

Arvind

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PROFESSIONAL SUMMARY

Skilled and certified yoga instructor with an ability to build effective relationships with students of all background and skill levels. Hardworking, dedicated and supportive with excellent communication and problem-solving abilities.

ACADEMIC QUALIFICATION

COURSE	UNIVERSITY / BOARD	INSTITUTION	YEAR OF PASSING	AGGREGATE CGPA
M.Sc. in Yoga Science	I. G. U. Meerpur Rewari	I. G. U. Meerpur Rewari	2022	CGPA– 7.04
Yoga Teacher Training Course 200 Hours	Yoga Alliance USA	Arohan Yoga School Rishikesh, India	2022	-
Bachelor of Science(BSc)	M.D.U (Rohtak)	P.K.S.D college kanina, (mohindergarh) Haryana	2020	64.24%
Senior Secondary	HBSE	Sir Chhotu Ram Sr Sec School Gorar(Sonepat)	2015	66.2%
Secondary Examination	HBSE	Gurukul Kisangarh, Ghasera(Rewari)	2013	73%

KEY ACHIEVEMENTS

- All india inter-university game(yoga/kabaddi) participation

Experience

- 1.5 years of experience in teaching Yoga

STRENGTHS

- Can easily practice various hard to grasp asanas of yoga.
- Ability to grasp new skills quickly.
- Honest and hard worker.
- Polite & Friendly attitude.
- Great team player and also has leadership skills.
- Can easily adjust myself to any kind of working conditions.

HOBBIES

☐ Practicing Yoga
☐ Asanas ☐ Teaching
Yoga.

PERSONAL DETAILS

D.O.B: 17-12-1998

Address: zainabad , rewari (Haryana)

Nationality: Indian

Gender: male

Languages which I know: Hindi /english

DECLARATION

I, **Arvind**, hereby declare that the above-mentioned information is correct up to my knowledge and I take the responsibility for the correctness of the above-mentioned particulars.

Date:

Place: zainabad

(Arvind)