

National Institute of Ayurveda

An Autonomous Body of the Department of AYUSH, Ministry of Health & family Welfare, Govt. of India),

Madhav Vilas Palace , Amer Road,

Jaipur (Rajasthan)

Curriculum Vitae

Dr.(Mrs.) Gunjan Mangal

Career Objective

To pursue a challenging carrier in Ayurveda and accept every opportunity, which can give me a chance to provide me good exposure to expand my knowledge. I am passionate to provide the benefits of the Ayurveda, Naturopathy, Yoga, Diet management to the people

My Qualification(s)

Doctor of Medicine (M.D.) in Swasthavritta & yoga

Bachelor of Ayurvedic Medicine and Surgery (B.A.M.S.)

Diploma in Nutrition and Health Education (DNHE)

Diploma in Naturopathy & Diploma in Yoga (N.D.D.Y.)

Diploma in Computer Science (DCS)

Skills

Academicals skills:

- Won 3rd rank in All India Pre-P.G. Exam of National Institute of Ayurveda, Jaipur
- Won 3rd rank in the each Prof. during my B.A.M.S.
- Also hold the 2nd rank in the total made up marks for the Degree.
- Holder of 54th rank in Secondary Examination (Rajasthan Board)

Innovation Skills:

- Prepared many Ayurveda medicines during my degree and the results of those medicines were positive.
- Wrote some articles on the Ayurveda which were printed in the famous Newspapers and Ayurvedic magazines.

Computer Skills:

- Having knowledge of internet, MS word and other computer basics.

Academics

Educational Qualifications:

<i>Qualification</i>	<i>Year of Passing</i>	<i>Board / University</i>	<i>Institute</i>
M.D. (Swasthavritta)	2008	Rajasthan Ayurveda University, Jhodhpur	National Institute Of Ayurveda (An Autonomous Body of the Department of AYUSH, Ministry of Health & family Welfare, Govt. of India), Jaipur(Raj.)
B.A.M.S.	2004	Rajasthan University, Jaipur	M.M.M. Govt. Ayurveda College, Udaipur(Raj.)
DNHE	2003	Vardhman Mahavir open university, Kota	(Correspondence course)
N.D..D.Y	2007	Gandhi National Academy of Naturopathy, New Delhi	Prakritika Chikitsa Kendra, Jaipur(Raj.)
DCS	2002	-	Indian Institute of Computer Training, Udaipur(Raj.)

Research Projects

A research based project titled as “Herbal Remedy for Hypertension” under student project programme, Department of Science and Technology, Govt. of Rajasthan

Dissertation Title of M.I

“A Comparative Study of Yogic Karma (Shankha-Prakshalana & Asana) and Spico-Kalp in the Management of Madhumeha (D.M. type2)”

Publications/ Research Papers/ Conferences/ Seminars /workshop attended

- More than 5 Paper presented in various National and International Seminars of Ayurveda.
- More than 4 articles published in leading Journals, Magazines and the News Papers
- More than 10 seminars/workshops attended

Awards / Commendations

- Received the **Certificate of Merit** by the college on winning the third rank in the first prof. during B.A.M.S.
- Received the **Certificate of Merit** by the college on winning the third rank in the second prof. during B.A.M.S.
- Received the **Certificate of Merit** by the college on winning the third rank in the third prof. during B.A.M.S.

- Received “**Rasstriya Pratibha Samman**” by Aggrawal Samaj during B.A.M.S.
- Received “**Best poster award**” in National Seminar on guggulu conducted at N.I.A
- Received “**Certificate of Merit**” in Exams of M.D.(Ayu.) by Charak Pharma

Present Status

- **Senior Resident**, P.G. Dept. of Swasthavritta, National Institute of Ayurveda, Jaipur
- Appointed as **Lecturer-cum-CMO**, Dept. of Swasthavritta, Shri Dhanwantry Ayurvedic college & Dabur Dhanwantry Hospital, Chandigarh

Personal Attributes

I am always ready to learn and improve my knowledge, working and myself. I always welcome suggestions and possess a great sense of responsibility. Professional attitude, good communication skills, excellent convincing power, optimism and team spirit are my strengths.

Personal Details

Wife of : Dr. Gopesh Mangal

Age & Date of Birth : 29 yrs., 19 Oct. 1978

Marital Status & Sex : married, female

Nationality : Indian

Passport No. : G-5625672 (India)

Registration no. : 23785 (Board of Indian Medicine, Rajasthan)

Hobbies / Interest : watching comedy shows, cooking

Languages : Speaking /Writing/ Reading

English - Good / Good /Good

Hindi - Excellent/ Excellent/ Excellent

Sanskrit - Fair/ Good /Good

Present address : 16 Mahar house, Gangapole road, Jorawar singh gate, Jaipur, (Raj.)

Permanent address : 55, Bal mandir colony, Sawai Madhopur (Raj.)

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