
CURRICULUM VITAE: DR URVASHI PURI

Alternative medicine professional – Reiki Master – qualified nutritionist – yoga practitioner – holistic healing proponent



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EDUCATION QUALIFICATION

- **B.Sc. (Home Science)** Kurukshetra University
- **P.G. (Diploma Nutrition & Dietetics)** Punjab University, Home Science College Chandigarh

TRAINING

Certified Birth Doula & Postpartum Doula USA	: IDI (International Doula Instt. Philadelphia)
M.D. Alternative Medicine	: IBAM, Kolkota
Yoga Shiromani	: Shivananda School of Yoga, Kerala
Reiki Master	: Usui School of Reiki, New Delhi
P.G. Nutrition & Dietetics	: P.G.I. Chandigarh

KEY PRESENTATIONS

- **Reiki Presentation** to Clinical Staff at 'Vista Del Mar Child and Family Services' at Los Angeles on 20 May 2009.
- **Reiki Presentation** to Ministry of Youth and Sports on 12 to 14 February 2011 at Pamplemousses, Mauritius.

WORK EXPERIENCE

I am currently a life coach for pregnant and lactating women, nurses, people suffering from depression, children with special needs and animals – being a Nutritionist, Doula and Complimentary therapist.

I am conducting reiki and yoga workshops in several locations abroad.

Work with Aashlok nursing home, to compliment Reiki with conventional medicine practicing Reiki to treat emotional and physical problems

In 2009, my experience of the life force drew me to yoga. A training course with Sivananda School of Yoga helped me understand the flow of life.

In 1996, I decided to undertake the teachers training course for Reiki to recover from a cardiac arrest. Experiencing my own recovery inspired me to dedicate more time to teaching and offering these practices as healing tools to others who could also benefit from the same.

1989, Nutritionist, Birla Hospital, Satna, MP

- As Nutritionist in Birla Hospital, Satna, MP, was involved in dealing with various issues of protein malnutrition in children, pregnant & lactating women and adult diabetes in the community, diet planning, developing recipes with local resources and conducting group talks on nutrition.
- Community work around Satna, for Protein Malnutrition with Kids and Pregnant/Lactating Mothers, for Diabetic adults.

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- General well balanced diet planning for low - middle income groups by developing recipes for the families and one to one consultations.

CORE BELIEFS

Becoming a certified 'Doula' has certainly, enriched my path as an educator, nutritionist and holistic healer for new mothers, fathers and babies.

Reiki and yoga together give me an opportunity to combine my passion for teaching and healing.

Educating new mothers and families on the role of holistic practices for themselves and the unborn child and its contribution to providing a calm and peaceful foundation as the child prepares itself to come into this world, is a part of my work.

I believe that the right spiritual support along with positive psychological, physical and emotional support, before, during and after birth, has an important impact on parent baby bonding and on relationships within the family

BLOGS WRITTEN

- ***Concerns Over A Reiki Session***, - October 16, 2018
- ***Ma - The Foundation, "A Mother"*** - May 14, 2018
- ***Joy of Being a Reiki Master*** - June 23, 2017
- ***With Deep Appreciation*** - March 9, 2016
- ***From the Steps of My Temple*** - July 8, 2015
- ***Dietician's take on Workaholics*** - June 9, 2015
- ***Simply Practice*** - January 25, 2015

TESTIMONIALS

- **Parul, Fairfax, USA (2014)**

Took the Reiki Level I course from Ushi 5 months ago. Saw amazing results with Reiki. I've had an ongoing problem with my left foot/ankle for a few years now due to an injury. I wouldn't be able to sit cross legged on the floor without a lot pain, let alone for a few hours. During my first class I noticed I had no pain in my foot. I've continued doing Reiki on myself and have noticed my pain has subsided quite a bit. Overall, I am much calmer and feeling better.

- **Nanna, Delhi, India (2013)**

I am a trained healer and have been helping people more than 20 years. I am also a Yoga teacher and have been practicing it nearly 15 years. My strong belief is that our lives are shaped greatly with the thoughts we have and in addition our thoughts will affect our body also.

I feel guided and lucky for meeting Master Ushi who helped me through a very difficult period in my life. She opened Reiki world to me which changed the way I see things in my life. Her way of teaching and guiding is extremely deep and passionate. I've learned so much from her and trust her completely as my Reiki master and guide. I recommend her highly as she will be a life changing force making your journey here more healthy and happy.

- **Aranza, London, England (2014)**

Ushi is a great inspirational figure and with her mentorship, Reiki has now become part of my daily life. I went to the course expecting nothing and I got so much.

- **Geraldine , Melbourne, Australia (2016)**

The opportunity to learn Reiki Level 1 came at a great time for me. My company was about to close down, and it was a very stressful time in my life. I found that practicing Reiki on myself calmed my mind and body, so I was better equipped to assist my team, and my customers through the closure. In the beginning, I found it difficult to fit the 1.5hrs into my day with my increasing work demands, and often found the best time for me to practice Reiki was after work – I've even practiced Reiki on a plane! I found that practicing Reiki in the evening restored my energy for the next day. Since taking the Reiki Level 1 course, I have noticed that my stress level has decreased, and I'm more relaxed each day.

OTHER DETAILS

RMP No. : A 3748
Press card no : 5548-1797