

CURRICULUM VITAE
Rammohan V. Rao PhD

Address: 69 Rosewood Dr
Novato, CA 94945

Phone 415 895 1079

E-mail rrao2006@gmail.com

EDUCATION & TRAINING (Ayurveda):

INSTITUTION/LOCATION	DEGREE	YEAR	FIELD OF STUDY
California College of Ayurveda	Clinical Ayurvedic Specialist (CAS)	2003-2006	*Ayurveda
California College of Ayurveda	Pancha Karma Specialist (PKS)	2003-2006	*Clinical Ayurveda and Rejuvenative therapies

PROFESSIONAL APPOINTMENT:

2006-2009	California College of Ayurveda	Faculty Teacher: Year 1 and Year 2 programs
2010-	Yoga Alliance-North America	200h-RYT

Research Thesis:

Ayurvedic Approach to Age-Associated Macular Degeneration. A Research Thesis submitted to the California College of Ayurveda in partial fulfillment of the requirements for the degree of Clinical Ayurvedic Specialist. (<http://www.ayurvedacollege.com/MacularDegeneration.htm>).

**Accepted for a presentation at NAMA-April 2010, San Francisco*

***2003-2006:** Awarded the **Clinical Ayurvedic Specialist (CAS)** degree from California College of Ayurveda (CCA), the oldest state-approved college for the study of Ayurvedic Medicine in America, recognized, acknowledged and endorsed by Gujarat Ayurveda University, Jamnagar. The entire course involved a three tier approach: Level One: Ayurvedic Health Educator (A.H.E.) Certificate (543 hours); Level Two: Ayurvedic Health Practitioner (A.H.P.) Certification Program (882 additional hours); Level Three: Clinical Ayurvedic Specialist (C.A.S.) Program (Internship/Residency) (307 additional hours).

Dec 2006-2009: Teaching Faculty at San Francisco. Teaching Ayurvedic Philosophy, Psychology, Diagnostics, Pathology, Herbalism, Nutrition and Therapies, Clinical Diseases and Ayurvedic approach to treatment.

PUBLICATIONS (Ayurveda):

- Rao RV.** GURMAR: The Sugar Buster, November 2009, LA Yoga Magazine
Rao RV. Mung: The Queen of Beans, May 2009, LA Yoga Magazine
Rao RV: Longevity: Wine, Grapes, Amla & Ayurveda, March 2009, LA Yoga Magazine
Rao RV. Ashwagandha and the Neuronal network. *The Ayurvedic Oracle*; 4 (1); 2006
Rao RV. Ajna Chakra Illuminates the Parietal Eye. *The Ayurvedic Oracle*; 3 (4); 2005
Rao RV. Curry Spice for Alzheimer's Disease. *The Ayurvedic Oracle*; 3 (3); 2005
Rao RV. Improving Grip Strength. *The Ayurvedic Oracle*; 3 (2); 2005
Rao RV. The Path to Longevity. *The Ayurvedic Oracle*; 3 (1); 2005
Rao RV. A Spicy treatment. *The Ayurvedic Oracle*; 2 (4); 2004

Talks, Classes and Lecture Series:

1) Introduction to Ayurvedic Nutrition: January 2010-June 2010: By Radhika Sitaraman and Dr. Ram Rao. The purpose of the monthly workshop series is to offer training on Ayurvedic nutrition and cooking in a friendly informal setting surrounded by nature and peace. <http://www.itkculinary.com/classes.html>

2) PANCHA-TANMATRA CHIKITSA-2009: (5-SENSE-THERAPIES): Five workshop series held at Safronya Retreat, San Rafael, 7.00-9.00pm: (1) Thursday, March 26, (2) Thursday, April 9th, (3) Thursday, April 23rd, (4) Thursday, May 7th, (5) Thursday, May 21st. *Instructor: Rammohan Rao, Ph.D, CAS*

3) Ayurvedic Nutrition for Body and Mind: A 10 week workshop to learn more about proper diet & nutrition for those who already practice an Ayurvedic lifestyle. Marin Ayurveda, Fairfax: 10 week workshop, **October-November, 2008**, Tuesdays: 7.00-9.30pm. *Instructor: Rammohan Rao, Ph.D, CAS*

4) Mind-Body connection Series: Ayurveda and Conscious Eating: Elephant Pharmacy, San Rafael July 16, 2006, 2:30-4:00 PM. Learn why there is no one-diet-fits-all approach, but rather a consciousness on the part of every individual of what works. Then explore guidelines for healthy eating based on different constitutions. *Instructor: Rammohan Rao, Ph.D, CAS*

5) Mind-Body connection Series: Ayurveda and Personality: Elephant Pharmacy, San Rafael March 18, 2006, 2:30-4:00 PM. Learn how each individual is unique and how Ayurvedic treatment is based on the physiology and the unique constitution of each individual. *Instructor: Rammohan Rao, Ph.D, CAS*

6) Ayurveda: Principles, History and Philosophy: Stanford Radio Program: Jan 2006; 3.00-6.00pm. Panel discussion on Principles of Ayurveda & Ayurvedic Medicine by *Debra Riordan, Jay Apte and Rammohan Rao*

MEMBERSHIP

- 2006-present: National Ayurvedic Medical Association (NAMA)
2010-present: Member-Research Board; Association of Ayurvedic Professionals of North America (AAPNA)

RESEARCH AND PROFESSIONAL EXPERIENCE (OTHER)

Business Address: Buck Institute for Age Research
8001 Redwood Blvd
Novato, CA 94945

Phone 415 209 2280

E-mail rrao@buckinstitute.org

Present Position Research Associate Professor

06/07-Present	Buck Institute for Age Research Novato, CA	Research Associate Professor
07/03-05/07	Buck Institute for Age Research Novato, CA	Staff Scientist
01/1999- 06/2003	Buck Institute for Age Research, Novato, CA	Staff Research Investigator
1992-1998	Department of Biochemistry & Molecular Biology, Mayo Clinic, Rochester, MN	Research Fellow

EDUCATION/TRAINING

INSTITUTION/LOCATION	DEGREE	YEAR	FIELD OF STUDY
Christian Medical College & Hospital, Vellore, India	Ph.D.	1986- 1992	Biochemistry & Neurological Science
M.S.Univeristy, Baroda, India	M.Sc	1985	Biochemistry & Nutrition

Area of Specialization:

- Misfolded proteins, Endoplasmic Reticulum stress and neuronal cell death
- Neurodegeneration and Programmed Cell death: Implications in Alzheimer's disease and Stroke
- Human embryonic stem cell differentiation: Coping with ER stress

Honors:

- Faculty of 1000 Biology: evaluations for **Rao RV** et al *J Biol Chem* 2002 Jun 14 277 (24): 21836-42; Evaluation by Yigong Shi: Faculty of 1000 Biology, 15 Jul 2002: <http://www.f1000biology.com/article/id/1007724/evaluation>
- Faculty of 1000 Biology: evaluations for **Rao RV** et al *Cell Death Differ* 2006 Mar 13 (3) :415-25; Evaluation by Helen Gruber: Faculty of 1000 Biology, 21 Feb 2006: <http://www.f1000biology.com/article/id/1031037/evaluation>
- Best Presentation, Society of Biological Chemists, India, 1991, "Aryl acylamidase and Peptidase activities of human serum butyrylcholinesterase"
- CSIR Senior Research Fellowship Award; 1990-1992
- UGC Junior Research Fellowship award; 1986-1992

Professional Affiliations:

1996-present American Society for Neurochemistry.
2010- Life member: Society for Neurochemistry-India

Peer Reviewed Research Publications: 38

[http://www.ncbi.nlm.nih.gov/pubmed?term=%22Rao%20RV%22\[Author\]](http://www.ncbi.nlm.nih.gov/pubmed?term=%22Rao%20RV%22[Author])

BOOK CHAPTERS

1. **Rao RV**, Bredesen DE. (2007) Tumor Necrosis Factor (TNF) and Neurodegeneration, 47-65; In: Khare S, Ed. *TNF Superfamily*. Georgetown: Landes Bioscience/Eurekah.com; New York: Kluwer Academic/Plenum Publishers.
2. Bredesen DE, **Rao RV**, Mehlen P. (2007) Programmed Cell Death and Its Role in Neurological Disease, 125-144; In: Waxman SG, Ed. *Molecular Neurology*: Elsevier Academic Press.

INVITED RESEARCH AND ACADEMIC PRESENTATIONS

- Invited Speaker: National Institute of Nutrition, Hyderabad, October 2008
- Invited Speaker: University of Hyderabad, Hyderabad, November 2007
- Invited Speaker: CDFD, Hyderabad, November 2007
- Invited Speaker: NIMHANS, Bangalore, December 2006
- Invited Speaker: IISC, Bangalore, December 2006
- Invited Speaker: CCMB, Hyderabad December 2006
- Visiting Faculty: University of Mexico at Cuernavaca and Mexico City, December 2005

REVIEWER

PloS Biology, J. Biol Chem, Cell death and Differentiation NeuroMolecular Medicine, Neuroscience Letters, J. Neuroscience, J. Neurochemistry, Aging Cell.

ACADEMIC FUNCTIONS

Member, Buck Animal Care and Use Committee, Buck Institute
Head, Summer Internship Program, Buck Institute