

Resume

Sarita Kumari Bajpayee

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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.

Educational Qualification:

- PG Diploma in Yoga Education: Duration: 9 months – 1000 Hours from Kaivalyadhama Yoga Institute & Research Center, Lonavala Maharashtra and scored 75.5%
- Bachelor of Arts Honours (Political Science) from SKM University, Jharkhand 2016-2017 and Scored 61.25%

Certificate of Appreciation

- **Ministry of AYUSH-** Participated in the Psychological Test Scoring Project of Studies on the effect of Yoga and relevant training on averting symptoms of Diabetes Type 2 and its Correlation with gene expression
- **International Conference on Yoga & Mental Health-** Participated and contributed as a part of the Medical Team to help with first aid in 10th International Conference held at Kaivalyadhama Yoga Institute & Research Center, Lonavala

Work experience

- Saraswathi Shishu Vidya Mandir, Jharkhand 2017-2018
Worked for 2 years as a primary class teacher of Mathematics and Physical Education.

Personal Information

Fathers' Name	: Mr. Vijay Bajpayee
Marital status	: Married
Nationality	: Indian
Language	: Hindi & English
Hobbies	: Reading fitness magazines, practicing yoga and fitness

Declaration: I hereby declare that all above information is to the best of my knowledge.