

Shomit Shankdhar

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OBJECTIVE

- To work in a dynamic environment, which offers me opportunities for growth and development, where I can utilize my skills and knowledge.
- To implement my Yoga knowledge towards enhancing the health of people.

EDUCATION

- MSc in Yoga Therapy, Jagadguru Ramanandacharya Rajasthan Sanskrit University (JRRSU), Jaipur, Rajasthan (2020)
- YIC (Yoga Instructor's Course) from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA, Yoga University), Bengaluru
- BSc in Yoga Therapy, Swami Vivekananda Yoga Anusandhana Samsthana University (SVYASA), Bengaluru.(2017)
- 12th from ICSE Board-2014, Sambhal, Uttar Pradesh . • 10th from ICSE Board-2012, Sambhal, Uttar Pradesh .

TRAINING ATTENDED

- Personality Development Camp, SVYASA- a one-month event for children aged 5-14 years, it's an activity-based event focused on overall personality development. I was trained to handle yoga sessions for students and monitor their activities.
- Arogyadhama training in Endocrinology, Oncology & Neurology & Psychology (Mental Health).
- Training on SDM (STOP DIABETES MOVEMENT) camp in Mysore.
- In teaching training, I have taken yoga classes in various villages in Bangalore.

WORK EXPERIENCE

- Worked in Johnsons Academy, Bengaluru – Karnataka (2022-2024)
- Worked at Cosmic Yoga, Vellore – Chennai (2021-2022)
- Worked at Silver Oak Academy, Moradabad- U.P (2019-2020).
- Worked at Vyasa Health Global, Mumbai & Goa (2018-2019).
- Worked at Arogya Yoga Bengaluru (2017-2018).
- Worked at S-VYASA health Kolkata (2017).
- Yoga Therapy on Arthritis, Spinal disorder, Diabetes, Gastritis, Obesity, Hypertension, Asthma, Parkinson's, Promotion of positive Health.
- Expertise in **various Mediation Techniques, Pranayama techniques.**
- Expertise in **Advance Yoga Postures.**

- **CM** (Cyclic Meditation)
- **PET** (Pranic Energisation Technique)
- **MSRT** (Mind Sound Resonance Technique)
- **Hatha Yoga, Power Yoga, Ashtanga Yoga**

INTERESTS

- Yoga
- Music
- Cricket
- Traveling

PERSONAL INFORMATION

- DateofBirth : 11-10- 1995
- Sex : Male
- Mother's Name : Anita Sharma
- Father's Name : Ajit Sharma
- Address : Village & Post-Sarai Jwalapuri, Chandausi, Dist-Sambhal(U.P)
- Marital Status :Married
- Language Known : English & Hindi

I hereby declare that the above-furnished information is true to the best of my knowledge.

Place: Moradabad

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