

DR. SHIVANI SOOD

I am an Ayurvedic Doctor with 21 years of experience who creates strategic healing plans to help people realise what natural measures they can take in order to heal any physical or psychological ailment. My mission is to through this beautiful science of Ayurveda. I believe Nature provides with all the necessities we need in our life and Ayurveda helped me in inspiring others on the same principles.

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CONTACT

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Marital Status

Married

Address

Shivani Clinic & Residence,
Bhagsunag, Dharamshala,
Kangra, Himachal Pradesh, INDIA,
Pin code: 176219

Languages Known

English

German

Hindi

Marathi

Websites

<https://www.shivaniayurveda.com>

<https://www.shivaniayurveda.eu>

EXPERIENCES

Founder & DIRECTOR SHIVANI AYURVEDA (2004- present)

- Offered Ayurvedic Consultations to resolve people's ailments across US, Europe and India.
- Conducted Various Workshops for Ayurvedic Awareness, Psychology and lifestyle guidance in Europe & India.
- Launched an eLearning platform in 2018 to conduct Ayurvedic Consultant Courses in training and educating people. More than 1000 students have been taught till date.
- Conducting online consultation and coaching

Director & Ayurveda Psychological Counselor at Shivani Clinic (2003-present)

- Ayurvedic Psychological Counseling of clinic patients.
- Supervised and Conducted Ayurvedic Therapies & Panchakarma done in clinic for visiting patients
- Designed and Executed the "Shivani Style of Panchakarma" which incorporates panchakarma with emotional healing

Co - FOUNDER SHIVANI AYURVEDA POLAND

- In 2021 co founded a European company in Poland to help adapt Ayurveda to European lifestyle
- Wrote courses for educating the European with strategic steps for various topics
- Conducted workshops for European practitioners in Poland attended by more than 50 professionals

EDUCATION

BACHELOR OF AYURVEDIC MEDICINE AND SURGERY (2001)

DR BABASAHEB AMBEDKAR MARATHWADA UNIVERSITY, AURANGABAD INDIA
%/CPI: 57.76

DOCTOR OF MEDICINE (ALTERNATE MEDICINE) (2008)

THE OPEN INTERNATIONAL UNIVERSITY FOR COMPLEMENTARY MEDICINE
KOLKATA, INDIA

%/CPI: 57

ADDITIONAL CERTIFICATIONS

- Got Certification as Food & Nutritionist from Indira Gandhi National Open University in 2006.
- Masters Neuro Linguistic Programming and certified with various courses on Mindset

PROJECT & RESEARCH ACOLADES

- Ayurvedic project In Sweden in 2006.
- Ayurvedic Healthcare Project in Germany & Sweden in 2008.
- 45 International Projects done in Ayurvedic Awareness as well as Lectures and Consultations, Workshop in Switzerland, Poland, Germany, France with various Naturopath Centers across Europe from 2009 till 2023
- Content creation in the form of Webinars, videos, blogs and live sessions to promote Ayurvedic Lifestyle across the world.
- Wrote courses of Ayurveda suited to the modern western society on topics like nutrition, organ healing, emotional healing

ACHIEVEMENTS & CONFERENCES ATTENDED

- Keynote Speaker of Women Empowerment Group in Kauai Wellness Expo in 2008.
- Author of the "Book Maternity with Ayurveda", Published in 2017 in Polish and 2018 in English.