

# **CURRICULAM VITAE**

## **Sachendra Badoni**

H.N-3037/2 SEC-37 D (U.T)

CHANDIGARH ( India)

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## **Objective:**

To work technically, functionally challenging the environment & to deliver the quality of services for the complete satisfaction. To work with an Institution with full dedication where I can contribute the best of my knowledge, skill, talent & hard work for the growth of the organization & well being.

## **Personal Information:**

Father's Name	:	Late Shri Shanti Prasad Badoni
Mother's Name	:	Smt. Rakeshwari Devi
Date of Birth	:	15-06-1989
Nationality	:	Indian
Marital Status	:	Single
Permanent Address	:	H.N- 3037/2, Sector-37 D , Chandigarh (U.T)-160036

**Language Known:** English, Hindi, Sanskrit

## **Area of Interest:**

Learning, Practicing and Teaching Yoga Therapy, Acupressure Therapy, Meditation, Religious Philosophy, Social Service. Yoga & Cultural Tourism.

### **Education Qualification:**

1. Pursuing Ph.D. from Rabindranath Tagore University M.P
2. M.A. in Yog Science from University of Patanjali, Haridwar, Uttarakhand, year 2012
3. Diploma in Nutrition & Health Education from IGNOU- 2013.
4. B.A. from Uttarakhand Sanskrit University Haridwar , year- 2010
5. Intermediate from Uttaranchal Board, year- 2007
6. High School from Uttaranchal Board, year- 2005

### **Professional Qualification/Seminar/Workshop/Conference: National::**

1. Attended International Conference on ‘Yoga for Health and Social Transformation’, January - 2011 in University Of Patanjali , Patanjali Yogpeeth, Haridwar, UK.
2. Attended Training on Yoga for Optimal Educational Performance, December- 2010, organized by KNW, Research Section, Patanjali Yog peeth, Haridwar, UK
3. Attended National Seminar and Workshop on ‘Teaching Methods in Yoga" March- 2011 Gurukul Kangri Vishavidyalaya, Haridwar

### **Special Skills:**

Hath Yoga- Asana, Acupressure, Pranayamas, and Cleansing practices.

### **Research/Project Works:**

Research Study on "Effects of Abdominal Hydrotherapy"

### **Award/Prize/Certificate:**

1. Certificate of participation “ **An International Yoga Olympiad**”
2. Certificate of participation “ **37 National Yoga Championship**”
3. Certificate of participation “**Uttarakhand State Yoga Championship**” in 2<sup>nd</sup> position
4. Certificate in computer three month ,Certificate in Computer Diploma in Advance Desk Top Publishing with “B” Grade.
5. Certificate in "N.S.S" with "C" Grade

6. Certification Yoga Professionals (QCI) with level 2-YOGA TEACHER (2017-2020)
7. 6 Months Certificate in "Computer DTP"
8. Certificate in " HINDI TAKAN"

### **Experience:**

- 1- 2 Years 5 Months experience in **Patanjali Yog and Satkarma Clinic & Research Centre Patanjali Ayurved Hospital Haridwar** as a Sr. Yoga therapist .
- 2- 5 Months as a Yoga Therapist in **SCHOOL OF ADVENTURE INDIRA VIHAR NEW DEHLI**
- 3- 2 Years 5 Months as a Yoga Instructor experience in **Samaj Sewa Sadan (GKK) R.K.Puram sector 3 new Delhi Undertaken DOPT (CENTRE GOVT. )**
- 4- 4 Months Experience in Vasnta Yoga Center **ALMATY KAZAKHSTAN** as a Yoga Teacher .
- 5- One Years Experience as a Yoga Teacher in **MDNIY** Project in Delhi Prison Department Tihar Center Jail New Delhi.

### **Strengths:**

Self-Confidence, discipline, patience and a strong will power. Comprehensive problem solving abilities, ability to deal with people, willing to learn.

### **Declaration:**

I hereby declare that the above given information is true best of my knowledge

***Date***

***Signature***

***Sachendra Badoni***