

# Dr. Sumanlata Dewangan

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## Profile

Experienced, dynamic, focussed and goal oriented wellness practitioner with excellent leadership skills. About Eleven years of cumulative experience in few of the reputed organizations in the field. Vast practical experience in the multiple drugless interventions used in the naturopathy, yoga and wellness industry.

## Career Objective

To be a leader of a growth oriented team and a guide to the enthusiastic practitioner of traditional system of Indian medicine. I would like to take responsibilities which will bring the best out of me and also help in the promotion and propagation of Indian Traditional Medicine.

## Academic Qualification

Completed Bachelor of Naturopathy & Yogic Sciences (BNYS) degree in 2012 from Sri Mahavir Medical College of Naturopathy Yogic Science and Research, Durg, Chhatishgarh.

## Additional Qualification

- PhD (Medical Physiology) Subharti Medical College, Swami Vivekanand Subharti Universtiy, Meerut
- M.A. Yoga, Uttrakhand Sanskriti Viswavidyalaya, Haridwar
- PGD in emergency medical Services, Ruby Hall Clinic, Pune
- Reiki and Pranik healing, Raipur
- Certificate course; How to write and publish research papers

## Additional Training

- Bio-resonance therapy
- Colon hydrotherapy
- Non-Invasive cardiology
- Zumba Aerobic exercises
- Ozone therapy

## Key Skills

- Excellent public speaking skills on health related topics.

- Patient counselling for natural lifestyle changes.
- Patient Monitoring for continuous improvement
- Ability to guide the health seekers and students in soft, pleasant, accurate and goal oriented way.
- Efficient in management of IPD and OPD in Yoga and Naturopathy.
- Training of skilled staff through practical, supervision and guidance.
- Expertise in various modules of yoga techniques.
- Experience in treatments through Acupuncture, Sujok therapy, etc.
- Organize scientific diet counselling sessions.
- Well versed with Academics activities.
- Conducting Inter-departmental studies
- Educating and guiding UG and PG students for excellence.
- Organizing and managing Internship Posting all over India.
- Guiding research scholars in the field of Yoga and Naturopathy.

## **Work Experience**

- (Present Job) University of Patanjali, Haridwar, Uttrakhand  
Profile: Assistant Professor, FNYS, UK
- MASCHNYS, Subharti University, Meerut, Uttar Pradesh  
Profile: Assistant Professor and OPD in charge, MASCHNYS, SVSU, Meerut
- Human Energy Research Centre, Dehradun  
Profile: Director of operations
- Aahana Naturopathy Centre, Ramnagar, Nainital, Uttrakhand  
Profile: Naturopathy Physician
- NIMBA nature cure village, Mehsana, Gujarat  
Profile: Ex-Medical Officer
- Balaji Nirogdham, New Delhi  
Profile: Ex-Resident Medical Officer
- Hilltake Health Homes Pvt Ltd., Bhaktapur, Nepal  
Profile: Ex-Lady Medical Officer

## Research Papers

- Title: Functional Reach Test & Sit and Reach test: Establishing the reference value in healthy Indian adults  
Journal: International Journal of Research and Analytical Reviews
- Title: To study Body Mass Index among students and faculty of the centre of excellence - Tourism & Hospitality, Bhiwadi: A descriptive cross sectional study  
Journal: International Journal of Research and Analytical Reviews
- Title: Relevance of Naturopathy as a therapeutic tool in the modern era: A Narrative Review  
Journal: Alternative Therapies in Health and Medicine
- Title: Nutritional Aspects of Psoriasis Management  
Journal: Comprehensive Advanced Specific Summarised Studies (multidisciplinary)
- Title: Panchakarma: A short summary of traditional and recent references  
Journal: Journal of Research in Indian Medicine

## Books, Articles & Copyright

- Yoga for Health, Swami Vivekanand Subharti University.
- Eye care through Naturopathy and Yoga. (in print)
- Pranchakra Meditation (copyright accepted in the year 2022)
- Women health problems (in progress)
- Written several articles in **Nabz**, monthly magazine of Swami Vivekanand Subharti University, Meerut.

## Health Awareness Program & Social Activities

- Resource person at NIN sponsored Yoga camps at various location in Haridwar
- Naturopathy & yoga awareness camps in various rural areas of Bilaspur, Korba, Kanker, Raipur, during 2007-2011.

## Projects done

- Management of Diabetic Neuropathy through Naturopathy and Yoga; study conducted at National Institute of Naturopathy, Pune.
- Effects of Naturopathy and Yoga for Obesity in Adolescence: study conducted at National Institute of Naturopathy, Pune.
- Effects of Naturopathy and Yoga on the Irritable Bowel Syndrome patients; study conducted at Nisargopchar Ashram, Uruli, Maharashtra.

## Conference Attended

- International Conference on Yoga and Naturopathy, Patanjali Yogapeeth, Haridwar. (2010)
- International Conference on researches in the field of Yoga and Naturopathy, Jindal Nature Cure, Bangalore. (2012)
- 6<sup>th</sup> International Conference On Naturopathy 2023 at University of Patanjali, Haridwar, Uttrakhand
- One Day Seminar On Career Opportunities And Entrepreneurship In Naturopathy & Yoga 2019
- AYURYOG EXPO -2019
- International Guest Lecture On “ Impact Of Artificial Intelligence On Hospitality Industry ” 2021
- One Day National Webinar On “ Writing Research Article For Publication In An Academic Journal ” 2021
- FDP On Advanced Concepts Of Outcomes Based Education 2022
- Awareness and Training Program – National Intellectual Property Awareness Mission. 2022
- National Workshop on Research Methodology For Yoga And Naturopathy. 2022
- National Seminar Sponsored by ICSSR on Psychology Of Food: Understanding The Emotional & Psychological Aspects Of Eating. 2023

## Languages known

Hindi, English and Chhattisgarhi.

## Affiliations

- CCRYN
- Chhattisgarh Ayurvedic. Unani & Naturopathy Board
- Nepal Health Professional Council

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