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Poonam Aheriya

About Me

With 6 + An individual; skilled and experience as a certified Yoga trainer, property manager, admission counselor, and a former customer service executive for At&t USA. An enthusiast to create a positive impact in people's lives with her knowledge, skills, and experience.



Education

April 2022 - April 2022

Yog Sutra Rishikesh | 200 Hours TTC

Attended a 200 hours residential comprehensive Yoga teacher training certificate course to prepare me for teaching Yoga techniques worldwide to learn the theoretical and practical aspects of Yoga.

Febuary 2019 - Febuary 2020

Bhartiya Vidya Bhawan | One Year Diploma In Yoga

A diploma in Yoga, a 1-year course to learn the theoretical concept of yoga vidya and philosophy, mediation, and Pranayama, and ways to effectively conduct classes with diverse approaches and to develop skills implemented in

January 2019 - January 2019

teaching effective yoga programs.

Morar Ji Desai National Institute Of Yoga | Foundation Course

Foundation Course in Yoga is a 50 hours introductory course in Yoga to enable individuals to gain expertise on common yoga knowledge and practices.

March 2018 - May 2018

British Council | Advanced Spoken English Course

2 months, Advanced Spoken English Courses & Certification from British Council. To improve communication skills and work on professional growth.

2009 - 2012

Delhi University | Bachelor Of Arts

A 3- year undergraduate course to study English Literature, language, and its history, through novels, drama, epics, and poetry written by great English authors of both past and present.

2007 - 2009

CBSE Board | Senior Secondary Education

A Senior Secondary Certificate in Science stream from CBSE Board, and appearing for exams in 6 subjects such as Physics, Chemistry, Biology, Maths, English, and Physical Education.

2005 - 2006

CBSE Board | Higher Secondary Education

A Higher Secondary Certificate from CBSE Board and appearing for exams in subjects such as Hindi, Maths, English, Science, Social Studies, and Sanskrit.

2006 - 2006

Rapid Career Academy | Basic Computer Course

A 6 months basic computer course.



Experience

may 2022 - December 2022

Backpacker's Hostel | Property Manager

Handling day-to-day operations of a backpacker's hostel in Uttarakhand, India. As a Property Manager, I handled the efficient management of Backpackers Hostel. It involved determining, marketing, and filling vacancies, handling tenant relations, and overseeing maintenance. To update the Opts Report, supervise the staff and conduct training, and provide feedback.

March 2020 - February
2022

Freelancer | Yoga Trainer(online)

As a yoga instructor, I have conducted Online Hath yoga and power yoga and customized practices in an online class with people of all age groups that involve meditation and yoga poses. I used to guide students to "connect to breath" while conducting a series of physical and mental exercises. Help them achieve their fitness and health goals such as reducing weight, strength, and conditioning, improve flexibility. To help students manage certain medical issues such as obesity, diabetes, PCOS, spondylitis, frozen shoulders, lower back pain, anxiety, and stress.

July 2019 - January 2020

Kulachi Hansraj Model School | Yoga Teacher(Part-time)

To conduct classes for school students and motivate students to practice yoga to overcome challenges, and improve focus and concentration to get better results in studies and day-to-day life. I used to guide students to "connect to breath" while conducting a series of physical and mental exercises.

To coach students taking part in Yoga competitions at zonal and districts level.

October 2017 - March
2019

WAC | Admission Counselor

Review incoming applications, verify applicant information and materials, and provide assistance to help enroll students for their desired subject workshops and Microsoft-certified summer training; such as Robotics, Artificial Intelligence, Python, Java, and Ethical Hacking. To share accommodation details, and to inspire students to become a campus ambassador to boost lead generation.

february 2017 - August
2017

Teleperformance | Senior Customer Care Executive

To provide excellent customer service by promptly and courteously responding to all inbound inquiries regarding their bills for AT&T USA services. Evaluate all client issues and aid in their resolution within the time frame required. To upsell and promote sales and answer questions about the availability of the services. Assist customers with generic troubleshooting steps and assign a technician if required.



Projects

June 2019 - June 2019

Usha International | Mindfulness Workshop

Assisted a One - Day mindfulness workshop for corporate employees with Fitness Company team.

To over look and correct Asanas performed by the employees.

21st June 2019 - 21st June 2019

DAV School Shalimar Bagh | International Yoga Day

Lead a Yoga asana and meditation group session for 20 plus employees of DAV Shalimar Academic staff including the respected principal. To promote health and mental awareness.

November 2019 - January 2020

Kulachi Hansraj Model School | Yoga Workshop

Organized and performed yoga practices for students of KHMS school once in a month for 3 months.

July 2019 - July 2019

Kulachi Hansraj Model School | Yoga Week

Customized and conducted one week yoga classes and mindfulness practices for KHMS academic staff.



Other Info

Skills

Communication Skills,
Computer Skills, Team
player, Problem Solving,
Adaptability, Customer
service , Time management.

Languages

English and Hindi

Interest

Yoga, Meditation, Reading,
Writing, Dance and Arts