

## RESUME

PRANAV KUMAR ROY

Mob: - 7543874403

Email ID : [pranavroy534@gmail.com](mailto:pranavroy534@gmail.com)

Permanent address : Bsf Colony Bijwasan Dwarka Sector 21 Delhi  
110061



### CAREER OBJECTIVE

To work in a well-established organisation that enables me to utilise my skills, talents, experience, knowledge and creativity, which gives me an opportunity to provide patients satisfying services above their expectation in the field of Therapist.

### ACADEMIC INFORMATION

#### QUALIFICATION      INSTITUTE

10th- Kendriya Vidyalaya Muzaffarpur 2019

12th- CABS college Bihar 2021

Complete yoga instructor certificate from S- VYASA Bangalore

Graduation-BSc in Yoga science from Bangalore S-VYASA

Ayurveda Naturopathy Therapist Training Course (ANTTC) S-VYASA Yoga University  
Bangalore      S-VYASA Yoga University Bangalore 2023

### Work History & Experience

#### EXPERIENCE DURATION      INSTITUTION

Therapist : Two Years AROGYADHAMA (Surabhi, S-VYASA)

Jivan wellness Centre Bihar

2 year teaching experience at South Indian Public School

#### SKILLS

##### Professional Strength

- Notable interpersonal skills with ability to communicate effectively with all levels of management, staff and guests
- Dedicated to exceptional service to patients; able to cultivate positive rapport and nurture relationships by offering service beyond expectations.
- Recognized for outstanding work ethic, creativeness, integrity, thoroughness and commitment to the organisation's goals during internship.
- Yoga styles
- Pranayama
- Meditations
- Loosening exercises & shithilikarana
- Shat Kriyas
- Breathing techniques

- Krida yoga Therapeutic Skills
- Ayurveda (Panchkarma)
- Physiotherapy
- Mind Sound Resonance Technique (MSRT)
- Trataka Special types
- Sleep Special Technique
- Om Meditation

#### HOBBIES & INTERESTS

- Reading books, Travelling, playing and learning New Skills.

#### PERSONAL PROFILE

- Name Pranav Kumar Roy
- Father's Name : SriRam Roy
- Date of Birth : 22/07/2002
- Gender : Male
- Nationality : Indian
- Languages known : Hindi and English
- Marital Status : Unmarried
- Height : 5 Feet 4 inch

#### DECLARATION

I hereby declare that all the above information is true and mine.

Date.

Signature