

Curriculum Vitae

DHIRENDER PAL

Profile Summary

Experienced Yoga Instructor with a demonstrated history of working in the health wellness and fitness industry for more than 4 years

Correspondence Address:

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Nangloi, New Delhi-110041

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09899650081

Personal Details :

Date of Birth: 17th Nov. 1993

Gender: Male

Nationality: Indian

Marital Status: Single

Father: Lt Sh. Omprakash

Software Proficiency:

- Expertise in MS Office and MS Excel
- Functional working of internet
- Posses good typing speed

Lingual Dexterity:

- English & Hindi

Hobbies:

- Love to do dance
- Teaching
- Listening music.

Academics

- Passed intermediate school from CBSE board in 2012 with 68.72%
- Passed high school from CBSE board in 2010 with 7.2 CGPA
- Completed Bachelor in Journalism and Mass Communication with 63.5%
- Completed P.G Diploma In Aspect Of Media, PR And Event Management
- Completed YOGA TEACHER TRAINING COURSE (200 HRS) from SIVANANDA INTERNATIONAL VEDANTA CENTRE, MADURAI, TAMIL NADU.
- Completed One year PG DIPLOMA IN YOGA SCIENCE from IEC University, Himachal Pradesh

Organizational Experience

➤ Chaitanya Wellness Yoga Academy

- Designing and planning yoga classes based on the needs and abilities of the participants. This includes selecting appropriate yoga poses (asanas), sequencing them effectively, and incorporating breathing exercises (pranayama) and meditation techniques as appropriate.
- Leading yoga classes by providing clear and precise instructions for each pose, demonstrating proper alignment and techniques, and ensuring that participants understand and perform the poses safely and effectively.
- Being vigilant in observing participants' movements and providing guidance to prevent injuries and ensure correct form.
- Creating a positive and encouraging atmosphere in the class, motivating participants to challenge themselves while respecting their limits, and providing words of encouragement and inspiration.
- Incorporating mindfulness techniques and relaxation exercises into the yoga class, such as guided meditation, deep breathing, and savasana (final relaxation), to promote mental and emotional well-being.
- Actively listening to customer concerns and questions, and providing appropriate guidance and feedback. Creating a welcoming and inclusive environment for participants of all backgrounds and abilities.
- Handling administrative duties related to teaching yoga classes, such as scheduling, class registration, payment processing, and maintaining attendance record.

➤ Reliance Foundation Youth Sports, New Delhi

- Serving as a liaison between the organization, athletes, coaches and the community.

- Communicating program information, schedules, and updates effectively through various channels.
- Organizing and overseeing sports events, including coordinating logistics, scheduling, and ensuring all necessary resources and personnel are in place.
- Performing administrative duties such as record-keeping, maintaining athlete and team databases, handling registrations, waivers, and medical documentation.
- Planning, and coordinating sports programs and activities within the organization. This involves determining the sports offered, scheduling practices and competitions, and organizing events such as tournaments, leagues etc

Achievements and Extra Curricular Activity

- Participated in cultural activities, dance competitions and fest organized by college.
- Working as teacher in weekly “Free Education Campaign” handled by volunteers.
- Participated in various campaign organized by Rotary club.
- Organised college fest named as “Varchasava” with batchmates.
- Participated in intercollege dance competition (group dance).

Declaration

I, hereby declare that all the information stated above is true to my knowledge and belief.

Date:

Place:

DHIRENDER PAL

