

CURRICULUM VITAE

Mudra

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SUMMARY

A versatile and analytic individual with a practical hands-on approach, aimed at achieving results to benefit the company in terms of high revenues and increased customer base. Excellent presentation skills and a strong ability to quickly establish rapport with people from diverse backgrounds.

CAREER OBJECTIVE

I am seeking an opportunity in a company where I can use my experience and education to help the company meet and surpass its goals.

SKILLS

Critical Thinking, Flexibility, Communication. , Teamwork, Organization, Creativity., Emotional Intelligence

Basic knowledge of Computer

EXPERIENCE

From: Apr-2013

Office Assistant

Life care health center

Multitasking, customer handling, tele calling ,
Ledger maintenance.

From: Jul-2014

Office Assistant

Cherish Health Center

Multitasking skills

Jul-2015 - Jul-2020

Naturopath, Yoga trainer, Acupressure, All treatment according to disease.

Holistic health practitioner since 2015

My motive is give Happiness and healthy lifestyle

EDUCATION

Degree/Course

MA in Yoga

BA in Arts

Maharishi Dayanand University

Diploma in Hair and skin Care

Industrial Training Institute ,

Diploma in Naturopathy and Yoga

Sevakram Naturopathy Institute ,

Vocational Certificate In Yoga

National Institute of Open Schooling ,

Diploma in Nutrition and Health Education

Indra Gandhi Open University ,

Diploma in Holistic health and wellness

Bhartiya Vidya Bhavan Institute ,

STRENGTHS

Hard working

Honest

AREAS OF INTERESTS

Helping People's

HOBBIES

Helping people

Watching Discovery channel

Give Happiness

PERSONAL DETAILS

Address

Gurgaon, Haryana, 122001

Gender

Female

Nationality

Indian

Marital Status

Single

Languages Known

Hindi, English

DECLARATION

I hereby declare that all the details furnished here are true to the best of my knowledge and belief.

Mudra