

MOHIT KUMAR

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PROFILE SNAPSHOT

- Extensive experience of 4 years in developing curriculum according to the needs of students and their medical problems; monitoring and instructing students during Yoga training session.
- Adept in leading group classes and teaching clients basic and advanced techniques of Yoga; demonstrating techniques and motivating clients to develop skills
- Experience of teaching Yoga to all age students; knowledge of several asana and breathing techniques; adjusting training programs and practice techniques suitable for students
- Ability to demonstrate and teach techniques for performing basic and advanced asana; good knowledge of human anatomy and impact of asana on different body parts; excellent communication, interpersonal, and motivational skills

ORGANIZATIONAL EXPERIENCE

- **Key Result Areas:** Monitor fitness level and requirements of all participants and design classes to suit individual need
- Develop and maintain professional relationship with participants and ensure optimal level of customer services
- Prepare and promote schedule for group fitness and assist participant to attend fitness classes
- Perform and demonstrate all yoga exercises to participants and ensure compliance to safety and health standard
- Assist participants to perform all exercises effectively
- Evaluate exercises perform by participants and recommend correction whenever required
- Maintain neat and clean exercise room at all times
- Analyze each participant requirement and develop exercises to suit every individual
- Prepare groups for classes and demonstrate exercises
- Inform participants in various forms of yoga and its effect on body and mind
- Monitor participant performance and recommend different form of yoga if required
- Ensure customer satisfaction and assist in answering all participant queries

Yoga Sessions for Corporate and professionals:-

- Yoga session for Society Groups and Doctors.
- international, School Teachers and Students.

Personal Yoga classes for patients

- Worked one on one with
 - Diabetes
 - Thyroid patient
 - Slip disk
 - Cervical
 - PCOD and PCOS
 - Obesity
 - Constipation
 - Arthritis
 - Migraine Patients.
 - Hip management
- Work with student of all body type and fitness levels to
- develop customized program and positional adjustments
- that increase skill, fitness and wellbeing.
- Teach student correct posture to ensure maximum benefit and safety.

PROFESSIONAL QUALIFICATION

10th From Arsh Gurukula Noida.
12th From Arya Academy I C Shahpur.
B.A From Gurukula Kangri University In Yogic Science 2016.
M.A From Gurukula Kangri University in Yogic Science since 2018.
Foundation Course In Yogic Science From Morarji Desai International School of Yoga.
Certificate Course In Yogasana From Morarji Desai International School of Yoga.

Skills

- Yoga styles (Vinyasa, Ashtanga, Hatha, etc.)
- Physical skills
- Yoga Therapy
- Yoga alternative therapy
- Acupressure, Swar therapy
- Meditation instructor
- Knowledge of Marma therapy
- Good Communication skill
- Excellent Teaching skill
- Team management

PERSONAL DETAILS

Date of Birth : 23 July 1995
Languages Known : English & Hindi
Father's Name : Sh. Bijendra Singh
Nationality : Indian.
Marital status : Single
Hobbies : Travelling, Listing songs.
Address : Village + Post- Dhindhawali,
Dist. - Muzaffarnagar, Pin-251318

DECLARATION:-

I hereby declare that the above information furnished by me is true to best of my knowledge.

Date:

Place: GREATER NOIDA

MOHIT KUMAR