



PROFILE

I have keenly participating education sector since 2013. I have explored different traditions of yoga since my childhood and currently I have been working as a yoga instructor in Kendriya Vidyalaya.

CONTACT

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HOBBIES

Yoga
Cinema
Chess
Reading

ANOOP V

EDUCATION

Central University of Karala
MSc Yoga Therapy
NET in Yoga

SVYASA Yoga University
International Yoga Instructor Certification

University of Calicut
Bachelor of Computer Application

WORK EXPERIENCE

Kendriya Vidyalaya No.1, Naval Base, Kochi
Yoga Instructor
I have joined Kendriya Vidyalaya, April 2022

Ensign IAS Academy
Teaching Faculty
I have worked for four years in the institution where my responsibilities were to assist students with competitive and scholarships examinations.

ASAP Kerala
Skill Development Executive
I worked two years here, where my responsibilities were to teach IT skills to Higher Secondary and College students.

SKILLS

- Therapeutic Yoga
- MS office
- Academic Coordination

LANGUAGE

- Malayalam
- Hindi
- English