

# RESUME



## Post Applied For

**Yoga Instructor**

### PersonalDetail

**Name** Mrs.Veena Mandokhot  
**HusbandName** Sh.Shashi Mandokhot  
**DateOfBirth** 16/05/1971  
**Address** 19 B/1,Behind Liberty  
Cinema,Near Guru Ravidas  
Mandir, Karol Bagh, New  
Delhi  
**PhoneNo** 9899260410 / 8447700474  
**EmailId** veenamandokhot@gmail.com  
**Language** **Marathi,Hindi,English**

### Educational Qualifications-

Sr No	Degree/Diploma	Year	Institute/University
1	Computer Diploma In DTP	1999	Data Point Computer
2	M.A.(Political Sc)	1997	Nagpur University(MH)
3	B.A.(Home Sc.)	1995	Nagpur University(MH)
4	Yoga Training (one month)	<b>April</b> 2021	AVM YOGA INSTITUTE
5	<b>Premanand Yoga</b>	<b>Nov 2022</b>	Certification complete exam.maharashtra bord .prenatal & Postnatal yoga

### Work Experience

Company	Role	Year	Experience
Teaching Home Tution	Teacher	2012 To 2016	4 Year

**Presently Working-**

<b>Company</b>	<b>Role</b>	<b>Start Year</b>	<b>Salary</b>
A.J.Trust overseas Education Institute & Clinic	Receptionist/counseling (MBBS Russia Students Counselor,Overseas Counseling}	Aug 2017 to 2019	15000/-
Bhanwar Rathore Design Coching Institute(BRDS)	<b>Assistant Center Manager (counselor &amp; Receptionist )</b>	October 2019 To March 2021	27000 per Month
<b>Online &amp; Home Visit Yoga</b>	<b>Meditation ,pranayam ,Exercise .Yoga in Breathing</b>	May 2021 to Dec 2022	Clients according

<b>Ultimate Chenge yoga &amp; Fitness</b>	<b>Meditation ,pranayam ,Exercise .Yoga in Breathing</b>	Dec 2022 to till Now	22,000 per Month
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