

GAURAV

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CAREER OBJECTIVE

To work with an organization which give opportunity, to learn more, enhance my abilities, knowledge and innovation are best utilised. Yog + Yoga - Yoga practice help us. To Yog higher unseen energy.

EDUCATION

Manipal University manipal (Kasturba medical college)

2018

M.sc(Yoga Therapy)

Morarji Desai National Institute Of Yoga(Guru Govind singh Indraprastha University)

2016

B.sc(Yoga science)

NIOS

2013

Science stream(Sr. Secondary higher education)

Kendriya vidyalaya

2011

Six subjects (Sr. Secondary certificate)

Akhil Bhartiya Prakartik Chikitsa Parishad(New Delhi)

2016

D.N.Y.S

EXPERIENCE

Shri laxmi narayan ayurvedic aushdhalaya(New Delhi)

August 2018 - Till Now

Yoga Therapist

Plays the role as a yoga guide with different objective.

ACTIVITIES

✨ Participated and selected in university level yoga competition. ✨ Participated in college dance performance. ✨ Interest to work on Microsoft word, power presentation.

ACHIEVEMENTS & AWARDS

✨ Attended the conference, seminar and workshop of national yoga week since 12th-18th february 2014. ✨ Attended national conference on "yoga(specially meditation) into medical science held on 18th-19th october 2014. ✨ Demo presentation in state level and comprehensive health fair on ayush 20th-23rd February 2015. ✨ Attended and demo presentation in national yoga week and participated in international yoga fest at MDNIY. ✨ Participated in various workshop held in manglore university and many other held in different places. ✨ presented seminar on astangayoga and shatkriyas. ✨ Participated in various workshop held at Kasturba medical college, MAHE. ✨ Participated in CYE(Continue yoga education) meeting of yoga. ✨ Presented poster on the effect of yoga on back pain at manglore university.

PERSONAL STRENGTH

Treating patient of different disorder with alternative therapy.

PERSONAL DETAILS

Date of Birth : 12/08/1995 ✨
Marital Status : Single
Nationality : Indian
Gender : Male
Language : English,Hindi, Punjabi
Hobby : ✨ Share the knowledge of yoga in all ways. ✨ Interested in research on various effect of yoga. ✨ provided service of yoga therapy to fit for people. ✨ To learn about different diseases and how different parts of yoga help to manage them.

DECLARATION

I hereby that the above information is correct and true to the best of my knowledge and belief.

Place: New Delhi

Date: