

DR. RAKHEE SHARMA

NATUROPATHY PHYSICIAN, WELLNESS COACH, YOGA CONSULTANT

PROFESSIONAL SUMMARY

"Compassionate and dedicated naturopathy and yoga Physician seeking to utilize extensive knowledge in holistic health, natural therapies, and mind-body practices to promote patient wellness, prevent disease, and inspire healthy living within a collaborative healthcare environment. Committed to providing patient-centered care by integrating evidence-based naturopathic medicine, Acupuncture, Nutritional management and therapeutic yoga to support optimal well-being and quality of life for all patients."

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Nationality: Indian

EDUCATION

- MD Naturopathy | Swami Vivekanand Subharti University, Meerut, Uttar Pradesh | Dec 2022 – Oct 2025 | 63%
- Bachelor Of Naturopathy And Yogic Sciences (BNYS) | Swami Vivekanand Subharti University, Meerut, Uttar Pradesh | August 2016 – August 2022 | 71%
- Senior Secondary School, CBSE Board | Jain Academy, Khekra Baghpat, Uttar Pradesh | May 2016 | 61%
- High School, CBSE Board | Jain Academy, Khekra Baghpat, Uttar Pradesh | May 2014 | 9.3 CGPA

RELEVANT EXPERIENCE

- 1 Month Internship, Sahid Bhagat Singh Subharti Urban Health Training Centre, Multan Nagar, Meerut (Aug 2021 – Sept 2021)
- 8 Month Internship, Chhatrapati Shivaji Subharti Hospital, Meerut (Sept 2021 – April 2022) — including exposure to Naturopathy therapies.
- 3 Month Internship, Sammati Naturopathy Wellbeing Centre, Greater Noida (May 2022 – July 2022)
- Resident Doctor & RMO at Subharti University [2022-2025]
- Online consultation And Online Yoga Classes [2020-Present]
- Private Clinic Consultation. (Dec 2025 - june 2026)
- Assistant Professor at University of Patanjali, Haridwar Uttrakhand (July 2026- Present)

SKILLS

- Proficient in diagnosis and management of lifestyle and psychosomatic disorders through naturopathy.
- Skilled in planning and administering natural therapies including Hydrotherapy, Mud Therapy, Fasting, Diet Therapy, Massage Therapy and Acupuncture.
- Expert in Traditional Chinese Medicine (TCM) and ability to design individualized acupuncture treatment protocols for acute and chronic conditions.
- Competent in Yoga therapy, including Asanas, Pranayama, Kriyas, Meditation, and Relaxation techniques.

- Expertise in designing individualized holistic treatment protocols based on patient constitution and health condition.
- Patient Education & Counseling.
- Involved in curriculum planning, academic coordination, and program development.
- Competent in organizing seminars, workshops, and scientific conferences promoting naturopathy and integrative health.

CERTIFICATES & ACHIEVEMENTS

- Certificate of Participation, Yeongdeok International H-Wellness FESTA 2024, South Korea.
- Certificate of Participation, Yoga Quizathon 2024, 10th International Day, AIIMS, New Delhi.
- Certificate of Resource Person, "Hands-on Workshop on Naturopathy & Yoga Therapy", for the delegates of Ayush Longevity & Wellness Institute Colombo, Srilanka 2024.
- Course Completion Certificate, First Aid & Emergency Care, Subharti Medical College, Meerut, 2023.
- Delegate, 1st National Naturopathy Conference (RAJNATCON 2023), Rajasthan.

INTERNATIONAL & PROFESSIONAL EXPERIENCE

- Presented Naturopathic therapies and yoga at the Yeongdeok International H-Wellness FESTA 2024, South Korea, delivering traditional therapies and consultation to international delegates.
- Served as Resource Person for the delegates of Ayush Longevity & Wellness Institute Colombo, Srilanka in 2024, conducted session on integrative wellness therapies and clinical lifestyle intervention.

PUBLICATIONS

- Mapping Convergence Between Modern Chronobiology and Traditional Organ Time System. IJRASET DOI Link: <https://doi.org/10.22214/ijraset.2026.76755>
- "Effect of Cold Full Wet Sheet Pack on Heart Rate Variability among Healthy Individuals: A Single Arm Pre-Post Study" under review
- "Effect Of One Month Of Mind Sound Resonance Technique On Salivary Cortisol Level, Fatigue And Quality Of Life In Polycystic Ovarian Syndrome- A Case Study"

LANGUAGE

- HINDI (Native)
- ENGLISH (Advance)