

Yoga Specialist

Prajna Foundation

Antriksh Roy

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CAREER OBJECTIVE

Looking forward for an opportunity to work with a professional organization where, I can polish my skills and implement the acquired knowledge for the betterment of the organization and self.

EDUCATIONAL QUALIFICATION:

Qualifications	Institution	Year	Board/University	Division
MA in Yoga Science	University of Patanjali, Haridwar, INDIA	2021	Ministry of Ayurveda, GOI	1 st Position
BA Hindi (Hons.)	Gargi College, New Delhi	2019	Delhi University, INDIA	2 nd Position
Certificate course in Yoga & Ayurveda	JIVA Ayurveda	2019	Ministry of Ayush, Govt. Of India	Certified

Class 12 th	GSRSKV	2016	CBSE	2 nd Position
Class 10 th	GSRSKV	2014	CBSE	2 nd Position

Skills & Qualities:

- Energetic
- Flexible
- Patient
- Dedicated
- Problem solving
- Adaptable
- Sports
- Coach

Experience & Achievements:

- 1. Currently working as yoga coach at Lady Shri Ram College, Delhi University.**
- Currently working as ***Yoga and Wellness instructor at Prajna Foundation:***
 - Conduction online & Offline Yoga classes
 - Participating in monthly events associated with World Transformation Organization.
 - Specialization classes in Arco, Rhythmic, Artistic & Hathyog
- Conducted **Yoga Camps in Delhi Schools** during summer's vacation (yearly since 2018).
- Participated as **Yoga Instructor** on World Yoga Day-2016 for fund-raising event on 21st June 2016 at Prajna Foundation, New Delhi.
- Prepared **Yogic Dance** sequence on song "Maa Tujhe Salaam" in show JASHN-E-AAZADI held at Prajna Foundation in October 2012.

S.no	Event	Achievement	Position	Year	Organization
1	Individual Yoga	Delhi State Yoga Championship	1st Position	2018-19	Five Star Welfare And Sports Club
2	Group Yoga	International Yoga Championship, Punjab, INDIA	1st Position	2018-19	Five Star Welfare And Sports Club
3	Individual Yoga	National Yoga Championship	1st Position	2018-19	Five Star Welfare And Sports Club
4	4x100mt Relay	Zonal Sports Meet	1st Position	2015-16	DOE, NCT Of Delhi
5	4x100mt Relay	Zonal Sports Meet	1st Position	2014-15	DOE, NCT Of Delhi
6	4x100mt Relay	Zonal Sports Meet	1st Position	2015-16	DOE, NCT Of Delhi

7	4x100mt Relay	Zonal Sports Meet	1st Position	2014-15	DOE, NCT Of Delhi
8	4x100mt Relay	Zonal Sports Meet	1st Position	2013-14	DOE, NCT Of Delhi
9	800mt Race	Zonal Sports Meet	1st Position	2015-16	DOE, NCT Of Delhi
10	800mt Race	Zonal Sports Meet	1st Position	2014-15	DOE, NCT Of Delhi
11	800mt Race	Zonal Sports Meet	1st Position	2013-14	DOE, NCT Of Delhi
12	800mt Race	Zonal Sports Meet	1st Position	2012-13	DOE, NCT Of Delhi
13	Group Yoga	Zonal Sports Meet	1st Position	2014-15	DOE, NCT Of Delhi
14	Group Yoga	Zonal Sports Meet	1st Position	2013-14	DOE, NCT Of Delhi
15	Group Yoga	Zonal Sports Meet	1st Position	2012-13	DOE, NCT Of Delhi
16	Long Jump	Zonal Sports Meet	1st Position	2015-16	DOE, NCT Of Delhi
17	Long Jump	Zonal Sports Meet	1st Position	2013-14	DOE, NCT Of Delhi
18	4x100mt Relay	AAHVAAAN Inter College Sports Fest	2nd Position	2017-18	Gargi College
19	Group Yoga	Dr Bharat Ram Sports Meet	2nd Position	2017-18	LSR College
20	4x100mt Relay	DSSAB	2nd position	2011-12	Delhi State Athletic Association
21	600mt Race	DSSAB	2nd Position	2011-12	Delhi State Athletic Association
22	Individual Yoga	DSSAB	2nd Position	2011-12	Delhi State Athletic Association
23	Long Jump	DSSAB	2nd Position	2011-12	Delhi State Athletic Association
24	Individual Yoga	International Yoga Championship, Punjab, INDIA	2nd Position	2018-19	Five Star Welfare And Sports Club
25	Individual Yoga	UK State Yoga Championship	2nd Position	2019-20	
26	Long Jump	State Sports Meet	2nd Position	2013-14	Delhi State Athletic Association
27	4x100mt Relay	Zonal Sports Meet	2nd Position	2012-13	DOE, NCT Of Delhi
28	Group Yoga	Zonal Sports Meet	2nd Position	2015-16	DOE, NCT Of Delhi
29	Individual Yoga	Zonal Sports Meet	2nd Position	2015-16	DOE, NCT Of Delhi
30	Individual Yoga	Zonal Sports Meet	2nd Position	2014-15	DOE, NCT Of Delhi
31	Individual Yoga	Zonal Sports Meet	2nd Position	2013-14	DOE, NCT Of Delhi
32	Individual Yoga	Zonal Sports Meet	2nd Position	2012-13	DOE, NCT Of Delhi
33	Long Jump	Zonal Sports Meet	2nd Position	2014-15	DOE, NCT Of Delhi

34	Rhythmic Yoga	Zonal Sports Meet	2nd Position	2012-13	DOE, NCT Of Delhi
35	Group Yoga	5th NHS Inter School Creative Fest	3rd Position	2010-11	New Horizon School
36	4x100mt Relay	Delhi University Sports Meet	3rd Position	2017-18	Delhi University
37	200mt Race	State Sports Meet	3rd Position	2011-12	Delhi State Athletic Association
38	400mt Race	YMCA Delhi State Invitational Athletics Championship	3rd Position	2013-14	New Delhi YMCA
39	4x100mt Relay	Zonal Sports Meet	3rd Position	2012-13	DOE, NCT Of Delhi
40	Artistic Yoga	Zonal Sports Meet	3rd Position	2013-14	DOE, NCT Of Delhi
41	Individual Yoga	2nd North West Delhi Yoga Championship	Participation	2018-19	Indian Yoga Federation
42	Individual Yoga	1st International Yoga Champion Championship	Participation	2018 -19	Yoga Sports Federation Of India
43	Individual Yoga	17th Delhi State Yoga Championship	Participation	2018-19	State Yoga And Sports Association
44	Cross County	Delhi Charity Run	Participation	2013-14	CURE India
45	800mt Race	Delhi State Annual Athletics Championship	Participation	2013-14	Delhi Athletics Association
46	Individual Yoga	International Day Of Yoga- Yoga Competition	Participation	2018-19	CCRYN And Ministry Of AYUSH
47	Cross County	SALWAN Cross County Run	Participation	2012-13	Delhi Athletics Association
48	Webinar	Certificate In Hygiene Management For Covid-19		2020-21	Rishikesh School Of Yoga
49	Yoga And Athletics	Best Athlete Of The Year		2012-13	GSRSKV, Delhi
50	Yoga And Athletics	Best Athlete Of The Year		2013-14	GSRSKV, Delhi
51	Yoga And Athletics	Best Athlete Of The Year		2014-15	GSRSKV, Delhi
52	Yoga And Athletics	Best Athlete Of The Year		2015-16	GSRSKV, Delhi
53	Vice President	Department Union		2017-18	Hindi Dept., Gargi College, DU, Delhi
54	Volunteer with Event Team	Golden Jubilee Year Invitational Tournament For Women		2017-18	Physical Edu Dept., Gargi College, DU, Delhi
55	Volunteer with Event Team	Golden Jubilee Year [Vaad Vivad Pratiogita]		2017-18	Hindi Dept., Gargi College, DU, Delhi
56	Volunteer with Event Team	Inter College Sports Meet		2017-18	Physical Edu Dept., Gargi College, DU, Delhi

57	Volunteer with Event Team	Inter College Sports Meet		2016-17	Physical Edu Dept., Gargi College, DU, Delhi
58	Course	Hasta Mudra For Mind Body And Soil		2020-20	Chikitsa.Edu
59	Course	One Year Course In Yoga And Ayurveda		2018-19	Jiva Ayurveda

HOBBIES

- Attending SHATKARMA YOGA
- Experiments in Yoga
- Listening to Music
- Cooking

PERSONAL PROFILE

Father's Name:	Mr. Akhilesh Roy
Mother's Name:	Mrs. Veena Roy
Date of Birth:	9 th March 1999
Nationality:	Indian
Marital Status:	Unmarried
Language:	English & Hindi
Res. Address:	43A, Gali no-1, Roshan Vihar, Najafgarh, New Delhi - 110043

DECLARATION

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

Date:_____

Place:_____

Signature