

Resume

Personal Details

Name	Vidushi Gupta
Designation	Yoga Therapist, Certified Yoga Teacher And Wellness Coach
Date of Birth	22.03.1984
Gender	Female
Address	D-303, Ispatika Society, Sector 4, plot no. 29, Dwarka Delhi-110078
Email	g.vidushi@gmail.com
Contact Number	8383895138, 8587875569(What's app)
Languages Known	English and Hindi

Educational Qualifications

Degree	University	Year
500, 200 Hrs Yoga TTC	The Yogaguru Institute Noida	2021
Preventive Holistic and Healthcare Management (P.G. Diploma)	Apollo Hospitals(Hyderabad)	2005
Applied Psychology(H)	University of Delhi	2004

Experience

Over 15 years of taking Yoga classes for various age groups, Including group sessions and personal individual classes, at various Schools, Delhi University, Private studios, and home based.

Specialisation

- ✓ Specialised in taking therapeutic and disease prevention yoga classes.
- ✓ Yoga classes for High and low blood pressure, Diabetes, Asthma, cervical and shoulder pain.
- ✓ Pcod, irregular periods, infertility, lack of sleep
- ✓ Lower back pain, knee pain, etc.

Skills

- ✓ Specialised in taking Classes with Young Children for More focus and Concentration Improving Memory, Better Self-Esteem, Better Relationships.
- ✓ Diet Consultation
- ✓ Vedic Indian Mantra Chanting
- ✓ Meditation and stress management
- ✓ Chakra healing Balance
- ✓ Guaranteed results of weight loss and disease free lives

Declaration

I hereby declare that above-mentioned information is correct to best my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

(Vidushi Gupta)