



# Amandeep Kaur

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## Experience

- **Cageworld fitness academy** 2019 - 2021  
Yoga trainer
- **One stop tour and travel** Feb 2023 -  
Yoga trainer
- **Free lancing** 2019 - 2023  
Yoga trainer and therapist  
Hey guys it's been 5 years i am working in this field and helped thousands of people through offline and online mode to fulfill there goals and helps in managing there health. I am looking forward for people who are serious about there health to help in attaining there goals.

## Education

- **HPU** 2017  
BSc zoology honors  
7.9/10
- **Punjab university** 2019  
MSc microbial biotechnology  
1852/2650
- **PU** 2022  
Pg diploma in yoga therapy  
1451/1800
- **Shree ram yogshala cuttack odisha** 2020  
200 hr vinyasa ashtang hatha and flow yoga teacher training

## Skills

- Injury management in fitness and personal training , Prenatal yoga , Therapeutic yoga , NASM certified nutritionist

## Projects

- **Internship in therapy department**  
I have completed 3 months compulsory internship in yoga therapy department of govt yoga college of education and health sector 23 chandigarh.

## Achievements & Awards

- Participated in 46th Senior national yogasana sports championship 2021-2022
- Gold medalist in punjab university youth fest in yoga
- Bronze Medal in 37th Chandigarh State Yogasana Sports championship