

Curriculum Vitae



Dr. Diksha Ojha

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Career Objective:

- ❖ Seeking a position to start my career in hospitality sector to serve exceptional and quality health care services where I can get a learning environment.

Professional Qualification:

- ❖ BNYS {Bachelor of Naturopathy and Yogic Sciences} 5 ½ years medical degree from Sant Hirdaram Medical College of Naturopathy and Yogic Sciences, affiliated to Barkatullah University, Bhopal (M.P.) session 2014-2020, recognized by ministry of AYUSH, Government of India.

Academic Qualification:

- ❖ 10th passed from CBSE Board in year 2011-12 with C.G.P.A - 8.6 from Bhopal.
- ❖ 12th passed from CBSE Board in year 2013-14 with an aggregate of 80.2% from Bhopal.

Professional Skills:

- ❖ Possess a strong knowledge of various naturopathy treatments, with naturopathy and modern diagnosis.
- ❖ Capable of handling patients with various medical conditions through various naturopathy treatment modules preferably Acupuncture, Hydrotherapy, Reflexology, Diet therapy, Manipulative therapy and Physiotherapy.
- ❖ Skilled in therapeutic yoga modules for various diseases and different age groups.
- ❖ Good in communicating with the patients and can easily develop a rapport with them which helps me in psychological counseling and patient teaching.

- ❖ Able to maintain the out-patient department and in-patient department separately on clinical basis.
- ❖ Trained in emergency patient care, fire safety, patient safety goals and personal hygiene.

Work experience:

- ❖ Medical internee Sant Hirdaram Yoga and Nature Cure Hospital, Arogya Kendra, Bhopal (M.P.) from December 2019 to continue.
- ❖ Running own developed instagram and facebook page named “**heal_via_nature**”, providing online consultation and various health reform program.
- ❖ Worked as a **Lecturer at Jayoti Vidhyapeeth Women's University, Jaipur, Rajasthan** from 1st December,2020 to 30th April, 2021.
- ❖ Working as Moderator and consulting doctor at **3S and our Health Society, NGO.**
- ❖ Working as **Residential Medical Officer at Patanjali Yoggram, Yog-Naturopathy-Panchkarma Treatment and Research Center, Haridwar** from 10th March 2021... Till date
- ❖ Working as **Assistant Professor at Faculty of Naturopathy and Yogic Sciences, University of Patanjali** from 1st May 2022 till date

Strengths:

- ❖ Disciplined, Oriented and confident.
- ❖ Well developed communication and managerial skills.

Projects:

- ❖ **Dissertation and yoga album on yogic management of Hypothyroidism.**
- ❖ **Dissertation on dietary management of Renal Colic.**
- ❖ **Research study on “Effect of Sarvangasana on hair fall in young adult girls” in year 2019** (research unpublished).

Trainings:

- ❖ Civil Hospital, Bhopal (Government of Madhya Pradesh) for 3 months to learn conventional and primary/ emergency treatment methods.
- ❖ TB Hospital, Bhopal (Government of Madhya Pradesh) for 3 months to learn modern and naturopathy diagnostic methods in tuberculosis patients.
- ❖ Physiotherapy training for paralytic patients at Government homeopathy Medical College and Hospital, Bhopal for 3 days.

Yoga Workshops:

- ❖ Daily 1 hour Yoga session for 1 month at Kailash Nagar, Bhopal with 100 participants under the scheme of Ministry of AYUSH, Govt. India in year 2017.
- ❖ Conducted yoga session at SAI (**Sports Authority of India**) Bhopal with 1000 participants on international yoga day 2018.

- ❖ Conducted yoga session at **Akashvani radio station, Bhopal** with 50 participants on international yoga day 2019.
- ❖ Conducted online yoga session broadcasted from **Collectorate office, Guna (M.P.)** with **140000 participants on international yoga day 2020.**

Conferences Attended:

- ❖ Healthy yoga lifestyle for prevention of lifestyle diseases at Sewa Gram, Wardha, Maharashtra.
- ❖ Sustainable living and relevance of naturopathy in public health at National Institute of Naturopathy, Pune.
- ❖ Role of meditation in prevention and treatment of cardiovascular disease at All India Institute of Medical Sciences, Rishikesh.
- ❖ Participated in AEON 2016, Swami Vivekananda Yoga Anusandhana Samasthana, Bangaluru.
- ❖ International conference on Holistic Wellness through Naturopathy and yoga, Sant Hirdaram Medical College of Naturopathy and Yogic Sciences, Bhopal, Madhya Pradesh.

Services Given:

- ❖ Health checkup camp in various villages.
- ❖ Free urology camp at Sewa Sadan Eye Hospital, Bhopal.
- ❖ Diabetes checkup camp on World Diabetes day, Bhopal.
- ❖ Given training on yoga with special yoga classes.

Personal Details:

- ❖ Date of Birth: 25/12/1995
- ❖ Mother's name: Mrs. Madhubala Ojha
- ❖ Father's name: Mr. Mulayam Ojha
- ❖ Siblings: None
- ❖ Gender: Female
- ❖ Marital status: Single
- ❖ Nationality: Indian
- ❖ Blood Group: AB+
- ❖ Language known: Hindi, English
- ❖ Address: T-13, Shikhar Akash Complex, B-Block, Kailash Nagar, Bairagarh, Bhopal, Madhya Pradesh (462030)

Declaration:

- ❖ I hereby declare that the information provided is completely true in my knowledge and I bear the responsibility for above mentioned particulars. Attested certificates and mark sheets are being attached.

References:

- ❖ Dr Hemanshu Sharma, Principal of Sant Hirdaram Medical College of Naturopathy and Yogic Sciences, Bhopal, (M.P.), contact no.:+91 9516500309
- ❖ Dr Kanak Soni, CMO at Patanjali Yoggram Niramayam, Haridwar, contact no. 9481850151