



DR. GOVIND KUMAR SINHA

Naturopathy Physician
(IMS-BHU)
19th September 1996

PERSONAL DETAILS

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TECHNICAL SKILLS

Naturopathic Therapies, Yogic Sciences, Nutritional Counseling, Detoxification Protocols, Lifestyle Modification, Herbal Medicine, Physical Medicine, Diagnostic Skills, Emergency Management, Documentation and Record Keeping Skilled in intravenous blood transfusions, intubation procedures, drug infusions, blood and radiology report interpretations, CPR. Knowledge of excel & Power point.

LANGUAGE'S

English and Hindi

HOBBIES

- Fitness Freak
- Reading
- Listening Music
- Singing
- Mindfulness Practices
- Culinary Exploration

PROFILE

Highly motivated, dedicated Clinical nutritionist and clinically competent naturopathy Physician. Always emphasize and adopt a holistic approach that considers the complete well-being of individuals' minds, bodies, and souls. A strong believer in the integration of conventional and alternative therapies, natural remedies, and lifestyle adjustments to foster overall health. Gained One Year of Internship experience in range of prestigious and renowned healthcare hospitals, wellness centers and Hospital.

EXPERIENCE

Naturopathy physician and wellness manager (June 2024 and continue)

Sandhya medicity healthcare pvt ltd, Delhi

Naturopathy Physician (Jan 2024 – May 2024) Kritanjali wellness, Lucknow Uttar Pradesh

- OPD consultation, Spa management, Spa related recruitment & training, Spa inventory management, maintaining, Spa protocol, Diet & Nutrition, Pain management, Diabetic management, CLD, CKD, PCOD, Thyroid management.

Medical Intern

(Oct 2023 - Dec 2023)

Manthena Satya Narayana Raju Nature Cure Hospital, Guntur, Andhra Pradesh.

- Proficiency in acupuncture, hydrotherapy, mud therapy, chromotherapy, and colon hydrotherapy.
- Expertise in Diet therapy, and fasting therapy within the realm of naturopathy and holistic well-being.
- Worked closely with hospital management to provide practical solutions strategically and systematically.

Medical Intern

(July 2023 – Oct 2023)

Carnoustie Ayurveda & Wellness Resort, Alappuzha, Kerala.

- Specialization in Spa, advanced meditation techniques, Kalari Marma, Kerala Panchakarma, and Marma Massage and stress management.
- Expertise in Obesity Management, Herbal medicine, chiropractic, and joint manipulation, coupled with mastery in Reiki and Pranic Healing.
- Attended High-Profile Cases with the Collaboration of Hospital Management.

Medical Intern

(Jan 2023 – Jun 2023)

Sir Sunder Lal Hospital Banaras Hindu University, Varanasi.

- Proficient in diverse Ayurvedic treatments across multiple departments, including Surgery, Paediatrics, Obstetrics and Gynaecology.
- Expertise in Physiotherapy, Panchakarma, Pathology, Community Medicine, Radiology, and Emergency Medicine.

Education

Bachelor of Naturopathy and Yogic Science (Oct 2017- Dec 2023)

**Institute of Medical Sciences,
Banaras Hindu University, Varanasi(U.P)**

Bachelor of Sciences (B. Sc.)

A. N. College, Patna.

Diploma in Computer Application
Ram Electronic Institute Kochas

(March 2016- Sept 2016)

Intermediate

(2012-14)

A.N. College, Patna.

High School

(2011-12)

S.G.H.H.S. Kochas

Professional Development Courses & Academic Project

- Presented Paper on Joint Pain & Provisional Diagnosis & management through yoga & naturopathy.
- Presented Paper in International Conference on topic importance of yoga in modern life.
- Participated in Pilot Project related to hypertension conducted by CCRYN.
- Attended work shop on BCLS.
- Master in Reiki & Pranic healing.
- Attended marma therapy course in Kerela.
- Attendent Special Course on Kerala Panchkarma.

References

References available upon request