

# DR.NIMEESHA MJ

Manappety Pudukkulam (H), Porathissery (P.O), Irinjalakuda  
(Municipality) Thrissur (Dist), Kerala. PIN – 680125

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## OBJECTIVE

To make sincere and interested effort of my knowledge in clinical and academic career and thus contribute to the development of the institution.

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## EXPERIENCE

- 1 Year Compulsory Rotatory Internship Program.
  - Worked as Medical Officer at Hygiene Nature Centre, Parappanangadi, Malappuram, Kerala. (5 months)
  - Currently working as Asst. Professor since 21/11/2020 and also as Vice Principal I/C & Medical officer at Yoga & Naturopathy Department of Indira Gandhi Technological and Medical Sciences University, Ziro, Arunachal Pradesh.
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## QUALIFICATION

BNYS (Bachelor of Naturopathy and Yogic Science) from Alva's College of Naturopathy and Yogic sciences Affiliated to Rajiv Gandhi University of Health sciences, Bangalore.

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## KEY SKILLS

- Perfect knowledge in treating various disorders through Naturopathy.
- Expertise in nutrition and dietetics in treating lifestyle diseases.
- Experienced in treating various diseases with Traditional Acupuncture.
- Experienced in treating various diseases with Su Jok therapy.
- Efficient in treating diseases through yoga special techniques.
- Efficient in teaching yoga classes for beginners and advanced level practitioners.

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## **TRAINING UNDERTAKEN**

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- Completed internship at Alva's Anandamaya Arogyadama, Mangalore.
- Completed internship at MRR Nature cure, Bangalore.
- Completed internship at Wenlock government district hospital, Mangalore.
- Completed internship at Alva's Naturopathy and Yoga OPD department.
- Completed internship at RK nature cure home, Coimbatore.
- Completed internship at SVYASA university, Bangalore.
- Completed internship at Alva's Health Centre, Mangalore.
- Completed internship at Gandhiji Nature Cure Hospital, Mangalore.

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## **EXPERTISED IN**

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Hydrotherapy • Fasting and Diet therapy • Acupuncture and cupping therapy • Yoga • Physiotherapy  
• Manipulative therapy and Chiropractic

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## **EXTRA CURRICULAR ACTIVITIES**

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- Participated in Zumba workshop conducted by Alva's College of Naturopathy and Yogic Sciences.
- Participated in medical camps conducted in Alva's College of Naturopathy and Yogic sciences.
- Participated in yoga camps conducted by Alva's College of Naturopathy and Yogic Sciences.
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## **STRENGTH**

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- Flexible and hardworking.
- Confidence and Adaptability.
- Therapeutic knowledge.

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## PERSONAL PROFILE

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- Name : Nimeesha M J
- Father Name : Jayarajan MS
- Date of Birth : 25/12/1995
- Nationality : Indian
- Religion : Hindu
- Marital Status : Single
- Contact : +918136939481
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## LANGUAGE

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- Malayalam : Read, Write and Speak
- English : Read, Write and Speak.
- Hindi : Read, Write and Speak
- Tamil : Speak
- Kannada : Speak
- Telugu. : Speak

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## REFERENCE

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- Dr. Vanitha Shetty (Principal / CMO)  
Alvas College of Naturopathy & Yogic Science & Hospital  
Mijar, Moodbidri, D.K., Karnataka
- Dr. Archana Padmanabha (Association Professor)  
Alvas College of Naturopathy & Yogic Science & Hospital  
Mijar, Moodbidri, D.K., Karnataka

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## DECLARATION

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

**Dr. Nimeesha MJ**

