

CURRICULUM VITAE

Pradeep Singh

Add: CA/80-B, D.D.A. Flats
Hari Nagar, New Delhi-110064, India
Contact No. - 91-9560685813
E-Mail:- pradeepkentura@gmail.com

Objectives

To work as a part of a dynamic and growth oriented organization that gives me a platform to improve myself professionally as well as personally.

Yoga Experience

1. Freelance Yoga and Fitness Trainer from Jan 2017 to till date.
2. Worked with **Monyati Initiative** as a Yoga Instructor in NGO. (2017-2018)
3. Worked for Stop NGO as a Yoga Instructor (2015 to 2017).

Academic Qualification

- 1 Senior Secondary passed from **CBSE** Delhi in 2003.
- 2 Secondary passed from **CBSE** Delhi in 2001.

Professional Qualification

- Done 1 month **Certificate course** from **CCRYN (Ayush)** in 2016.
- Done 1 year **Certificate course** from **Swami Vivekanand, Rishikesh in 2017**
- Done International (**TTC**) **Yoga teacher training course** from **Alpesh Yoga** in 2019 (Alliance yoga 200 Hours)
- Done 1 month Certificate for **Thai Massage** from Thailand (Chiangmai)
- Done 1 month Certificate for **Yoga Therapy & Ayurveda Massage** Course from Kannur, Kerala
- **Ereps(European Register of Exercise Professionals)** certified personal Fitness Trainer.

Specializations:

Fitness Trainer (Weight Management Specialization)
Nutrition Specialization
Corrective Exercise Specialization
Traditional Yoga
Therapeutic Yoga
Meditation
Sound Healing
Iyengar Style Hath Yoga

Personal Details

Father's Name : Shri. Bhagat Singh
Mother's Name : Late. Smt. Raj Kumari
Date of Birth : 20th March, 1985
Languages Known: English & Hindi
Nationality : Indian
Marital Status : Unmarried

Date: 10th February 2023

Place: New Delhi

(Pradeep Singh)