



## DR. SINCY CHINNS THOMAS

WELLNESS SPECIALIST &  
HEALTH EDUCATOR

### CAREER GOALS

Promoting health and wellness practices, especially among women and children. Imparting an holistic approach to children with learning disorders and behavioural issues. Advising therapeutic procedures based on exercise and diet interventions. Reaching out to the public through contents related to wellness.

### MAIN INTERESTS

- Health promotion in schools and among children.
- Digital Education through powerful contents
- Managing ailments through diet and lifestyle interventions
- Addressing health issues in women & children
- Holistic approach in treatment

### REACH ME AT

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### ACADEMIC HISTORY

Universita Di Roma TorVergata, Rome, Italy

MS Sports Sciences and Health Promotion  
(2015-2017)

SDM College of Ayurveda and Hospital, Karnataka

Bachelor in Ayurvedic Medicine and Surgery  
(2009-2015)

iNational Health Care Academy, Govt of Singapore

Certification in Child Psychology and  
Counselling

### CAREER HISTORY

Teacher of Psychology and Physical Education,

The Indian Public School, Coimbatore

Tamil Nadu, India (2019- Present)

- Handling International Baccalaureate, Central Board and Open Schooling Syllabus
- Subjects handling include human psychology, sports sciences, educational psychology and mass communication
- Responsible for conducting content related lectures, assessments, examinations and evaluations with respect to the affiliated board.

Expert and Content Creator for Ayurveda- Fitpage India Pvt.Ltd , Mumbai (Nov 2020-Present)

- Responsibilities include creating contents/articles based on the science of Ayurveda with its contemporary interpretations.
- Topics vary from basic principles to specific disorders and daily practices for managing lifestyle disorders.

Senior Associate Medical Summarisation,

DocGiant India Pvt Ltd, Cochin, Kerala, India

(2018-2019)

- Responsibilities included summarising medical documents for US Healthcare workers compensation and insurance claims
- Assessing, reviewing and summarising the records from a doctors perspective
- Prepare the document to be submitted for insurance claims in workers compensation.

## **Research and Thesis Associate**

**Policlinico TorVergata, Rome, Italy (2015-2017)**

- Volunteered for research on 'Effect of Physical Activity on Children with ADHD' at the Department of Paediatrics

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## **PROFESSIONAL SKILLS**

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- Patient Counselling on Health and Well-Being
- Providing advise on Ayurvedic and Herbal medications for management of diseases
- Diet and Exercise Planning based on diagnosis and body profile
- Conducting awareness classes on drug addiction, doping in sports and mindful eating
- Wellness Coaching by addressing concerns in women like- menstrual and menopausal concerns, post natal obesity, cancers and healthy motherhood
- Holistic approach to children with ADHD, Autism & Learning Disorders
- Educating on personalised approaches to exercise regimens
- Advising on Yoga, Pranayama and Therapeutic massage techniques
- Advanced knowledge in MS Office

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## **REFERENCES**

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Can be provided on request