



## **Dr. Sunanda S Rathi**

### **Education**

- Doctorate in Communication & Business Management (Ph.D), Pune University –Under the guidance of Dr M.S.Gosavi, Nasik
- Bachelor of Law (LL. B), Symbiosis College, Pune University.
- Master of Commerce (M. Com), Pune University.
- Bachelor of Commerce (B.Com.), B.Y.K.College of Commerce Nasik, Pune University
- YIC: Yoga Instructor Course from Svyasa, Bangalore
- YIDM: Yoga Instructor for Diabetes Mellitus, Vyasa Banglore
- Credential for Ph.D.: Four semester of masters: 40 credits, Svyasa University
- Ph.D. in Yoga, Svyasa Bangalore – Under the guidance of Dr. H RNagendra, and Dr. Padmini Tekur
- Subject: “Effect of Integrated Approach of Yoga Therapy on Adolescent Obesity”(School going children age group from 11 to 16 years)
- SRF: Appointed as Senior Research Fellow in Jan.2017 for the project of Diabetes. Ministry of AYUSH for two states Maharashtra & Goa.
- SARC: Member of Scientific Advisory Research Committee of SPPU. Pune University
- Content Developer/Subject Matter Expert: SPPU,Pune University for designing 10 web Episode
- Secretary: National Para Yogasana Committee
- Chairman Para Yogasana Maharashtra State

### **Self-Realization & Meditation**

- Vipassana Meditation course: As Taught By S.N. Goenka Igatpuri, near Nasik (10 days)
- SSY (Siddhai Samadhi Yoga): Pune (Three weeks)
- Basic course of Art of Living Foundation, Bangalore: course at Pune
- Pranayam & Yoga by Swami Ramdevji, Patanjali Yog Peeth at Haridwar (One week)
- SMET: By Dr H R Nagendra, Svyasa, Bangalore

**Trustee & Founder Director of  
Chiranjiv Foundation: Yoga Education & Research**

Is an affiliated institute to the world class, Bangalore based VYASA TRUST. We are committed to deliver the best in the field of Yoga education and research. Chiranjiv Foundation efficiently runs Yoga courses with the help of dedicated and experienced team under the able guidance of Dr. Sunanda S. Rathi, eminent academician and Yoga researcher and Mentor & advisor Shri. Ramkumar Rathi, Yoga lover and promoter. Both are the driving forces with an aim of bringing qualitative Yoga education in Pune. For all affiliated courses coaching is provided from qualified and experienced faculties in online & offline mode

**Courses Conducted:** Duration Four Months

**1: Inner Engineering**

Week Ends. Saturday & Sunday

**2: Short Term Courses: Online Off line**

**Holistic Management of Health One Week: Two Hours**

1. Yoga For Diabetic Management: YIDM
2. Yoga For Obesity Management
3. Yoga For Back Pain
4. Yoga for Eye Sight Improvement
5. Yoga for improving Digestive System
6. Yoga for Children
7. Yoga For Wellness

**One Day Workshops Duration Three Hours: Theory & Practical Sessions**

1. Corporate Yoga: Stress Management
2. Improve your Immunity: Breathing Techniques
3. Improve your Vital Energy: PET: Pranic Energization Technique
4. MSRT: Mind Sound Resonance Technique
5. Tratak: Improve Focus & Concentration
6. Pranayama
7. Meditation

**Social Contribution in Yoga Fields:**

**Conducting Yoga for Niwara : Male & Female batches last three years**

**Yoga for special Children's at Balkayan Sanstha, Shhishya School**



### **Awards**

- Honored by Pune Municipal Corporation for the contribution in the Social Field
- Marathi Vritapatra Lekhak Sangh, Mumbai Journalistic awards for Best publication
- Dr. D.Y. Patil Jyotisha Research Institute Certificate of honor.
- Honored by Shri Shakaracharya of Sanchi Peeth for contribution in Astrology.
- Commissioner of Pune Police Vighnaharta Award
- Felicitation by Maharashtra Jyotish Parishad Mumbai
- Shahu Modak Puraskar for contribution in Astrology
- Mandashri Puraskar for contribution in Astrology
- “Rajeev Gandhi Excellence Award” by International Economics Forum presented at New Delhi
- Yuwa Bharati Award - International Women’s Day
- Scientific revalidation of Indian Ancient Sciences – Paper Presented at IIT, Delhi –
- Awarded by Karveer Pith Swami Shankaracharya Jayendra Saraswati
- Waniya Vishwa Award –Lady Entrepreneur
- Rajeev Gandhi excellence award of Entrepreneur for SSI,IT unit

### **Workshop**

- Conducted several workshops for children, students and adults on communication skill, leadership, personality development & Public Speaking
- Visiting Faculty: NIA: National Insurance Academy, Balewadi Pune
- Workshops for Stop Diabetes in Urban & Rural area of Maharashtra & Goa

### **Participated & Presented Paper**

- Employer –Employee relationship organized by Rotary International 313
- IIT Delhi, Astrology Scientific revalidation of Indian Ancient Sciences –
- Paper Presented at IT-BT workshop organized at Pune by Pune Vyaspeeth
- Nascom Animation & Gaming at Mumbai 2007