



Dr. Manita Ahlawat

BAMS {MD(Roga Nidana & Vikriti vigyana)}

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Manita Ahlawat

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Personal Details

Father Name :

Sh.Suresh Kumar Ahlawat

Date of Birth : 16-04-1989

Sex : Female

Nationality : Indian

Marital Status : Unmarried

Language

English - Read, Write, Speak

Hindi - Read, Write, Speak

CURRICULUM VITAE

Qualifications:

Exam	Year of passing	Name of board/ University	Institute
10 th	May 2004	Central Board Of Secondary Education	B Ran Singh Public School Dujana, Jhajjar
10+2	May 2006	Central Board Of Secondary Education	R.E.D Sr.Sec Sch, Chhuchhakwas, Jhajjar
BAMS	April – 2013	University of Health Sciences Rohtak, Haryana	Shri Krishna Govt.Ayu College, Kurukshetra, Haryana
Internship	April – 2014	-do-	-do-
M.D.(Ayu), Roga Nidana & Vikriti Vigyana	Oct 2014 - 2017	DSSRAU Jodhpur	National Institute of Ayurveda, Jaipur

Personal Attributes

- Dynamic personality, Smart worker, Punctual, Responsible, Flexible, Good Learner & Demonstrator.
- Good Communication Skill, Positive Attitude.
- Capable of Leading a Team.

Computer Proficiency

- Operating System : Windows XP ,Windows Vista, Windows 8.
- MS Office : MS 13-Word , PowerPoint, Excel
- Browsing Pub med, Peer Reviewed Articles Etc.

Dissertation Undertaken

“An Experimental Study to Evaluate Anti Microbial Activity of Dhūpana Karma”

Submitted to **Dr. Sarvepalli Radhakrishnan Rajasthan Ayurveda University**, Jodhpur,
India (May- 2017)

Paper/Poster Presentations

S. No.	Title	Presentation	Seminar/ Date/ Venue
1.	Efficacy of Shatapushpa and Shatavari as oral, pichu and uttarbasti in Paripluta Yonivyapada	Oral Presentation	2 nd International Seminar/ Workshop : WELLNESS THROUGH AYURVEDA / 3 rd - 4 th October, 2015 / Trilok Ayurveda, Rishikesh
2.	A Therapeutic Study Of <i>Manjistha</i> In Clinical & Laboratory Findings In <i>Kamala</i>	Oral presentation	2 nd National Conference & Seminar on RECENT ADVANCES & SKILL DEVELOPMENT IN AYURVEDA organized by VAP / 27 th – 28 th February, 2016 / Dayanand Ayurvedic College, Jalandhar.
3.	Therapeutic Evaluation of <i>Manjistha</i> in Swantantra and Partantra <i>Kamala</i>	Oral Presentation	International Seminar on “GLOBALISED AYURVEDA : OPPURTUNITIES & CHALLENGES IN NEXT DECADE” / 17 th -19 th March, 2016/ MMM Govt. Ayur. College, Udaipur
4.	A Screening Study To Evaluate In Vitro Antimicrobial Activity Of Dhoopana Dravaya	Poster presentation	National Seminar on “AYURVED NIDAN : CHALLENGES & PROSPECTS” / 15 th & 16 th October, 2016 / Shri Ayurved Mahavidalya, Nagpur.
5.	In –vitro evaluation of antimicrobial activity of different extracts of Jwarahara Mahakshaya against Salmonella Typhi	Oral presentation	7 th World Ayurveda Congress & Arogya Expo, Focal theme : STRENGTHENING THE AYURVEDA ECOSYSTEM / 1 st – 4 th December, 2016 / Science city, Kolkata

6.	Effect of Ojamehantaka (kalpita yoga) in Madhumeha w.s.r. to Diabetes Mellitus : A Randomised Controlled Clinical Trial.	Oral presentation	SAMBHASHA 2017 : International Conference on “ Scope and Role of Ayurveda in the Management of Madhumeha (Diabetes Mellitus) and its Complication” / 5 th – 7 th February, 2017 / NIA, Jaipur
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Cultural and sports activities:

- 1st prize in Cricket (Girls) & Kabaddi (Girls) in Inter Class Sports & Athletic Meet held at SKGAC, Kurukshetra, Haryana on 7th – 9th November, 2012.
- Won 1st prize in Skit competition in “PURUSHARTH -2015” at NIA, Jaipur.
- Won 2nd prize in Dance competition in “TARANG-2017” annual fest held at NIA, Jaipur.

Workshop/ Training/Conference/ National/International Seminars/ CME- Attended

- Workshop on “WRITING SKILLS AND ETHICS IN RESEARCH” at NIA, Jaipur on 23rd & 24th January, 2015.
- Three Day Training Programme on Research Methods, Manuscript Writing and Career Opportunities for Ayurveda PG Students organized by National Academy of Ayurveda, RAV at Lucknow on 27th -29th October, 2015.
- Workshop on SYNOPSIS DEVELOPMENT AND ETHICS IN RESEARCH held at NIA, Jaipur on 27th – 28th January, 2016.
- Platelet Conclave organized by Rajasthan Medical Council at Hotel Grand Uniara, Jaipur on 23rd April, 2016.
- National seminar on Prevention and Control of Diabetes through Ayurveda at Mavalankar Auditorium, Constitution Club of India, New Delhi, organized by Ministry of AYUSH, Govt. of India on 28th October, 2016.
- Workshop on the applied aspects of Charaka Samhita “Charaka Chintan” conducted at NIA, Jaipur on 15th – 19th May, 2017.
- Workshop on “Research Methodology & Good Clinical Practice” held at NIA, Jaipur on 10th June, 2017
- Active participation in Guinness World Book Record for “Largest number of people receiving NASYA Therapy” during 1st Rashtriya Ayurveda Yuva Mahotsava held at NIA, Jaipur on 15th September, 2017.

Social Activities:

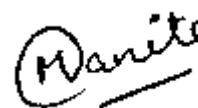
- Participated in Blood donation camp organized by Distt. Red Cross Society at SKGAC, Kurukshetra, Haryana.
- AROGYA FAIR- 2011 organised by Department of AYUSH, Govt. of Haryana held at Rohtak on 26th – 28th February, 2011.
- Awareness Programme on “Female Foeticide” organized by Indian Council of Social Welfare, Haryana and Department of AYUSH, Haryana on 4th May, 2011 held at SKGAC, Kurukshetra, Haryana.
- IAP-AAP-LDSC Neonatal Resuscitation Programme : FIRST GOLDEN MINUTE PROJECT held at Kurukshetra on 2nd – 5th September, 2012.
- Participated in different health checkup camps and Polio duties at various schools during Graduation at SKGAC, Kurukshetra, Haryana and Post-Graduation at NIA, Jaipur.

Membership:

- Lifetime Member of Vishwa Ayurveda Parishada.
- Lifetime Member of NASYA.

Declaration

I here by declare that the information furnished above is true to the best of my knowledge and references are available on request.



Dr. Manita Ahlawat
{MD (Ayurveda)}