

Resume

RAHUL KUMAR

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Career Objectives:

An experienced and knowledgeable yoga professional seeking a position as a yoga instructor. With proven skills in different aspects of yoga, I aim to help individuals achieve a healthy and peaceful lifestyle.

Skills:

- In-depth knowledge of different aspects of yoga
- Ability to manage large teams
- Excellent teaching and communication skills
- Expertise in various mind relaxation techniques

Professional Experience:

Yoga Therapist | International Yoga Research Institute, Pitampura, New Delhi | 2016 -

- Conduct yoga sessions for individuals and groups
- Advise clients on various health issues
- Monitor the progress of clients and adjust the therapy accordingly
- Manage the implementation of different yoga techniques for better results
- Maintain accurate records of clients
- 21 days yoga program with Kalpna Sexena. IPS . 2 time

Certificates:

- National yoga referee, yoga federation of India
- yoga therapy instructor course by INTERNATIONAL YOGA THERAPY INSTITUTE

Freelance Experience:

- 5 year Conduct yoga sessions for various clients

Academic Qualification:

- Higher Secondary from CBSE
- Senior Secondary from CBSE

Professional Qualification:

- Bachelor of Arts (yoga) from Arunachal pradesh University
- Yoga And Diabetes multi Centric Research Study
- Diploma in yoga sports teacher training (2017)
- One year diploma course on yoga vidya by BHARTIYA VIDYA BHAVAN

Computer Skills:

- Basic knowledge of computer and internet concepts

Personal Details:

- Date of Birth: 01.04.1991
- Language: Hindi and English
- Marital Status: Single
- Sex: Male
- Address: C-6/148 Yamuna Vihar, Delhi

References: