

97D/B4 BLOCK,  
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## GEETIKA YADAV

- OBJECTIVE**
- Strong passion for YOGA. Skilled in innovating new techniques of teaching and handling people.
  - Comprehensive knowledge of exercise to improve stamina, agility, increasing concentration.
  - Excellent communication and interpersonal skills.

- SKILLS & ABILITIES**
- An expert at using movements, gestures and body language to portray yoga routines, meditation and mindfulness.
  - Specialization in HATHAYOGA and ASHTANGAYOGA
  - Experience in Therapeutic Yoga.
  - Exceptional at determining strengths and weaknesses of students.
  - Excellent communication skills, both oral and written.
  - Basic knowledge of computer.

- EXPERIENCE**
- YOGA INSTRUCTOR AT DILLI KI YOGSHALA, DELHI GOVERNMENT**
- From 07 FEBRUARY 2022- 31 DECEMBER 2022
- Presently taking classes of KNEE PAIN, BACK PAIN,PARKINSON disease etc patients'classes.

- EDUCATION**
- Secured 1<sup>st</sup> Division in 12<sup>th</sup> from CBSE BOARD.
  - Secured 1<sup>st</sup> Division in Graduation from MIRANDA HOUSE NCWEB, DELHI UNIVERSITY.
  - Completed DIPLOMA IN MEDITATION AND YOGA SCIENCES WITH "A" GRADE.
  - Pursuing MASTERS in ENGLISH LITERATURE.
  - Pursuing MASTERS in YOGA from UTTRAKHAND SANSKRIT UNIVERSITY.

- COMMUNICATION**
- Fluent in ENGLISH, HINDI.
  - Also have a knowledge of French and Sanskrit

## ACHIEVEMENTS

- Secured A Grade in DIPLOMA IN MEDITATION AND YOGA SCIENCES from DELHI PHARMACEUTICAL SCIENCES AND RESEARCH UNIVERSITY (DPSRU)
- SECURED 2<sup>ND</sup> position in STATE LEVEL SWIMMING competition
- Secured 3<sup>rd</sup> position in CBSE SWIMMING COMPETITION
- Participation in Swimming Nationals 2016.
- Awarded by CM ARVIND KEJRIWAL DURING THE DILLI KI YOGSHALA.
- GOT THE APPRECIATION FOR ONE OF THE MOST EFFECTIVE YOGA CLASSES IN NORTH WEST DELHI.

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## DECLARATION

I hereby declare that all the statements made above are correct to the best of my knowledge and belief.

GEETIKA YADAV

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