



SAURABH GUPTA

**YOGA
ASSISTANT PROFESSOR**

CONTACT & PERSONAL

DETAILS:

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Website:-

www.yogsthalindia.in

D.O.B : 05 August 1994

Marital Status: Unmarried

Father's Name :
Suresh Prasad

Mother's Name :
Pratibha Devi

Address:C-503, Nandgram
Ghaziabad Uttar Pradesh

Pin-201001

PROFESSIONAL QUALIFICATIONS

- Pursuing **NDDY**(Diploma in Naturopathy and yoga) from Gandhi National Academy.
- **UGC NET Qualified**
- **M.A yoga** from Uttarakhand Open University with **1st Division**.
- **500Hrs YTTC** (Yoga teacher training certificate) by Yoga Association of India.
- Certified **Vyayam Acharya** by Kendriya Arya Yuvak Parishad.
- National Player of Throwball.
- State Player & Official of Targetball.
- **National Judge & Referee** in Yogasana Sports .
- **NSDC** certified yoga teacher with **grade "A"**
- **B.P.E.**(Bachelor of Physical Education) from CCS University, Meerut with **Distinction Marks**.
- **DCA** Diploma in computer application from Ghaziabad.
- **E.R.P** (Education Research Program) knowledge in School Work.
- **Hindi/English Typing** in Computer & also **Techno friendly**.
- **Yog shikshak** certificate by Kendriya Arya Yuvati Parishad,(Delhi).

ACADEMIC QUALIFICATIONS

- Passed out **SSC(12th)** Examination from C.B.S.E. Board in 2012 with **first Division**.
- Passed out **HSC(10th)** Examination from C.B.S.E Board in 2010 with **first Division**.

WORK EXPERIENCE

- **2 years 6 months** teaching experience in **C.S.H.P Public School** as a **Physical Education Teacher & Yoga Instructor**.
- **Founder Director of Yogsthal India**
- **C.B.S.E** Evaluation work experience of **Physical Education** class XII.
- **4 years 6 months** experience in **Shiller Sr.Sec School Rajnagar Ghaziabad (2014 to 2018)**
- Worked as a **Physical Activity teacher** for Girls and Boys in **summer camps**.
- Worked as a **Yoga Choreographer** in various regions in India.

CAREER OBJECTIVE

To Work hard in challenging environment and take greater **responsibility** with the organization.

To secure a challenging position in a reputable organization to expand my learnings, **knowledge**, and **skills**.

Secure a responsible career opportunity to fully utilize my **training** and **skills**, while making a significant contribution to the success of the Institution.

SKILLS

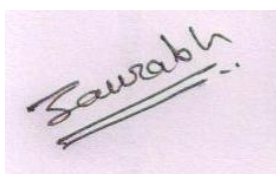
- ✓ Yogasana
- ✓ Rope Malkhambh
- ✓ Lezium
- ✓ Lathi Marshal arts
- ✓ Leg Cricket
- ✓ Archery
- ✓ Badminton
- ✓ Cricket
- ✓ Target ball

SPORTS ACHIEVEMENTS

- **Dronachary Awardee** by Five Star Sports Club Punjab for Yoga.
- **Ghaziabad Yoga Ratna Awardee** by Krida Bharti
- **Innovative Sports Coach Awardee** by SPAA India.
- **Arya Yuva Ratna Awardee** by Kendriya Arya Yuvak Parishad.
- Participated in **XIX Commonwealth games 2010** opening ceremony in New Delhi.
- Participated in **Yog Pradarshan** in 2010 organized by **Patanjali Yogpith Haridwar**.
- 3rd Place Holder in **National Yoga championship 2012** in Gurukul Manjhabali, Haryana.
- Participated in **Delhi State Yoga Championship 2013** and got 2nd place.
- Participated in **Arya Veer Dal Camp**.
- **3 times school champion in Yoga** 2009 ,2010 ,2011 as a team captain in DHT saraswati vidhya mandir.
- **1st Place Holder in State Yoga Championship in 3 times-** By Vidhya Bharti ,by rastra yog kalyan Kendra, & by Vidhya bharti (U.P/Brij Pradesh/uttarakhand)
- **Yoga Professional Member of Indian Yoga Association.**
- **Rashtriya Pradhan Shikshak of Kendriya Arya Yuvak Parishad.**
- Member of **Yoga Association of India.**
- **Technical Director of Traditional Yoga Naturopathic Sansthan.**
- **General Secretary of District Kung-fu Association Ghaziabad.**
- Active **Volunteer Member of PEFI** (Physical Education Foundation of India)
- Regular member of **SPAA INDIA**

EXTRA CURRICULUM ACTIVITIES

- Successfully Completed **Scout and Guide Training Camp** Organized by Uttar Pradesh Bharat Scout and Guide.
- Organized a **Special Yoga Camp for children** in 2009 to 2020 by online and offline both mode.
- Organized & Participated in various **Cultural programs & competitions**
- Active participant in college **competitions & Yoga**
- **Officiating** many tournament of Yoga, Cricket, Target Ball etc.
- **4 times judge** in National & State **championship of yoga**.



Signature

Date : 30 APRIL 2022