## RESUME

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| **DR. SACHINA CHANDRAN** Devikripa, 4/181, ernakulam, Mobile: +91 9946951480  Email:drsachinachandran@gmail.com | C:\Users\Dell\Desktop\SACHINA.jpg |

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|  | **PROFESSIONAL SUMMARY** |  |

## Career Objective

A team player and a go-getter, endowed with strong analytical skill and ability to work in a collaborative team environment. Uniquely qualified with advanced training in Mind and Body medicine, Yoga, Acupuncture and expertise in facilitating integrative Spa and Wellness programs.

**Professional Strengths**

* Ability to lead a team.
* Passion for hospitality industry.
* Excellent customer care service.
* Ability to identify, focus and execute pivotal priorities.
* Excellent communication and interpersonal skills.
* Creative thinking, since sometimes the tools at hand must be used in new ways in order to discover different paths to symptom relief.
* Strong work ethic and maintain professionalism at all times.

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| **ACADEMIC CREDENTIALS** |  |

* Pursuing MBA Healthcare Management-Bharathiar University
* Diploma in Spa Management
* **BNYS- Bachelor of Naturopathy and Yogic Science** – SDM College of Naturopathy & Yogic Sciences, Ujire. [Rajiv Gandhi Medical University, Bangalore] 2008.
* **Secondary Schooling** – KendriyaVidyalaya, Naval Base, Cochin

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| **COURSE DETAILS** |  |

* Undergone training in application of therapies under varied setups.
* Exclusive experience in conducting yoga for all strata’s of society in English and other regional languages in India.
* Spa Management and Spa training techniques.
* Physiology, Color healing & Magneto therapy
* Yoga, Pranayama and Meditation
* Reflexology
* Acupuncture, Acupressure and Cupping
* Nutrition and Dietetics
* Guided Relaxation techniques
* Community Medicine, Naturopathy Diagnosis, Yoga for Geriatrics and Children
* Hydrotherapy, Spa therapies, Yoga for General Health and Wellbeing.
* Obstetrics and Gynecology
* Physiotherapy
* Overview of the Wellness industry and Spa operations
* Human Resource Management & Understanding Spa Business and Spa Products
* Standards & Operating Procedures
* Front Desk, Guest Relations & Hygiene, Housekeeping & Quality Controlling
* Practicals- Ayurveda Massage, International Spa Therapy Massage, Beauty Therapy and Facials & Basics of Yoga

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| **CONFERENCES AND SEMINARS** |  |

* A National Conference on Modern Trends In Naturopathy And Yoga – YONAC 2005 – Dharmasthala, India.
* National conference on Modern Trends in Yoga & Naturopathy organized by Indian Naturopathy & Yoga Graduates Medical Association on 06-10-2007 and 07-10-2007 at Trivandrum, Kerala.
* Three day international workshop on “Sustainable health Care” organized by Indian Nutritional Medical Association and Wellness Solutions, Cochin on 25th, 26th, 27th February, 2011.

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| **CAREER PROGRESSION** |  |

* Trained in Hydrotherapy treatments like Jacuzzi, deluxe hydrotherapy, herbal baths, Massage, Acupuncture and Physiotherapy, Chromo and Magneto therapy, Yoga and Physiotherapy for Two Years at S.D.M. Yoga and Nature Cure Hospital.
* Three years Clinical Training in Acupuncture and Reflexology at **S.D.M.** Yoga and Nature Cure Hospital.
* Trained as Yoga therapy instructor SDM College And nature cure Hospital, India during2003 - 2008.
* Clinical training in various **Resort and Spa** treatment modalities and other staff training for therapies, handling diet session, clinical evaluation from Institute of Naturopathy and Yogic Science, **Jindal Nagar,** Bangalore, India during 2007.
* One - year Rotatory Internship Training at S.D.M.College of Naturopathy and Yogic Science, Ujire (D.K) and other various leading centers of alternative medicine and western medicine from November2007-November 2008.
* **KARE AYURVEDIC AND YOGA RETREAT (25years old Ayurveda Retreat) General Manager and Wellness Consultant (May 2016 to till date)**
* Liaise with all relevant departments to ensure guest service is maintained to high standard.
* Setting up the center standards and streamline standards.
* Manage and supervise SPA AND SALON.
* Conduct meetings with staffs of various departments and doctors and inform directly to MD.
* Setting SOP for all operations and consultation.
* Oversee front office & housekeeping department.
* Guest relation management
* Welcome guest to the lobby. Leave guest to the room.
* Engage Guests in conversation and provide general assistance
* Manage, record, and resolve promptly all Guest complaints
* Meet and greet VIP Guests and major corporate clients upon arrival
* Coordinate the services and special facilities provided to long-stay Guests
* Arrange and coordinate events for the Guest on daily basis.
* Explain guest regarding treatments and coordinate accordingly.
* Conduct Iyengar Yoga sessions, pranayama and meditation sessions.
* Ensure the proper and smooth functioning of back and front office.
* Leading the team of Ayurvedic doctors.
* Wellness consultation and advice treatments.
* Training team of junior doctors and treatment supervisors.
* Room division management and customer service.
* Introduce new treatments and setting up the spa protocols.
* **JINDAL INSTITUTE OF NATUROPATHY, Bangalore**

*(400 bed Naturopathy Hospital)-* **www.jindalnaturecure.org**

**Naturopath and administration coordinator** (2014-2016)

* Consultation of both IPD and OPD patients on a daily basis and prescribing naturopathy and ayurvedic treatments.
* Conduct yoga and meditation sessions.
* Guest relation management
* Deal with guest complaints.
* Staff training for various massages like hot stone massages, kairali, scrubs, other beauty treatments.
* Managing protocol for treatment and assessing quality assessment.
* Ensuring hygiene and customer service of the treatment center.
* Decision making on the prospects of future admissions based on set criteria.
* Direct reporting to Jt.Cmo.
* Diet supervision and monitoring.
* Supervising and monitoring the operations of the diet and treatment sections
* Assisting in collecting and proofing health related articles for the journals.
* **Janatha Homoeopathic Research center**

**Administration executive and Wellness consultant (01\2012 to 11\2014)**

* Operations Management
* Administration
* Staff training
* Guest relation
* Team building and motivation
* Networking management
* Prepare and maintain SOPs
* Event management
* Marketing strategy
* Consulting and evaluating the prognosis of clients in both in-patient and out-patient department.
* Product development, staff training in various therapies.
* Provide acupuncture and acupressure sessions for guests.
* Conducted yoga classes.
* Introduced signature herbal baths, and scrubs.
* Designed and coordinated yoga, fitness and meditation programs for school children
* Induce healthy and balanced dietary advice.
* Offered Clinical Acupuncture and Reflexology as part of the holistic healing
* Responsible for the training and supervising of health education staff.
* Contribute in setting up a healthy cook book.
* **Heal Wellness center, Ernakulum**

**Naturopath & admin executive** (12\2009 to 12\2011)

* Consultation and treatment advice for guests.
* Conducting yoga classes.
* Provide acupuncture and acupressure sessions.
* Product development, staff recruitment and training.
* Conducting classes and training various staffs in different spa modalities.
* Introduced different scrubs and signature therapies.
* Assisting in detoxification procedures like ***Chelation Therapy, Vitamin C therapy***. Counseling and advising nutritional supplementations accordingly.
* Induct dietary habits and nutritional supplementation in correct way.
* To check proper manning and supervise staff.
* To ensure a consistently high standard of personal hygiene and presentation and ensure the same of subordinates.
* Effectively administer and monitor staff scheduling procedures.
* Create a motivating environment of sincerity, warmth and fun for staff within the department, interdepartmental and guests at all time.
* Hold regular staff meetings to keep staff updated on all aspects of the operations.
* **Rajah Ayurvedic Resorts & Hospitals**

**Residential Naturopath & Acupuncturist** (03\2009 to 15\2009)

*(200 Bed Hospital; 2500 annual outpatients)*

**Naturopath & Acupuncturist**

* Designed various research studies to evaluate the efficacy of complementary medicine in managing Obesity, joint problems and skin diseases.
* Developed and launched health promotion and wellness camps for the general pubic
* Consultant in Naturopathy, Yoga, Nutrition, Acupuncture and various other areas of Holistic Medicine
* Conduct yoga and meditation sessions.
* Implemented and managed the Acupuncture, Acupressure and reflexology center.
* To check proper manning and supervise staff.
* Effectively administer and monitor staff scheduling procedures.
* Create a motivating environment of sincerity, warmth and fun for staff within the department, interdepartmental and guests at all time.
* Hold regular staff meetings to keep staff updated on all aspects of the operations
* **SDM HOSPITAL & COLLEGE OF NATUROPATHY AND YOGIC SCIENCES, Karnataka, India**

*(350 Bed Teaching hospital; India’s first degree college of Natural Medicine; Dept. of Naturopathy, Yoga, Acupuncture, Nutrition, Physiotherapy, Research department in Holistic Sciences )*

**Intern -Naturopath and Acupuncturist**

* Consulting and evaluating the prognosis of clients in both in-patient and out-patient department
* Designed and coordinated yoga, fitness and meditation programs for school children
* Integrating complementary medicine into existing services for HIV, Tuberculosis and preventative medicine.
* Responsible for the training and supervising of health education staff.
* Practicing nutrition and Medical herbalist
* Assisted in various detoxification therapies, natural scrubs, and various relaxative manipulative therapies.
* Internship program at The Institute of Naturopathy & Yogic Sciences, Jindal, Bangalore, S.D.M. Yoga and Nature Cure Hospital, Dharmasthala, S.D.M.Medical Trust Hospital & Tuberculosis Sanatorium, Ujire, Mangalore, V.K.Yoga&Research Foundation, Bangalore, S.D.M.Mobile Hospital, Primary Health Centre, Belthangady, Mangalore.
* Designed & coordinated outreach education program providing childbirth education to at-risk populations and worked with regional health departments to integrate program at their sites.

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| **PERSONAL DETAILS** |  |

Father’s name: Mr. ChandranPillai

Husband’s name: Mr. Brigu Chandran

Date of Birth   :  1st November, 1985

Passport: H0683416

Language Known: English, Hindi, Malayalam, Tamil, Kannada.

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| **REFERENCES** |  |

1. Dr.PrasanthShetty, Principal, SDM college of Naturopathy and Yogic Sciences, Ujire Mangalore. Contact Details: +919448252696
2. Dr. ArifHussain BHMS- Chief Homeopathic Consultant, Heal Wellness center, Phone-+91-9400968236
3. Dr. BabinaNandakumar, Jt.CMO, Jindal Nature Cure Institute, Bangalore.
4. Dr. Vikrant Sharma, RMO Kare Ayurveda, Pune