



Aarti

Yoga Specialist

An Asian Gold Medalist in Yoga, an experienced and passionate yoga instructor with over four years as freelancers and advanced training in Ashtanga and Hathayoga.

Personal Info

Mobile

80544-80531

E-mail

aarti8054480@gmail.com

Date of Birth

10th June, 1996

Father's Name

Sh. Kishore Sharma

Gender

Female

Nationality

Indian

Marital Status

Unmarried

Language Known

English
Hindi
Punjabi



Education and Certificates

- **Bachelor of Arts - BA**
Post Graduate Government College of Girls,
Chandigarh, 2015 - 2018
- **Bachelor of Education - B.ed**
Government College of Yoga Education and Health,
Chandigarh, 2019 - 2021
- **Assistant Yoga Teacher Training Certificate (AYTTC)**
University of Patanjali, Patanjali Yogpeeth, Haridwar
July 2020 - August 2020
- **Diploma of Education, Naturopathy and Yoga**
Gandhi Smarak Bhawan, Chandigarh
September 2020 - Present
- **Certificate Course in Elementary Sanskrit and Bhagavadgita**
Interdisciplinary Centre for Swami Vivekananda Studies
Panjab University, Chandigarh
February 2020 - 2021
- **Master of Arts Yoga**
Sanjeevani Yoga & Naturopathy Sansthan
Uttarakhand Sanskrit University
October 2021 - Present



Experience & Workshops

- Personal Yoga Trainer of *Janvi* (National Champion skates girl of India)
- Trained students in *National Yoga Camp* of Jawahar Navodaya Vidyalaya, Chandigarh, India, 2019
- Part time yoga teachers at *Saint Joseph School*, Chandigarh, 2019
- Took Yoga sessions on the *International Day of Yoga* at Jawahar Navodaya Vidyalaya and G.M.S.S.School, Chandigarh
- Online Demonstration of Yogaasanas in *Rashtriya Uchchatar Shiksha Abhiyan (RUSA)* at Mehr Chand Mahajan, D.A.V. College for Women, 2021
- Speaker and Yoga Demonstration on 5 days virtual I session programme on *National Council of Sports Science and Physical Education (NCSPE), New Delhi, 2020*
- Technical expertise as a resource person for the "Fitness Assessment under Wellness Program" for 96th course for Officer Trainees held at **Lal Bahadur Shastri National Academy of Administration, Mussoorie** from 1-4th December 2021

Skills

Physical skills	■■■■■
Versatility	■■■■■
Adaptability	■■■■■
Stress management	■■■■■
Breathing Techniques	■■■■■
Creativity	■■■■■
Self-motivation	■■■■■
Knowledge of anatomy	■■■■■
Mentoring	■■■■■
Communication	■■■■■
Time management	■■■■■

Computer Skills

Basic Knowledge of Computer



Awards & Achievements

- Performed as a Model for yoga demonstration in - '**A Textbook of YOGA Skill Education**', for class 11th & 12th, CBSE, Vishvas publication
- **First position and GOLD MEDALIST** at an **Asian Yoga Sports Championship** 2018, organized by Yoga Federation of India hosted by Yoga Association of Kerala, Jimmy George Indoor Stadium Thiruvananthapuram (Kerala) India
- **First position** in Shrimati Chand Rani Goswami Memorial Competition at Brahmurishi Yoga Training College, Sector-19-A, Chandigarh 2015
- **Third position** at State level in 31st Chandigarh State Yoga Sports Championship-2015
- **Wushu (Taolu)** All India Inter University Competition, Punjabi University, Patiala 2016
- **Consolation Prize** (4th Place) in the 23rd International Yoga Festival, Puducherry 2017
- **Third position** in both Yogasana and Artistic Pair Yoga Competition on the 42nd National Yoga Sports Championship 2017-18, Hrit College, Ghaziabad (Uttar Pradesh)
- **Fourth position** in Yogasana Competition in the 2nd Federation Yoga Sports Cup, Yoga Federation Of India at Shri Kshetra Dharamasthala, (Karnataka), 2017
- **Fourth position** in Yogasana Competition in the International Yoga Sports Championship, International Yoga Festival at Shri Kshetra Dharamasthala, (Karnataka), 2017
- **Second position** at State level in 34th Chandigarh State Yoga Sports Championship, 2018
- **First position** at 36th Chandigarh state yogasana sports championship 2020
- **National Individual Yogasana Sports Championship** (Online Mode) 24th to 27th March, 2021
- **Three times Participation** in the Inter College Yoga Competition from 2016 to 2018



Hobbies & Interest

Yoga
Gymnastic
Drawing

Dancing
Music