

# JASODA KHATEI

**G-501, 5TH Floor, Green Court, Sector 90, Gurugram, Haryana-1220505**

**Mob: 9438090690**

**Email ID: jasoda1334@gmail.com**

## SUMMARY

To dedicate and commute myself in an organization, which provides an opportunity to use my skills and where I can grow along with the organization to learn the skills and knowledge with a new effect.

## SKILLS

- Breathing techniques
- Flexibility
- Knowledge of anatomy
- Stress management
- Self-motivation
- Teamwork.
- Confident & Honest.

## EXPERIENCE

- Work as Yoga instructor at Blossom yoga centre, Since Sept'20 to Aug' 2023.
- Work as personal trainer (Disc Problem) Migraine & Joint Problems.
- Present working with Flex N Fit centre as a Yoga Trainer in Oct'2023.

## RESPONSIBILITIES

- Manages group classes.
- To get correct Asana posture by people.
- Developed, instructed and led stretching, warm-up and cool down exercises, breathing and relaxation techniques.
- Pranayama, Weight Loss, Natural Fitness.
- Inspire people to do Yoga and Yoga's benefit.

## PROFESSIONAL COURESE AND CERTIFICATIONS

- MA in Yoga from Uttarakhand Open University.
- Diploma in Yoga from Bharatiya Vidya Bhavan.
- Diploma in Ayurveda Panchakarma technician form CCRAS Punjabi Bagh New Delhi.

## PERSONAL DETAILS

Father Name : Basudev Khatei

Date of Birth : 05/06/1993

Marital Status : Unmarried

Language Know : Hindi & English



(Since 1938)

**Bharatiya Vidya  
Bhavan**

KASTURBA GANDHI MARG, NEW DELHI - 110001

## INSTITUTE OF YOGA

*This Certificate is awarded to*

Jasoda Khatei s/o of Basudev Khatei

*with Registration No. DY 1576 for having successfully completed*

*Bhavan's One Year Diploma Course on*

### YOGA VIDYA

*organised from Aug 2019 to Aug 2020*

*Performance Grade 71.31. (Very Good)*

Date: **15-10-2020**

**Kundan Kumar**  
COURSE-DIRECTOR

Bharatiya Vidya Bhavan  
Kasturba Gandhi Marg  
New Delhi - 110001

**AKA**  
DIRECTOR





# उत्तराखण्ड मुक्त विश्वविद्यालय

## UTTARAKHAND OPEN UNIVERSITY

HALDWANI, NAINITAL (UTTARAKHAND)

### Master Programme Marksheet/Transcript



Enrollment Number : 21243284		Programme Code : MAY-21		Specialization											
Name : JASODA KHATEI		Programme Name : Master of Arts Yoga (M A Yoga)													
Father's Name : BASUDEV KHATEI		Study Center : 11000 UOU Model Study Center, DEHRADUN													
Mother's Name : MINI KHATEI															
Enrolled In : SEPTEMBER-2021		Date of Result : 02-Nov-2023													
Course Code	Title of the Course	Year/Sem	TH		AS		PR		VV		PT		TOTAL		Result
			MM	OM	MM	OM	MM	OM	MM	OM	MM	OM	MM	OM	
MY-501	योग के मूलभूत तत्व	1	70	46	30	21							100	67	C
MY-502	मानसिक परीक्षण एवं योग	1	70	32	30	15							100	47	C
MY-503	संयोग के सिद्धांत	1	70	46	30	21							100	67	C
MY-504	मानव जीवन चक्र एवं योग	2	70	43	30	25							100	68	C
MY-505	योग में अनुसंधान विधियाँ एवं सांख्यिकी	2	70	22	30	15							100	37	WG
MY-506	क्रियात्मक	2					100	72					100	72	C
MY-601	संततल योग सूत्र	3	70	36	30	18							100	54	C*
MY-602	योग एवं स्वास्थ्य	3	70	28	30	22							100	50	C
MY-603	सांख्यिक चिकित्सा	3	70	33	30	21							100	54	C*
MY-604	सूक्त चिकित्सा पद्धतियाँ	4	70	29	30	19							100	48	C
MY-605	विमर्श	4	100	40									100	40	C
MY-606	क्रियात्मक	4					100	76					100	76	C
TOTAL			730	355	270	177	200	148	0	0	0	0	1200	680	

MM:Maximum Marks OM:Obtained Marks \*C:Back Paper \*I:Improvement Paper \*WG:With Grace TH:Theory AS:Assignment PR:Practical

VV:Viva-Voice PT:Project C:Complete

Overall Marks: Obtained 680 Out of 1,200 Division Second with 56.67 % of Marks



Controller Of Examination's