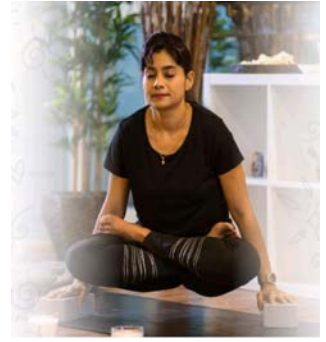


RESUME

SONALI PANDURANG JOGDAND.

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EDUCATIONAL QUALIFICATION:

COURSE	YEAR	GRADE/MARKS	COLLEGE/BOARD
MSC Yoga education	Jan 2014	A	S.V.Y.A.S.A. University, Bangalore
BSC in Yogic science	July 2011	E	S.V.Y.A.S.A. University, Bangalore
H.S.C. [12 th]	2007	68	Maharashtra Board
S.S.C. [10 th]	2005	79	Maharashtra Board

ADDITIONAL QUALIFICATION:

Yoga Instructor Course (Yoga Foundation Course)

Elementary and Intermediate Drawing

Maharashtra Chathra Sena (MCC)

WORK EXPERIANCE:

- Working with Lifeline Yoga, Meditation & Fitness Center Pune as a Senior Yoga instructor since September 2019.
- Worked with Bio-Bil Yoga & Meditation Center Doha, Qatar as a Senior Yoga instructor for 1 Year.
- Worked with ABC Montessori School, Pune as a yoga teacher and admin work for 4 Years.
- Worked with Neuron Labs, Pune as a yoga teacher for 3 Years.
- Taken personal home yoga sessions for 7 Years in all over Pune.
- Working as a yoga instructor since 8 years for positive health promotion.

FIELD IN INTEREST:

- Teaching yoga to Children
- Arrange Yoga Sessions
- Drawing (Art and craft)

CAREER OBJECTIVE:

- Use yoga as a tool for preventions and management of disease, relaxation and happiness for people in their daily life.
- Serve people to realize the importance of yoga.
- Yoga to maintain a sound body and a sound mind as a healthy life style.

To obtain a position that will enable me to use my strong organizational skills, educational background, hard work, dedication and the ability to work well with concentration.

EXTRA CURRICULAR ACTIVITIES:

- Personality development camp at Bangalore (PDC).
- Yoga instructor course (YIC).
- International Olympiad competition at Bangalore.
- 1st international conference on yoga and cow at Bangalore.
- Voluntarily participated in 19th International Conference on Frontier in Yoga Research and its Application- 2011.
- Participated in ADITYA [Suryanamaskar] Program- 2011.
- Voluntarily participated in International Conference on Yoga and Diabetes- 2012.
- Participated in International Conference on Yoga and Education- 2012.
- Participated in stop Diabetes Movement- 2012.
- Participated as DELEGATE in the 2nd International Conference on YOGA, COW and RURAL RECONSTRUCTION on 13 to 16 December 2010.
- Participated in 1st International Yoga Day celebration by SVYASA.
- Basic set of asanas, pranayamas and kriyas technique for number of psychosomatic diseases.
- Conducted group classes in companies named AES Seal, Amdocs, Synechron.
- Conducted group classes for kids in all over Pune.
- Conducted kriya session for several groups.
- Conducted stress management program in SVYASA University.
- Conducted stop Diabetes program in SVYASA University.

VISION:

- To create a network of yoga training centers, schools and institute for promotion of yoga with positive energy.
- To co-ordinate yoga in a schools and college.

KEY SKILLS:

- Yoga therapy for all elements
- Instructor for yoga and meditation
- Expert in advance kriyas

SPECIALSKILLS:

- Chanting Sanskrit Mantras
- Technique of deep sleep
- Technique of advances kriya
- Technique of stress management
- Technique of panic energy
- Technique of mind sound resonances

SOCIAL SERVICE:

- Donated blood in camps for several times.
- Conducted yoga classes in various places.

HOBBIES:

- Passionate about practicing yoga.
- Passionate about sports.
- Enthusiastic in listening music and playing yogic games.
- Cooking in various type of diet food.

PERSONAL DETAILS:

Father name : Mr. Pandurang Jogdand.

Mother name : Mrs. Surekha Jogdand.

Husband name : Madhav Gadhe.

Date of birth : 22nd Feb 1989.

Sex : Female

Marital status : Married

Blood Group : B+ve

Nationality : Indian

Language known : English, Hindi& Marathi

Permanent Address : C-203, Lalwani Vastu, Nr Axis Bank, Sakore Nagar, Viman Nagar,
Pune - 411014

Be happy!!!!!!!!!!!!!!