

DR. Najitha A

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I would like to be a person who actively listens to others with an open mind and empathizes with their concerns. A person who shows kindness, understanding, and caring towards others. Someone who pays great attention to detail and is always precise and thorough in their work. A friendly and pleasant person who is easy to get along with. A person who is motivated and committed to achieving their goals despite obstacles or setbacks.

Personal Details

Date of Birth: 1986-05-31
Highest Career Level: 5+ years experience
Industry: Healthcare
Total years of experience: 12

Work Experience

Lecturer

Dhanvantari Ayurveda College and Hospital - India
July 2023 to Present

- Evaluated and revised lesson plans and course content to achieve student-centered learning.
- Used variety of learning modalities and support materials to facilitate learning process and accentuate presentations.
- Created and designed quizzes, tests and projects to assess student knowledge.
- Developed and implemented innovative teaching strategies to engage students in lectures and coursework.

PG student

Khera Dabar, Najafgarh - Delhi, Delhi
November 2019 to December 2022

- Patient management and treatment both in OP and IP levels.
- Evaluate the nutritional status of patients and aid in the prevention and treatment of inadequate nutrition.
- Thesis work - To evaluate the Role of Mental factors in Premature Graying.
- Poster presentation and PowerPoint presentation on various diseases, nutritional status and food.
- Written articles on various topics related to food and disease.
- chapter contribution titled 'Kerala Ayurveda' in the upcoming book 'Indian History of Ayurveda'.
- COVID warrior as patient management, counselling, referrals, pathology lab duties, and maintaining data.
- Taken classes for undergraduates and internees.

Physician

Sensmed Ayurvedic - Kollam, Kerala

March 2016 to August 2019

- Thoroughly examined patients and elicited medical history data to use in assessing health and identifying conditions.
- Took a leading role in the delivery of healthcare services and regularly reviewed services to spot trends or errors.
- During the time treated patients at an OP level, I utilized leech therapy, bloodletting, and vomiting therapies to help patients suffering from skin diseases, varicose veins, and other ailments.
- Additionally, I treated gynaecological and pediatric patients.

Physician cum Nutritionist

Healthcare Ayurvedics - Kollam, Kerala

December 2013 to July 2015

- I'm proud to say that I established the clinic.
- While I was pursuing my PG diploma course, I worked hard to fulfill my responsibilities as both a physician and a nutritionist.
- Additionally, I also took on the role of a physiotherapist for my patients.
- Since Ayurveda is intricately connected to an individual's diet, I always made sure to provide guidance as a nutritionist.
- Documented interactions using correct format, codes and facility standards for optimal medical care.

Consultant

Sree Kumara Ayurveda Pharmacy and Nursing home - Kollam, Kerala

May 2011 to September 2012

- Collected, recorded and maintained patient medical history, reports and examination results.
- Provided and managed direct patient care by conducting physical examinations, evaluations and assessments to determine diagnosis.
- Prescribed medications and therapies to improve patients' health and well-being.
- Monitored and recorded patient progress, prompting timely and appropriate interventions.
- Administered specialized treatment for multiple patients daily.

Education

Master's in BAMS in Chaudhary Brahm Prakash Ayurved Charak Sanstha, Khera Dabar, Najafgarh.

Guru Gobind Singh Indraprastha University - South West Delhi

November 2019 to November 2022

Diploma in Medical Billing & Coding

Arown academy - Calicut, Kerala

January 2021 to April 2021

Bachelor's in BAMS in Medicine

Mahatma Gandhi University - Kottayam, Kerala

August 2012 to September 2013

PG Diploma in Nutrition, Physiotherapy, Osteopathy

Indian Board of Alternative Medicine - Kolkata, West Bengal

August 2012 to September 2013

Skills / IT Skills

- Computer Operating
- Data Entry
- Medical Coding
- Consultation
- Customer service (5 years)
- Nutrition

Languages

- Malayalam - Native
- English - Expert
- Hindi - Fluent

Certifications and Licenses

Practitioner in Ayurveda System of Medicine

December 2010 to Present

Reg No: 11475

Practitioner in Alternative Medicine

March 2014 to Present

Reg No: A-2838

Projects / Papers Presented

Article

<http://heb-nic.in/jrim-issues/index.php?id=72&yr=10>

January 2023

Article titled 'Curd rich in probiotics, caution rather than qualities' is published in JRIM on 18/1/2023

Article

<http://agnivyapar@gmail.com>

December 2022

The article titled 'Pathological states of Agni and its role in disease production' has been published in the souvenir of the National Conference on Agni Vyapar organised by All India Ayurveda Specialist (PG) Association.

Article

<http://agnivyapar@gmail.com>

December 2022

co-author of the article titled 'Importance of mind in aetiology of gastrointestinal disorders.' has been published in the souvenir of the National Conference on Agni Vyapar organised by All India Ayurveda Specialist (PG) Association.

Paper Presentation

<http://agnivyapar@gmail.com>

December 2022

Paper presented on the topic 'Pathological states of Agni and its role in disease production' in the National Conference on Agni Vyapar organised by All India Ayurveda Specialist (PG) Association.