

CURRICULUM VITAE.



POOJA

PRESENT ADDRESS:

Sector 51, Noida, Hoshiyarpur village

Pin Code : 201301

POST APPLIED FOR YOGA TEACHER

Email ID- peehupaul148924334@gmail.com

+91-8076473949

SUMMARY

Being attached in the field of yoga via the course of "Masters in yogic sciences and Holistic health has a sound understanding of yoga (Practical and Yoga). Strong ability to conduct class and make people do according to DSVV yoga protocol. An organized person and effective at using efficient methods of teaching while focusing on the specific need of the student.

CARRER OBJECTIVE

Hard-working person with proven leadership and organizational skills, and minute attention to detail. Seeking to apply my abilities to fill the teacher role in your organization. I am a dedicated yoga teacher who can be relied upon to help your company achieve its goals

EDUCATIONAL QUALIFICATION

M.Sc. in Yogic Science and Holistic Health from DEV SANSKRITI VISHWAVIDYALAYA, HARIDWAR (2018-2020).

Diploma In Yogic Science from MORARJI DESAI NATIONAL INSTITUTE OF YOGA NEW DELHI (2017-2018)

Graduated in B.Sc. in Physical Education from Indira Gandhi Institute of Physical Education And Sport Sciences Delhi University.(2014-2017)

12th Passed from C.B.S.E.BOARD (2014) New Delhi.

10th Passed from C.B.S.E.BOARD (2012) New Delhi.

ADDITIONAL QUALIFICATION

- o One Month Certificate Course in PRANIC HEALING from DEV SANSKRITI VISHWAVIDYALAYA, HARIDWAR.
- o Foundation course in yogic sciences for wellness from MORARJI DESAI NATIONAL INSTITUTE OF YOGA, NEW DELHI.
- o Participated In International Yoga Fest conducted by M.D.N.I.Y, Talkatora stadium, New Delhi(2018).

- o Received great appreciation for the creative works done for various events at Graduation Level and Post Graduation level.

STRENGTHS

- o Punctuality
- o Adaptability
- o Good command over Surya Namaskar and Yogasana. o Good Practice of pranayama.
- o Good knowledge over 48 Sukshma Vyayama and Sthool Vyayam.
- o Practitioner of Shatkarma- Kunjal, Jala neti, Sutra Neti, Vyut Karma, Sheet Karma, Vastra Dhauti.
- o Can Prepare Students for Yoga demonstrations.
- o Mind centric practitioner and believes in overall development of student through yoga.

ACHIEVEMENTS

- o Cleared National Eligibility Test (NET) in December, 2019 and Qualified For Assistant professor.
- o Research paper published in "IJAHSS" on 'Effect of yoga during Gestation.
- o 3 times secured first position in National school games of throw ball.
- o First position in National throw ball championship (2015-16)
- o Silver medal in Delhi Olympic Games, Throwball (2015).

WORK EXPERIENCE.

- o Two year of teaching experience in yoga at Mother's Mount global school
- o One year of experience at online yoga classes

PERSONAL INFORMATION

Gender	:	Female
Date of Birth	:	07, August 1996
Martial Status	:	Unmarried
Father's name	:	Dharamvir
Nationality	:	Indian
Language	:	English,Hindi
Hobbies	:	Reading books, Traveling

DECLARATION

I hereby declare that all the information mentioned above is factual and correct to the best of my knowledge.

(POOJA)