

## **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 54<sup>th</sup> 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:

Qualification	Year of Passing	Board / University	Institute
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 Chikitsha 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 then 5 Paper presented in various National and International Seminars of Ayurveda.
- More then 4 articles published in leading Journals, Magazines and the News Papers
- More then 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

<b>Wife of</b>	: Dr. Gopesh Mangal
<b>Age &amp; Date of Birth</b>	: 29 yrs., 19 Oct. 1978
<b>Marital Status &amp; Sex</b>	: married, female
<b>Nationality</b>	: Indian
<b>Passport No.</b>	: G-5625672 (India)
<b>Registration no.</b>	: 23785 (Board of Indian Medicine, Rajasthan)
<b>Hobbies / Interest</b>	: watching comedy shows, cooking
<b>Languages</b>	: Speaking /Writing/ Reading
<b>English</b>	- Good / Good /Good
<b>Hindi</b>	- Excellent/ Excellent/ Excellent
<b>Sanskrit</b>	- Fair/ Good /Good
<b>Present address</b>	: 16 Mahar house, Gangapole road, Jorawar singh gate, Jaipur, (Raj.)
<b>Permanent address</b>	: 55, Bal mandir colony, Sawai Madhopur (Raj.)
<b>Contact number</b>	: 9413414656, 9414268854, 07462-220795, 220292
<b>Email</b>	: gunjanmangal@yahoo.co.in, ayurvedist@rediffmail.com