

# Chandra Prakash

Yoga Instructor/Coach

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📍 Laxmi Nagar, Delhi

📺 <https://www.youtube.com/watch?v=QZOyqkutUWo>

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📱 Chandra 98872121



## About Me

*Experienced and passionate, with a love for educating, instructing & coaching today's youth in all aspects of yoga. With over 3 years of experience & advance training in national & international Yoga competitions. Adept in creating a comprehensive and well-rounded curriculum that meets educational requirements and standards. Able to act as a facilitator of powerful learning experiences, while allowing students to dictate certain lessons and lead with curiosity. Familiar with many renowned yogic philosophies, aimed at supporting a child academically, physically, emotionally, socially & spiritually. Forth dedication, skill and the desire to positively impact the lives of children.*

## Skills

Communication	● ● ● ●	Critical thinking	● ● ● ●	Time Management	● ● ● ●
Leadership	● ● ● ●	Computer Proficiency	● ● ● ●	Subject Matter Experts	● ● ● ●
Teaching and pedagogy	● ● ● ●				

## Work Experience

DSVV, Yoga Instructor	Jan 2019 - Mar 2020 Haridwar
Villagers, Yoga Teacher	Jul 2020 - Jan 2021 Dulhin Bazar, Patna
District Administration, Yogic Psychologist	Jan 2021 - Aug 2021 Patna
New B.D.Public School, Yoga Teacher	Aug 2021 - Dec 2021 Patna
Kendriya Vidyalaya, Yoga Coach	Mar 2022 - Mar 2023 Khagaul, Patna
Kendriya Vidyalaya, Yoga Teacher	Apr 2023 - Present Goale Market, Delhi

## Projects

### Data Observer & Analyst, Malnutrition in School Going Childrens

Awareness Program Manager for overlapping benefits of Nutrition & Yoga.

## Education

B.D.Public School, Matriculation, All Subjects	Mar 2014 - Mar 2015 Hajipur, Vaishali, Bihar.
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**R.P.COLLEGE, DATIYANA,PATNA,** *Intermediate of Science (PCM)*

Jul 2015 - Feb 2017  
PATNA

**Dev Sanskriti Vishwavidyalay,** *Bachelor of Yogic Science (HONOURS)*

Jul 2017 - Jul 2020  
Haridwar, Uttarakhand,  
India

**Dev Sanskriti Vishwavidyalaya,** *Master's of Arts in History & Indian Culture*

Aug 2020 - May 2022  
Haridwar

## Certification

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**3rd World Yoga Festival & Championship,** Organised by World Real Yoga Alliance, Under auspices of International Yoga Federation, Hosted by Chandigarh University

**The Grand Master of Yoga-2019,** Namogange Trust

**Blood Donation,** Himalayan Hospital

**Workshop on Fitness & Nutrition,** Dev Sanskriti Vishwavidyalay in association with Physical Education Foundation of India (PEFI)

**HOLISTIC MENTAL HEALTH EDUCATION,** Center for Scientific Spirituality Studies (DSVV)

**TAI JI TRAINING,** Jointly conducted by Yunnan Minzu University (YMU) AND DEV SANSKRITI VISHWAVIDYALAYA (DSVV).

प्रकाश प्रकाश, प्रकाश (प्रकाश प्रकाश), INSTITUTE OF CONSCIOUSNESS FOR DIVINE EXCELLENCE IN SOCIETY, PRAGAYA KUNJ.

**Yoga Teacher in NCC Camp CATC/10.,** 31 UK BATTALION NCC, HARIDWAR, UTTARAKHAND.

**BHARATIYA SANSKRITI GYAN PARIKSHA,** UNDER THE AEGIS OF-GAYATRI-TEERTH, HARIDWAR.

**Inter-University Yoga Championship 2019-20,** Association of Indian Universities

**Inter-University Yoga Championship 2021-22,** Association of Indian Universities

## Achievements

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Recently successfully completed "Sattipatthana" after doing three ten days courses. Selected as "Yoga Instructor for Yoga Workshop" organised by, Delhi Sanskrit Academy, Govt. of NCT Delhi. Represented University two times at Inter University Yoga Championship in 2020 & 2022 (As Team Captain).

## Hobbies

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Meditation & Yoga, T'ai Chi (Shadowboxing), Reading, Language Learning, Running, Gardening, Volunteering & Community Involvement.

## Languages

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English

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