

SONIKA KAUSHIK
+919069810530
Sonikakaushik100@gmail.com

4A Zamrudpur, Greater Kailash-1,
New Delhi -110048

CARRER OBJECTIVE

To work with an organization which provides me immense opportunity to grow and achieve a respectable position with hard work and loyalty.

EDUCATIONAL QUALIFICATION

* Master s of Arts, Honors in Sanskrit, 2019

Lady Shri Ram College for Women, Lajpat Nagar 4, New Delhi -110024

*Bachelor s of Arts, Honors in Sanskrit, 2017

Lady Shri Ram College for Women, Lajpat Nagar 4, New Delhi -110024

*P.G Yog Dimploma, 2021

Shri Lalabahadur Shastri National Sankrit University, Katwaria
Sarai, New Delhi, 110016

Experience

2 years of experience in teaching Yoga

EXTRA- CURRICULAR ACTIVITIES

*Bharat Ram Sports Meet Participant at Lady Shri Ram College Sports
Academy Volunteer, Talkatora.

*Yoga Participant in Lady Shri Ram College For Women.

*Regular intra class-college competition participant at college.

*Yoga Captain of Lady Shri Ram College For Women, 2016.

*Yoga teacher in Abhima helping hand foundation(NGO)

*Done a yoga camp at Shri Lalabhadur Shastri National Sankrit University.

*Participant of National Yoga Day every year.

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SKILLS

*Basic knowledge of computer

*Discipline

*Hard-working

*Excellent Communication Skill

PERSONAL DETAILS

Father's Name	:	Devender Kaushik
Date of Birth	:	05/09/1997
Nationality	:	Indian

Marital Status	:	Single
Religion	:	Hindu
Languages known	:	English, Hindi and Sanskrit
Hobbies	:	Yoga, Cooking, Dancing, Travelling & Listening Music

I solemnly declare that all of the above mention is correct to the best of my knowledge.

(Sonika Kaushik)

Date: _____

Place: New Delhi