

# CURRICULUM VITAE

## **PARBHAKEAR (YOGA INSTRUCTOR)**

Address : lions club  
Sector : 18 D Chandigarh  
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## **CAREER OBJECTIVE**

- To continuously improve myself through Discipline, Determination and Dedication, towards the benefit of the organization and gain continuous Exposure, Reputation and Experience.

## **EDUCATIONAL QUALIFICATION**

- M.A Yoga Secured with 1<sup>st</sup> division from Uttarakhand Open University.
- MPED Secured with 1<sup>st</sup> division from Punjab University.
- B.P.Ed. (4 year) Secured with 1<sup>st</sup> division from Punjab University.
- Diploma in Nutrition and Health Education Secured from 1<sup>st</sup> division from IGNOU.
- Intermediate Secured with 2<sup>nd</sup> division from C.B.S.E Board.
- Metric secured with 1<sup>st</sup> division from C.B.S.E Board.

## **TECHNICAL QUALIFICATION**

- Basic computer certificate course (Don Bosco Navjeevan Centre Sector-24 CHD )
- Basic Data entry operator certificate course (Govt Political institute Sector-11 CHD)

## **SPORTS ACHIEVEMENTS**

- 4<sup>th</sup> in all India yoga and also participated in khelo india university Games (2022-23)
- 3<sup>rd</sup> in senior national and also 4<sup>th</sup> in National Games, Gujarat (2021-22)
- 1<sup>st</sup> in yoga senior state and 4<sup>th</sup> in yoga senior national (2021-22)
- 1<sup>st</sup> in yoga inter-college and participated in all India inter-university (2021-22)
- 1<sup>st</sup> in yoga senior state and participated in yoga senior national (2020-21)
- 1<sup>st</sup> in yoga senior state and 6<sup>th</sup> in yoga senior national (2019-20)
- 1<sup>st</sup> in yoga senior state and 6<sup>th</sup> in yoga senior national (2018-19)
- 1<sup>st</sup> in yoga inter-college and participated in all India inter-university (2017-18)
- 1<sup>st</sup> in yoga senior state and 3<sup>rd</sup> in Yoga senior national (2016-17)

## **EXPERIENCE**

- Working as a yoga coach in DAV School Sector-15 Chandigarh from may 2022.
- 2 years experience as a yoga teacher in Defense academy Sec-38 CHD.
- 3 month Internship as a Physical Training Teacher in GSSS Mauli Jagraa CHD.
- Conducted 40 days yoga camp in Meritorious senior secondary school Mohali.
- Recruited 24 days as a Yoga Instructor for TGT, PGT Induction Training program.
- Conducted 50 days Yoga camp for Special Child in GMSSS Sec-26 Chandigarh.
- Conducted 30 days Yoga Camp for Primary Classes in GHS Sec-52 Chandigarh.

## **SPORTS AWARDS**

- Accoladed with International yoga award from Everest Yoga Institute.( 29/8/2021)
- Honoured with National youth sports award by National Youth Federation.(10/6/2021)
- Received State level award from Govt High School Sec-38 Chandigarh.(29/9/2014)

## **WORLD RECORDS**

- Created World Record in WRCA "Most one leg rotations in 30 seconds" (01/06/2022)
- Created Asia book of record "Most one leg rotations in 30 seconds" (18/05/2021)
- Created India book of record "Most one leg rotations in 30 seconds" (05/09/2020)
- Created Exclusive world record "Most one leg rotations in 30 seconds" (20/05/2019)

## **JUDGE & REFEREE**

- National yoga Referee in YFI.
- State yoga Judge in CYSF.
- Appointed as a Technical official in Khelo India Women league in Chandigarh.

## **HOBBIES**

- Gardening
- Pets taking care

## **RESEARCH ORIENTED ACTIVITIES**

- Attended international seminar on "Sports education and traning"(Vietnam-10/6/2019)
- Attended international conference on "Post covid education "(online-29/5/2020)
- Attended international webinar on "Health,wellness and yoga"(online-10/11/2020)
- Attended international workshop on "Yoga & meditation"(Online-11/6/2021)

## **PERSONAL PROFILE**

- Father's Name : Sh. Ramji Giri
- Gander : Male
- Date of Birth : 4<sup>th</sup> October,1997
- Marital Status : Unmarried
- Nationality : Indian
- Language known : Hindi, English, Panjabi

## **DECLARATION**

- I hereby declare that all the above information provided by me is correct and best of my knowledge.

Date: .....

Place: .....

(Signature) \_\_\_\_\_