

CURRICULAM VITAE

Deepak Shamsunder Gupta

Permanent Add.:-

T-61, 206/207, Pratiksha Nagar,

Sion Koliwada, Mumbai – 22.

E-mail :- gupta.g30@gmail.com

Temporary Add.:-

Badarpur Border,

Jaitpur, Delhi - 110044

Mob :- 8850988158 / 9321922161

Summary:

I am a certified yoga trainer with more than 5 years of experience, I am teaching yoga since 2016. I have a deep passion for helping students achieve their physical and mental wellness goals through the practice of yoga. I have completed my Diploma in Yoga from the Premanand Yoga Institute, where I gained expertise in developing customized curriculum tailored to the unique needs and medical concerns of my students. During my tenure as a yoga trainer, I have successfully monitored and instructed students during training sessions, while demonstrating techniques and providing motivation to develop skills.

Work Experience:

Personal Yoga Trainer/Instructor : More than 5 years

- Adept in leading group classes and teaching clients basic and advanced techniques of Yoga; demonstrating techniques and motivating clients to develop skills.
- Demonstrated how to carry out various exercises and routines.
- Watched clients do exercises and show or tell them correct techniques to minimize injury and improve fitness.
- Gave alternative exercises during workouts or classes for different levels of fitness and skill.
- Monitored clients progress and adapt programs as needed.
- Gave clients information or resources about nutrition, weight control and lifestyle issues.

Education:

- Maharashtra State Board | Mumbai, Maharashtra
HSC
- Completed 200 hrs Yoga TTC in 2016
- Completed Diploma in Yoga in 2021

Language:

Hindi, Marathi, English

Skills:

Good communication skill, knowledge of human anatomy and weight training, preparing workout schedules as per client body requirement.

Computer Knowledge:

- Basic Computer Knowledge

Date :

Place : Noida/Delhi

(signature)

Deepak Shamsunder Gupta