



DR. SINCY CHINNS THOMAS

WELLNESS CONSULTANT &

INTEGRATED MEDICINE PRACTITIONER

PROFILE

A health and wellness consultant with experience in US Healthcare processes. Passionate about developing and implementing general well-being programmes in children and working individuals. An experienced health educator and patient counsellor.

CORE SKILLS & INTERESTS

- Health promotion in schools and multi-national working environments
- Addressing issues in children with learning disorders and behavioural concerns
- Lifestyle Counselling and Holistic approach in management of disorders
- Accommodating employee wellness in fast-moving corporate lives
- Providing treatment through diet, exercise interventions and herbal supplements
- Digital Education through powerful contents
- Health Promotion in Women

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 Sports 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-Nov 2021)

- 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

PROFESSIONAL SKILLS

- 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

REFERENCES

Can be provided on request