

# Dr. MANALE C



## Professional Summary

I'm a dedicated Ayurvedic practitioner graduated from Kerala University of Health Sciences (KUHS), Vaidyaratnam Ayurveda College Ollur Thrissur and a certification in Ayurvedic Cosmetic preparations. With a valuable training at Sitaram Ayurveda Specialty Hospital Thrissur and expertise in Vedukuli (Ayurveda Post Natal Treatment) and BLS (Basic Life Support). I bring a comprehensive understanding of holistic healthcare. Passionate about integrating traditional wisdom with modern practices, I'm committed to providing effective and personalized care to my patients.

## Get in touch!

### Mobile:

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### Email:

manalhaneefa@gmail.com

### Address:

Mammasrayillath House  
P O Velupadam  
Thrissur-680303

### Date of Birth

05-05-1997

### Marital Status

Married

### Nationality

Indian

### Languages spoken:

English, Malayalam, Hindi

## Specializations

- Handling Ayurvedic Cosmetic preparation, Panchakarma procedures Preparation of Medicines etc.
- Assisting in the OPD and IPD, Patient examination, case taking, prescription writing, daily rounds, communicating with patients etc.
- Certifications on Basic life Support training provided by Angels international Foundation.
- Certification on VEDUKULI (Post natal treatment).
- Attended seminar on Cybercrime and Social Media conducted by Department of Agadatantra.

## Professional Experience

TRAINEE

07/2023 - 09/2023

Sitaram Ayurveda Hospital, Thrissur

### Job profile

- Responded to patient complaints and documented the outcome of each complaint.
- Established procedure that needed to be followed for special investigation.
- Implemented instruction provided by consultants to ensure proper patient care.
- Worked with consulting staff to identify and respond to various issues.
- Filled and altered patient prescription as directed.
- Maintained clinical notes on all patients receiving in-patient care.
- Special training got for prasutitantra and streeroga diseases (Gynecological and Obstetrics).

## Skills

- OPD & IPD Management
- Medical writing
- Personal care
- Clinical research
- Scientific Writing
- Panchakarma
- Ayurveda Cosmetology
- Yoga
- Post natal treatment

## HOUSE SURGEON

05/2022 - 06/2023

### Vaidyaratnam Ayurveda College, Ollur

#### Job profile

- Experience in OPD and IPD management, including admission of the patients, case taking, Referral to higher centers and lab investigations.
- Practical experience in panchakarma Procedures.
- Panchakarma monitoring and Quality control - Monitoring all therapeutic procedures inside the Panchakarma Theater.
- Practical knowledge in Siravedam, Jalookavacharanam, Agni karma.
- Compendious practical experience in Keraleeya panchakarma – Quality control and Monitoring.
- Proficient in management of Gynecological disorders with various Gynecological procedures mostly like Uttaravasthi, Yoni kshalanam, Ksheera dhoopanam, Yoni pichu, & Yoni pooranam,.
- Expertise in management of Ano-rectal cases through procedures especially like Kshara karma and Kshara soothra.
- Comprehensive experience in application of Yoga asanas in the management of various diseases.
- Got exposure to Allopathic medical treatments and surgical procedures.

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## Academic History

### **BAMS (Bachelor of Ayurveda, Medicine and Surgery)**

#### Vaidyaratnam Ayurveda College, Ollur

- Attended from 2016 to 2021
- Graduated

### **Board of Higher Secondary Education**

#### Malabar Special Police Higher Secondary School, Malappuram

- Attended from 2013 to 2015
- Board of Public Examination, Kerala
- Graduated with 94%.

### **High School Education (SSLC)**

#### Malabar Special Police English Medium High School, Malappuram

- Attended in 2013
- Board of Public Examination, Kerala.
- Graduated with 98%.

## Reference

**Dr. Sreedarshan K S**

Medical Officer Government Ayurveda Dispensary

Pallivasal, Idukki.

District Program manager of Idukki, Kottayam

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## Future Outlook

Improving self by getting adequate exposure to the latest manufacturing and evolving as a better individual and an employee; equipped with methods for better efficient working so as to obtain the required outcome whatever be the circumstances.

**I hereby declare that all the above-furnished details are correct to the best of my knowledge and belief.**

**Place: Thrissur**

**Date: 16/03/2024**

**Dr. Manal E C**