



TARUNA SHARMA

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DOB : 18 August 2000

EXPERIENCE

YOG HI JEEVAN

instructor

Online yoga session

2021

AAROGYA KIRAN

yoga instructor

Online offline personal and group yoga session

2022

LE GRAND REGENCY

purchase manager

Korean hotel in greater noida

2022

SHREEMBREEZ

sales

International process

2020

EDUCATION

UTTARAKHAND OPEN UNIVERSITY

Masters in yog

Grades - **pursuing**

2023

LAL BAHADUR SHASTRI NATIONAL SANSKRIT UNIVERSITY

PG Diploma in yog

Grades - **1st division**

2022

UNIVERSITY OF DELHI

Graduation

Grades - **1st division**

2021

CBSE

12th class

Grades - **87%**

2017

CBSE

10 th class

Grades - **7.8 CGPA**

2015

SKILLS

I have been in yoga for 12 years

Advance asana

safety understanding

Mediation

Breathing exercises

Massage therapy

Stretching poses

Group and personal sessions

,Theatre artist, NCC C certificate holder

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INTERESTS

Traveling ,fitness & social work

LANGUAGE

Hindi ,English

ACHIEVEMENTS & AWARDS

I got certificates, trophies & medals in yoga ,dancing, singing,acting,NCC,speech,writing etc



Signature:

Taruna Sharma