



# POOJA

Seeking a challenging career in the organization where I will show my inherent capabilities, enhance my skills and strength in conjunction with the organization's goal and objectives and thus to prove myself as an worthy assets to organization with showing innovativeness by taking risk in new venture.

## Personal Info

### Mobile

(+91) 9530725179

### E-mail

poojaheer64@gmail.com

### Date of Birth

20 - 06 - 1997

### Father's Name

Mohinder Singh

## Language Known

English  
Hindi  
Punjabi

## Hobbies

Meditation  
Teaching  
Reading  
To work with NGOs  
To interact with different people



## EDUCATIONAL QUALIFICATION

- **MA YOGA**  
Sanjeevani Yoga & Naturopathy Sansthan  
Uttrakhand Sanskrit University  
October 2021 - Present
- **M.Sc in Microbial Biotechnology**  
Panjab University (PGGCG 42), Chandigarh in 2019 with 84.52%
- **B.Sc (hons.) Biotechnology**  
Panjab University (PGGCG 42), Chandigarh in 2017 with 76.5%
- **Diploma in Naturopathy & Yoga**  
Gandhi Smarak Bhawan, Chandigarh  
September 2020 - Present
- **Certificate Course in Elementary Sanskrit and Bhagavadgita**  
Interdisciplinary Centre for Swami Vivekananda Studies  
Panjab University, Chandigarh  
February 2020 - 2021
- **12th from CBSE**  
(GMSS, Sector 35 D, Chandigarh) in 2014 with 62 %
- **10th from CBSE Shivalik Model Sr. Sec. School,**  
Naya Nangal, Ropar, Punjab in 2012 with 8.4 CGPA



## PROFESSIONAL EDUCATIONAL QUALIFICATION

- **B.Ed (Yoga) from Panjab University**  
(Govt. College of Yoga Education and Health  
Sector 23 A, Chandigarh) in 2021 with 87.62% (till 3rd Sem)
- **Assistant Yoga Teacher Training Certificate (AYTTC)**  
from Patanjali Yog peeth (trust) in 2020 with A Grade



## ACHIEVEMENTS & EXPERIENCES

- **Gold Medalist** in Panjab University  
(B.Ed Yoga, Panjab University 2019-2021)
- **Gold Medalist** in Panjab University  
(M.Sc Microbial Biotechnology 2017-2019)
- Technical expertise as a resource person for the 'Fitness Assessment under wellness program' for 96th course for Officer Trainees held at **Lal Bahadur Shastri National Academy of Administration, Mussoorie**
- Yoga instructor for 5 days yoga camp at GMSSS 23 A Chandigarh on the occasion of 7th International yoga Day
- Yoga instructor for one week NSS camp at GMSSS 23 A Chandigarh



## COMPUTER KNOWLEDGE

Basic Knowledge of Computer