

# AJAY KUMAR

H No.411, Pkt-14, Sec- A/5, Narela, Delhi · 9318475187

[Manishyadu24496@gmail.com](mailto:Manishyadu24496@gmail.com) ·

To always obtain the collaboration of the team, to do their tasks and to reach the goals in their area of work in an effective manner, without errors,

## EXPERIENCE

**NOV-2022 \_ CURRENTLY WORKING**

**YOGA INSTRUCTOR, PRIVATE CLASSES**

GIVING INSTRUCTION TO MY CLIENT AND OBSERVE THEIR PROBLEMS / DIESEAS AND TELLING THEM WHAT EXCERSISE WILL HELP YOU

**MAR-2022 – OCT-2022**

**YOGA INSTRUCTOR, DILLIKIYOGSHALA**

GIVING INSTRUCTION TO MY CLIENT AND OBSERVE THEIR PROBLEMS/DIESEAS AND TELLING THEM WHAT EXCERSISE WILL HELP

**SEPT 2019 – FEB 2022**

**SUPERVISOR, JH INDUSTRIES**

MONITRING ALL THE WORKERS AND THEIR WORK  
MANAGE DAY TO DAY OPRATION

## EDUCATION

**JULY 2013**

**10<sup>TH</sup> STANDARD, GOVT CO-ED SENIOR SECONDRY SCHOOL**

**JULY 2015**

**12<sup>TH</sup> STANDARD, GOVT BOYS SENIOR SECONDRY SCHOOL**

**OCTOBER-2022**

**DIPLOMA IN YOGA & MEDITATION SCIENCE, DPSRU**

## SKILLS

- COMPUTER BASICS
- MS OFFICE (EXCEL, WORD)
- MAIL, INTERNET SURFING
- YOGA

## **PERSONAL DETAILS**

DATE OF BIRTH - - 15/03/1998

FATHER'S NAME - - SH RAM DEV YADAV

AGE. - - 25YRS

## **ACTIVITIES**

Communication well with diverse group in and out of the organization. Utilize problem-solving skills, creativity , and critical thinking. Demonstrate qualities like empathy, support and concern. Be able to develop their new employees based on their strengths.