



Dr. SRIKALYAN R M

YOGA AND NATUROPATHY DOCTOR

Certified 200 RYT Yoga Instructor with a clinical background in Naturopathy and Yoga Sciences, blending therapeutic practices with modern wellness approaches. Skilled in conducting engaging, educational, and personalized yoga sessions with focus on breathwork, posture alignment, injury prevention, and mind-body connection. Over 2 year of practical experience leading yoga sessions during training and clinical practice. Known for strong communication, empathy, and ability to connect with diverse student populations. Passionate about empowering individuals toward physical, emotional, and spiritual well-being through the transformative power of yoga.

CONTACT

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- Dr SriKalyan R M

1/381 BHARATHI NAGAR,
COLLECTROATE POST,
RAMANATHAPURAM-
623503 TAMILNADU,INDIA.

SKILLS

- HATHA YOGA, VINAYASA YOGA, YIN YOGA, PRANAYAMA
- OZONE THERAPY
- COMMUNICATION
- PUBLIC TEACHING
- ACUPUNCTURE
- MASSAGE
- CHIROPRACTICE
- PHYSIOTHERAPY
- DIET
- HYDROTHERAPY
- TEAMWORK AND LEADERSHIP IN CLINICAL SETTINGS

LANGUAGE

- ENGLISH - Fluent
- TAMIL - Fluent
- MALAYALAM - Intermediate
- HINDI - Intermediate

EDUCATION

BACHELOR OF NATUROPATHIC AND YOGIC SCIENCE

SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE, SALEM.

CERTIFICATES

- RYT 200
CHANDRA SCHOOL OF YOGA, VARKALA.
- CPR/AED - Willing to complete within 3 months as required.
- DIPLOMA IN ACUPUNCTURE
CUMBUM ACADEMY OF ACUPUNCTURE,SALEM.
- FITNESS
NATIONAL INSTITUTE OF NATUROPATHY, PUNE.
- CERTIFICATE COURSE IN INTEGRATIVE MEDICINE
NATIONAL INSTITUTE OF MENTAL HEALTH AND NEURO SCIENCE(NIMHANS), BENGALURU.
- CERTIFICATE COURSE IN OZONE THERAPY
NATIONAL INSTITUTE OF NATUROPATHY, PUNE.

YOGA TEACHING EXPERIENCE

Yoga Instructor – Sivaraj Medical College Salem, NIN pune and Chandra School of Yoga, Varkala. April 2024 - June 2025

- Taught Hatha and Vinyasa beginner and intermediate sessions.
- Guided breathwork (pranayama), posture correction, and safe modifications.
- Received hands-on feedback from mentors.
- Assisted in group and individual sessions during certification.

RESEARCH & ACADEMIC PRESENTATION

- CASE STUDY SUBMITTED AT NIN PUNE WITH OFFICIAL MENTORSHIP
- CASE STUDY SUBMITTED AT SNYMC WITH OFFICAL MENTORSHIP
- POSTER PRESENTATION AT JSS AHER, MYSURU -Secured 2nd Prize
- POSTER PRESENTATION OF CASE STUDY AT NIMHANS, BENGALUR-IN
PROGRESS OF PUBLICATION

INTERNSHIP & CLINICAL EXPERIENCE

- CLINICAL PRACTICE AT SIVARAJ NATUROPATHY AND YOGA MEDICAL COLLEGE
- CLINICAL PRACTICE AT NATIONAL INSTITUTE OF NATUROPATHY , PUNE
- CLINICAL PRACTICE AT AMMANI HOSPITAL , SALEM
- CLINICAL PRACTICE AT RISHI HEALTH CARE , SALEM

I Hereby declared that all the above details are true to my knowledge

-Srikalyan R M