

Curriculum Vitae

Name : Dr. Surendra Komatineni
Mother's Name : Smt. Anantalakshmi
Father's Name : Sri K. Nageswararao
Date of Birth : 16/02/1984
Place of Birth : Chirala
Marital Status : Married
Nationality : Indian

Professional Objective :

I am seeking a competitive and challenging educational environment where I can serve the organization and establish a prospective career for myself. I am a dedicated person who want to contribute my skills, knowledge and experience to help the institute to achieve success using both traditional and modern approaches.

Research Interests : Indian Psychology, Indian and western Philosophy, Ayurveda, Yoga and Aesthetics

Teaching experience :

- S.K.M.Junior college, Gadwal as Lecturer from May-2007 to May-2008
- Narayana College, Visakhapatnam as Lecturer from January 2006 to April 2007
- Basic Sanskrit Grammar Course for SIP students (Study in India Programme) at University of Hyderabad, Hyderabad, June-2012 to Nov-2012; June-2014 to Nov-2014
- Cornerstone School, HoD Sanskrit, July-2015 to Present
Pay Scale-45200 UAN-101174642566

Research experience : 11 Years (including PhD) Right now working on research topic named "प्रज्ञापराध in Sanskrit literature" with <https://www.amrita.edu/faculty/svbkvgupta>.

Educational qualifications :

Ph.D.:

University of Hyderabad, Jan – 2016; Topic- “Integrated approaches to Mental Health in Indian Philosophy and Ayurveda”

Synopsis

My Ph.D. work is an attempt at analyzing the concept of mental diseases in Ayurveda and conceiving a preventive Health Care model according to Ayurvedic principles applied in contemporary times. Ayurveda, perhaps the first Health Science in the world, acknowledges the deep relationship between the mind and the body and attributes the state of health or that of disease to this relationship. The key words to understanding this science are namely, balance, equilibrium and harmony between *Vata*, *Pitta* and *Kapha*, the physical entities and *Satwa*, *Rajas* and *Tamas*, the mental entities. Rajas and Tamas described as mental doshas must be restrained while Satva is to be upheld for mental well being. The present work analyses all these aspects and provides a perspective derived from ancient Indian thoughts on mental health. Time tested concepts of Ayurveda, could potentially provide relevant solutions to the society ridden with rage, strife, maladjustment and violence, all disorders in themselves.

The thesis organized into seven chapters begins with the objectives, methodology and review of relevant literature. In this thesis an attempt is made to understand various aspects related to mental illness and deliberate on a foundational understanding of concepts of disease in general in ancient India. *Prajnaparadha*, which means willfully submitting to wrong doings in spite of realizing its consequences on health, is a direct indication of the concept of lifestyle disorders that do not owe their origin to genetic reasons is redefined in this work to suit the present times. Further, a bid is made to study disease predictability by analyzing personality types in Ayurveda using a psychological angle with an attempt at possible correlations with personality types described in modern psychology. An attempt is also made to study the mind and mental disorders described in Ayurvedic literature with possible correlation to their modern counterparts from an Ayurvedic perspective. Spiritual well-being is a means to mental well-being. *Psychosomatic Diseases*, discussed here delves at the symbiotic relationship between the 'psyche' and 'soma' and brings out the wide scope of Ayurvedic perspective on psycho-somatic diseases.

Finally in the chapter titled *Preventive Health care Approaches in Ayurveda Literature* I have consolidated the unique aspects from Ayurveda that could be utilized for present day preventive mental health care. I have suggested a preventive health care model based on diet, lifestyle, moral and spiritual values. Lastly, the preventive aspects of mental disorders is dealt in detail by concluding that upholding Sattva through ethical living, self discipline and morality and spiritual well being are important aspects of preventive health care not taken into account in contemporary times but needs to be explored as a priority in the face of lack of satisfactory solutions to mental health issues in current scenario.

M.Phil.:

University of Hyderabad, Jun-2010; Topic- "Gramatical analysis of 15th &16th sargas of sundarakanda of Valmiki Ramayana"

Synopsis

This work is to prepare a complete analytical data for fifteenth and sixteenth sargās of sundarakāṇḍa of vālmīki rāmāyaṇam. There is no necessity to reiterate the significance of the rāmāyaṇa as an epic in Indian literature. Every human being has to adopt and implement the *dharmās* described through each

character depicted in this magnum opus. But, in the present context, what is the reason for considering sundarakāṇḍa among other kāṇḍas? A very popular commentary called 'tilaka' on Ramayana, says so-

सुन्दरे सुन्दरी लङ्का सुन्दरे सुन्दरी कथा| सुन्दरे सुन्दरी सीता सुन्दरे किं न सुन्दरम् ।।

There are 2874 verses in sundarakāṇḍa spread in to sixty eight chapters. But why only these two selected sargās? 'sītāsandarśanavṛttāntam śrutvā vītaśoko bhaviṣyati' is a popular adage known by the readers of Ramayana. Also, people of religious austerity, believe that by reciting fifteenth sarga, one would be released from the clutches of impoverishment. From the ill effects of the planets according to one's astronaut, specific sargas are prescribed for daily chanting, for purposes otherwise. This small effort would pave the way to apply the same methodology on entire Ramayana or any other Sanskrit text. By generating different kinds of analyses, rāmāyaṇa verses can be understood more effectively.

M.A.(Sanskrit):

Andhra University, Visakhapatnam; May-2007

Subjects- Vedic Literature, Nyaya, NavyaNyaya, Aesthetics, Poetry, Prose and Drama

M.A.(Telugu):

Potti Sriramulu Telugu Universty, Hyderabad; July-2014

Subjects- Literature, Poetry, Aesthetics, Prose and Drama

B.A. (Oriental Languages):

Acharya Nagarjuna University, Guntur; May-2005

Subjects- Vyakarana, Aesthetics, Nyaya, Poetry and Drama

PUBLICATIONS:

- ◆ Published a paper titled “Role of Tantrayuktis in Indian Research Methodology” in Sanskrit Academy Journal-2012.

Aim of this paper is to explore all Tantrayukti methods according to Sanskrit shastric methodology from the treasure house of Sanskrit treatises. Interestingly, all such concepts are embedded in those texts but not explicitly recorded in the name of 'Methodology'. There are several such research methods seen in sanskrit texts. Tantrayuktis are one among those methods. The structure of devising a Sanskrit text is called Tantra-Yukti. Here is an attempt made as to how these get more useful in terms of research methodology. Without implementing such research tools, no book can reach wider audience.

- ◆ Published a paper titled “Concept of etiology in Ayurveda and Westren Medicine” in International Journal of Ayurvedic Medicine.

Disease or *roga* was described as an imbalance of the three humors of the body *vāta*, *pitta*, and *kapha*. The western perspective on disease is recorded around 400 BC. Hippocrates has been considered the father of western medicine, which is otherwise known as biomedicine. He proposed the four humeral theory in which the *Black bile*, *Yellow bile*, *Phlegm* and *blood* are the governing factors of health or disease. Unlike *Āyurveda*, whose theories are founded on universal and holistic principles, and remained the same for over 5000 years, the western theories of philosophy of health and disease etiology have a relatively short history. *Āyurveda* attributes three prominent factors as the basic disease etiology. They are, *asātmendriyārthasam̐yoga*, *prajñāparādha* and *pariṇāma*. In this paper, we tried to trace the ancient Indian concepts of disease etiology".

- ◆ Published a paper titled “*Prajñāparādha* - An overview in *Rāmāyanam*” in Journal of Subashchandra Bose National college for Arts & Science.

Balance or harmony of the *doshas* (*vata*, *pitta* and *kapha*) is a state of health and imbalance or disharmony state of disease. Caraka states three primary factors for disease- *prajñāparādha*, *asātmendriyasam̐yoga* and *kālavipariṇāma*. The action which is done, when one deliberately loses control over one’s knowledge, senses and mind aggravates all doshas known as *prajñāparādha*. In context of equilibrium, *prajñāparādha* has a significant role to play in disease onset. When a person willfully ignores his common sense and wisdom, he himself goes on the path of sickness and disease. *Prajñāparādha* understood deeply also indicates how diseases can be prevented by man by following the path of wisdom. This paper is an attempt to discuss and analyse *prajñāparādha*, and that the role it plays in the process of one's health and disease.

CONFERENCE/SEMINAR PRESENTATIONS:

- ◆ Presented a paper titled “Research Methodology in Arthasastra” in National seminar on “Sanskrit and Science” organised by SCSVMV University, Kanchi, 2011.
- ◆ Presented a paper titled “Tantrayuktis - Technical tools of Scientific writing in Sanskrit Literature” in workshop on “Panian Grammer ” organised by CALTS, University of Hyderabad, Hyderabad, 2011.
- ◆ Presented a paper titled “Disease and Diet- An Ayurvedic Perspective” in National seminar on “Science in Sankrit” organised by Eswara, Hyderabad, 2012.
- ◆ Presented a Paper titled "Assessment of Mental Health through Personality types in Ayurveda " in National seminar on "Stress and Well-being" organised by Dept. of Psychology, Kakatiya University, Warangal, 2014.

WORKSHOPS\SEMINARS\SYMPOSIUM\CONFERENCE ATTENDED:

- ◆ Participated in Two Days Workshop on Phanini Grammer conducted by Sanskrit Academy, Hyderabad.
- ◆ Participated in All-India Conference of Linguistics held in University Of Hyderabad on Dec 2009.
- ◆ Participated in the AYURYOG-2010, conducted by Dept. Of Sanskrit Studies held in University Of Hyderabad.
- ◆ Participated in the National Seminar on “संस्कृतं संस्कृतिः समाजश्च” held in Sanskrit Academy, Hyderabad.
- ◆ Participated in the AYURYOG-2011, conducted by Dept. Of Sanskrit Studies held in University Of Hyderabad.
- ◆ Participated in the SCONLI-5, Feb-2011 organized by CALTS in University of Hyderabad.

EXTRA CURRICULAR ACTIVITIES:

- ◆ Certified in Bharat Scouts&Guides Training.
- ◆ Held the position of Student Representative in Graduation and Post Graduation.

LANGUAGES KNOWN : Sanskrit, English, Hindi, Telugu (Read, write, Speak)

SCRIPTS KNOWN (ANCIENT) : Grantha and Brahmi

COMPUTER SKILLS :

Advanced knowledge of Microsoft ® Windows environments, Linux Operating System, and Office package (Word, Excel, Access, PowerPoint, FrontPage and Outlook). Simple Perl and Python Programming

ACHIEVEMENTS/AWARDS :

- ◆ Achieved Gold medal in M.A. from Andhra University.
- ◆ College topper in all three years of my Graduation.
- ◆ Stood State First in the PG Entrance Examinations (AUCET).

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REFERENCES:

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Date: 28/04/2021

Station: Hyderabad

(S/d)

K. Surendra