

Curriculum Vitae

Dr. Alka

Reg. No. 626

(Board of Indian Medicine, Rajasthan)

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Career Objective:

- Seeking a position to start my career in the academic sector to serve exceptional and quality education where I can get a learning environment.

Experience:

- One-Year Clinical experience as Resident Medical Officer, Patanjali Yoggram, Haridwar from January 2025 to January 2026.

Professional Qualification:

- BNYS (Bachelor of Naturopathy and Yogic Sciences) 5 ½ years medical degree from Jayoti Vidhyapeeth Women's University, Jaipur, Rajasthan (Asia's 1st Private Women's University) with an **aggregate of 75.68% marks** in session 2015-2021, recognized by the Government of India and NAAC (B+) Accredited University.
- MD (Doctor in Medicine) in Nutrition and Dietetics from Swami Vivekanand Subharti University, Meerut, Uttar Pradesh, recognized by Government of India and NAAC (A Grade) Accredited University in session 2021-2024.

Academic Qualification:

- 10th passed from CBSE Board in year 2011-13 with C.G.P.A – 9.6 from Mohindergarh, Haryana.
- 12th passed from the HBSE Board in year 2014-15 with an aggregate of 76.40% from Mohindergarh, Haryana.

Professional Skills:

- Good in communicating with the students and can easily develop a rapport with them which helps me in clearing the concepts and student teaching.
- Capable of teaching the students with practical exposure of various naturopathy treatment modules preferably Nutrition and diet therapy, Fasting therapy, Acupuncture, Hydrotherapy, and Reflexology, Manipulative therapy and Physiotherapy.

- Skilled in therapeutic yoga modules for various diseases and different age groups.
- Able to maintain the outpatient and inpatient department on a clinical basis.

Strengths:

- Disciplined, Oriented and self-confident.
- Determinant and Hard working in my skills and fully focused towards my work & goals.
- Well-developed communication and menagerie skills.

Awards:

- **Awarded with Certificate of Excellence and Overall, Topper** of MD Nutrition and Dietetics Batch 2021-2024.
- **Topper of BNYS Batch 2015-2021**, during Academics in Jayoti Vidyapeeth Women's University.
- Awarded with Gold Medal, achieved **First Position in General Yoga Group at 7th International Yoga Conference, Competition & Festival, Indore (M.P.)** Organized by Parmanand Yoga and International Association of Yoga in 2019
- Participated in the First Rajasthan State Artistic Yoga Championship, Jaipur in 2018.
- Awarded by **India Book of Records**, for participating as an Intern in the record event **“Maximum AYUSH Medicine Administered in an Hour by Female Interns”** on January 1, 2021.
- Awarded by **India Book of Records** for participating in the record event **“Maximum Locations to conduct Mass Mud Bath”**, led by the **International Naturopathy Organization, New Delhi and Ministry of AYUSH-Govt. Of India** on November 11, 2018.

Projects:

- Published a Review Article **“ The Neurophysiological effects of Yogic meditation observed in electroencephalography patterns and Neurotransmitter levels: A narrative review of scientific evidence”** in Journal of Ayurveda and Integrative Medicine (**Pubmed Indexed Journal**).
- Published a Research Article **“Cardiac Autonomic effects of Ajwain (Trachyspermum ammi) in Hypertension: A Random Controlled Study”** in Indian Journal of Science and Technology (**Scopus Index Journal**)
- Published a Review paper on **“Traditional methods of food habits and dietary preparations in Vedas”** in year 2021 in Journal of Alternative and Integrative Medicine with ISSN 2327-5162).

- Published a Case study on “**Effect of Naturopathy and Yogic Management on Cervical Spondylosis** in Year 2021 in **IASR Journal of Medical and Pharmaceutical Science with ISSN 2582-9543**)
- Currently writing a scientific evidence-based book on Mud therapy according to the syllabus of BNYS.

Yoga Workshops:

- Conducted yoga sessions at Adopted villages by Jayoti Vidyapeeth Women’s University, Jaipur under Unnat Bharat Abhiyan.
- Conducted yoga sessions at Jayoti Vidyapeeth Women’s University, Jaipur for continue 2 years.

Conferences and Workshop Attended:

- Attended numerous Conferences, seminars, and workshops as a Delegate and paper presenter.
- Awarded with First Position and Cash Prize award in Quiz competition in the National workshop on the theme Mind-Body medicine approaches in managing lifestyle disorders, Held at AIIMS, Rishikesh in collaboration with CCRYN, New Delhi.

Personal Details:

- Date of Birth: 01/02/1998
- Mother’s name: Mrs. Nirmala Devi
- Father’s name: Mr. PrakashArya
- Husband’s Name- Dr.Siddharth Yadav (He is also BNYS, MD Clinical Naturopathy Graduate)
- Gender: Female
- Nationality: Indian
- Blood Group: B-
- Language known: Hindi, English
- Hometown: Mohindergarh, Haryana
- Current Address: 6/4 Rajat Apartment, Dadi ka Phatak, Murlipura, Jaipur , Rajasthan

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.

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Dr. Alka