

**BALENDU RAY**

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**EDUCATIONAL QUALIFICATIONS**

Examination	Year	Institute	Performance
DIPLOMA IN NUTRITION AND HEALTH EDUCATION	2020-Current	IGNOU	Pursuing
DIPLOMA IN NATUROPATHY AND YOGA SCIENCE	2019-Current	National Institute of Open Schooling	Pursuing
CERTIFICATE OF YOGA TEACHER AND EVALUATOR (LEVEL-3)	2022	The Yoga Certification Board, Ministry of AYUSH, Government of India	Passed
CERTIFICATE IN PANCHKARMA THERAPY	2022	Shree Sanjeevani Kriya Yoga Foundation	Passed
CERTIFICATE OF PROFICIENCY IN BHASA INDONESIA	2019-2020	Jawaharlal Nehru University	Passed
DIPLOMA IN YOGA SCIENCE	2019-2020	Morarji Desai National Institute of Yoga, Ministry of AYUSH	73.5%
M.A YOGA	2018-2021	Himalayan Garhwal University	69%
CERTIFICATE COURSE IN YOGA PROTOCOL INSTRUCTOR	2019	Morarji Desai National Institute of Yoga, Ministry of AYUSH	71%
FOUNDATION COURSE IN YOGA SCIENCE	2019	Morarji Desai National Institute of Yoga, Ministry of AYUSH	Passed
M.A HISTORY	2016-2018	Jamia Milia Islamia University	55%
M.A SOCIOLOGY	2014-2016	Hemwati Nandan Bahuguna Garhwal University, Uttarakhand	63.34%
B.A PROGRAMME	2010-2013	Hansraj College University of Delhi	53.3%
CBSE(XII)	2010	Godwin Public School, Meerut	70%
CBSE(X)	2008	Godwin Public School, Meerut	62%

**JOB EXPERIENCE**

- **COACH** of Delhi University Shooting Team in 2018.
- **Shooting and Fitness Coach** at Guru Govind Singh College of Commerce 2017-2020.
- **Personal Yoga Instructor** for a few Athletes of the **Indian Shooting Team** 2019-Current.
- **Yoga Instructor** for the shooters of **PURNATVA Academy of Sport Shooting** from December 2019 to February 2020.
- **Yoga Instructor** for the shooters of **Uttarakhand Shooting Rifle Association** from March 2020 to the present.
- **Yoga Trainer (Freelance)** at **CULT i.e., Cure.fit Services Private Limited** from December 2020.
- **Personal Yoga Trainer of Paralympian Shooter Akash** from January 2021.
- **Interning at Shree Sanjeevani Kriya Yoga Foundation** from **February 2022 to the present.**

#### LEADERSHIP POSITIONS

- **CAPTAIN** of Jamia Millia Islamia University Shooting Team 2016-17 which won The Runner-up Trophy in the All-India Inter-University Shooting Championship, Amritsar 2016.
- **CAPTAIN** of Hemwati Nandan Bahuguna Garhwal University Shooting Team 2014-16.
- **CAPTAIN** of Delhi University Shooting Team 2013 which won the **Championship Trophy** in the All-India Inter-University Shooting Championship 2013.
- **CAPTAIN** of Hansraj College Shooting Team, Delhi University which won the **Chancellor Trophy** as well as the **Champion Trophy** in the Inter-College Shooting Championship 2013.
- **SPORTS CAPTAIN** of Godwin Public School, Meerut 2010 for having won several medals in the sport of Shooting, Football, Athletics, Table Tennis, Martial Arts, etc.
- Awarded **Best Player & All Rounder Trophy** in Godwin Public School, Meerut 2010.

#### EXTRA CURRICULAR ACHIEVEMENTS

- **Represented INDIA** and won **SILVER MEDAL** at the **Indo-Nepal International Taekwon-Do Championship, Nepal 2008.**
- Part of the **Junior Indian Shooting Team (National Squad)** in 2011.
- Won **Gold and Silver** medals at the **55<sup>th</sup> National Shooting Championship, 2011** in the 50M Free Pistol Event respectively.
- Won **Bronze** medal in **Kumar Surendra Singh Memorial Shooting Championship, Pune 2011** in 10M Air Pistol Event.
- **Participated** and qualified for the **international Selection trials** in 10M Air Pistol and 50M Free Pistol Events in the following national championships:
  - 60th National Shooting Championship, 2016
  - 59th National Shooting Championship, 2015
  - 58th National Shooting Championship, 2014
  - 57th National Shooting Championship, 2013
  - 56th National Shooting Championship, 2012
- **Awarded Silver Medal** at the North Zone Shooting Championship in 10M Air Pistol and 50M Free Pistol Event in 2011.
- Represented the University in the following Shooting Championships:
  - All India Inter University Shooting Championship held at Amritsar in 2017
  - All India Inter University Shooting Championship held at Banaras in 2016
  - All India Inter University Shooting Championship held at Patiala in 2015
  - All India Inter University Shooting Championship held at Amritsar in 2013
  - All India Inter University Shooting Championship held at Gwalior in 2011
- **Awarded Bronze medal** at the **1st Gun for Glory Shooting Championship**, held in Pune in the 10M Air Pistol event.
- Awarded the Color Certificate by Hansraj College for excellence in Shooting Sport in the year 2011, 2012 and 2013.

- **Part of the Champion Team of Delhi University** Inter College Shooting Competition for three consecutive years from 2010 to 2013.
- Represented Uttar Pradesh state in **Wushu National Championship** and was the **state record holder** for maximum knockout in a championship in 2008
- Represented Godwin Public school at the **School Nationals** in Football in 2009.
- Represented Godwin Public School in CBSE Cluster and CBSE School Nationals for Athletics in 2008.

#### OTHER SKILLS

- Efficient in Microsoft Office and Proficient in English, Hindi and Bengali.