

CURRICULUM VITAE

POONAM SISODIA

Address: A-275

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CAREER OBJECTIVE:-

I intend to build a career in teaching YOGA where I can explore my skills to provide quality education to attain desired level of satisfaction by way of my knowledge and hard work.

I want to become an innovative Yoga teacher who can motivate, encourage and elevate even the underprivileged students for good performance and celebrate the success of students.

ACADEMIC QUALIFICATION:-

- M.A (Yoga) from SLBSRSV New Delhi, 2018-20.
- Foundation Course in Yoga Science from MDNIY Delhi.
- Bachelor of Arts from P.G.D.A.V College University of Delhi (2012-2015).
- 12th Passed from CBSE Board-2012.
- 10th Passed from CBSE Board , 2010.

OTHER SKILL:-

- Basic Computer Knowledge.
- Six months training in Certified Computer Course from GC Computer Training Institute
- Physical skills
- Efficient in multi-tasking
- Breathing Techniques
- Creativity
- Self-motivation
- Knowledge of anatomy

WORK EXPERIENCE:-

Type your text

- 3 year experience as a Yoga Instructor Field Work

PERSONAL DETAILS:-

Father's Name : Late.Shri Ramkishan
Date of Birth : 07/12/1993
Marital Status : Married
Gender : Female
Nationality : Indian
Religion : Hindu
Language Known : Hindi, English
Hobbies : Teaching, Yoga, Reading, Dancing & Travelling

Date:

Place:

(POONAM SISODIA)

