



ABHISHEK SINGH

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CAREER OBJECTIVE:

To be a successful trainer in Yoga and contribute towards creating awareness among everyone about this old “Indian tradition” that helps in transforming body and mind and promoting well-being of the society.

CAREER SUMMARY:

- ✚ A registered Yoga trainer providing training sessions to people with different age groups.
- ✚ Expert in the Raja Yoga techniques that help in recouping and rejuvenating all the body organs.
- ✚ Excellent in analyzing the participant’s capabilities and imitations and thus designing individual asana plan that fit them.
- ✚ Expert in counseling, motivating and driving the participants towards a better lifestyle and promote well-being in the society.
- ✚ Conducted and participated in various camps and workshops to promote yoga as a remedy for different health issues in the modern world.

ACADEMIC QUALIFICATION:

- ✚ Graduation in B.A. (Yoga) from Uttarakhand State University in 2021
- ✚ Intermediate passed from U.P. Board in 2018
- ✚ High School passed from U.P. Board in 2016.

PROFESSIONAL QUAIFICATION:

- ✚ Diploma in TTC (Teacher Training Course) from Sanskrit Yog Center, Rishikesh (U.K.)
- ✚ 21 Days “Yoga Course” from Sunder Bai Phool Chand Ji Adarsh Shiksha Sansthan”

PROJECT & TRAINING:

- ✚ Join 7 days “Yoga Camp” in Parmarth Niketan Ashram, Rishikesh (U.K.)

EXPERIENCE:

- ✚ 3 Years working for “Specially Caring Yoga Institute”, Mumbai.

KEY SKILLS:

- ✚ Extensive experience of 3 years in developing curriculum according to the needs of students and their medical problems, monitoring and instructing students during training yoga session.
- ✚ Teach the basic concepts and continuing progression of a regular yoga practice to youth with no previous yoga experience.
- ✚ Create an inviting and relaxing atmosphere for corporate employees with the goal of supporting their efforts to stay fit.
- ✚ Flexible and reduces stress.

COMPUTER PROFICIENCY:

- ✚ MS-Word
- ✚ MS-Excel
- ✚ CCC

PERSONAL DETAILS:

Date of Birth : 04th September 1999
Gender : Male
Marital Status : Unmarried
Language : English & Hindi
Nationality : Indian

Declaration:

I hereby declare that all the information given above is true to the best of my knowledge and belief.

Date:

Place: New Delhi

(ABHISHEK SINGH)