

Bhagwan Singh Bisht

12, Naikina, Bhurmuni, Pithoragarh

Distt-Pithoragarh, Uttarakhand

Mob: 9997227005

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Career Objective

Dedicated and passionate **Yoga Instructor** seeking an opportunity in a reputed organization to promote physical and mental well-being. I aim to use my **M.A. in Yoga** and knowledge of traditional and modern yoga practices to help individuals achieve their fitness goals and maintain a balanced lifestyle. Eager to contribute my skills in a dynamic, professional setting that values health and wellness.

Qualification

- **High School:** Passed from UK Board in 2014
 - **Intermediate:** Passed from UK Board in 2016
 - **Graduation (B.A.):** Passed from Kumaun University Nainital in 2019
 - **Post-Graduation (M.A. Yoga):** Passed from Kumaun University Nainital in 2023
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Computer Skills

- Basic Knowledge of Computer
 - Comfortable with using digital platforms for online yoga sessions
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Skills & Strengths

- In-depth knowledge of various yoga techniques, including Asanas, Pranayama, and meditation
 - Ability to create customized yoga routines for individuals and groups
 - Strong communication and interpersonal skills
 - Committed to fostering a peaceful and motivating environment for practice
 - Knowledge of holistic health and wellness practices
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Personal Details

- **Father's Name:** Shubhash Singh Bisht
 - **Date of Birth:** 21/06/1999
 - **Sex:** Male
 - **Nationality:** Indian
 - **Languages Known:** Hindi, English
 - **Marital Status:** Unmarried
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Declaration

I hereby declare that the information provided above is true and accurate to the best of my knowledge and belief.