



Dr Sinchana D S

DATE OF BIRTH : 23-March-2001

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Mandya (Tq), Mandya (D)

Objective

Dedicated and compassionate Ayush junior doctor with a strong background in diagnosing, treating, and managing patient illnesses. Passionate about leveraging Naturopathy, Yoga, and diet management to promote holistic health and well-being. Committed to providing effective, patient-centred care.

Education

BNYS (Bachelor of Naturopathy and Yogic sciences)

2018-2024

Government Nature Cure and Yoga medical college and Hospital, Mysore. RGUHS

Final year score: 79.1%

Dissertation title

TO EVALUATE THE EFFECT OF TRANSCUTANEOUS ELECTRICAL NERVE STIMULATION (TENS) IN
MODULATING PAIN IN SUBJECTS WITH PRIMARY DYSMENORRHOEA

M.Sc. in Psychology, Karnataka state open university , Mysore

2024- present

Internship Details

Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA), Bangalore

- Administered natural treatments, including hydrotherapy, diet therapy, and herbal remedies, to support patient well-being and recovery.
- Conducted yoga classes to enhance patient health and promote relaxation.
- Maintained detailed patient records and monitored progress to ensure effective treatment outcomes.

Laxmidevamma Maternity Hospital, Mysore

- Delivered comprehensive care for postpartum mothers and newborn infants, ensuring their health and well-being.
- Completed observational shifts in the Neonatal ICU and Labor and Delivery rooms to gain hands-on experience in critical care settings.

PKTB & CDH, Mysore

- Gained a comprehensive understanding of respiratory diseases, including their medical and surgical interventions and treatments.

Government Nature cure and Yoga medical college and hospital, Mysore

- Designed and delivered personalized yoga and naturopathy classes for individuals and groups.
- Administered acupuncture, hydrotherapy, mud therapy, and physiotherapy to support patient recovery.
- Conducted holistic Health assessment and developed individualised Naturopathic and Yoga treatment plan for patients

District Hospital, Mysore

- Developed a comprehensive understanding of medical and surgical interventions and treatments.
- Attended outpatient departments in Radiology, General Medicine, Dermatology, and ENT.

Skills

- Good communication and teaching skills
- Knowledge of meditation and relaxation methods
- Proficient in breathing techniques
- Understanding of anatomy and physiology
- Skills in acupuncture and acupressure
- Focus on patient-centered care
- Experience with yoga, asanas, and pranayama
- Leadership and management abilities
- Treatment of neurological, musculoskeletal, and motor system-related diseases
- Ability to mentor students
- Knowledge of natural healing modalities
- Proficient in patient assessment

Languages

English: Fluent (read, write, speak)

Kannada: Fluent (read, write, speak)

Hindi: Basic proficiency (speak)

Telugu: Conversational (speak)

Certificates

- Biomechanics ,Yoga and Research - JSS AHER
- Basic Care and Life Support Course - Jeeva Raksha