

Neelam

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OBJECTIVE:- Looking for a Platform to explore myself as a **Yoga instructor**, where I can prove the importance of yoga skilled and efficiency. **Hardworking dedicated and supportive with excellent communication** and problem-solving abilities

EDUCATIONAL BACKGROUND

- ❖ **YTTC (200hr.)** completed from Anubhuti Yoga Delhi.
- ❖ **YCB level I** complete from Ministry of Ayush **Govt. of India** 2023-2028.
- ❖ **Diploma in yoga** from **Radhey Hari** Government Post Graduate College of **Kashipur (Kumaun University)** since 2017-2018.
- ❖ Master of political science (2015) from **Delhi University** (School of Open Learning)
- ❖ Political science Hon's,(2013) from **Mata Sundri College for Woman**

YOGA Science for Wellness (February 2018)

*Foundation Course from Morarji Desai
National Institute of Yoga (MDNIY)*

- ❖ Certificate course of **YOGASANA** related of health promotion from **MDNIY** since June 2018.
- ❖ Certificate course in **PRANAYAMA & MEDITATION** related for health and promotion **MDNIY** June (2018)
- ❖ Certificate of participation of **INTERNATIONAL YOGA FEST.**

HIGHLIGHTS OF QUALIFICATIONS & SKILL.

- ❖ SAFETY TECHNIQUES IN YOGA ASANAS
- ❖ FOCUS POSTURE OF YOGA
- ❖ DEMONSTRATING EXERCISES WITH PROPER GUIDENCE.
- ❖ EXCEPTIONAL TIME MANAGEMENT SKILLS
- ❖ STRONG COMMUNICATION SKILLS.

WORKING EXPERIENCE:-

- ❖ Presently working at Yoga instructor in **Anubhuti Yoga Trust.** I m providing personal Classes & Home Visit class.
- ❖ Also Freelancer as a Yoga Instructor.

ABOUT ME :- I am passionate and curious seeker about of nature or natural elements which is related to **YOGA & PRANAYAMA**, also believe a meditation to explore an inner-way.

DECLARATION

I hereby declare that this information in my resume is true to best of my knowledge and belief.

Neelam