

**DR. TANU (ASSISTANT PROFESSOR)**  
**(UNIVERSITY OF PATANJALI)**

Bachelors of Naturopathy And Yogic Sciences(BNYS),  
Swami Vivekanand Shubharti University, Meerut

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**OBJECTIVE**

To take up a challenging career with active interest in the field of Naturopathy. To work in a quality certified organization, which gives me an opportunity to demonstrate my skills & in turn be a source of growth for the organization.

Team player, adapts easily to change and is willing to take on additional responsibilities to ensure deliverables are fulfilled.

Adapt in prioritizing and coordinating tasks to ensure assignments are completed in a timely manner.

**PROFESSIONAL SYNOPSIS**

- Working as **Assistant professor** at **University of Patanjali, Haridwar** in the department of **Naturopathy and yogic sciences**.
- Worked as **Invigilator** in various departments of University of Patanjali.

**WORK EXPERIENCE**

**Working as a Assitant Professor at University of Patanjali in department of Faculty of Naturopathy and Yogic Science from 21,October,2024.**

- Planned and delivered undergraduate and postgraduate lectures in accordance with the prescribed syllabus and academic calendar.
- Prepared detailed lessons plans, teaching aids, presentations, and reference materials to enhance student understanding.
- Conducted practical classes, demonstrations, seminars, and tutorials to strengthen conceptual and clinical knowledge.
- Designed question papers, assignments, and internal assessment tests; evaluated answer scripts and maintained academic records.
- Guided students in case studies, projects, dissertations, and research-based learning activities.
- Mentored students for academic performance, professional ethics, and career guidance.
- Participated actively in curriculum development, departmental meetings, academic audits, and institutional activities.
- Attended and contributed to workshops, faculty developments programs, conferences, and continuing education program.

## TRAINING

### CLINICAL AND WELLNESS TRAINING

**CHATRAPATI SHIVAJI SHUBHARTI HOSPITAL, SWAMI VIVEKANAND SHUBHARTI UNIVERSITY, MEERUT, UTTAR PRADESH**

**Clinical trainee (multi- departmental rotation)- 1year**

- Completed comprehensive clinical training across **PHSIOOTHERAPY, SURGERY, ORTHOPEDICS, NATUROPATHY, RESPIRATORY, RADIOLOGY, MEDICINE, PSYCHIATRY, OBSTETRICS AND GYNECOLOGY, MERAQI SPA, ONCOLOGY, DERMATOLOGY, ENERGENCY DEPARTMENTS.**
- Actively assisted doctors and senior staff in **patient assessment, treatment procedures, and clinical documentation.**
- Demonstrated strong clinical understanding, discipline, and patient-care skills, receiving **positive feedback and appreciation from supervising doctors.**
- Maintained professional conduct and effective communication with patients and healthcare teams.
- Gained practical exposure to **diagnostic, therapeutic, and rehabilitative procedures.**

## RESEARCH

- **Ongoing project- A pilot study**
- Title – the immediate effect of thoracic massage on spirometry of chronic obstructive pulmonary disease(COPD)
- Sample size- 60

### ATTENDED INTERNATIONAL CONFERENCES

- ✓ International workshop on “**Climate Change, Disaster Management and Disaster Medicine**” co-organized by Patanjali Ayurvedic Evam Anusandhan Sansthan and Patanjali Research Foundation held on **12<sup>th</sup> and 13<sup>th</sup> April, 2025**
- ✓ 3<sup>rd</sup> International Conference on Yoga and Naturopathy(ICYN 2025), Theme: **Body Heals Itself: Return to Nature**” organized at **Shri Dharmasthala Manjunatheshwara College of Naturopathy and yogic Sciences, Ujire, Karnataka from May 12<sup>th</sup> to May 16<sup>th</sup> , 2025.**
- ✓ International Conference on “**Integrated Medicine: Science and Practices( A Re- Construction of Ancient Wisdom)**” organized by **University of Patanjali, Haridwar, india, Patanjali Research Foundation, Haridwar, india and Central Sanskrit University, New Delhi, India.**

## ATTENDED NATIONAL CONFERENCES

- National seminar on “**Research Methodology, Scientific Writing, Intellectual Property Rights in Yoga and Naturopathy**”, conducted by Maharishi Aurbindo Shubharti college and Hospital of Naturopathy and Yogic Sciences, Swami Vivekanand Shubharti University, Meerut, Uttar Pradesh held on **06<sup>th</sup> OCTOBER 2025**.
- National Conference on “**Soil Health Testing and Management for Sustainable Cultivation of Quality Botanicals**”, organized by Patanjali Research Foundation, Haridwar, India and sponsored by NABARD held on 27<sup>th</sup>-28<sup>th</sup> **OCTOBER 2025**.
- Intra- state Training on “**Ethical Guidelines for Biomedical and Health Research Involving Human Participants**” organized by Patanjali Bhartiya Ayurvedigyan Evam Anusandhan Sansthan, Haridwar, Uttarakhand held on **2<sup>nd</sup> and 3<sup>rd</sup> May 2025**.

## EDUCATION

### **Bachelor of Naturopathy and Yogic Sciences**

- Swami Vivekanand Shubharti University
- Graduated with 78%
- August 2018- April 2023
- Internship from April 2023 to April 2024

### **Intermediate**

- Shanti Devi Memorial Senior Secondary School, 2018
- Secured 80%

### **High school**

- Shanti Devi Memorial Senior Secondary School, 2018
- Secured 9.6cgpa

## EXTRA CURRICULAR ACTIVITIES

- ✓ Participated as a coordinator in the **Yoga-Unplugged Event, organized by Faculty of Naturopathy and Yogic Science, University of Patanjali held on 17<sup>th</sup> to 19<sup>th</sup> ,June,2025**, efficiently organizing and supervising the yoga competition. Ensured smooth execution of the event by managing participants, maintaining discipline, and coordinating with the organizing team.
- ✓ Invited as a judge for the AI-powered yoga video competition during the **Yoga Unplugged Event, UNIVERSITY OF PATANJALI, held on 17<sup>th</sup> to 19<sup>th</sup> ,June, 2025;** actively participated and fulfilled responsibilities with fairness and professionalism.
- ✓ Participated in the Intercollegiate Intellectual Meet organized by the National **Institute of Naturopathy, Pune**, along with students. Took responsibilities for mentoring and guiding students participants,

coordinating their activities, and ensuring smooth participation throughout the event.

- ✓ I served as a member of **the Discipline Committee**, where I took responsibility for maintaining student discipline and ensuring a respectful and orderly environment in the institutions.

### PERSONAL DETAILS

Date of Birth: 10 August 2000

Language Known: English & Hindi

### DECLARATION

I hereby declare that the information given above is true to the best of my knowledge and belief.

Dr Tanu

