

## CURRICULAMVITAE

NAME : Dr. K. Taraka Rama Rao

GENDER : Male

OCCUPATION: Assistant Professor (Contract),  
Dept. of Yoga and Fitness Management,  
DR.BRAU- Srikakulam,

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DATE OF BIRTH : 28-08-1981

Address : S/ Suryanarayana, Door-3-53, SriRamalayam street,Kintali (Vill/Post),  
Ponduru (Mandal), S.M.Puram (Via) Srikakulam(Dist).

### QUALIFICATIONS:

- PhD (Part Time) Yoga, Dept. of Yoga and Consciousness, Andhra University, Visakhapatnam.2022 to till.
- M.Sc In Yoga, Annamalai University.2017-18.
- AP SET (Psychology), 2014.
- M.Ed. Distinction Andhra University.2014-15
- Ph.D IN PSYCHOLOGY, Andhra University.2013
- M.Phil Counseling Psychology , Andhra University.2009-10
- Post Graduate Diploma in Yoga, I st Division, Andhra University 2010.
- Post Graduate Diploma in Child Psychology, Distinction, Andhra University 2008.
- M.A: Psychology, Ist Division Andhra University.2008
- B.Ed. social studies, Ist Division Andhra University.2006
- B.A: Ist Division, Govt. Degree College For Men, Andhra University. 2001

## **Awards:**

- **Prof. ANIMA SEN IAAP MEMORIAL AWARD.** The Indian Academy Of Applied Psychology (IAAP), 2012.
- **ICSSR DOCTORAL FELLOW-2012, NEW DELHI.**

## **ACADEMIC EXPERIENCE**

- Assistant Professor (Contract), Dept. of Yoga and Fitness management, DR.BRAU, Srikakulam, From September,2017
- Teaching Assistant, Dept. of Yoga and Fitness management, DR.BRAU, Srikakulam, From October 2016 to August,2017
- Academic Assistant, Dept. of Yoga and Fitness management, DR.BRAU, Srikakulam, From August,2016 to September 2016.
- Yoga Instructor, Dept. of Yoga and Fitness management, DR.BRAU, Srikakulam, From August,2015 to July 2016.
- Guest Faculty, Dept. of Yoga and Consciousness, Andhra University, 2013 to 2016.
- Psychologist/Counselor , Centre for assessment and counseling, Dept. of Psychology, Andhra University, 2008 to 2014.
- Master trainer and Supportive supervisor, GFATM-7, Andhra University.
- Lecturer in Psychology,Physiotherapy college (VAPMS) Visakhapatnam, 2011 - 13
- Psychologist/Counselor at Human Health Care, Esai, JAPAN, KGH, VSP. 2011-14.
- Psychologist/Counselor DRDA, Srikakulam District 2010 to 2013.
- B.Sc. Nursing College of Nursing (K.G.H) Visakhapatnam, 2008 -2010
- B.Sc. Nursing (Distance Mode) Indira Gandhi National Open University (IGNOU). New Delhi. 2008-2010.
- M.A. Psychology, ( Teaching &Practicum) (Distance Mode), Andhra University, 2007-2010, 2013-15.

## **Administrative Experience:**

- **Co-Ordinator**, Dept. of Yoga and Fitness management & Dept. of Yoga and Fitness Management, from 08-12- 2021 to till.
- **Asst.Dean, Security and Sanitation**, Dr.BRAU SKLM, from 18-09- 2021 to till.
- **Co-Ordinator**, Dept. of Yoga and Fitness management & Dept. of Yoga and Fitness Management, from 01-08- 2015 to 03-12-2020.

**Membership :**

- **Member**, Board of Studies (BOS), Dept. of Yoga and Fitness management, from 2017 to till

**Member in committees organized by Dr.BRAU, SKLM:**

- Hospitality committee for 2<sup>nd</sup> Convocation, 2022
- Security and sanitation committee for 2<sup>nd</sup> Convocation, 2022.
- Security and sanitation committee for NAAC 2021
- Hospitality committee for NAAC 2021

**Publications: 15**

- Youth And Life Skills Education: A Critical Review Emerging trends in Indian Education and Literature, Journal of Emerging trends in English literature and Education, Prudhvi Publishers, Visakhapatnam, 2020. ISBN:978-93-881062-0-7.
- Impact of Yoga module on young Adult with Pre-hypertension, An International/National journal of Education & Humanities Vol.XV, Pg.No.2011-2014, 2018.
- Effectiveness of Yoga on improvement of quality of life among young Adult with Pre-hypertension, An International/National journal of Education & Humanities Vol.XV, Pg.No.2015-201-220, 2018.
- Yoga is an alternative medicine for reducing Type II Diabetes Mellitus among Young Adults, An International/National journal of Education & Humanities Vol.VIII, Number 6, December, Pg.No.154-163, 2017.
- Impact of Yoga module on expansion of Quality of life among young Adults with Type II Diabetes Mellitus, An International/National journal of Education & Humanities Vol.VIII, Number 6, December, Pg.No.164-169, 2017.
- Effectiveness of Yoga And Behaviour Therapy On Mental Health Problems Among Adolescents, Journal of Physical Education and Sports science, vol:11, 2017.
- Efficacy of Behaviour therapy and yoga on emotional and behavioural problems among Adolescents, Journal of India psychology, Andhra University, 2016.

- Prevalence of Attention Deficit Hyperactivity Disorder (ADHD) and its Personal Correlates among Adolescents, *European Journal Of Intellectual Disability(Online)*, September,2013
- Development of scale to assess Attention Deficit Hyperactivity Disorder (ADHD), *Indian Journal of Developmental Disabilities*, New Delhi,2013.
- Efficacy of Behaviour Therapy and Yoga on Adolescents with Attention Deficit Hyperactivity Disorder (ADHD), *Indian Journal of Developmental Disabilities*, New Delhi,2013.
- Efficacy of psychological interventions for learning and behavioural problems of school children. Quality of life and globalization: effective self care interventions, 2012, volume-1, *Prasadpsycho corporation*, No.226-234.
- Early Adolescents: Emotional and Behavioural Problems, *Journal of the Indian Academy of Applied Psychology*, January 2012, Vol.38, No.1, 34-39.
- Adolescent's academic stress and personal correlates, *Indian Journal Health wellbeing*, Vol 2, issue 2, p: 475-477, 2011.
- Emotional and Behavioral Problems among early adolescent's, *Kakatiya University Journal of Social sciences*, Warangal,vol.6 No.172 January-June, July-December, p.p.22-28, 2010
- Intervention program on learning and behavioral problems, *Reforms in higher education prospects for distance education (Edited book)*, Andhra University, Visakhapatnam, 2010.

### **To Be Published: 02**

- Yoga is an alternate therapy for enlargement of Quality of life among middle Age people with Type II Diabetes Mellitus, *EDU CARE*, A multidisciplinary international journal peer reviewed/Refereed Journal , ISSN:2319-5282, APH publishing Corporation, New Delhi.
- Impact of Yoga module on enhancement of Quality of life among Adults with Hypertension, *EDU CARE*, A multidisciplinary international journal peer reviewed/Refereed Journal, ISSN: 2319-5282, APH publishing Corporation, New Delhi.

**National / international Seminars / Conference attended and  
PAPERS PRESENTED: 22**

*International: 12*

*National: 10*

1. Effectiveness of Yoga and Behaviour Therapy On Mental Health Problems among Adolescents, organized by Dept. Of Physical education and Sports sciences, P.BSiddardha college of Arts and Science (Autonomous), Vijayawada from July 07 & 08<sup>th</sup>, 2017.
2. Efficacy of behavior therapy and Yoga on emotional and behavioral problems among adolescents Organized by Indian Social Science Congress, from March 29 to April 2, 2015.
3. Prevalence and personal correlates of attention deficit hyperactivity disorder (ADHD) on Adolescents. 47<sup>th</sup> National and 16<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on Applied psychology in transforming education and management sciences in the context of globalization. Dt: 15<sup>th</sup> to 17<sup>th</sup> Feb, 2012 organized by TVT organized by Dept. of Applied Psychology, Toch-H institution, Ernakulam, KERALA.
4. Emotional and behavioural problems among B.Ed students. 47<sup>th</sup> National and 16<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on Applied psychology in transforming education and management sciences in the context of globalization. Dt: 15<sup>th</sup> to 17<sup>th</sup> Feb, 2012 organized by TVT organized by Dept. of Applied Psychology, Toch-H institution, Ernakulam, KERALA.
5. Academic stress among junior college students. 47<sup>th</sup> National and 16<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on Applied psychology in transforming education and management sciences in the context of globalization. Dt: 15<sup>th</sup> to 17<sup>th</sup> Feb, 2012 organized by TVT organized by Dept. of Applied Psychology, Toch-H institution, Ernakulam, KERALA.
6. Personal correlates: Academic stress on adolescents. National seminar on “Issues and implications of academic stress on students, Department of Education, Dr. B.R. Ambedkar University, Srikakulam, March 16<sup>th</sup> to 17<sup>th</sup>, 2012.
7. Academic stress and mental health on nursing graduates. National seminar on Issues and implications of academic stress on students, Department of Education, Dr. B.R. Ambedkar University, Srikakulam, March 16<sup>th</sup> to 17<sup>th</sup>, 2012.
8. Impact of psychological Interventions on mental health problems of early adolescents, National conference on mental health and spirituality-improving quality of life, Dept of psychology, SPW Degree and PG college, Tirupathi, October 21<sup>st</sup> -22<sup>nd</sup>, 2011.
9. Psychological benefits of physical activity among adolescents, National seminar on prevention of sports injuries and rehabilitation, Dept of physical education, Andhra University, June 9<sup>th</sup> -10<sup>th</sup>, 2011.

10. Influence of personal variables on emotional and behavioral problems among High school students, 46<sup>th</sup> National and 15<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on Life skills for enhancing quality of life. Dt: 4<sup>th</sup> to 6<sup>th</sup> Feb, 2011 organized by Dept. of Applied Psychology, Mysore University, Mysore.
11. Academic stress among adolescents studying in public and private sector institutions. 46<sup>th</sup> National and 15<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on Life skills for enhancing quality of life. Dt: 4<sup>th</sup> to 6<sup>th</sup> Feb, 2011 organized by Dept. of Applied Psychology, Mysore University, Mysore.
12. Efficacy of psychological Interventions for Learning and Behavioral Problems of school Children ” ,Toch-H institution International Conference on TVT organized by Dept. of Applied Psychology, Toch-H institution,Ernakulam,KERALA,2010.
13. A study on effective and behavioural problems among high school students in Srikakulam district, 45<sup>th</sup> National and 14<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on quality of life and globalization: effective self care interventions. Dt: 18<sup>th</sup> to 20<sup>th</sup> Feb, 2010 organized by Dept. of Psychology, Andhra University, Visakhapatnam.
14. Effectiveness intervention techniques of yoga and meditation on personality problems, 45<sup>th</sup> National and 14<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on quality of life and globalization: effective self care interventions. Dt: 18<sup>th</sup> to 20<sup>th</sup> Feb, 2010 organized by Dept. of Psychology, Andhra University, Visakhapatnam.
15. A study on emotional and behavioural problems among adolescent students in Visakhapatnam, 45<sup>th</sup> National and 14<sup>th</sup> International Conference of Indian Academy of Applied (IAAP) on quality of life and globalization: effective self care interventions, Dt: 18<sup>th</sup> to 20<sup>th</sup> Feb, 2010 organized by Dept. of Psychology, Andhra University, Visakhapatnam.
16. ESP ability, belief and self prediction among psychology yoga students using vocabulary - ESP test, National seminar on parapsychology Indian philosophical perspectives.11<sup>th</sup> - 12<sup>th</sup> January, 2010. Department of Psychology, Andhra University, Visakhapatnam.
17. Effectiveness of intervention program on learning and behavioral problems, National Seminar on teacher education & Distance learning,30<sup>th</sup> November.2009. Department of education, Andhra University, Visakhapatnam.
18. Academic achievement and behavioral effects through transcendental meditation among elementary school children, National seminar frontiers of positive psychology. 7<sup>th</sup>-8<sup>th</sup> November, 2009. PG Department of psychology, G.M. (Autonomous) college, Sambalpur, Orissa.
19. The elderly in Ethiopia: challenges and prospects in the 21<sup>st</sup> century, International Conference on Gerontology international syntheses, conference Organized by Department of psychology and parapsychology.
20. Behavioural problems among early adolescents in Visakhapatnam, National Seminar on ‘Youth and Globalization- Issues and Challenges’, Jointly Organized by Department of Social Work, Andhra University and Rajiv Gandhi National Institute of Youth Development, Sriperumbudur. (28<sup>th</sup>-29<sup>th</sup> February 2008).

21. Emotional and Behavioural problems among early adolescent in Srikakulam and Visakhapatnam, of Andhra Pradesh, International Conference on “Adolescent Mental Health” sponsored by American Psychological Association and Indo-Canada. Conducted by Center for Advanced Studies in Psychology Utkal University, Bhubaneswar. From 4<sup>th</sup> to 6<sup>th</sup> February 2008.
22. Well-being of HIV positive male, case study, International Conference on Health Psychology and Counseling – Issues, Opportunities and Challenges. 13<sup>th</sup> to 15<sup>th</sup> November 2007. Department of Psychology, Andhra University, Visakhapatnam.

**National / International Seminars/ Workshops/ Training programme/ Symposia Attended: 19**

- A unique three weeks (21 days) Faculty Development Programme for Science, Engineering and Arts faculty on role of Academia in sustainable development, from June 25<sup>th</sup> to July 15<sup>th</sup>, 2020 organized by Dr.B.R.Ambedkar University-Srikakulam.
- Rural development in India: Issues and challenges with special reference to Andhrapradesh, 30<sup>th</sup> April,2018, organized by Dept. of Rural development and Economics, Dr.B.R.Ambedkar University-Srikakulam.
- One Day International workshop on Water,Air, Hygine Attitudes and Practices,Jan:27,2018 organized by Dept. of Bio-technology, Organic Chemistry and Social work, Dr.B.R.Ambedkar University-Srikakulam.
- One day work shop on IQAC Organized by Dr.B.R.Ambedkar University-Srikakulam-2016.
- One day work shop on Stress management Organized by Dr.Durgabai Desmuk Center for Women Studies-2015.
- Two Week Capacity Building Training Programme For Young Faculty In Social Sciences, Feb 12<sup>th</sup> -25<sup>th</sup> 2014, organized by ICSSR, New Delhi & Dept. of Psychology, Andhra University, Visakhapatnam.
- Supportive Supervision Induction Training Programme, November 20<sup>th</sup> -23<sup>rd</sup> 2013, organized byGFATM-Round-7, Andhra University.
- Three Day Workshop on Research Methodology,24<sup>th</sup> to 26<sup>th</sup> February,2013, organized by ICSSR, New Delhi & Dept. of Psychology, Andhra University, Visakhapatnam.
- Workshop on Behavior modification for special children, April 11<sup>th</sup> to 12<sup>th</sup>, 2012 organized by Dept. of psychology, Andhra University, Visakhapatnam.
- National symposium on Empowerment of socially disadvantaged: Challenges and Remedies, Dt: 16<sup>th</sup> Feb, 2011 organized by Dept. of psychology, Andhra University, Visakhapatnam.
- National work shop on children psychiatric problems, Dt: 20<sup>th</sup> Feb, 2011 organized by Govt. Mental care hospital, Visakhapatnam.

- UGC sponsored Workshop on Research Methodology, 2010, Dept. of Economics, Andhra University, Visakhapatnam.
- National work shop on Counseling skills, Dt: 4<sup>th</sup> to 7<sup>th</sup> August 2009 organized by Dept. of Social work, Andhra University, Visakhapatnam.
- International Conference on Health Psychology and Counseling - Issues, Opportunities and Challenges. 13<sup>th</sup> to 15<sup>th</sup> November 2007. Department of Psychology, Andhra University, Visakhapatnam.
- International Symposium on “Conflicts for personal Growth”. 13<sup>th</sup> July, 2007, Department of Psychology, Andhra University, Visakhapatnam.
- National Workshop on Behavior Technology and its Practical Implications, February 28<sup>th</sup> to 2<sup>nd</sup> March 2007. Department of Psychology, Andhra University, Visakhapatnam.
- National workshop on Psycho diagnostics in Mental Health, 1<sup>st</sup> and 2<sup>nd</sup> August 2007, Department of Psychology, Andhra University, Visakhapatnam.
- UGC sponsored Workshop on Research Methodology, 2008, Academic staff college, Andhra University, Visakhapatnam.

#### **Lectures Delivered : Key note Speaker for**

- Personality development and Academic stress management for high school students, organized by AP Balayogi Gurukulam, Duppalavalsa, Srikakulam, Dt:27-03-2022.
- Social and Behavioural techniques for Covid-19 Appropriate behavior organized by NSS BRAU,SKLM and Andhra university, VSP, Dt:25-02-2022.
- Personality development and Academic stress management for high school students, organized by AP Balayogi Gurukulam, Duppalavalsa, Srikakulam, Dt:27-03-2022.
- Personality development and mental health for high school students, organized by PLN ZPH School, Kintali, , Srikakulam, Dt:-12-12-2021.
- Personality development and mental health for college students, organized by GJC, Kintali, , Srikakulam, Dt:-13-12-2021.
- Stress management through Yoga during Covid-19, organized by IGNOU Regional center, Vijayawada, AP. Dt: 21-06-2021.
- Yoga for mental health, organized by Govt.Degree college Yeleswaram, East Godawari. Dt:21-06-2021.



- Yoga for mental health for high school students, organized by PLN ZPH School, Kintali, , Srikakulam, Dt:-07-12-2020.
- Yoga for mental health for college students, organized by GJC, Kintali, Srikakulam, Dt:-06-12-2021.
- Yoga for physical and psychological wellbeing during Covid-19, by IGNOU Regional center, Vijayawada Dt: 21-06-2020.

**Other experience:**

- Paper setter/ Paper evaluator/External examiner for PG examinations, Andhra University.
- Paper setter/ Paper evaluator/External examiner for PG examinations, Krishna University.
- Observer duty for UG &PG examinations, Dr.B.R.Ambedkar University, Srikakulam .
- Squad duty for UG &PG examinations, Dr.B.R.Ambedkar University, Srikakulam University.
- Facilitator of Psychological counseling / assistance for University campus.
- Supervision of Field work/Outreach activities is conducted by Dr.B.R.Ambedkar University, Srikakulam .

**DECLARATION**

**I hereby declare that the information furnished above is true and correct to the best of my knowledge. If any fact furnished is found to be false at any future date upon verification, I shall be liable for legal action.**

**Date: 23-04-2022.**



**Signature of the Applicant**