

POOJA FAUZDAR

Yoga Therapist



CONTACT



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poojafauzdar05

SKILLS

- ✔ Anatomy and Physiology
- ✔ Stress and Disease management
- ✔ Hatha and Ashtanga yoga practioner
- ✔ Strong communicational skills
- ✔ Advance Yoga asanas practioner
- ✔ Diet and Nutrition
- ✔ Pranayama and Meditation
- ✔ Cleansing (Shuddhi Kriyas)
- ✔ Face Yoga
- ✔ Therapeutic Yoga

WORKSHOPS

Vajra Fitness

Women's Health Feb 24

Manoshala

Chair Yoga Workshop 21 Jun 24

CRC Jaipur (Govt)

People with disabilities 21 Jun 24

Pawsey Club - Gurgaon

6 Oct 24

LANGUAGES

- ✔ English & Hindi

PROFILE

Certified and experienced Yoga Therapist and Instructor with advance training in Yoga and expertise in several principles. I wholeheartedly believe in transformative power of yoga and thus guiding my patients and clients for embracing it's positive impact on their lives. Mastered the in-depth strategies concerned with breathing techniques to reduce stress and improve mental health.

EXPERIENCE

Yoga Instructor

Namastevogue - Freelance

Aug 2024 - Present

- Provided general group yoga sessions focused on Strength, Flexibility and Weight management

Yoga Trainer

Always Live Yoga - Freelance

June 2024 - Present

Yoga Instructor

Vaira Fitness

Nov 2023-Feb 2024

- Conducted group and personal yoga sessions incorporating various forms of practice mainly focusing on female clients and their health. Created and curated online yoga video content specifically designed for patient's health conditions

Yoga Therapist

All India Institute of Ayurveda, New Delhi

Aug 2023-Jan 2024

- Provided personal yoga sessions to patients according to their conditions
- Provided general group yoga sessions for health promotions
- Conducted Yoga awareness sessions and foundation Yoga course sessions
- Provided nutrition guidance for patients
- Provided impactful counselling to patients ,empowered patients to take charge of their physical and mental well-being

EDUCATION

Uttarakhand Sanskrit University, Haridwar

Pursuing

Master's in Yogic Sciences

Kaivalyadhama Yoga Institute & Research Center, Lonavla, Maharashtra; 83.75%

Post Graduate Diploma in Yoga Therapy

Aug 2022-Jun 2023

Ministry of Ayush

Certified Yoga Therapist

Dec 2023

IIS University, Jaipur, Rajasthan; CGPA: 8.97/10

Bachelor's in Science (Zoology, Chemistry & Botany)

May2019-Jun 2022

IIS University, Jaipur, Rajasthan

Certificate and Diploma in Yoga and Stress Management

May 2019-Jun2021



We, the Chancellor
&
the Members of the Board of Management
of
IIS (deemed to be University), Jaipur
certify that

Pooja Fauzdar

D/o Dinesh Singh

having been examined for
the **Diploma in Yoga and Stress Management**
in July 2021 was found qualified for the same.
She was placed in grade 'O'.

In testimony whereof are set the signature of the
Chancellor of the said institution.

Jaipur

Dated : November 17, 2021




Chancellor



KAIVALYADHAMA

Where Yoga tradition and Science meet

100
YEARS



This is to certify that

Pooja Fauzdar

has been duly awarded the

Diploma in Yoga Therapy (D.Y.T.)

in the batch of 2022-2024

held at Kaivalyadhama Yoga Institute, Lonavala

He/She has achieved

Grade I in Theory, Grade I in Practical, Grade I in Internship Project,

with overall Grade of I

upon the recommendation of the Board of Examinations, **Gordhandas Seksaria College of Yoga and Cultural Synthesis**, Kaivalyadhama Shreeman Madhav Yoga Mandira Samiti, Lonavla.

Given under the Seal of the College on May 20, 2024

Chairman
K.S.M.Y.M. Samiti

Secretary
K.S.M.Y.M. Samiti

Principal
G.S. College of Yoga & Cultural Synthesis



आयुष्य मंत्रालय, भारत सरकार
Ministry of Ayush, Govt. of India



Yoga Certification Board

Certificate

MS. POOJA FAUZDAR

is hereby certified as

Yoga Therapist

by

The Yoga Certification Board

under

**the voluntary certification of yoga professionals,
Ministry of Ayush, Government of India**



Certificate No.:

P220057314

Validity Period:

From 18-Dec-2023 to 17-Dec-2028

Evaluated by:

MODISH SERVICES PRIVATE LIMITED

(The validity of the certificate depends on the certified professional's continued compliance to prescribed competency standards and rules and regulations prescribed by the YCB for Yoga professionals.)

**Authorised Signatory
MODISH SERVICES PRIVATE LIMITED**

**Yespal Singh,
Managing Director,
MODISH SERVICES PRIVATE LIMITED,
Vaishali Nagar, Jaipur**



Issuing Date : 18-Dec-2023

**Authorised Signatory
Yoga Certification Board**

**Sobika Rao (In-Charge Principal Consultant),
Head of Institution,
Yoga Certification Board,
Ministry of Ayush, Govt. of India,
Vishwa Yuvak Kendra, Teen Murti Road, Chanakya Park
New Delhi - 110021**