



LAXMI NAYAK

NATUROPATHY & YOGA PHYSICIAN MD YOGA

Yoga doctor with extensive experience in naturopathy and integrative medicine, specializing in holistic patient care and wellness education

EMAIL:

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EDUCATION

MD Yoga
SVYASA University, Bengaluru

Oct' 21 - Sep' 25

- Specialized in yogic clinical diagnosis, patient assessment, including personal consultations, acupuncture, and diet therapy
- Led patient education sessions on yogic and naturopathic diets; conducted group yoga and meditation classes within the hospital setting.
- Completed clinical internships at renowned institutions: Narayana Hrudayalaya and NIMHANS
- **Thesis:** Effect of 3-Month Yoga Intervention on Dietary Habits in Overweight and Obese "IT PROFESSIONALS"

Bachelor of Naturopathy & Yogic Science (BNYS)

Dec'17-Apr'22

Sri Mahavir medical College of Naturopathy and Yogic Science

- Secured First Class in all academic years.
- Specialized in Yoga Therapy, Physiotherapy, Acupuncture, and Diet Prescription & Counselling.
- Completed internships at: -

- I. Intern doctor at Sewa Bharati Naturopathy Centre, Ager (MP) March -June 2021
- II. Navneet yoga and Nature cure hospital, Bassi, Jaipur, Rajasthan July- September 2021
- III. IPCOWALA naturopathy and yogic Centre, Vadodara October-December 2021
- IV. Five Lotus Nature Cure Centre, Raipur Jan-Apr 2022

PROFESSIONAL EXPERIENCE

- Conducted yoga at old age home for 1 week in collaboration with CCRYN and Ministry of AYUSH at Integrative Medicine Department of NIMHANS for 11th International Yoga Day.
- Conducted specialized yoga and counselling sessions at CDAC and DRDO as part of a research project. (2024).

Certificate course in Integrative Medicine Jun – Dec 25

- Studied integration of Yoga, Ayurveda, and Modern Medicine for mental health and psychiatric conditions.

PROFESSIONAL DEVELOPEMENT

- Maternal Care & Music Therapy, 2025
- (National Institute of Naturopathy, Pune)
- Participated in Mysuru Yoga Utsava 2024, focusing on philosophical and practical aspects of yoga
- One-Day National Workshop on Mixed Methods Research in Yoga AIIMS Raipur on 2nd Mar 2024
- International Conference on Yoga Research and its application, 2024 (SVYASA University)
- Yoga for Space 2024
- International Conference on Yoga Research and its application, 2024
- One-Day National Conference on Qualitative Research methodologies in Yoga AIIMS Raipur on 3rd feb 2023
- Naturopathy Newer Insight, 2023 (National Institute of Naturopathy, Pune)