

CHAND MOHD



CONTACT



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EDUCATION

2022

**DIPLOMA IN MEDITATION &
YOGA SCIENCES**
DPSRU

2018-2021

BA(HJMC)
DU

2018

XII
CBSE

2016

X
CBSE

SKILLS

- Flexible and Adaptable in different situation
- Self Motivated
- Punctual
- Active Listener
- Hardworking
- MS Office
- Adaptability

PROFILE

I have 4 diverse experiences in years in fitness, yoga, wellness and teaching and therefore, I feel that, I can enhance the employability of your organization.

CAREER HISTORY

♦ YOGA COACH (Vivekananda College DU)

Oct. 2023- Present

- Organize and lead group yoga classes for students.
- Prepare students for college-level yoga competition.
- Promote yoga as a tool for mental health and stress management.
- Develop yoga practices for college's physical education and extracurricular activities.

♦ Freelance Yoga Instructor

Jan 2023- Present

- Conduct and Lead Group and personal yoga classes.
- Organized and taught private yoga sessions for clients seeking personalized instruction.
- Offer modifications and variations to accommodate different abilities and challenges within the group.
- Connect with students through fun.

♦ YOGA TRAINER (1 YR)

DELHI GOVERNMENT

Jan 2022- Dec 2022

- Prefer yoga practices for the overall fitness of the patient/client as per their health condition.
- Conduct & lead yoga classes during covid Pandemic.
- Motivate students for practice.
- Instruct students to achieve precise alignment.
- Demonstrate practice and techniques.

CERTIFICATES

- Participated in Open District Yoga Championship- May 2023
- 200 Hrs YTTC- Anubhuti Yog.
- YCB Level-1(Aug2022)
- CERTIFICATE FOR ORGANIZING INTERNATIONAL DAY OF YOGA- JUN 2019

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