**Dr. Sweta Shrivastava**

DokriGhat Para, Jagdalpur Chhattisgarh PIN - 494001 Mobile : 09131900300

email Id : swetabnys055@gmail.com

**Job Objective :-**

To gain a good position as a physical therapist and to enhance experience in the field of naturopathy and yogic science. Also to serve and cure patients with my expertise and skills in naturopathy diagnosis and yogic science.

**Professional Qualification :-**

* Bachelor in Naturopathy and Yogic science with 61% from PanditRavishankar Shukla University Chhattisgarh in 2008.
* Certification course in Reiki - First and second degree in 2008 from PanditRavishankar Shukla University Chhattisgarh, in 2008.

**Professional Experience :-**

As a part of my degree in naturopathy and yogic science. I have undergone the following internship programs.

**1. Institute of Naturopathy and Yogic Science, Jindal Nagar, Bangalore**

Assignment : (a) Hypothyroidism (b) Medicinal use of neem

Duration : 30 days (October 2007)

Project experience :

1. Hypothyroidism : I learned how :

* Ayurveda treatment heals the immune and endocrine systems which govern the body's constitution. I also learned the medications, massage therapy, specific dietary recommendations, anointing oils and exercise that the incorporated into a total healing plan from hypothyroidism.
* Yogasnas such as the lion posture (Simhasana), the dead posture (Shavasana), and special breathing technique (Pranayama) are useful in curing hyperthyroidism.

**(b) Medicinal use of neem. I learned how.**

* To prepare neem ointments and eye drops. medicinal properties of neem and its use as an air purifier and preventive against malarial fever, acne, pimples and cholera, flatulence and curing spasmodic discorders.

**2. Kayakalp& Research Centre, Dhanani, Sikar, Rajasthan**

Assignment :: Diabetes Mellitus

Duration :: 60 days (November to December 2007)

Project Experience ::

This important assignment helped me

* Learn how diabetes mellitus can be cured with naturopathy and yogic science.
* Get exposure to many diabetic patients who got benefited by yogasana, diet control. meditation and fruitful consultation and cured with naturopathy.

**3. Institute of Nature Cure and Yogic Science, Pune**

Assignment :: Case studies on various diseases

Duration :: 90 days (January to March 2008½

Project Experience ::

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I got exposure to various on-site case studies on the role of naturopathy for cure of Obesity. Diabetes, Hypertension and Paralysis, I learned how.

* Yoga helps to gain a better understanding of one's self, leading to acceptance and appreciation which will help eliminate the psychological reasons for Obesity and how it deals with the mind, body and spirit, giving a person control over his mind and body and making the effect as more permanent than other techniques.
* Diabetes is highly preventable through proper diet, exercise and lifestyle change. The Yoga principle on Healthy Diet and the practice of the Asanas will help balance the endocrine system, tone the abdominal organs, stimulate both the nervous and Circulatory System, and reduce stress and hypertension and paralysis.

**4. AarogyamDham, Paras Nagar, Nagpura, Durg, Chhattisgarh**

Assignment :: (a) Cancer (b) Parkinsonism

Duration :: 180 days (April to October 2008)

Experience :: This assignment helped me learn how naturopathy helps patients with cancer and Parkinsonism. I learned

* Application of yogic science in enhancing physical and emotional wellness-and bringing peace and calmness to many patients
* How yoga has emerged as an alternative therapy to Parkinson's disease for its slow movements in exercises.

**Educational Qualification:**

* Higher Secondary from Madhyamic Chhattisgarh Board 2003 with second division
* Senior Secondary School from Madhyamic Madhya Pradesh Board, Bhopal with second division

During my degree in Naturopathy and Yogic Science, I have gained fundamental knowledge in the following areas

**General medical studies:**

\* Anatomy \* Microbiology

\* Physiology \* Preventive and social medicine

\* Biochemistry \* Modern diagnosis

\* Pathology \* Obstetrics and Gynecology

**Naturopathy studies:**

\* Philosophy of Nature Cure \* Acupuncture

\* Fasting therapy \* Physiotherapy

\* Hydro therapy \* Chromo and Magneto therapy

\* Mud therapy \* Yoga therapy

\* Nutrition, Dietetices and Herbology \* Facial and lris diagnosis

\* Acupressure and reflexology \* Manipulative therapy

\* Yoga application

**Conferences/Workshops attended:**

National level Naturopathy & Yoga conference in July 2005, Raipur

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**Personal Information:**

Strengths:

* Excellent analytic skills
* Ability to work in with a diverse population of patients.
* Positive approach towards all sorts of critical situations.
* Ability to handle the responsibilities of processing prescriptions and perform verification check for multiple dispensing systems at a time.

**Working Experience :-**

* (RMO – POST ) NAV Nirman Nature Cure Centre,Dongergaonwadi, Pauna Road

Lonawala(Mumbai) 01.09.2008 to 20.05.2009 ( 09 Months)

* (MO- POST ) P.D. Ruia Naturopathy & Health Resort Dhanani, 332318 (Rajasthan)

Distt - Lachhmangorh.

(From 01.06.2009 to 21.11.2010) ( 17 Months)

* (MO- POST ) Kayakalp Research Institute for Yoga & Naturopathy, Palampur (Himachan Pradesh) DisttKangra PIN 176061

( From 14.12.2010 to 14.12.2011) ( 12 months)

* (Principal) ( Vivekanand Yoga & Naturopathy Medical College, Bajor Distt - Sikar (Rajasthan)

(From 08.02.2012 to 31.12.2012) ( 11 months)

* (MO-POST)ParmarthNature Cure & Yoga Centre, ParmarthNiketan - Rishikesh(Uttarakhand)

PIN 249304

(from 07.01.2013 to 30.09.2013) ( 09 Months)

* (Principal ) Vivekanand Yoga & Naturopathy Medical College, Bajor Distt - Sikar (Rajasthan)

From 01.02.2014 to 10.04.2018 (3years,3months

* (MO- POST) Yugrishi ArogyaDharm Naturopathy Hospital , bakkarwala New Delhi.

(From 24.10.2017 to 31.07.2018 ) (9 months)

**Personal Data :-**

Date of Birth :: 17 October 1985

Gender :: Female

Marital Status :: Married

**Place :**

**Date :**

**(Dr. Sweta Shirvastava)**