

PERSONAL PROFILE

Srishti Sharma

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Mobile No.: 9557202638, 7599284145

Gender: Female

Linguistic Proficiency: Hindi and English

Nationality: Indian

Marital Status: Unmarried

SUMMARY

I am looking forward to enhance my professional skill in a dynamic and stable workplace and to solve problem in an effective manner in a challenging position .Enjoy inspiring others to improve wellness and commit to long-term health and fitness goals.

ACADEMIC INFORMATION

QUALIFICATION	INSTITUTE	BOARD/UNIVERSITY	YEAR OF PASSING
M.sc(yoga therapy)	CCS university,Meerut www.ccsuniversity.ac.in		2022
B.SC (Yoga therapy)	S-VYASA Yoga university, Bengalore Karnataka, India https://svyasa.edu.in	Declared as deemed to be university under section 3 of the UGC Act,1995	2019
Yoga instructor course (YIC)	S-VYASA Yoga university, Bengalore Karnataka, India	Declared as deemed to be university under section 3 of the UGC Act,1995	2016
C++computer course	Computer center	----	2016
12TH	Saraswati Vidya Mandir		2016
10TH	Saraswati Vidya Mandir		2013

HIGHLIGHTS

- Encouraging leader
- Team player
- Flexible instructor
- Fast learner
- Good listener

WORK HISTORY & EXPERIENCE

- Field training in Hospital with alternative therapies (Endocrinology, Oncology & Neurology, Psychology (Mental Health),Arthritis, Spinal Disorders, Diabetes, Gastritis.
- Teacher in Personality Development Camp for the children.

SKILLS

- Cyclic meditation (CM)
- Pranic Energization Technique (PET)
- Mind Sound Resonance Technique (MSRT)
- Om Meditation
- Sleep Special Technique
- Trataka Special types

ACHIEVEMENTS

- Performed Asana in University competition and won 1 position.
- Performed 108 suryanamskar (3 times).
- Participated in Basket Ball at university level competition.
- Appreciation certificate for punctuality and timeliness.
- Certificate for All-Rounder in Judo class 12.
- Certificate for 60 National School Game 2014-2015 Judo Girls , Delhi.

EXPERIENCE

- Vivekananda Yoga Anusandhana Samsthana, Kolkata, - **6 month**
- Urban clap in bengalore – **4 month**