

CONTACT



Akriti Sahu

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OBJECTIVE

With a profound Passion of yoga and a deep understanding of its principle, I am dedicated to the guiding and spiritual students .With strong communication skills, patience and adaptability ,I am to create a positive and inclusive environment.

EXPERIENCE

2020 - Present

- **Yoga trainer**
yoga instructor with expertise in Hatha and Vinyasa yoga styles. Proficient in tailoring yoga sessions to individual needs and abilities. Adept at teaching meditation and stress-relief techniques. Dedicated to fostering wellness and mindfulness through yoga practice.

EDUCATION

2023

- **S.U.B.I.S Sanchi**
M.Sc Yogic Science
82%

2021

- **IGNTU Amarkantak**
B.Sc Yogic Science
75.8%

2015

- **Govt.Boys H .S School**
12th
62.2%

2012

- **Govt.Girls H.S. School**
10th
42.2%

SKILLS

- Communication Skill
- Critical Thinking
- Video and Image Editing
- Time Management
- Leadership Skills

ACTIVITIES

- Participated in 7th International dharma conference on "network security" jointly organised by sachi University of Buddhist and indic studies held from 3rd March to 5th March 2023 at Minto Hall,Bhopal ,MP.
- Participated in National Workshop on Education and Faculty Development Program Through Yoga organised by department of yoga, Indira Gandhi National Tribal University,Amarkantak from 5th June to 16th June 2019.

CERTIFICATION

- Scout Guide, Chhattisgarh, Govt of India (2011)
- Bharatiya sanskriti Gyan Pariksha (2011)
- Self defence training 60 day's under Ministry of women and child development government of India(2022)