



Contact Details

Phone:

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Email:

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Nationality:

Indian

DOB:

25.07.2004

Gender:

Female

Address:

V.P.O ZAFFARPUR AMBALA
HARYANA

Skills

Leadership



Creative



Muskan

Physical Fitness Coach/Yoga Instructor

Summary

Seeking a challenging and fast-paced role where I can leverage my skills and experience to make a significant impact. Excited to contribute to an organization that values continuous learning and growth. My expertise spans advanced Yoga, Acrobatics, Zumba, Meditation, Pranayama, and Pilates, with over six years of experience helping individuals enhance their flexibility, build muscle strength, and resolve various health issues. I also prepare students for National and International level competitions, fostering the next generation of athletes. In today's stressful environment, I'm committed to helping you transform your life through a holistic approach to mental and physical fitness. Join me on this journey to achieve your best self, both physically and mentally.

Education

10th

Apr 2020 – May 2021

D.A.V CENTENARY PUBLIC SCHOOL

- Secured 94.6 percentage

12th Medical

Apr 2022 – May 2023

D.A.V CENTENARY PUBLIC SCHOOL

- Secured 89.9 percentage

BAMS

Oct 2024 – Continue

Lal bahadur Shastri College

Experience

WELLSPHERE360

Apr 2024 – Continue

Physical Fitness Coach

- Here , I deal with US Clients.

Organization



Innovative



Problem Solving



Languages

Hindi

English

Freelancing athlete Trainer

Jul 2017 – Continue

athlete Trainer

- Helping Yoga and Gymnastics Athletes To get their desired flexibility

Personalized CLASSES

Nov 2020 – Continue

Yoga Instructor

- Helping individuals of all age groups to get their desired Wellness During this time period , I helped a girl to get over from her minor depression.

Achievement

I'm proud to have earned multiple Gold medals at both National and International levels, including a prestigious Gold in the Asian Games, with my accomplishments recognized by prominent figures such as the Chief Minister of Haryana, the Education Minister, and renowned actor Gulshan Grover