

Dr. Poornima K Murthy - Profile



Dr Poornima K Murthy is the Director and Chief Consultant of **Prajna Kuteera a Unique Ayurveda Panchakarma Rejuvenation Centre & Abhijna International Academy of Ayurveda and Yoga**, at Mysore Karnataka, India. A Gold Medallist from the University of Mysore, she is a **Member of the Rashtreeya Ayurveda Vidyapeetha**, New Delhi. A Ph.D scholar of Yoga, she is the Secretary of the **Global Alliance Of Traditional Health Systems(GATHS), India & The Mind Body Spirit Society Of India (MBSSI)**, The NGO that she is a treasurer of, **Swami Vivekananda Research Institute of Medical Sciences and Rural Development Centre (R)**, Mysore and Tumkur Districts, Karnataka, India that caters free medical services to rural areas. She has directed innumerable health camps and Yoga therapy camps under this umbrella. **Dr Poornima** several Research papers to her credit and has been a prominent voice at various International Conferences. A Member of **South Asian Society For Atherosclerosis And Thrombosis (SASAT) India** and the Visiting Faculty, **National Institute of Integrative Medicine (NIIM)**, Melbourne & the Australian Institute of Holistic Medicine, Perth, Australia & **Bharatiya Vidya Bhavan**, Mysore. It was her dream to bring the three Vedic sciences viz., Music, Ayurveda and Yoga into one focus under one roof. This heralded the founding of **Raaga Music Academy, ® Mysore** of which she is the Managing Trustee. **RAAGA** has been promoting wellness through Music since 2013.

She was Awarded the **Rotary –Vijay Vocational award** for her yeoman service to the society in the field of health care and the **Saarthaka Seva** award by **Kautilya Vidyalaya**. The **DHARMA** award at **Los angeles**, USA was in recognition for her outstanding contribution to promotion of Ayurveda Globally & the **Vachaspathi** award 2012 for best paper presentation at the **4th International conference on Skin, Spa and Beauty** by **AAPNA (Association of Ayurveda professionals of North America) USA** in September 2012.