

RESUME

KIRAN SHARMA

Flat No 904, PPA Sector 88
SAS Nagar Mohali
Punjab 160062

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OVERVIEW:

Possess a positive and effective working style with the willingness to work above and beyond the call of duty.

EXPERIENCE:

- Worked as Sr. Teacher (7 Years experience)
- One year experience as a Yoga Instructor in Rishikesh
- One year experience as a Yoga Instructor in Haridwar
- One year experience as a Yoga Instructor in Delhi
- Six months experience as a Yoga Therapist in Chandigarh

EDUCATIONAL QUALIFICATION:

- High Secondary from CBSE
- Sr Secondary from CBSE
- Graduated in Bachelor of Commerce from Delhi University
- B Ed from Meerut University
- PG Diploma in Yoga and Alternative Therapy from DSVV University
- 200 Hours Teacher Training Course from USA Alliance Certificate
- Pursuing Masters in Yoga from Uttarakand University
- Ayurvedic Nutrition and Diet Certificate

SKILLS:

- Basic knowledge of computer
- Average speed in English language typing
- Tolerant and flexible with different situations
- Verbal communication skills, decision making, organizing and planning
- Honest
- Rule following person and punctual

LANGUAGE KNOWN:

- English – Reading, Writing, Understanding, Speaking
- Hindi – Reading, Writing, Understanding, Speaking
- Punjabi – Reading, Writing, Understanding, Speaking

HOBBIES:

- Reading Books
- Listening Punjabi Music and Cooking

STRENGTHS:

- Being sincere, self motivated, confident and hard working, I believe that I can stand up to the expectations of your esteemed organization.
- I can work efficiently in a team and contribute to the success of the team
- Punctuality is another strength of mine that helps in managing time efficiently

PERSONAL PROFILE:

Date of Birth	:	30-07-1995
Father's Name	:	Shri Subhash Sharma
Sex	:	Female
Nationality	:	Indian
Marital Status	:	Unmarried
Languages Known	:	Hindi, Punjabi & English

DECLARATION:

I hereby declare that the above information is correct and true to the best of my knowledge and belief.

Place:

Date :

(Signature)