

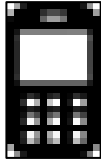


## Sunaina Saini

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## About Me

Highly Passionate about the Ayurveda and hence pursue a challenging career in Ayurveda and accept every opportunity, which can give me a chance to serve people along with the organization. I want to promote and provide the benefits of the Ayurveda, Diet management to the people. Experience of 2 and half years.

I am always ready to learn and improve my knowledge, working and myself. I always welcome suggestions and possess a great sense of responsibility. I am highly sincere, professional in attitude, good communication skills, excellent convincing power, optimism and team spirit are my strengths.



## Education

### Bachelor of Ayurvedic Medicine and Surgery

Dayanand Ayurvedic College,  
Jalandhar, Punjab

September 2012 - April 2018

### 12th Standard, Biology, Chemistry, Physics

Shiv jyoti public sr.sec school, CBSE, Jalandhar Punjab

April 2010 - March 2011

### 10th Standard

Guru nanak public sr.sec school, Jalandhar, Punjab

April 2008 - March 2009



## Professional Training

**Doctor**, 1 July 2019 - 30 September 2019, **National Ayurvedic Research Institute for Panchkarma**, Kerala, India

- All Panchakarma Procedures were learnt and Performed on Patients under guidance of Research Doctors.
- "Jalouka" and "Sira Vedan" Procedures are and learnt Performed.
- Attended OPDs for Sciatica, OA, RA, Psycho somatic disorders, digestive disorders, varicose ulcer, varicose vein and many more.



## Work Experience

**Doctor**, 1 May 2018 - 28 June 2019, **Jiva Ayurvedic Hospital**, Faridabad, India

- 18 Nov 2019 to till date, in Jiva Ayurveda and Panchkarma center, Gurgaon
- Provided OPD Consultation for IBS, Sciatica, Amala pita, Asthama, Rhinitis, kidney diseases, Blood pressure, Joint disorder, neurological disorder (Parkinson Disease, Facial paralysis etc), Piles, Fissure, fistula, constipation and Gout patients.
- Provided OPD Consultation for all above mentioned diseases.
- Attended & provided consultation for Patients in rural areas in camps organised by Jiva Ayurveda.

**Trainee Doctor, 8 April 2017 – 8 April 2018 (During Morning Time), Dayanand Ayurvedic College and Hospital, Jalandhar, Punjab, India**

- Assisting the senior doctor for patient's check-up and **Nadi Pariksha**.
- Assisting Doctors in surgery procedures like **kshar sutra**.
- Performing basic duties like checking the BP, sugar, etc.
- Performing patient's check-up under guidance of senior Doctors.
- Checking the reports of patients.
- Taking follow up from the nurses about regular treatment and dose of the patients.



## **Internship**

**Intern, 7 April 2017 – June 2016 (During Evening Time), metro Hospital, Jalandhar, Punjab**

- Attended OPDs under guidance of Doctors



## **Skills**

- Detailed Knowledge of all subjects of Ayurveda
- Good Command Over Handling the Medical Equipment.
- Good Leading & Communication Skills.
- Computer Skills: Computer Basics, MS Office, Internet



## **Languages**

- Hindi
- Punjabi
- English
- Sanskrit



## **Extra-Curricular Activities**

- Painting & Sketching.
- Active Social worker by serving poor children and needy people around villages.
- Reading Novels, Listening Music.



## **Personal Details**

Birthdate: September 06, 1993  
Gender: Female

Marital Status: Single  
Nationality: India