

DEEPANSHI GUPTA

©Delhi ☎8824059592 ☑ yogastitvaa@gmail.com

As a passionate and accomplished Yoga Instructor, my purpose is to guide students on a transformative path of holistic well-being and self-discovery. With years of devoted practice and a commitment to ongoing learning, I have honed my expertise in various Yoga disciplines andmeditation techniques. Beyond the physical postures, I emphasize the importance of mindfulness and breath awareness, empowering individuals to find serenity within.

Each class I lead is tailored to cater to individual needs, ensuring a personalized and enriching experience for every student. I believe that Yoga is not just an exercise but a way of life that fosters a deep connection with oneself and the world.

Personal Details

Date of Birth: 2002-09-04 Eligible to work in: India

Industry: Beauty & Wellness, Healthcare **Total years of experience: 1.5 years.**

Work Experience

Yoga Instructor

Sensationz media & pvt. ltd. - Rohini, Delhi, Delhi January 2022 to Present

Yoga Instructor

Indraprastha College for Women, University of Delhi - Civil Lines, Delhi May 2023 to June 2023

I've successfully organized a Yoga Camp for the Students of 1st Year at Indraprastha College for Women, University of Delhi,

Civil Lines, Delhi-110001, Under the guidance of Ministryof AYUSH, Moraraj Desai National Institute of Yoga, New Delhi.

Education

Diploma in Yoga Science

Morarji Desai National Institute of Yoga, Ministry of Ayush, New Delhi - Delhi, Delhi August 2022 to Present

Bachelor's degree in Arts

Indraprastha College for Women, University of Delhi - Delhi, Delhi July 2019 to June 2022

Foundation course in yoga science for wellness

Morarji Desai National Institute of Yoga, New Delhi - Delhi, Delhi April 2021 to April 2021

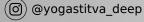
Skills / IT Skills

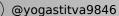
- Mediation
- Advanced yoga
- ·Hatha yoga
- •Chair yoga
- Acupressure
- Cleansing practices (Shatkriyas)
- Pranayama
- Leadership
- Handling People
- Client management
- Communication skills
- Organisational skills

Languages

- Hindi Fluent
- English Intermediate

Online Profile





Awards / Achievements

Yoga Instructor

June 2023

I've lead the event of International day Of Yoga 2023 at Gujrat Garbi Bhawan, New Delhi

Online workshops

January 2021

Organised a 10 days online workshop being the part of the Mathur vaishya Yuvadal via Facebook channel of Mathur vaishya Yuvadal.

Delhi State Yoga Championship

October 2019

I've participated in Delhi State Yoga Championship & secured 6th place, in October 2019.

National games of Yoga, Jawahar navodaya Vidhyalaya

September 2018

I've participated in national games of Yoga, from 2015 to 2018 at Jawahar navodaya vidhyalaya.

SGFI player

February 2015

I've participated in Yoga in School Games Federation of India, Games held at Ahmednagar, Maharashtra

Participated in various Cultural Activities

I've participated in various Activities- Yoga competitions, Scout & Guide, writing competition, dance Competitions, Quiz Competitions and many more.

Online Workshops

I've organized so many online workshops on different topics like thyroid, Diabetes, Hypertension and many other.