

Prity Prajapati
E-mail: prityprajapati873@gmail.com
Mobile:+91-9606150590

OBJECTIVE

- To implement my knowledge and understanding of Yoga towards enhancing people's health.
- To work in a reputed educational institution, which offers a good working environment and positive growth.

ACADEMIC CREDENTIALS

- M.SC in Yoga Therapy, Swami Vivekananda Yoga Anusandhana Samsthana University (SVYASA) (2017 - 2019), Bengaluru.
- B. SC in Yoga Therapy Swami Vivekananda Yoga Anusandhana Samsthana University (SVYASA) (2014 - 2017), Bengaluru.
- YIC (Yoga Instructor's Course) from Swami Vivekananda Yoga Anusandhana Samsthana (SVYASA, Yoga University) (2014)
- 12TH from Asboford Academy -2014, Udalguri, Assam
- 10th from Sacred Heart School -2012, Udalguri, Assam

WORK EXPOSURE

- Worked in Vedanta Wellness at Macau (China).
- Worked at Adiyar Yoga Institute at Coimbatore, Tamil Nadu.
- 1 year of Work Experience in Cosmic Yoga Studios at Vellore, Tamil Nadu (06 -Sep -2021 to 28 - Jun – 2022).
- 1 year of Work Experience in Vivekanand Health Global Logistics Pvt. Ltd. at Kolkata (04 – Dec – 2019 to 04 – Dec - 2020).
- Attended Arogyadhama which involves case studies of participants suffering from different health issues and provides them with yoga therapy.
- Expertise in **Kids Yoga Sessions** with different **Postures and Yogic Games**.
- Conducted Personality **Development Camp** for children.
- Expertise in **Advanced Yoga Postures**.
- Expertise in various **Mediation Techniques, and Pranayama techniques**.
- **Yoga Therapies** for - Obesity, Back problems, Diabetes, Hypertension, Asthma, Parkinson's disease, Gastro-Intestinal Disorders, Arthritis, and Promotion of positive Health.
- Expertise in **Therabands sessions**.
- Expertise in **Aerial Yoga**
- Expertise in **Wheel Yoga, Block yoga & Wall Yoga**.
- CM (Cyclic Meditation)

- PET (Pranic Energisation Technique)
- MSRT (Mind Sound Resonance Technique)
- Hatha Yoga
- Power Yoga
- Ashtanga Yoga

SKILLS

- Communication Skills
- Good commands over the English language
- Teamwork
- Problem Solving
- Time Management

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.

ACHIEVEMENTS/SEMINARS

- Participated in plays on Yoga
- Participated in 'Stop Diabetes Movement' - 2012

PERSONAL INFORMATION

Date of Birth : 11-04-1996

Sex : Female

Father's Name : Premnath Prajapati

Adress: Bengaluru, Karnataka (INDIA)

Languages Known : English, Hindi, and Assamese.

DECLARATION

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

Place: Bengaluru.