**RNS FIRST GRADE COLLEGE**

(A Unit of R N Shetty Trust)

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| Discover Yoga Beyond Exercise with Kamala Bharadwaj **DEPARTMENT OF MASTER OF BUSINESS ADMINISTRATION****PROF. KAMALA B.L****Designation:** Assistant Professor - RNSFGC MBA **Official Email ID:** kamalabharadwaj9786@gmail.com |

**Profile:**

Kamala Bharadwaj is a dynamic professional with a diverse skill set, blending expertise in finance, economics, yoga, naturopathy, and education. With a unique career spanning multiple domains, she has made significant contributions, ranging from investment advisory to academia and wellness. A passionate educator, speaker, and writer, she has represented India on global platforms and has received prestigious awards, establishing herself as a thought leader in integrative medicine, yoga, and alternative wellness. Her interests also include adventure sports, classical arts, and digital content creation.

Currently, Kamalabharadwaj serves as the Head of Yoga and Operations at Kshemavana, a premier naturopathy and yoga wellness center in Bangalore. In this role, she leads the yoga and wellness operations, designing specialized yoga and integrative medicine programs and conducting research-based practices and wellness retreats. She is also a Yoga Instructor at Golds Gym (now Cult Fitness), where she customizes yoga and naturopathy treatments for clients. Previously, she has worked as an Economics Lecturer at Deeksha PU College, teaching economics to CA aspirants, and as an Assistant Professor at Jain University, where she taught economics and management subjects to BCom, MBA students, and CA aspirants.

Apart from her teaching career, Kamalabharadwaj is also an accomplished content creator and educator. She has created over 350 educational videos for homeschooling and continues to contribute significantly to the digital education space. Her expertise spans project management, public relations, teamwork, time management, leadership, effective communication, critical thinking, and digital marketing, which she applies across her various roles. Fluent in English, Kannada, and Tamil, and with basic proficiency in Telugu and Samskritha, she is well-equipped to engage with diverse audiences.

Her commitment to excellence and holistic wellness, combined with her academic and professional background, makes her a well-rounded and respected figure in both the wellness and educational sectors.