

Dr. Dilip Borse

Bachelor of Naturopathy and Yogic Sciences

Passionate about naturopathy and yoga for a healthy and disease-free lifestyle. Empathetic and professional approach for accurate diagnosis and best possible care and treatment.



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Pune, INDIA

EDUCATION

Bachelor of Naturopathy and Yogic Sciences [BNYS]

Morarji Desai Institute of Naturopathy and Yogic Sciences, Vadodara

11/2016 - 08/2021

Nursing Diploma in Naturopathy and Yoga Therapy [NDNYT]

National Institute of Naturopathy, Pune

07/2014 - 07/2016

1 Month Online Certificate Course in Ayurvedic Diet and Nutrition

Arogyam Institute

08/2024 - 09/2024

WORK EXPERIENCE & INTERNSHIPS

Freelancing in Naturopathy treatments and Therapeutic Yoga in Pune (08/2024 - Present)

Resident Medical Officer at Ojus Ayurved Superspeciality Hospital, Jalgaon (10/2022 - 07/2024)

Head of Naturopathy Department; Worked in inpatient dept; IP patient personalized diet planning, providing & overlooking it at hospital canteen; To guide suitable diet chart; To guide suitable diet chart for IPD & OPD patients based on their medical condition; Clinical examination of patients admitted; Rounds of IP patient and IP file with TPR management; Taking rounds at regular intervals for monitoring patients condition; Works according to disease of patients and planning the management under Naturopathy

Vinobha Bhawe Ashram, Vadodara (01/2021 - 05/2021)

IPD, OPD, Yoga classes, Naturopathy Treatments, Acupressure, Sujok, Physiotherapy - (Ultrasound, IFT, TENS, SWD) Hospital Management, Diet section, Home to Home Patients

Balwant Rai Mehta Nisargopchar Aarogyabhavan, Vadodara (10/2021 - 12/2021)

IPD, OPD, Yoga classes, Naturopathy Treatments, Acupressure, Sujok, Physiotherapy - (Ultrasound, IFT, TENS, SWD) Hospital Management, Diet section, Home to Home Patients

National Institute of Naturopathy, Pune (01/2022 - 04/2022)

Health awareness programs for HIV patients; Naturopathy health stall; Yoga demonstration on stage; Mind Body Medicine, gym; Healthy naturopathy diet; Dissertation and presentation on cervical IVDP

Nisargopchar Aashram, Uruli Kanchan, Pune (04/2022 - 06/2022)

IPD, OPD, Acupuncture, Physiotherapy : (Joint exercises, Ultra sound, TENS, IFT, SWD) Acupressure, Wax Therapy, Diet section

Navneet Prakritik Yog Chikitsadham, Jaipur (06/2022 - 08/2022)

IPD, Yoga Classes : (General, Power & Joint yoga) Shuddhi Kriyas : (Jal neti, Rubber Neti, Vaman, Shankhaprakshalana) Naturopathy Treatments, Wax therapy Physiotherapy, Hospital Management

Dr. Manthana Satyanarayana Raju Aarogyalayam, Vijayawada (08/2022 - 10/2022)

IPD, Pain Relief Yoga, Shuddhi Kriyas, Acupuncture, Physiotherapy, Water Aerobics, Hospital Management, Diet section (Salt Restricted Diet), Wax Therapy, Reflexology

SKILLS

Expertise in vaman, Virechanam, Agnikarma, Jalukavacharanam, Raktamokshanam, Viddhakarma, & various types of Abhyantara Bastis & Bahyabastis

Kerela/Kerelian ayurvedic panchkarma treatment

Hospital Management

Patient consultation

Emergency management

Disease wise diet & exercises

Physiotherapy, Ozone therapy, hydrotherapy & wax therapy

Pain management with Acupressure, Acupuncture, Cupping etc.

Massage, yoga & meditation

Black belt in Karate

Able to counsel & guide psychological & mental illnesses cases

STRENGTHS

Diploma, BNYS Degree Course and Internships

- Hospital management, digestive system related issues, respiratory system, lifestyle disorders, joint problems, and various therapies
- Good communication and interpersonal skills
- Ability to effectively work in a team
- Flexibility with integrity and self motivated
- Educate patients on healthcare needs, conditions, options etc.
- Leadership & punctuality

EXTRA-CURRICULAR ACTIVITIES

Participated in National Food Festival in Hyderabad

Organic food festival organized by National Institute of Nutrition

Participated in NSS Health Camp in Rural Vadodara

Camp was focused on rural health issues and tackling it through naturopathy, yoga and diet

One year of online teaching experience in various Naturopathy subjects at Manav seva paramedical College, Amravati, Maharashtra

LANGUAGES

English

Hindi

Marathi

Gujarati

HOBBIES

Painting and drawings

Gardening and farming

Cooking

Playing games and sports

Singing

Photography