

PROFILE

Yoga & Mindfulness Coach |
Published Author | Yoga Therapist

I am a passionate Yoga and Mindfulness Coach committed to promoting holistic well-being through yoga, therapy, and mindfulness practices. As a published author, I bring awareness to healthy living through my books, inspiring individuals to adopt a balanced and mindful lifestyle.

CONTACT

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SANTHI CHEMUDUPATI

WORK EXPERIENCE

- As a Yoga and Mindfulness Educator, I design and conduct specialized programs for schools, helping students improve focus, emotional regulation, and overall well-being.
- I offer therapeutic yoga sessions for individuals seeking relief from physical and mental health concerns.
- I create and manage engaging social media content, sharing insights from yoga scriptures, mindfulness techniques, and holistic health.
- I lead special sessions on International Yoga Day and other wellness initiatives to promote awareness of healthy living.
- As a Corporate Wellness Consultant, I deliver programs fostering stress relief, mindfulness, and workplace productivity.

EDUCATION

- Certified by Sanskruta Bharati for completion of Hyderabad exams (3 level) and attended Shikshana Prasikhan sanskruta shibiram.(1994)
- B.Sc. (Hons) in Mathematics – Sri Satya Sai Institute of Higher Learning (1998).
- M.Sc. In Mathematics – Dr. B.R. Ambedkar Open University.(2001)
- Teacher Training in Yogic Sciences – Soham Yog Mission (2018).
- Yoga Therapy Training – IAYT India Foundation (Primary Yoga Therapist).(2018)
- Certified Yoga Wellness Teacher – Ministry of AYUSH.
- Certified in Ayurveda and Diet for holistic well-being.
- Certified in Acupressure Basics and Yogic Diet for natural healing.
- Certified in Therapeutic Application of Yoga Sutras of Patanjali, focusing on yoga philosophy in healing.
- M.A. in Yogashastra – Kavikulaguru Kalidasa Sanskrit University, Ramtek, Nagpur (CGPA 9.8).(2023)
- UGC NET June 2024 Qualified (97.06+ percentile) – Eligible for Assistant Professorship & Phd admission.
- Certified Mindfulness Instructor for Teens & Young Adults – Happiitude.(2024)
- Certified in Medical Yoga for integrative health practices.(2025)

PUBLICATIONS

Published Author of two books:

- **PSYCHOLOGY OF SERENITY: The Path to Serenity: Four Practices for a Focused and Fulfilling Life**
<https://amzn.in/d/b38EsyC>
- **HARMONY IN HUSTLE: Yogic Techniques to De- stress and Rejuvenate**
<https://amzn.in/d/2LyAOHE>

SKILLS

- **Creativity & Patience** – I bring innovative approaches to teaching and guiding individuals.
- **Leadership & Teamwork**– Skilled in managing and facilitating group sessions effectively.
- **Clear & Polite Communication** – Ensuring an inclusive and encouraging learning environment.

I am excited to bring my expertise to colleges to support students' holistic development, mental well-being, and personal growth through yoga and mindfulness and ancient science of evolution.