

RESUME - JAYARAMAN MAHADEVAN (Dr M Jayaraman), Ph.D

- Contact: jramanm@gmail.com, Ph. 9840019124,
- Date of Birth: 14th Oct 1980
- Fields of Work: Yoga, Sanskrit. Traditional Research Methodology

Resume Summary

- Research, Teaching and linguistics work experience - 11 years 2 months
- Membership and Consultancy - 11
- Major Projects - 2
- Books and Chapters – 16
- Papers in Peer-reviewed Research Journals National and international - 14
- Papers Presented in conferences/Seminars - 28
- Invited Talks, Invited Lectures in Seminars, conferences, workshops - 22
- Workshops Conducted - 6
- Seminars Organized - 4
- Awards - 4
- Research Supervision - 2 (ongoing)
- Regular Columns in Magazines – 3 (in Sanskrit, Tamil and English)
- Other Published works – 10+

Details

EDUCATIONAL QUALIFICATIONS

1. **Ph.D. (Sanskrit)**, University of Madras, Jan 2010. Title: The Doctrine of Tantrayukti - A study. o **Research Fellowship** of UGC, New Delhi, National Eligibility Test (**NET**) and Qualified for Lecturership & JRF, 2005.
2. **M.A. (Sanskrit)**, Karnataka State Open University Mysore, 2004. University First Rank. (Equivalence certificate issued by University of Madras.)
3. **M.A. (Journalism and Mass Communication)**, Madurai Kamaraj University, 2008. o **B.A (English Literature, Philosophy and Education)**, Karnataka State Open University Mysore, 2002. University First Rank and Gold medal. (Equivalence certificate issued by University of Madras)
4. **Gurukula Education** in Veda-s (kṛṣṇayajurveda-taittirīya-śākha, mūlam), Vedānta (prasthānatraya-śāṅkarabhāṣyam) and Yoga. Veda Vijnana Gurukulam, Bangalore, 1998-2004.
5. **Diploma in Manuscriptology**, University of Madras, 2008 & **Diploma in Yoga**,(3 semester Yoga teacher Training program) Krishnamacharya Yoga Mandiram 2015 - 2017

TEACHING AND RESEARCH EXPERIENCE

Research – 9 years and 2 months

1. 2015 April – to July 2021 - Director, Research, Krishnamacharya Yoga Mandiram (Krishnamacharya Yoga Mandiram is a **Scientific Industrial Research Organization (SIRO)**, Recognized by the Department of Scientific Industrial Research, Government of India) · 2013 June – March 2015 - Assistant Director, Research Krishnamacharya Yoga Mandiram · 2010 Jan to 2012 June – Assistant Director, Research, Krishnamacharya Yoga Mandiram

Teaching – One and Half years

1. 2012 June to – 2012 December – Assistant Professor (Grade II), Department of Oriental Studies, SASTRA University (Deemed), Thajavur.
2. 2003 June - 2004 April – Lecturer (Acharya) at Veda Vijnana Gurukulam, Bengaluru

Linguistic products development – Six months

2013 January – June 2013 – Manager, Vyoma Linguistic Labs, Bengaluru.

OTHER ONLINE COURSES AND LECTURES

on-going and completed

1. **Yoga Sutra** for Vyasa, Houston, USA , Yoga Therapy Training Certification - Via Internet Since August 2018-Jan 2020
2. **Hathayoga pradeepika** – Verse by Verse in Sanskrit with inputs from Jyotnsa Commentary, free recorded classes, For the sanskritfromhome.in website of Vyoma Lingusitc Labs Foundation, Bengaluru, Since September 2018 -
3. <https://sanskritfromhome.in/course/hathayogapradipika> (ongoing)
4. Set of six audio lectures in Simple Sanskrit on **Six Suktas of Rgveda Samhita** for Sanskritfromhome.in, freely accessible from -
5. <https://sanskritfromhome.in/course/%e1%b9%9bgvedasuktani> audio-lectures-in-samskritaveda (completed)
6. Educational Webinar Lecture sessions on Indian Culture for Vivekananda Cultural centre, a Unit of Ramakrishna Mutt, Chennai - May 14, May 23 , Jun 14, 2020.

MEMBERSHIP AND CONSULTANCY - 11

1. Nominated as **Member of Board of Studies**, Department of Yoga and Alternative therapy, Kavikulaguru Kalidas Sanskrit University, Nagpur, May 2021
2. Nominated as **Member of Governing Board**, Kalakshetra Foundation, An Autonomous Body under the Ministry of Culture, Government of India. April 2021
3. Nominated as **Member, Task force** Traditional Knowledge Digital Library, **Council for Scientific Industrial Research (CSIR)**, Govt of India, New Delhi, Feb 9, 2021.
4. Nominated as a **Member of Academic Council** of Veda Vijnana Shodha Samsthana, Centre for Shastras and Contemporary studies, Recognized as a Research Centre by Karnataka Sanskrit University, Nov 2019.
5. **Review Panel Member, Sankhya-yoga-kosha (An Encyclopaedia on Sankhya and Yoga Philosophy)**, a three year project of Poornaprajna Samshodhana Mandiram, Adarsha Sodha Samsthan, MHRD, funded by Rashtriya Samskrita Samsthan (attended the meeting on 4th March 2019)
6. **Trustee**, Bharatiya Vidvat Parishat, Bengaluru, 2018
7. **Member, Board of Studies**, Department of Sanskrit, University of Madras, Since December 2018 (three year tenure)
8. **Member, Board of Studies**, Department of Sanskrit, Sri Ramakrishna Vivekananda College, Since December 2018 (Two year tenure)
9. **Member of Review board** of International Journal of Yoga Philosophy, Parapsychology and Psychology (www.ijoyppp.org) since Jun 2013.
10. Empanelled as an **External expert** for World Health Organization (WHO) Sponsored project **“Standardization of Yogic**

Terminologies”, Swami Vivekananda Yoga Anusandhana Samsthana, Deemed University, Bangalore, Mar 2011.

11. **“Regional Traditional Scholars meet”** on 17th 18th Feb 2013, Indira Gandhi National Centre for Arts and Culture (IGNCA), Govt of India, New Delhi & the Ved Vignana Maha Vidya Peeth, at the The Art of Living International Ashram **as a Traditional Scholar in Yoga.**
12. Appointed as **External Expert** for the Board of Studies, Division of Yoga and Spirituality, SVYASA Yoga Univesity, Bangalore, May 2014.

MAJOR PROJECTS Completed

1. **Headed the team** for Graded (4 level) self learning course material (books and videos) for Samskrit Through Yoga, योगस्य भाषा - ONGC-CSR funding, Jointly by Krishnamacharya Yoga Mandiram and Samskrit Promotion foundation, New Delhi Dec 2015 – 16 (4 books published, includes videos of lessons for online self-learning)
2. **Chief Investigator**, Yogavaisharadi – www.kymyogavaisharadi.org - a searchable digital repository for classical texts on Yoga - phase 1 and 1a completed 2016 – 2019 - 15 Classical Sanskrit Commentaries of Yogasutras, Hathayogapradeepika (with Jyotsna Sanskrit commentary by Brahmananda), Bhagavadgita have been digitized and are accesible)

BOOKS AND CHAPTERS – 16

1. **Authored - उन्म्य दृष्टम्**, A compilation of Sanskrit poems and Songs of Jayaraman Mahadevan, Published by Vyoma Linguistic Labs, Benglauru, 2020, pgs 164. ISBN: 978-81-943819-2-1

2. Authored **मन्त्रार्थ-चिन्तनम्**, A compilation of Essays in Samskritam on Vedic Mantras, Published by वेदवज्जानशोधसंस्थानम्, ISBN : 978-81-935770-5-9, August 2019. 69 pages.
3. **Authored** a Sanskrit booklet titled - **श्रीरामकृष्ण-उपदेश-पञ्चरत्नम्**, Sri Ramakrishna Mutt, Chennai, ISBN : 978-81-7883-793-2, January 2019
4. **Chapter 6 : On “Feeding Tubes and Oxygen Tanks” for Sanskrit: In the light of the First Sanskrit Commission Report (1956-57)** P.181-202 in the book **Reclaiming Sanskrit Studies : Western Indology & Its Quest For Power**, Edited by Dr.K.S.Kannan, Infinity Foundation India, 2017.
5. **Co-edited** a book with Sandhya Chandrasekar: **Innovative Ideas in Imparting Yoga, A collection of Seminar Papers** published by Krishnamacharya Yoga Mandiram, June 2017, ISBN : 978-81-87847-49-06.
6. **Led the team of Research fellows** in the creation of the 4 level self-learning books/material **योगस्य भाषा** – with Samskrita Promotion Foundation, New Delhi, 2016 **6. Translated** into English (pp.125-233), **Udāttarāghavam of Māyūrāja**, A Rare Sanskrit play discovered and critically edited by Prof.V.Raghavan, published by Dr.V.Raghavan center for performing arts, 2016.
7. **Translated Vyāsa’s Sanskrit commentary to Yogasūtras** into Tamil (Third and Fourth Chapters – Vibhūti pāda and Kaivalya pāda) published by Krishnamacharya Yoga Mandiram, ISBN:978-81-87847-44-1, December 2015, 196 pages with extensive footnotes.
8. **Revised and translated “Yogayajñavalkyasamhitā: The Yoga Treatise of Yajñavalkya”**, published by Krishnamacharya Yoga Mandiram, July 2015, Pages 226, ISBN No: 81-87847-08- 05.
9. **Translated Vyāsa’s Sanskrit commentary to Yogasūtras** into Tamil (Second Chapter – Sādhana pāda) published by Krishnamacharya Yoga Mandiram, ISBN:978-81-87847-39-7, Dec 2014.

10. **Edited** a book **“Dimensions of Yoga”** a compilation of Research papers presented in a National Seminar under the same title. Published by Krishnamacharya Yoga Mandiram, October 2014, ISBN:978-81-87847-38-0.
11. **Edited** a book **“Yoga and Sanskrit”** a compilation of Research Papers, Krishnamacharya Yoga Mandiram ISBN: 978-81-87847-34-2, Feb 2014.
12. **Translated Vyāsa’s commentary to Yogasūtras-s (Samādhipāda)** into Tamil, Krishnamacharya Yoga Mandiram, Nov 2013, ISBN: 978-81-87847-33-5.
13. **Edited with notes** two works on Yoga from Mss – **Aṣṭāṅgayoganirūpaṇam** and **Nādānusandhāna-pañcakam**, Krishnamacharya Yoga Mandiram, August 2013, ISBN:978-81- 87847-31-1.
14. **Authored** a book in Tamil titled **“Patañjali-caritam”**, about the life of Patanjali, Krishnamacharya Yoga Mandiram, Chennai, Jan 2012. ISBN 978-81-87847-29-8
15. **Authored** a book titled **“Patañjali-caritam”**, a Sanskrit prose adaptation (with English Translation) of a Sanskrit poetic work (by Ramabhadra Dikshita, 17th century) Krishnamacharya Yoga Mandiram, Chennai, Apr 2012. ISBN 978-81-87847-30-4.
16. **Co-authored** a section on Astronomy (pp.59- 74) with Dr.R.Ramachandran, Pride of India – a compilation on scientific heritage of India, Samskrita Bharati, Delhi, 2005. ISBN 81-87276- 27-4

PAPERS IN PEER-REVIEWED RESEARCH JOURNALS

National and international – 12

1. The essence of yoga in the light of life and Sanskrit works of Yogi Śrī Sadāśiva Brahmendra, International Journal of Sanskrit Research , 2021, 7 (3), 93-95, ISSN: 2314-7519

2. "The Why and How of a Yogasūtra Commentary - A Study of Relevant introductory verses and nomenclatures of 15 Classical Samskr̥ta Yogasūtra commentaries" , International Journal Yoga - Philosophy, Psychology and Parapsychology, 2020:8: 69-74
3. Mahadevan, Jayaraman. "Imparting Yoga Texts in Samskr̥ta: A Teaching Experiment and Its Outcome." Proceedings of the 17th World Sanskrit Conference, Vancouver, Canada, July 9-13, 2018, Section 17: Sanskrit Pedagogy. Edited by Sadananda Das, 2019. DOI: 10.14288/1.0390880.
4. Unique insights from Rājayogatarala of Rāmasvāmipaṇḍita: An unpublished commentary on Yogatārāvalī ascribed to Śaṅkarācārya. Mahadevan J. Int J Yoga - Philosop Psychol 2018;6:66-73
5. Blending Healing Vedic Recitations and Yogic Practices - A study based on the work at Krishnamacharya Yoga Mandiram, Sruti Shobha, (Research Journal of Samskrita and Samskriti), Volume 5, April 2018, pp.82-97
6. Co-authored: Satish L, Chandrashekar S, Shah D, Mahadevan J. Personal maturity indicators: An assessment tool based on selected concepts from the bhagavad-gītā. Int J Yoga - Philosop Psychol Parapsychol 2017;5:53-60 (peer-reviewed/indexed/international)
7. Facets of Nidrā - in Yogasūtra: Analysis based on the views from Vyasa's commentary and its sub commentaries Int J Yoga - Philosop Psychol Parapsychol 2016;4:8-15 (peer reviewed/indexed/international)
8. New light on Kliṣṭa and Akliṣṭa Vṛttis: Based on the traditional Sanskrit commentaries of Yoga Sūtras, Yoga Mimamsa 2016;48:30-6 (peer-reviewed/indexed)
9. तिरुक्कुरल्-ग्रन्थे योगशास्त्रविचाराः, Sruti Shobha, (Research Journal of Samskrita and Samskriti) Volume 2, Issue 2, April 2015.pp.19-30
10. Vyādhi: Inputs from the yogasūtras and its commentaries on a

predominantly Āyurvedic terminology, Ayurveda Journal of Health, Volume 12, Issue 4, Fall 2014, ISSN: 2372-1804, Published by Centre for indic studies, University of Massachusetts, p.32- 36 (international/peer-reviewed)

11. Aṣṭāṅgayoga in the Purānic lore in śrutiśobhā, Research Journal, ISSN: 23481102, April 2014, pp.14-20 (peer reviewed)
12. योगसूत्रोक्तः एकतत्त्वाभ्यासः एकः विमर्शः -
योगसूत्रसाम्प्रदायिकव्याख्यानां परिशीलनेन कृतमेकम् अध्ययनम् -
"Prajñāloka, Department of Sanskrit, Ramakrishna Mission Vivekananda University, Belur, West Bengal, 2013. ISSN 2320-5911, pg.67-72 (Peer-reviewed)
13. Anantasamāpatti - A technique prescribed by patañjali for the practice of āsana: An analysis of traditional literature. Int J Yoga - Philosophy Psychology Parapsychology 2013;1:75-81 (peer-reviewed/indexed/international)
14. "Prayatnaśaithilya in the practice of yogāsana- A critical survey based on the classical commentaries Yogasūtra-s" has been published in a Yoga research journal Yogamimamsa volume 44 by Kaivalyadham, Pune, April 2012. ISSN 0044-0507, pp.63-74 (Peer-reviewed/indexed journal)

Papers Presented in conferences/Seminars

(Regional – 2, National - 15, International - 11)

YOGA (Regional - 1, National - 8, International - 8)

1. **International** : Imparting Yoga texts in Saṃskṛta – A Teaching Experiment and Its Outcome, 17th World Sanskrit Conference, Department of Asian Studies, University of British Columbia, Canada, 2018 July 9 to 13
2. **International** : Nadanusandhana—A Nada based Yoga practice - Observations based on that for current day practice of Classical

Music and Dance, International Seminar on Natya Yoga,7-8 December, 2018

3. **International:** Presented an Invited paper in the International conference jointly organized by Sri Chandrasekarendra Sarasvati Vishvamahavidyalaya, Kanchipuram and The French Institute of Indology, Puducheri at Kanchipuram on the theme **Unpublished Manuscripts in Sanskrit** on October 5, 2017. Title of the talk : Rājayogatarala of Rāmasvāmī Paṇḍita: A unique text of Multiple interpretation.
4. **National:** Presented an invited paper in the National symposium on Sāttvika and Tāttvika Yoga organized by Jeevana Yoga Pratishthana on the 19th of August 2017. Title of the Talk : Yogajijñāsā – Etymology and Definitions of the term Yoga – A Historical Survery. Youtube link of the talk <https://www.youtube.com/watch?v=IMv8KedfHdA>
5. **National :** Presented a paper titled, Saṃskṛta as a medium to learn Yoga – A Novel Attempt in the National Seminar on “Innovative Methods in Imparting Yoga”, 29th June 2016, Krishnamacharya Yoga Mandiram, Under the auspices of Department of AYUSH, Govt of India
6. **International:** Unique Insights from Rājayogatarala – An Unpublished Commentary on yogatārāvalī of (ascribed to) śaṅkarācārya, 16th World Sanskrit Conference , Sanskrit Studies Centre, Silpakorn University, Bangkok, Thailand, 28th June – 2nd July 2015.
7. **International:** Prayatnaśaithilya and Anantasamāpatti two techniques for practice of āsana prescribed by patañjali, 11th International conference on “Vedic Living in Modern world” World Association for Vedic Studies and Maharshi University of Management at Fairfield, Iowa, USA, July 31 –Aug 3, 2104.
8. **National:** The Wonder that is Yoga: Implications to the Youth of India. National Seminar on Sāhitya, Vedānta and Yoga, organized by Calicut Adarsha Shodha Sansthan, Under MHRD, Govt of India, Kozhikode, Kerala on 25th February, 2016.

9. **National:** Health and Wellbeing route to preserve Vedic recitation traditions, Conference on Preservation of Vedic Recitation Traditions Through Ages: With Special Reference to South India held between 28 – 31 January, 2016 organized by South Zone Cultural Centre (Ministry of culture, Government of India, at Karnataka State Open University, Mysore . on the 30th of January 2016.
10. **National:** Yogic concepts in Tirukkural, National Seminar on Tirukkural, Rashtriya Sanskrit Vidyapeetha, Tirupati March 7, 2015.
11. **National:** Yoga the stress Buster: Its Vedic Moorings, National workshop on “Vedic Living in Modern world” organized by Mambalam Samskrita Vidyalaya on July 20, 2014, Chennai.
12. **National:** Presented a paper titled “The Nature of Aṣṭāṅga Yoga in the Purāṇa-s”, National seminar on Purāṇa-s, Purnaprajna Samshodhana Mandiram, Bangalore, 16th March 2012.
13. **National:** Presented a Paper on Techniques of Calming the mind in the Bhagavadgītā in a National seminar on Indian Approach to Calming The Mind held on 25, 26 August 2007 at Veda Vijnana Gurukulam, Bangalore.
14. **Regional:** Life and Teachings Sadāśīva Brahmendra, Seminar on Yogasudhākara, A commentary on Yogasūtra-s by Sadāśīva Brahmendra on 14 November 2010, Research Department of Krishnamacharya Yoga Mandiram, Chennai.

VEDANTA

(National - 2)

1. **National:** Took part in the panel discussion as part of the National Seminar on Bhagavadgītā and Mental Health (20-21 September 2008 at National Institute of Mental Health and Neurosciences, Bangalore).
2. **National:** Kaholapraśna (The question of Kahola) of Bṛhadāraṇyakopaniṣad in the Annual A.S.N.Shastry Memorial Vedāntagoṣṭhī (symposium on Vedānta), SVYASA, Deemed University (Yoga), Bangalore, March 15, 2006.

TANTRAYUKTI (PhD TOPIC)

(Regional - 1, National - 1 International - 1)

1. **International:** Presented a paper in the Swadeshi Indology Conference – 3, Paper titled “Rediscovering Lost Bridges: Tantrayukit-Tandiravutti Doctrine: A Pan Indian, Trans Lingual Textual Manual” held in IIT Madras, Dec 22-24, 2017.
2. **National:** Presented a paper on The Doctrine of Tantrayukti: Ancient Indian Research methodology” in the National Seminar on Sanskrit in the Modern Context organized by University of Hyderabad, in Hyderabad during 11-13 February, 2008. The paper was published in an annual journal called Śrutiśobhā, Pg.no 48-60 by Veda Vijnana Gurukulam, Bangalore, 2010.
3. **Regional: State Level:** ”Presented a paper on Tantrayukti in the state level Workshop on Research Methodology on 29 October 2007 held at Centre for Interdisciplinary Study and Research in Sanskrit, Canara College, and Mangalore.

OTHER INDOLOGICAL TOPICS – 6

(National 4 , International - 2)

1. **International:** Presented a paper titled - On “Feeding Tubes and Oxygen Tanks” for Sanskrit: In the light of the First Sanskrit Commission Report (1956-57) in Swadeshi Indology Conference (SI 2) was held on the 18th, February 2017 – at IGNCA , New Delhi on the theme – Global Perceptions of Indian Heritage.
2. **National:** Presented a paper titled “Digital tools for imparting Sanskrit for Children” with Ms. Sowmya Krishnapur in a National Seminar on Sanskrit for children organized by Sri Aurobindo Foundation for Indian Culture, Puducheri, 13 April 2013.
3. **National:** Presented a Paper on śalākā-praśna-vidhāna (śalākā system of academic evaluation) in a National seminar on Ancient

Indian learning systems held at Veda Vijnana Gurukulam, Bangalore during 22nd and 23rd July 2006.

4. **International:** Presented a paper The Tradition of Scientific Enquiry In the Upaniṣad-s in the International Vedic Conference held in Gurukul Kangri University, Hardwar Jan 2005.
5. **National:** Presented a paper on The Gurukula System of Education in the National Conference on Indianness in Academic Scenario held in Nagpur Jan 2002.
6. **National:** Presented a paper titled Contribution of Dr.V.Raghavan to the field of Alaṅkāraśāstra in a symposium held as a part of the Dr.V.Raghavan Centenary celebrations, University of Madras, August 23, 2008. Paper published, “punarunmeṣa”, pp.51-63 by Dr.Raghavan Centre for performing arts, 2009.

INVITED TALKS, INVITED LECTURES

in Seminars, conferences, workshops - 21

1. **National Sanskrit University, Tirupati** – Delivered a lecture on "Interdisciplinary Studies and Research in Samskrita" - in the International Webinar on Research Methodology organized by Department of Research and Publication, Jun 2, 2020.
2. **Veda Vijnana Shodha Samsthanan, Bengaluru** - “Bharatiya Research Perspectives from Yogashastra” – in a one day Seminar on Bharatiya-jivana-drishti organized by Veda Vijnana Shodha Samsthana – Centre for Shastra and Contemporary Studies, Research Institute Recognized by Karnataka Samskrita University, Bengaluru, Jan 19, 2020.
3. **Being Sattva, Singapore** - Delivered a Web based lecture Introducing the text Hathayogapradeepika, Nov 30, 2019.
4. **Centre for Yoga Therapy Education and Research, Sri Balaji Vidyapeeth** - Lecture on "Knowledge of Samskrta for Yoga Therapy and Ayurveda" at the, Indo-French Workshop on Yoga and Ayurveda that I made the presentation on the 22nd of October 2019

5. **Veda Vijnana Shodha Samsthanan, Bengaluru The Mythic Society and Maharshi Sandeepani Vedavidya prathishtanam, Ujjain:** An invited lecture “*Elements of Yoga in Rgveda Samhita – A Wide Eyed-exploration*” in Bahvrca-parampara-pradeepanam - Three Day Seminar on Rgvedic Traditions, March 1-3, 2019 at Veda Vijnana Shodha Samsthanan, Bengaluru
6. **Sanskrita Bharati, Chennai** - Delivered a lecture in the Seminar on connection between Tamil and Sanskrit on the topic - सिलप्पधिकारां योगशास्त्रं च" Apr 27, 2019.
7. **Sri Chandrasekarendra Sarawati Vishvamahavidyalaya, Kanchipuram** - Delivered a talk on "Citta Parikarma - Exploring a Yogasutra based framework for Prenatal Education", April 11, 2019, National Seminar on prenatal Education: Ancient Indian Perspectives - jointly organized by Sri Chandrasekarendra Sarawati Vishvamahavidyalaya, Kanchipuram and Sri Aurobindo Foundation for Indian culture, Puducheri.
8. **Indra Gandhi National Centre for Culture and Arts (IGNCA) and French Institute of Indology, Puduchery** : Delivered an Invited lecture on *The essence and Essentials of Yoga from Yogasudhakara of Sadashiva Brahmendra* on the occasion of International Day of Yoga, June 21, 2018
9. **MIT University Pune, Kavikulaguru Kalidasa Sanskrita University, Nagpur and Indic Academy** : National level Tutorial Workshop on Shastra Research Methodology, Delivered a Lecture on, *Indic methodology of thesis construction : Tantrayukti*, Oct 22, 2018
10. **Dr.Raghavan Center for Performing arts:** Delivered a lecture on *Vedānubhūti*, Third lecture in the Sahiti Saurabha Lecture series. as part of 109th birth anniversary of Padmabhushan Prof .V. Raghavan Chennai on 22nd August 2017 at Tattvaloka, Eldams Road, Chennai. Lecture youtube link: <https://www.youtube.com/watch?v=6g4K1qDvbBA&t=1372s>
11. **Sri Chandrashekarendra Sarasvati Vishvamahavidyalaya, Enathur,**

- Kanchipuram:**, Kanchipuram, Special Lecture on *Yoga: Importance and Implications for Samskritist*, 21st November 2016.
12. **Veda Vijnana Shodha Samsthanam, Under Karnataka Samskrit University, Bangalore:** Research Methodology workshop, July 17, 2017 *Research Methodology for the Students of Samskrit* at Veda Vijnana Shodha Samsthanam,.
 13. **Veda Vijnana Shodha Samsthanam, Under Karnataka Samskrit University, Bangalore:** Research Methodology workshop, January 9, 2016 *Research Methodology for the Students of Samskrit* at Veda Vijnana Shodha Samsthanam.
 14. **Sree Sankaracarya University of Sanskrit, Kalady::** Delivered three lectures on Tantrayukti in the three Day UGC-Sponsored National Workshop on Methodological Devices of Indian Sciences with Special References to Ayurveda and Mimamsa. March 21-23, 2016, Topic of Lecture 1: *Compositional Devices of Indian Sciences: Tantrayukti –History and Practice*. Lecture 2 &3: *Thirty Nine Major Devices with Illustrations – from Atikrantavekshanam to Hetvarthah*.
 15. **Sree Sankaracarya University of Sanskrit, Kalady:** *Dimensions of Yoga and Opportunities for Samskritists*, Sanskrit Day Celebrations, Department of Sahitya, on the 18th of September 2015.
 16. **Sri Ramakrishna Vivekananda College, Chennai:** *Basic Tenets of Yoga and its Relevance to the Modern World* on the 4th of August 2015, to the Students of Department of Samskrit, Vivekananda College, Mylapore, Chennai.
 17. **Sangeet Natak Akademi, New Delhi:** Thematic talk, 24th June 2015, titled *Essence of Yoga* in Yog Parv organized by Sangeet Natak Akademi, New Delhi during 21-27 June 2015 on the occasion of World Yoga Day.
 18. **Kalakshetra – college of Fine Arts, Chennai** (recognized as an institute of National Importance by Indian parliament in 1994): Two lectures on *Introduction to kāvyasāstra* and the works of *Kālidāsa* for the post-diploma students on 2-3 March 2015.

19. **MGR Janaki college of Arts and Science for women, Chennai:** *The Vedas that we do not know* for the students of Department of Sanskrit, September 15, 2014
20. **Sri Chandrashekarendra Sarasvati Vishvamahavidyalaya, Enathur, Kanchipuram:** Two lectures in the Sarada gama -2011, special Lectures series on *Elements of Yoga*, Sanskrit and Indian culture Department, on 14 October 2011.
21. **In house Lectures:** Gave many lectures on the Vedas and Yoga to Indian and international students in courses organized inhouse by Krishnamacharya Yoga Mandiram (since 2010). 22. **Sri Jayendra Sarawasti Ayurveda College, Nazrathpet, Chennai:** Delivered a Talk on *Tantrayukti* on November 29, 2007.

WORKSHOPS CONDUCTED – 6

1. **Textual immersion on Asanas** of Hathayogapradeepika, Two Day Workshop, in collaboration with Indic Academy, Bengaluru. held in Bengaluru – 25-26 Jan 2020.
2. Toured USA , to conduct **Textual Workshops on Hathayogapradeepika** at Vyasa Houston and Lectures on Yogasutra at Jahnvi Sanskrit Camp, by Samskrita Bharati August 29 to September 16, 2019.
3. Conducted a - **2-day Tutorial Workshop on Tantrayukti** – Indic Approach to Systematizing Scientific Discourse and Thesis-writing that I was invited to conduct (29-30 June 2019 (Sat-Sun)) at Kavikulaguru Kalidasa Sanskrit University, Ramtek, Nagpur, jointly organized by School of Vedic Sciences, MIT ADT University, Pune, Indic Academy , Hyderabad
4. **Two Day international workshop on Haṭhayogapradīpikā** – A Textual immersion with focus on the Pranayamas at Krishnamacharya Yoga Mandiram, Chennai, on 16 th and 17th February 2019

5. **Two day workshop on Elements of Research Methodology from Ancient Sanskrit Lore** for the PG students and PhD Candidates of the University, at SVYASA University, Bengaluru, on 25, 26 September, 2017.
6. **Two Day international workshop on Haṭhayogapradīpikā** – A Textual immersion with focus on the Asanas at Krishnamacharya Yoga Mandiram, Chennai, on 4th and 5th of August 2017.

SEMINARS ORGANIZED - 4

1. One Day **National Seminar on “Innovative Methods in Imparting Yoga”**, 29th June 2016, Krishnamacharya Yoga Mandiram, Under the auspices of Department of AYUSH, Govt of India.
2. One Day **National Seminar on “Dimensions of Yoga and Its Dynamics”** jointly organized with MOP Vaishnav college for women on July, 4, 2014 at MOP Vaishnav college for women, Chennai.
3. Organized a **One day regional Seminar on “Yoga and Samskritam”** jointly organized by Krishnamacharya Yoga Mandiram and Samskrita Bharati, Tamilnadu on 29th August 2013.
4. **One Day regional seminar on “Yogasudhākara – A commentary on yogasūtras by Sadāśiva Brahmendra”**, at Krishnamacharya Yoga Mandiram, 14th Nov 2010.

AWARDS -4

1. Vidyatirtha Foundation Award, Chennai, Meritorious Scholarship in Vedas & Śāstras 2005.
2. Cash Prize, for University First Rank in Masters Degree, Karnataka State Open University, 2004.
3. Felicitated by the State Bank of India, Mysore, for obtaining University First Rank in B.A (Undergraduation), 2003.
4. Corporation Bank Gold Medal for University First Rank in Bachelors Degree, Karnataka

RESEARCH SUPERVISION

1. Research Supervisor, Department of Sanskrit and Indian Culture of Shri Chandrasekarendra Saraswati Vishvamahavidyalaya (Deemed University), Enathur, Kanchipuram from 23rd December 2013. Supervisor for Two candidates. Co-guide for one candidate.
2. Recognized as a Research Co-Guide by Karnataka Samskrita University, Bangalore, since Jun 2014.
3. Under My co-guideship - One candidate completed PhD and received degree from Shri Chandrasekarendra Saraswati Vishvamahavidyalaya, Jan 2020 – Ms.Arathi Lakshmikara Vallinger - Topic – The Yogic Tradition of Sri Krishnamacharya – An Analytical study

REGULAR COLUMNS IN MAGAZINES – 3

1. **Tamil:** A monthly column in Tamil - வேதமும் நம் வாழ்வும் “ in Tamil monthly magazine” ஸ்ரீராமக்ருஷ்ண விஜயம்” – Since January 2020
2. **Sanskritam:** A monthly Column in Sanskrit मन्त्रार्थचिन्तनम् since 2017 on the meaning of Vedic mantras, “Sanskrita Sri” Magazine.
3. **English:** A quarterly Column in English - Vyutpatti on the etymology of Yogic terms - Since June 2018 in “Darshanam” magazine, Published by Krishnamacharya Yoga Mandiram, Chennai

OTHER PUBLISHED WORKS IN PRINT AND THE WEB MEDIA

1. Sanskrit Translation of Tamil Short stories published in monthly Samskrit Magazine, Sambhashana Sandesha : ISSN. No:22496440
a) पिता पुत्रश्च – February 2016 pp.17-20

- b) केदारस्य माता –April 2016. pp.15-18
 - c) हिमशैलः मम शैलः – March 2017 pp.6-9
 - d) शिथिलं दुर्गम् - पूर्वार्धम् May 2017 pp.13-18
 - e) शिथिलं दुर्गम् - उत्तरार्धम् June 2017 pp.17-21
 - f) सङ्ख्या ८८८ - May 2018, pp.26-30
 - g) पत्रम् अश्रूणि च - February 2019 pp.17-21
2. An Article titled - **Vedic Words and Yogic Deeds**, was published in Yoga Sudha, a monthly journal of S-VYASA, Yoga University, April 2014, ISSN.No: 0972-074X.
 3. **जयेत् नीलतिमिङ्गिलम्**– A set of ten Sanskrit verses on methods to overcome the menace of suicidal blue whale game – Samskrita Sarjana – ISSN : 2395-5910 (Year-3, Issue - 4, October-2017) - <http://sanskritsarjana.in/readmore.php?ne=157>
 4. **Samskritist's View point: Gurukula and Kulapati !** - Article published in the online portal Pgurus.com on Feb 8,2018 - <https://tinyurl.com/yc5znk7e>
 5. Article titled **"Practicing Yoga Does not need Sanskrit" – Is that so?** published in the online portal Pgurus.com on May 11, 2018 - <https://tinyurl.com/y7nbarvm>
 6. The Vedic Citta, certain occurrences of the word Citta in the Taittiriya Shakha of the Yajurveda, Darsanam Vol1.No.2, September 2018, Pp.26-31.
 7. Nādānusandhāna - An Overview of the Hathayogic practice, Darsanam Vol1.No.3, December 2018.pp 23-28 .
 8. "A Day in the Life of a Householder - in the light of Yajnavalkya Smriti" December 2019 Special Issue of Vedanta Kesari , published by Sri Ramakrishna Mutt,Chennai.
 9. Pānka-upāsanā - A Vedic Upāsanā on the oneness of the Microcosm and the Macrocosm, Darsanam, Journal of Krishnamacharya Yoga Mandiram, September 2019.

10.Samaveda and Yoga – A preliminary Exploration, Darsanam,
Journal of Krishnamacharya Yoga Mandiram, December 2019

Note: There are about 37 publications in print and web media
which can be seen here (only 10 of them have been enlisted
above) -

<https://independent.academia.edu/jayaramanMahadevan/Magazine-article---Yoga,-Veda,Vedanta-&-Culture>

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