

RESUME

Monu Sagar

Email ID : monusagar250@gmail.com

Street no. c3, Iedgah road

Subhash Nagar, jwalapur

Haridwar

Uttarakhand-249407

Mobile number-7668931282



Summary:

I am a capable goal oriented leader with strong communication skills working at improving health through yogic practices. I have worked as a yoga teacher in Bharat Thakur Artistic Yoga, for 6 years at Delhi, Mumbai and Dubai, teaching effective ways to understand the mind and body connection for physical, emotional and psychic growth for a healthier mind and body.
In Present I am working with Bharat Thakur Artistic Yoga Company.

EDUCATIONAL QUALIFICATION:

Academic

➤ Teachers Training in Hatha Yoga	Yoga Shala Rishikesh	Feb. 2016
➤ Theology	DSVV University Haridwar	Dec 2004
➤ Beautician Course	She's Beauty Parlour	2007-2008
➤ Graduation	B.A. English ,Eco ,sociology HNB Garhwal	2001-2004
➤ 12 th	VMIC SEC 1,BHEL HARIDWAR	2000-2001
➤ 10 th	VMIC SEC 5,BHEL HARIDWAR	1997-1998

Additional Knowledge:

Basic Knowledge of Computer.

EXTRA-CURRICULAR ACHIEVEMENTS

- Presented school parade as a commander and guide continuous years.
- Participated in school cultural activities.

Professional Experience

Yoga Teacher :	Freelancer yoga trainer	Dec 2015-March 2019
Senior Yoga Teacher :	BTAY –Delhi,Mumbai, Dubai	Dec 09 – Aug 2015
Senior Yoga Teacher :	Life Style Yoga Dubai	Sept 2015–Dec 2015
Beautician:	She's Beauty parlour	July 07 – July 08

➤ **LINGUIST PROFICIENCY:**

- English & Hindi .

➤ **HOBBIES AND INTERESTS**

- Practicing and Teaching Yoga
- Reading
- Dancing
- Listening to Music
- Studying new facts on nutrition and health

➤ **PERSONAL DETAILS:**

Date of Birth : 02-12-1979

Gender : Female

Father's Name: Mr. Ram Pal Sagar

Marital status = Unmarried

Nationality = Indian.

Date :

Place:

(Monu Sagar)

