

BIO DATA

DR. NIMALI THAKSHILA WITHANAGE

Professor of practice
Department of Yoga and Consciousness
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EDUCATION

PhD in Yoga and Consciousness – 2019- 2023

Andhra University (India), Department of Yoga and Consciousness Dissertation: Management of Cardiovascular disease through Yoga and Naturopathy with special reference to Chakra Meditation Research Guide: Dr. Ramesh Babu (Head of Department, Yoga and Consciousness)

MA in Yoga and Consciousness (first class with distinction) – 2017-2019

Andhra University (India), Department of Yoga and Consciousness Dissertation: Method of Buddhist Meditation with special reference to Vipassana Research Guide: Dr. Ramesh Babu (Head of Department, Yoga and Consciousness)

PGD in Yoga and Consciousness – 2015 -2016

Andhra University (India), Department of Yoga and Consciousness Thesis: Yoga Asana, Yoga Pranayama, Yoga Kriyas Research Guide: Dr. Ramesh Babu (Head of Department, Yoga and Consciousness)

PGD in English – 2016 -2017

Andhra University (India), Department of English

BA in Mass Communication (special) – 1999-2003

University of Kalaniya (Sri Lanka), Department of Mass Communication Special Degree in Mass Communication Dissertation: Script writing methods, Cinema and Television Research Guide: Senior lecturer, Aruna Lokuliyana (Head of Department Mass Communication)

SPECIAL MEMBERSHIPS AND AWARDS

1. **Level one Coach of UIPM** Union International De Pentathlon since 23rd January 2023
2. Completed Athlete 365 – Course Conducted by **International Olympic Committee** -12th January 2023
3. Participated Biathel/Triathel World Championship conducted by UIPM on 24th -25th October St.Petersburg Florida USA .As a Head of Sri Lankan delegate and a coach
4. secured Three **National Gold medals** my Athlete in India 2021,2022,2023 conducted by modern Pentathlon Federations of India
5. Two **National Gold medals** in Sri Lanka 2019, 2023 conducted by Modern Pentathlon Federations of Sri Lanka

HONORS AND AWARDS

1. Best Research Paper Award 2024- Indian council of philosophical research

(Topic-Cultivating a peaceful mind
:exploring metta concept in Buddhism
and Chitthprasadam in Yoga)

2. Patanjali Yoga sutra recitation - 2018 Conducted by Andhra University (India) 1st Place

Nationals Children's drama Competition (Rajya Lama Natiya Ulana) - 1999

Conducted by Ministry of Cultural Affairs, Sri Lanka

Best Director

Best Actress

Best Set designing

Best Lighting

Nationals Children's drama Competition (Rajya Lama Natiya Ulana) - 1998

Conducted by Ministry of Cultural Affairs, Sri Lanka

Best Director

Best Actress

UNIVERSITY CHAMPIONSHIPS – UNIVERSITY OF KALANIYA, SRI LANKA

University Champion 1999

Events: 100m, 200m, long Jump, High Jump, shot put, Disk throw, Javelin throw
Netball team captain, Faculty of Humanities

Participated SAAF Games 2002 -Taekwondo

SCHOOL CHAMPIONSHIPS – ANULA VIDYALAYA, NUGEGODA, SRI LANKA

School Champion in Under 11 – Under 21(1986-1996)

Events: 100m, 200m, long Jump, High Jump, shot put, Disk throw, javelin throw

Netball school Team captain

District, Western Province and Nationals

EXTRA RESEARCH EXPERIENCE

Research about Poverty and Alcohol

Institution: Foundation for Health Promotion, Sri Lanka

Organization: Norwegian Institute for Urban and Regional Research (WHO, UNICEF)

Research Guide: Prof. Diyanath Samarasinghe, 1997-1999

Position: Researcher

TEACHING EXPERIENCE IN YOGA**Proffesor of Practice**

Present

Andhra University (India), Department of Yoga and Consciousness

Guest faculty

Andhra University (India), Department of Yoga and Consciousness

2015- 2019

Yoga Instructor

OTHER EXPERIENCE

Ministry of Foreign Employment and promotion, Sri Lanka

2011- 2015

Media Officer and **Editor** - Ratawiruwo magazine and Ratawiruwo news paper

Ministry of Environment, Sri Lanka

2010- 2011

Development officer- Media

Maharaja Organization, Sri Lanka

1999- 2005

Creative Services Executive

Vidura College, Sri Lanka

2008- 2010

Sinhala and Drama Teacher

Upali Newspapers Pvt. Ltd,

1997- Present

Sri Lanka Freelance Feature

Writer

PUBLICATIONS

Books and magazines

1.Hatha Yoga Pradeepika -translation from Sanskrit- 2023

2.Patanajali Yoga sutra -translation from sanskrit- 2023

3..”Script Writing Methods” -Author - Approved as a **Text Book** from Ministry of Education Sri Lanka

publisher: Godage Pvt. Sri Lanka 2006.(Sinhala)

2nd Edition Godage Pvt .Sri Lanka 2017(Sinhala)

.4.Three Children’s story books

Author - 2009

“Katukura Panchage ra sawariya “ (Night Safari with Katukura Porcupine)

“(5000 copies each book Sinhala ,Tamil and English)

Publisher: Room to Read Sri Lanka

5 Pan Pancha”

(bread babay)

“(5000 copies each book Sinhala ,Tamil and English)

Publisher: Room to Read Sri Lanka

6” Samanala Sihinaya

“(Dream of Butterfly)

“(5000 copies each book Sinhala ,Tamil and English)

Publisher: Room to Read Sri Lanka

7.RataViruwo Magazine-

Editor and Writer Published by

Ministry of Foreign

Employments and Welfare. Sri

Lanka .2013-2014

Journal Publications /seminar proceedings

1. International Journal of Multidisciplinary Educational Research ISSN2277-7881.Paper title :”

“Management of Cardio Vascular Diseases through Yoga and Naturopathy “12th December 2021 (*Scopus indexed*)

2.Journal of Emerging Technologies and Innovative Research ISSN2349-5166(*UGC approved*)

“Management of Cardio Vascular Diseases through Yoga and Naturopathy”16.12.2021

3.Europeon Journal of Molecular And Clinical Medicine (EJMCM) (*Scopus indexed*)

“Management of CVD through Yoga and Naturopathy special reference to Chakra Meditation”10.12.2021

4.Two days National conference on Anushtanga Yoga Vedantha for Holistic living. Department Of Yoga and Consciousness, Andhra University ,India.

Paper title : “Postoperative management of the cardiac surgical patient with Heart Yoga Protocol. (Clinical study) “-8,9 July 2023.

5.The International Academic Forum The Asian conference on Arts and Humanities, Toshi Center hotel . **Japan** -1st June 2022 .Acceptance for paper presentation title “Management of CVD through Yoga and Naturopathy “(*Scopus indexed*)

6.Three days National conference on Yoga Sastra ,_Vivekananda Kendra, Kanyakumari, India –

Paper title- “Concept of kundalini in Hatha Yoga Pradeepika” 25-27 February 2022

7.Two days International seminar on Recreating Spaces: language ,Culture and Gender Issues - Department of English .Andhra University, India .

Paper title : “Success of Sri Lankan Women Attributed to Culture :A study of Emotional Connect”-8,9 December 2017

8.Two days International Seminar on UGC Center for SAARC Studies ,Andhra University, India.

Paper title : Role of Bollywood in Emotionally bonding SAARC -30-31 March 2017

PROFESSIONAL TRAINING IN YOGA

Seminar and workshops

1.**Anushtanga Yoga vedantha two days seminar** conducted by department of Yoga and consciousness ,Andhra university, India .

Organized the seminar , one session Chairperson and present a paper. 8,9 July 2023 .

2.**Yoga consciousness for Universal wellness Two days National Seminar** conducted by Department of Yoga and Consciousness, Andhra University, India .

Organized the seminar and facilitated to the delegates.16,17 July 2023

3. Dynamic Approaches to Strengthen Immunity -Traditional and Modern methods” Two days International Seminar Conducted by Department of Yoga and Consciousness , Organized Seminar ,Coordinated International Speakers and Participated .24,25 June 2021

4.Academic Stress management Through Yoga Conducted Two days workshop at Visakha Institute of engineering and technology ,Visag India 5th and 6th June 2021

5.14 days Special treatment for Cardiac Patients Through Kundalini Meditation 14 days’ data collection workshop,Department of Yoga, Andhra University . As Organizer, Researcher of the Project .12-25 February 2020

6.One day workshop on Lifestyle Disease and its Yogic Management . Department of Yoga and Consciousness, Organizer, researcher 11 November 2019

7.International Yoga day celebration Department of Yoga and consciousness. Present a paper ,conducted workshop and Organizing Yoga day celebration. Andhra University (India),15th – 21st June 2019
Conducted work shop - Explanation about the different types of Meditation and Method of Meditation and Practice Yoga and Buddhist Mediation.

8.Impact Of Yoga on Education Issues and Challengers- National Seminar Adhikavi Nananaya University Rajamahendravaram. India
Participated 23,24 February 2018

9.International seminar on Recreating Spaces: Language, Culture and Gender Issues
Department of English Andhra University (India), 8th and 9th December 2017
Present a paper ,Participated .

10. Philosophy in pursuit of peace- Geetham University (India), 19th- 21st January 2016 Second Asian Philosophy Congress
Description: Participated

11.Online workshops conducted in COVID duration. Department Of Yoga and consciousness .Andhra University (India), 2019- 2021
*Yoga Asana Pranayama for Hypertension
*Yoga and Naturopathy for Diabetic Patient *Yoga and Acupressure Points for all disease
*Cardiac Management through Kundalini Meditation, Collaboration with Apollo Hospitals
*Yoga for Children national and international students

11.Heart Yoga for CVD, Collaboration with Apollo Hospitals, ANH Hospitals and King Gorge Hospitals (Vishakhapatnam, India)

LANGUAGES

Sinhala: Native Language

English: Intermediate Listener, Novice Speaker, Advanced Reading and Writing

Sanskrit: Novice Reader and Writer

Paali: Novice Reader and Writer

References:

Prof V.krishnamohan

Registrar (Rtd.)

Andhra University (India)

Phone: +919848289827

Email: vkmoohan1958@gmail.com

Prof. Mrs. Vijaya Ratna J

AU College of Pharmaceutical Sciences

Andhra University (India)

Phone: +918897508508

Email: vijaya.ratna@gmail.com

I hereby declare that the information provided is true and correct. I also understand that any willful dishonesty may render for refusal of this application.

Nimali Thakshila Withanage

Date