



CURRICULUM VITAE

VPO BHIGAN, TEHSIL GANAUR
DISTRICT-SONIPAT, HARYANA

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PARSHANT

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❖ CAREER OBJECTIVE

To obtain a teaching position that utilizes advanced teaching methods, including team learning and e-learning.

❖ QUALIFICATION

- MA Yoga passed in year 2018 from U.O.U. with 66.58%
- PG Diploma in Yogic Science passed in year 2021 from Uttarakhand Sanskrit University with 72.1
- YCB Certificate as Yoga Volunteer under Ministry of AYUSH, Govt. of India.
- BPE Passed in year 2015 from Nagpur University with 78.32%
- 12th passed in year 2012 from Haryana Board with 77.8%
- 10th passed in year 2010 from Haryana Board with 64.8%

❖ COMPUTER SKILLS

- Basic knowledge of Computer.

❖ PROFESSIONAL EXPERIENCE

- 1 year experience as a Yoga Teacher in (NHM) National Health Mission.
- 2 year experience as a Yoga Teacher in Awadhpati Devi Yoga Parshikshan Sansthan
- 5 years experience in Yoga classes at Home & Online as per Diseases & Fitness.
- Few Seminars given for Govt. Schools & Villages.
- 2 years experience as a TGT PET in Directorate of Education Delhi.

❖ **YOUTUBE CHANNEL**

I own a YouTube Channel **YOGA WITH PRASHANT** an Educational Channel for Yoga.

❖ **ACADEMIC ACHIEVEMENTS**

- Webinar–Role of Yoga in Diabetes Certificate conducted by Stop Diabetes Movement 2021.
- International Yoga & Alternative Therapy for Anxiety & Depression 2021 conducted by Nisha Joshi Yoga Academy Indore.
- YCB & Fit India Movement Yoga Certificate 2021.

❖ **ACHIEVEMENT AS A PLAYER**

- Yoga Culture Association State Championship Haryana 2nd position in year 2017.

❖ **ACHIEVEMENTS**

- International Naturopathy Organization attend Seminar in 2018.
- Lajpatrai Mehra's Naturopathy and Yoga Participate in 2018.
- 6th International Day, 2020 of Yoga participation as CYP Yoga Volunteer.
- Ayush Yoga Quiz Certificate from Ministry of Ayush in 2020.
- National Webinar “Boosting Immunity & Mental Health through Yogic Concept 2021 Organized by Lakshmibai National Institute of Physical Education, Gwalior.

❖ **ACHIEVEMENTS AS A COACH**

- Zonal Yoga sub junior Tournament at G.B.S.S.S. Jahangirpuri K Block Delhi total participate 20 Player and they are achieve 02 silver and 18 Bronze Madals (2018-19)
- Chhatrasal Stadium Delhi Zonal Athletic Championship in 2018-19 participate total 04 player and they are achieve 01 Silver and 03 Bronze Madals

❖ **PROFETIONAL GAME**

- **Yoga**
- **Athletic**

❖ PERSONAL INFORMATION

Father's name : Mr.Pikeshwer
Date of Birth : 07/01/1996
Marital Status : Married
Nationality : Indian
Linguistic Proficiency : English, Hindi & Punjabi
Hobbies : Listening Music,Playing Games & Shooting Videos

❖ PERSONAL STRENGTH

Self confidence, honest, hardworking, friendly nature & positive attitude.

❖ DECLARATION

I, hereby, declare that the information furnished above is true to the best of my Knowledge and belief.

Place: Sonipat

Date:

(Parshant)