

Dr. Safa Sanu

Ajman

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To obtain prospective career growth by using my profession and my knowledge in the subject for the service to the community and to work in a medical sector with an aim of contributing my efforts towards achieving their goals, which would at the same time help in honing my talents and bringing out my full potential.

EXPERIENCE (9 YEARS)

Work Experience

Consultant Ayurvedic Physician

Dr. Rajas Ayurvedic Hospital

November 2014 to November 2020

- Carefully reviewed patient medical histories, physical findings and diagnoses.
- Examined patients and prescribed appropriate classical Ayurvedic preparations and therapies.
- Performed healing sessions and provided lifestyle coaching and spiritual counseling.
- Conducted classes for Ayurvedic therapists.
- Counseled patients about general wellness, posture, nutrition, sleeping habits and stress management.
- Instructed patients on post-treatment procedures, including breathing techniques, exercise and herbal medications.

Junior Ayurvedic Physician

Changampally Vaidhya Bhavan

December 2011 to October 2014

- Treated various ailments using traditional Ayurvedic medicinal preparations and various Ayurvedic therapies (Pancha karma).
- Carefully reviewed patient medical histories, physical findings and diagnoses.
- Diagnosed, managed, and provided follow-up medical care in inpatient and outpatient settings.
- Prepared various classical Ayurvedic formulations as needed.
- Visited local schools and other educational centers for conducting awareness classes about various epidemics.
- Managed general administration of hospitals.
- Collaborated closely with primary care physicians and physical therapists.
- Counseled patients about general wellness, posture, nutrition, sleeping habits and stress management.

Education

MSc in APPLIED PSYCHOLOGY

BHARATHIAR UNIVERSITY - Coimbatore, Tamil Nadu

B.A.M.S in BACHELOR OF AYURVEDIC MEDICINE AND SURGERY
CALICUT UNIVERSITY

SSLC

N.S.S English Medium High School - Tirur, Malappuram, IN

Skills

- Ayurvedic Physician
- Ayurvedic Consultant
- Panchakarma
- Hospital Management
- Counselling Psychologist