

Mamta Dhir



YOGA TEACHER

Profile

After working for top private brands in Delhi, Mamta Dhir followed her passion to work for different charity purposes like helping poor people in need, helping them by providing education, helping senior citizens, taking care of animals, etc. Now she is a certified Yoga Instructor

Education

DELHI INSTITUTE OF PHARMACEUTICAL SCIENCES AND RESEARCH, 2021-2022

- Certified Yoga Teacher

UNIVERSITY OF DELHI, 1985-1988

- BACHELORS OF ARTS IN TOURISM

Work Experience

CERTIFIED YOGA TEACHER

DILLI KI YOGSHALA, 2021-2022

- Teaching multiple batches of fellow citizens on how to improve their health with Yoga Asanas and Pranayam,
- Connecting people to socially bond and make an emotional connect by practising this art-of-body together,
- Teaching students curative asanas for various diseases,
- Making a healthy community by improving students body health.

MLA REPRESENTATIVE FOR SCHOOL MANAGING COMMITTEE, 2017-2021

- Organising regular workshops for school students,
- Coordination amongst teachers/parents and students.

2013-2017

- Providing free tuitions to underprivileged children.

Contact



+91-9810481115



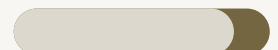
mamtadhir777@gmail.com



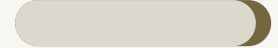
Alaknanda, New Delhi-19

Skills

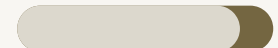
Yoga skills



Leadership skills



Public speaking



Knowledge sharing

