

Heena Rawal

Lajpat Nagar-1

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Objective

My goal is to become associated with a professionally managed team in a Progressive Organization Financial Institution, that brings out the best of my abilities and helps me achieve optimum work satisfaction.

Work History

Yoga Instructor

COMPANY NAME : SPECIALLY CARING YOGA CENTER, MUMBAI

From 2021 to Till date

-Hatha yoga
-Power yoga
-Meditation
-Mantra chanting
-Pranayama

Education

2023-2025 **MA In Yoga shastra** Pursuing
UTTRAKHAND SANSKRIT UNIVERSITY
RISHIKESH, UTTRAKHAND

2018-2021 **BA In Yoga shastra** B+ Grade
KAIVALYADHAMA
KAVIKULAGURU KALIDAS SANSKRITI UNIVERSITY
LONAVALA, MAHARATSRA

2017-2018 **Senior Secondary Examination - Class XII, Commerce** B+ Grade
L.S. SCHOOL, CBSE
SIROHI, RAJASTHAN

2016-2017 **Higher Secondary Examination - Class X** B+ Grade
L.S. SCHOOL, CBSE
SIROHI, RAJASTHAN

Workshop

- One Month Yoga classes at **AADINATH YOGPEETH RISHIKESH, UTTRAKHAND**
- International Conference of Yoga as Therapy scope, evidence and evolution organized by **KAIVALYADHAMA, LONAVALA MAHARATSRA**
- Yoga-Vedanta workshop on "Tattvabodha" organized by **KAIVALYADHAMA, LONAVALA MAHARATSRA**
- National Seminar on Yog and value organized by **KAIVALYADHAMA, LONAVALA MAHARATSRA**

Certification

- Financial Accounting with Tally at **SAI GURUKUL CLASSES SIROHI, RAJASTHAN**

Accomplishments

- 1st Position in Handwriting competition at L.S. SCHOOL, SIROHI RAJASTHAN
- 3rd Position in Debate competition at L.S. SCHOOL, SIROHI RAJASTHAN

CO-CURRICULAR ACTIVITIES:

- Participated as volunteer in yoga meditation classes organized by **at KAIVALYADHAMA, LONAVALA MAHARATSRA**
- Part of school volley ball team, school tournament organized by **L.S. SCHOOL, SIROHI RAJASTHAN**

Personal Details

- **Date of birth** : 17/06/1999
- **Alternate Number**: +91-9414423811
- **Nationality** : Indian
- **Permanent Address**: Sirohi road near bus stand, Pin code - 307022, District Sirohi, Rajasthan

DECLARATION:

I hereby declare that the details provided by me in this resume are correct and I have knowingly not omitted/ misrepresented any information. I am aware that the company can use this data for verification purposes and any material inconsistency identified between the details shared above versus actual information would have a bearing on my employment, based upon company policies.

Date: _____ Time: _____ Place: _____ Signature: _____