

CURRICULUM VITAE

RUPINDER KAUR

Address:-Vill- Dhelapur

Teh & Distt-S.A.S.NAGAR

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OBJECTIVE

- ❖ Looking for a Bright Dynamic and Challenging Career, Which Can Provide Satisfaction and Opportunity for Learning and Applying Knowledge to gain Wide Experience Utilizing My Innovative and Persevering Personality.
- ❖ To Prove Myself and My Skills as the Valuable Asset For The Organization.

ACDEMIC QUALIFICATION

- ❖ 10th From PSEB
- ❖ 10 +2 From PSEB
- ❖ BA From PUCHD
- ❖ Bachelor of Physical Educatin
- ❖ **Post Graduate Diploma In Yoga Therapy**
- ❖ **Participating in the programme health Harmony Happyiness; Yogic Way**
- ❖ **Effect Of Yoga and Rajyoga Meditation On Postural Stability and Cognitive Performance**
- ❖ **Panjab University Zonal Youth And Heritage Festival Professional Zone (A) Folk Dance Luddi Second in Individual**

- ❖ **Panjab University Inter Collge**
- ❖ **Baskett Ball (Brownz Medal)**
- ❖ **Vollelball (Brownz Medal)**
- ❖ **Table Tennis (Selver Medal)**
- ❖ **Throwball Federation of India (Participation)**
- ❖ **Chandigarh Senior State Atheletic Champlonship 2020-21**
- ❖ **Hammer Throw Distance 10.80 (Position Third)**
- ❖ **Participated in D 10 200 mtr (event) under sub junior/Junior/Senior open during Chandigarh State Kayaking & Canoeing Championships From 20-03-2021 to 21-03-2021 for the Session and Won 2nd Position**

Work Experience

3 Month yoga therapy Internship at, Swami Vivekananda Yoga Anusandhana Samsthana, Bangalore Bangalore, India

Officiating In annual Athletic Meet at, PGGC 42 chandigarh Chandigarh, India

Officiating at Chandigarh Senior State Atheletic Championship at, Sector 7, chandigarh Chandigarh, India

Municipal Corporation Chandigarh Foundation
Day Certificate of Participation Awarded To
Rupinder Kaur Choredgrapher for participation
in the Event Giddha

In Memory Of S. Jatinder Singh Eandhawa
Founder Shan-E-Punjab Arts Club Vancouver
Canada Solo Above 15 Female Dance 1st Position

Skills

Technical Knowledge (Basic Knowledge of
Computer MS Office (Word, Excel, Power Point)

Interests

Travelling, Bike Riding, Singing, Playing
Games, Reading Books

HOBBIES

- ❖ Music
- ❖ Net Surfing
- ❖ Morning walk
- ❖ **Dance**

PERSONAL PROFILE

Father's Name: Sh. Iqbal Khan

Mother's Name: Jaswant Kaur
Date of Birth: 22-02-1998
Nationality: Indian
Sex: Female
Languages known: Punjabi, English & Hindi

DECLARATION

I **rupinder** do hereby that information given is true to the best of my knowledge.

Date-

Place:

(RUPINDER KAUR)