



DR. TANMAYA.D

CONTACT

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PERSONAL DETAILS

- Date of Birth : 14/07/1999
- Marital Status : Single
- Nationality : Indian
- Place : Kadur

SKILLS

- Clinical skills - Proficient in patient evaluation health assessment and treatment planning.
- Interpersonal skills- Excellent communication .
- Administrative skills
- Research Acumen
- Therapeutic interventions, pain management , bed side care, wound management , interdisciplinary team co-ordination.

LANGUAGES

- English (Fluent)
- Kannada (Fluent)
- Hindi (Fluent)
- Telugu (Basic)



PROFILE

Passionate and dedicated fresh graduate in Naturopathy and Yogic Sciences seeking an entry-level position to contribute holistic knowledge in natural health, wellness, and therapeutic practices. Eager to learn and implement a blend of naturopathy and yoga to foster healing and well-being in a professional environment.



EDUCATION

Bachelor of Naturopathy & Yogic science 2017-2024

Government college of Naturopathy & yogic science

Mysuru

MD Acupuncture 2024 -

Jingwell Academy of education and research
Pursuing



EXPERIENCE

INTERN SEP 2023 - SEP 2024

**Government Nature cure & Yoga Hospital
Mysore**

- Documented patient medical histories, complaints, and all patient-related communications.
- Treated various Lifestyle related diseases using naturopathic modalities.
- Worked in all different departments related to naturopathic medicine .
- Did various case studies using the clinical data

INTERN JAN 2024 - FEB 2024

**Swami Vivekananda Yoga Anusandhana
Samsthana, Bangalore.**

- Therapeutic Application of yoga, Yoga of rehabilitation, Yoga for perception and performance.
- Pain Management techniques acupuncture , Nutrition.

INTERN MAR 2024 - APR 2024

PKTB Sanatorium Mysore

- Assisted various examination, procedure, and treatments.
- Treated various lung related disorders and assisted modern, treatment modalities with naturopathy and yoga
- Gave integrative care to the patients.

INTERN SEP 2023 - SEP 2024

**Laxmidevamma maternity hospital
Mysore**

- Learnt about natural birth process
- Gave integrative care to the patient s suffering farm gynecological disorders.
- Guided with Yoga to pregnant women's and educated them about nutrition during pregnancy .

- Attended different OPD departments like internal medicine, dermatology, emergency & casualty, Rabies clinic, Psychiatry etc.
- Patient wound care and management.



PROJECTS

Dessertation

- The effect of mustard pack on modulating pain in subjects with osteoarthritis of knee joint .



CERTIFICATION

- Jeeva Raksha basic care and life support (BCLS) course (JR/KA/B/207) at rotary Jeeva Raksha emergency care & training center on 1st Mar 23 & certified as "BCLS PROVIDER"
- Foundation course on yoga and naturopathy prescription making from Indian academy for scientific writing and research.



CONFERENCES ATTENDED

- 3rd international conference on yoga and naturopathy SDM Mangalore 2019
- Yoga for heart care 2020 Mysore
- International conference on integrative sports medicine and rehabilitation, S-VYASA, Bangalore 2024



CO-CURRICULUM ACTIVITIES

- Appeared for English proficiency exam, IELTS on August 2024 and secured B2 level.
- Awarded state level prize in drawing competition and calligraphy.
- Awarded 1st place in Aahara mela competition on the occasion of 6th national Ayurveda day.