

CURRICULUM VITAE

Ritu Chhibber
140-A Second floor
Savitri Nagar, Malviya Nagar
New Delhi -110017
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Career Objective

Eager to accept challenging opportunities and to work with sincerity and dedication to as to set never benchmarks thereby maintained a healthy environment.

Job Profile/Experience

- **Currently** working in **Abhinav Public School**, Rohini from November 2022-till date.
- **Worked with Navyoga Surya Sewa Samiti (They provide teachers to school's colleges and Stadiums 2019-2021)**
- 10 days Internship of Naturopathy from **NKS Hospital Gulabi Bagh, Delhi in the year 2021.**
- 2 years worked with **Yogic Energy Centre** as a **Yoga Instructor Malviya Nagar (2019-2021).**
- Regularly providing **General Fitness Consultation Through Online Classes** since last 1 year (**for all age groups**).
- 1 week training provided to Arya Public School, Malviya Nagar students on **Republic Day** event (2020).

Additional Responsibilities

- Consulting in batches about their **health issues** and accordingly recommends exercises/asana/ pranayama and meditation to all age groups.

Educational Qualification

- High school examination from **CBSE Board in 2014.**
- Intermediate from **CBSE Board in 2016.**
- Graduate in **B.A Programme** from **Delhi University (2016-2019).**

Professional Qualification

- **1Year PG Diploma In Yog From Lal Bahadur Shastri Rashtriya Sanskrit Vishwavidyalay (2021-2022)**
- **Post-Graduation in Yog from Lal Bahadur Shastri Rashtriya Sanskrit Vishwavidyalaya Affiliated by UGC (2019-2021).**
- **Regular 06 Months Sanskrit Language Course from Lal Bahadur Shastri Rastriya Sanskrit Vishwavidyalaya Affiliated by UGC (2018).**

Computer Qualification

- **Certificate course in IT for Professional (2015).**

Training Programme/Certificate Courses

- **Participated in International Yoga Day as a Block Convenor organized by International Naturopathy Organization (2020).**
- **Attended Online 6th International Yoga Day with theme 'Yoga at home' and 'Yoga with family' under Ayush Ministry (2020).**
- **Attended 3 days International Yoga Fest workshop from Ayush Ministry (2018).**
- **Attended Advance Yog Sadhna Training Programme for health promotion from Morarji Desai National Institute of Yoga (1st October2017- 31st March 2018).**
- **Attended International Yoga Fest Workshop from Ayush Ministry (2017).**
- **Attended Training course in Pranayama and Meditation for health promotion from Morarji Desai National Institute of Yoga (21st January 2017 to 31st March 2017).**
- **Attended Certificate course in Yogasana for health promotion from Morarji Desai National Institute of Yoga (21st January2017 to 31st March 2017).**
- **Attended Foundation Course in Yoga Science for Wellness from Morarji Desai National Institute of Yoga (1st September 2016 to 30th September 2016).**

Special Skills

- **Organization skills and ability to do multi-tasking.**
- **Excellent People's skills.**
- **Good written and communication skills.**
- **Flexible, reliable, adaptability.**

Area of Strength

- **Positive attitude**
- **Initiative eagerness to learn**
- **Strong leadership qualities**
- **High integrity**
- **Collaboration and adaptability**

References

- **Ms. Garima Datta**
EA to Principal
Ridge Valley School
DLF Phase IV Gurugram, Haryana
Ph.: - +919873338185
- **Advocate Kajal**
Chamber No. 1012 Rohini Court
79, Venus Apartments Inder Enclave
Rohtak Road
New Delhi-110085
Ph.: - +919899525971

Personal Information

Fathers Name	: Mr. Sumesh Kumar
Date of Birth	: 04 July 1998
Gender	: Female
Nationality	: Indian
Religion	: Hindu
Marital Status	: Unmarried
Language Known	: Hindi & English

Declaration:

I hereby declare that the information stated above is true and correct to the best of my knowledge.

Date: January 2023
Place: New Delhi

Ritu Chhibber