

Riddhi Agarwal

Yoga Instructor
UGC-NET Qualified

PROFESSIONAL SUMMARY

A student of Yogic Science aiming to heal every ailing person with use of Yogic Psychology and Yogic physiologic practices.

EDUCATION

2022 - M. Sc. Yogic Science(pursuing)

- Dev Sanskriti Vishwavidyalaya

Department of Yogic Sciences and Human Consciousness

SGPA(Until now) - 9.0

2020 - B. Sc. (Hons.) Yogic Science

- Dev Sanskriti Vishwavidyalaya

Department of Yogic Sciences and Human Consciousness

CGPA - 8.58

2017 - Intermediate (PCM, English, Computer Application)

- Lucknow Public College
- 90% (ICSE Board)

2015 - High School

- Lucknow Public College
- 92% (ICSE Board)

CONTACT



+91-7309318176



agarwalriddhi99@gmail.com



yoga_riddhi



ACHIEVEMENTS

- Submitted an **original case study** "Effect of Comprehensive Yoga Package on Obsessive-Compulsive Disorder in terms of Mood Changes over 15 days: A Case Report" in the **Indian Journal of Psychiatry**.
- Qualified UGC-NET(Yoga)** in December 2021 cycle
- Completed a modular course on 'Techniques for Holistic Mental Health Care' in 2020.
- Completed a modular course on 'Organisational Behaviour in the Indian Context' in 2020.
- Received **Rajya Puraskar(Governor Award)** in **Bharat Scouts and Guide** by Hon'ble Governor **Baby Rani Maurya**
- Topped University** and **District** in 2019 and 2020 respectively in **Bhartiya Sanskriti Gyan Pariksha**
- Have learned different alternative therapies like Naturopathy, Acupressure, Marma Therapy, Herbal Medicinal Preparation, Pranik Healing, etc. during my Bachelor's and Master's Degree.
- Completed 120 hours of Service in **NSS** Camp

LANGUAGE

- Hindi
- English

PROFESSIONAL EXPERIENCE

- Completed one Month of Professional Internship at **AIIMS RISHIKESH** from 20th December 2022 to 20th January 2022
- Currently taking online Yoga Therapy classes for various disorders wherein patients are reporting **Positive feedbacks**

CO-CURRICULAR ACTIVITIES

- Completed one month Social Internship in Jhalawar(Rajasthan) wherein took Yoga Sessions in Government Schools in 20th December 2019 - 20th January 2020
- Completed one month Social Internship at Lucknow, U. P. in February 2022 wherein took online classes of Yoga

HOBBIES

- Dancing
- Reading
- Studying

SKILLS

- Strong Communication Skills
- Demonstrating Exercises
- Safety Techniques
- Leadership
- Group Instructions
- Program Development
- Yogic Counseling
- Online Yoga Classes