

# Curriculum Vitae

Sandhya Bhatia

## **Objective:**

To spread the importance of Yog in society and inculcate the positive values of our ancient science (Yog) and generate an honest living fulfilling this purpose through yog.

## **Work Experience:**

1. **Covid batches – Conducted batches for people recovering from covid 19 (occupancy approx. 1500 people) & served as Yog trainer in one of the batch where Occupancy was around 120 people covered. This initiative was a tie up between our college Dr. B. R. Ambedkar University of Social Sciences, Mhow & Govt. of Madhya Pradesh.**
2. **Personal sessions – Personal sessions given to people and managed PCOD, Diabetics, Thyroid, Asthma, Stress, Overweight.**
3. Batches – Batch practice where people experienced improved immunity, respiration, flexibility, strength.
4. USP – Clear instructions with required detail and easy steps along with proper relaxation to make people progress in Yog in interesting way.
5. Theory- Conducted online classes for
  - Shloka Uccharan of Bhagwad Gita, Patanjali Yog Sutra, Hath Yog Pradipika
  - Anatomy & Physiology

## **Professional Qualification:**

- 1 year Diploma in Yog from Shri Lal Bahadur Shastri National Sanskrit University, Delhi.
- **Masters in Yogic science from Dr. B. R. Ambedkar University of Social Sciences, Mhow, Madhya Pradesh**
- **Foundation course in Yog from Morarji Desai National Institute of Yoga, Delhi.**
- M.B.A. in Marketing from Symbiosis, Pune
- Graduation from Delhi University [Year-2004].
- Senior Secondary from School of Correspondence, Delhi under **CBSE**. [Year-2001]
- Matriculation from Govt. Co-ed Sr. Sec. School, Delhi under **CBSE**. [Year-1999]

## **Computer Proficiency:**

- Well versed with basics like- Internet, MS-Word, MS-Excel, Power-point.

## **Personal Details:**

Father's Name : Sh. Ashok Bhatia  
Date of Birth : 18<sup>th</sup> June 1983.  
Marital Status : Unmarried  
Language Known : English, Hindi & Punjabi.  
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