology*, 115(8): 991-1000.
4. Nagarathna, R., Usharani, M. R., A. Raghavendra Rao, Chaku, R., Kulkarni, R., and Nagendra, H. R. (2012). Efficacy of yoga-based life style modification program on medication score and lipid profile in type 2 diabetes-a randomized control study. *International Journal of Diabetes in Developing Countries*, 32(3):122-130. This paper is awarded the "**RSSDI Sanofi Award**" for the best **original research paper published in IJDDC in 2012 at the 41st Annual Scientific meeting of RSSDI to be held at India Expo centre, Greater Noida, NCR of Delhi on 8th November 2013 by RSSDI Secretariat, Department of Medicine, Division of Endocrinology and Metabolism University College of Medical Sciences, Dilshad Garden, Delhi, INDIA.**

- **Thesis** written on: “**Effect of integrated approach of Yoga therapy (IAYT) on the vasomotor, cognitive and psychological symptoms in climacteric syndrome**”.
- Awarded the **best thesis**” by the patron named “**Manounmani Rudraiah award for best thesis - 2008 Convocation**” by SVYASA, Bangalore, India.
- Twice winner in Oral Paper Presentation in International Yoga Conferences held in Bangalore and Kolkata (2006, 2007 respectively).
- Reviewed many manuscripts from different national and international journals related to mind body medicine w.r.t. gynaecological disorders.

Competitive Achievements in Yoga-asanas:

- Team-winner in 4 Inter-University Yoga Championships (1999-2001, 2003).
- Twice individual winner in Himalayan Yoga Olympiad, SVYASA, Bangalore, India (2003, 2005).
- Selected for International Yoga (asanas) Competition by Indian Yoga Federation, Delhi (2000).
- Individual as well as team winner in Punjab State Yoga Championship held in Patiala (2000).

Cultural Achievements:

- Won 2nd prize in State level folk song competition representing BBK DAV college, Amritsar (2000).
- Won 2nd prize in inter-collegiate youth festival and 3rd at the zonal level youth festival in Classical dance (Kathak).
- Participated in light, classical and folk dance, singing (folk songs) performances since childhood,
- Yoga asanas group demonstrations at college and university level (1998-2006).

Work experience:

- Worked as Senior Research Fellow in one-year Yoga Therapy Publication Project by WHO in Morarji Desai National Institute of Yoga, Ashoka Road, New Delhi between 2008-2009.
- 4 years (2008-9; 2011-13; 2014-15) teaching to graduates for Diploma in Yogic Science (DYSc) and 2 years (2013-14, 2014-15) teaching to students of Bachelor of Yogic Science (BYSc) in Morarji Desai National Institute of Yoga, Ashoka Road, New Delhi in the following subjects:
 - Foundations of Hatha Yoga
 - Yogic Concept of Health and Disease
 - Yoga and Value education
 - Yogic Management of Lifestyle related disorders
- Assisted few MSc students of Swami Vivekananda Yoga Research Foundation, Bengaluru, in writing their research papers for journal publications since March 2008.

- Co-authored a chapter titled '**Yoga for Women's Health**' for the book titled '**Principles and Practice of Yoga in Health Care**' by Handspring Publishers, U.K. printed in March 2016.
- Co-authored a chapter titled '**Research based applied psychophysiology – yoga for women's health**' for the book titled '**Research-Based Perspectives on the Psychophysiology of Yoga**', to be published by IGI Global, an international publisher of progressive academic research.
- Served as **Yoga consultant** at **Quality Council of India** under the **Scheme for Voluntary Certification of Yoga Professionals** for 1 Year period: Sept-2016 to Oct-2017.
- Conducted a 3 hour Yoga Workshop for B.Ed students for AMITY University on March 21st, 2018 in collaboration with Dept. of Physical Education, AMITY University.
- Conducting Practical examination as an External Examiner for DYSc course, every semester since 2012 till date, in Morarji Desai National Institute of Yoga, Ashoka Road, New Delhi.
- Conducting Yoga Workshops on International Yoga Day in some Govt/PSU and Corporate Institutes.
- Currently working as a Content Developer for a subject under the Study Learning material (SLM) scheme for MSc Yogic Science under Swami Vivekananda Yoga Anusandhana Samsthana, Bengaluru.

Dr. Ritu Chaku

Signature:

Date:

Place: