

CURRICULUM-VITAE

Residential Address:

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MANOJ KUMAR

International Yoga Teacher

CAREER PLAN

Success with sweet in a motivated congenial & Professional environment is my Motto at any given place producing own benchmarks in quality excellence.

ACADEMIC QUALIFICATION

- 10th Passed From M.D University Rohtak
- 12th Passed From M.D University Rohtak
- Bachelor of Arts/**B.A.** (Shastri) Passed From Sh. Lal Bahadur Shastri University New Delhi.

PROFESSIONAL QUALIFICATION

- Passed Bachelor of Education/**B.Ed** (Shiksha shastri) from Sh. Lal Bahadur Shastri University, New Delhi
- Passed Master of Arts/**M.A (Sanskrit)** From Rashtriya Sanskrit Sansthan, New Delhi
- Passed Master of Education/**M.Ed** From Maharshi Dayanand University, Rohtak
- Passed Master of Arts/**M.A (Yoga)** from Uttarakhand Open University Haldwani, Nainital

EXTRA ACTIVITY

- One year **Yoga science Diploma** From Uttarakhand Sanskrit University, Haridwar
- CTET (Central teacher Eligibility test qualified)
- Six months **Yoga Diploma 500 hour** from Yoga Alliance International New Delhi.
- Certified yoga teacher by the **Ministry of Ayush Govt. of India**, Yoga Certification Board, Qualified level-3 exam (**Yoga teacher & Evaluator**)

EXPERTISE

- (1) Ashtanga Yoga
- (2) Therapeutic yoga
- (3) Shatkarma kriya (Yogic purification techniques)
- (4) Breathing techniques
- (5) Ayurveda
- (6) Group Yoga Classes
- (7) Yoga for children
- (8) Philosophy of yoga
- (9) Meditation
- (10) Yogic diet
- (11) Yoga demonstration
- (12) Artistic yoga

WORK EXPERIENCE

- Worked with- **Embassy of India, Madrid, Spain. (As a Yoga Teacher)**
- Worked with- Yoga Alliance International New Delhi
- Worked with-Pragyan school greater Noida
- Worked with kendriya vidyalaya school no-3 NIT Faridabad Haryana
- Sapphire International School, Noida, Uttar Pradesh
- Arya vidya mandir sr. sec. school Ballabgarh

COMPUTER KNOWLEDGE

- Only basic knowledge of Computer
- Internet surfing, Hindi typing, Sanskrit typing

PERSONAL DETAILS

Date of birth :- 25/06/1988

Father's Name:- Shri Dharamvir Arya

Religion :- Hindu

Languages :- Hindi, English, Sanskrit, Spanish

Marital Status:- Married

Date:- 21/06/2022

(Manoj Kumar)