

RESUME



ROHIT

rohityogastar@gmail.com

S/O SH.MOSAM KUMAR

(CHANDIGARH, INDIA)

MOB NO. 7508078-037,8054557503

OBJECTIVE

Looking for job opportunities as yoga instructor, where I can lead people towards a deeper level of physical fitness and healthy lifestyle along with mental peace

SUMMMARY

Motivated yoga instructor with advanced training in yoga enjoy inspiring others to improve wellness and commit to long term health and fitness goals. Energetic and outgoing with collaborative spirit.

PROFESSIONAL EXPERIENCE

- 5 Years experience as Yoga instructor of Bharat swabhiman in Chandigarh east region.
- 5 years experience in home classes with good results
- Provide guided meditation at the beginning and end of each class to help students centre themselves and get the most out of each session.
- Work with students of all body types and fitness levels to develop customized programs and positional adjustments that increase skill, fitness and wellbeing.
- Give students in-depth understanding of breathing techniques.
- Pay attention to the needs of every student throughout each class

- Currently running a Yoga Studio ' YOGDHARA' in Chandigarh preparing students for National and International Championships(Artistic, Rythmic and Free Flow).

PROFESSIONAL CERTIFICATION

- Post graduation diploma in yoga and therapy with 60% marks from Government Mahindra College, Patiala (Punjabi University).
- 500 hours yoga teacher training course (world yoga alliance).
- Qualified a Yoga Certification Board (Level-3) in TQ cert.

PROFESSIONAL QUALIFICATION

- 10 Matriculation from central board of secondary education 2010
- 12 senior secondary high study from central board of secondary 2012
- Bachelor of arts (Graduation) from Panjab university Chandigarh 2016
- Master of Sociology (Post Graduation) from Panjab University Chandigarh 2019

ACHIEVEMENT AND AWARDS

- Won bronze medal in World Championship ,Malaysia 2015
- Won gold medal in state yoga championship ,2015
- Won 3 ,silver and 1 bronze in Inter college championship

AREAS OF EXPERTISE

- Power yoga
- Public speaking
- Hatha yoga
- Motivator
- Problem solving skill
- Vinayas flow yoga
- Hot yoga
- Ashtanga yoga

HOBBIES

- Traveling
- Dancing

- Singing

PERSONAL DETAILS

- Name ROHIT
- Father's name Mosam Kumar
- Mother's name Sunita
- Date of birth 19-11-1992
- Nationality Indian
- Sex Male
- Languages known English ,Hindi, Punjabi
- Marital status Single
- Address #3231 sec 25 D Chandigarh
Pin code 160014, India

Date: 20th Nov 2020

Rohit