

ALURI SHIVA RAMULU

Experienced Yoga Practitioner, Corporate Yoga Trainer & Holistic Health Trainer
Hyderabad, Telangana, India

PROFESSIONAL SUMMARY

Dedicated and passionate Yoga Practitioner since 1989 and a retired public sector professional from the National Informatics Centre (NIC). Combines a strong technical background (B.Tech ECE) with deep therapeutic yogic knowledge (PG Diploma in Yoga) to deliver impactful health transformations. Specializes in managing modern lifestyle diseases, weight management, and musculoskeletal relief. Currently leading community wellness initiatives by offering free yoga instruction at Indira Park, helping diverse groups achieve optimal physical and mental well-being.

AREAS OF EXPERTISE & THERAPEUTIC SPECIALIZATIONS

- **Weight Management:** Proven structures for healthy weight loss and customized muscle/weight gain routines.
- **Corporate Yoga & Workplace Wellness:** Conducts yoga and wellness sessions designed to reduce workplace stress, improve flexibility, enhance concentration, and promote employee well-being.
- **Pain Management:** Targeted Asanas and structural corrections for chronic back pain, neck pain, and joint stiffness.
- **Lifestyle Disease Reversal:** Therapeutic yoga strategies for managing diabetes, hypertension, stress, and thyroid imbalances.
- **Holistic Wellness:** Integration of Asanas, Pranayama (breathwork), and meditation for overall mental clarity and physical vitality.

YOGA PRACTICE & INSTRUCTIONAL EXPERIENCE

Independent Yoga Trainer & Practitioner | 1989 – Present

- Maintained over 3 decades of dedicated personal yoga practice and continuous study of holistic Vedic wellness methodologies.
- Successfully trained hundreds of individuals from diverse age groups, customizing routines based on individual health limits.

Community Yoga Instructor | Indira Park, Hyderabad | Present

- Organizes and conducts daily free public yoga sessions focused on community health and accessibility.
- Guides practitioners through posture alignment, respiratory regulation, and therapeutic routines for modern stress relief.

PAST CORPORATE EXPERIENCE

Retired Central Government Employee | National Informatics Centre (NIC)

- Served as a dedicated professional at NIC, managing technical and administrative operations with high diligence.
- Utilized deep yogic techniques during this tenure to manage workplace stress and promote corporate wellness awareness.

EDUCATION & CREDENTIALS

- Post Graduate Diploma (PG Diploma) in Yoga
- Bachelor of Technology (B.Tech) in Electronics and Communication Engineering (ECE)

KEY STUDENT REFERENCES

The following long-term students can vouch for the effective training, therapeutic results, and transformation experienced under my guidance:

- **VR Chary (80 Years):** Successfully reversed Type 2 Diabetes.
- **AK Ganesh (65 Years):** Completely healed chronic lower back pain and corrected executive lifestyle imbalances.

This is for informational purposes only. For medical advice or diagnosis, consult a professional. AI responses may include mistakes.