

RESUME

SIMRAN DHIMAN

Nand Vihar Colony

Roorkee, Uttarakhand

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CAREER OBJECTIVE

Energetic Fitness Instructor and Personal Trainer with background in yoga, weights and aerobics. Highly motivated to help others reach their health and fitness goals. Promotes activities and coping methods that transform unhealthy habits and fuel healthy minds and bodies. Hard Work , Dedication & Stability are the Ethic of my life.

ACADEMIC QUALIFICATION

- Graduation passed from Uttarakhand.
- Intermediate passed from Uttarakhand Board.
- High School passed from Uttarakhand Board.

EXTRA QUALIFICATION

- Miss Uttarakhand woman physique 2022
- Diploma in yoga from patanjali group (3months)
- 500 hours Yoga Teacher training course from vinyasa yoga ashram , Rishikesh
- Yoga instructor & fitness trainer.

EXPERIENCE

- Presently working as a trainer in anytime fitness gym ,Chandigarh
- 1 year experience as gym trainer in body temple gym , Rishikesh (2022-march 2023)
- 2 years as gym trainer in golds gym, Roorkee (2020-2022)
- 1 year as gym trainer in V.B. Fitness club (2019-2020)
- 1 year training of Hatha yoga from vyas yoga centre , Rishikesh

SKILLS

- knowledge of different type of yoga , aerobics and weight lifting
- Nutrition supplement familiarity
- Fitness equipment expertise

ACHIEVEMENTS

- Certified for 200 hour & 300 hours Yoga teacher training course
- Awarded & certified as a head trainer from patanjali yogpeeth , Haridwar
- Awarded for winning first prize in yoga competition at state & district level

PERSONAL DETAILS

- Father Name : Mr. Sanjay Dhiman
- Date of Birth : 24 September 2000
- Marital Status : Unmarried
- Gender : Female
- Languages Known : Hindi & English
- Hobbies : Gyming , Yoga.
- Nationality : Indian

DECLARATION

- I hereby declare that the details provided above are true to the best of my knowledge.

Place :

Date :

(SIMRAN DHIMAN)