

## CURRICULAM-VITAE

### TINKOO CHAUHAN

Gali No. 07,C-BLOCK, Kamal Pur, Kamal Vihar ,Burari, Delhi-110084

Mob: - 9560556125

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#### • **ACADEMIC QUALIFICATION :-**

- 10<sup>th</sup> Passed 2010
- 12<sup>th</sup> Passed 2012
- Graduate from Delhi University 2015 ( B.A.Programme)
- Master in English from (IGNOU) 2020
- Pursuing Master in Yoga & Sciences (UOU) 2021 to 2023
- Yoga protocol instructor (MDNIY) 2019
- Yoga Diploma From DPSRU 2022 ( Meditation and Yoga Sciences )
- Certified Yoga instructor from Ayush ministry 2019 to 2024

#### • **WORK EXPERIENCE :-**

- **2 years in sunshine Transport As a booking incharge**
- **1 year in GYM as a Fitness trainer**
- **11 months in Dilli ki Yogshala on contractual period govt of nct.**

#### • **ADDITIONAL QUALIFICATION:**

- Basic Knowledge of Computer
- Typing speed 35 wpm on keyboard
- Ms Word & Ms excel
- Yoga Techniques to know for how to treat adult, kids, senior citizens
- I have experienced to teach of yoga around 700 people

#### • **PERSONAL DETAILS :-**

Father Name : Mr.RAJESH KUMAR CHAUHAN

Gender : Male

Date of Birth : 10 MARCH 1995

Marital status : SINGLE

Language Known : English&Hindi

Date:

Place  
CHAUHAN)

(TINKOO

