

# CURRICULUM VITAE

**Veenu Soni**

*Residential Address: X/3543, Street no.3, Shanti Mohalla, Gandhi Nagar, Delhi-110031, India*

## ***Work experience***

Teacher of Indian Culture & Yoga Teacher in EMBASSY OF INDIA, STOCKHOLM, SWEDEN from Aug, 2018 till Oct, 2020.

Worked as Yoga Teacher in DELHI PUBLIC SCHOOL, R. N Ext, Morda in 2018 and rejoined again in Jan, 2021.

## ***Awards and Scholarships***

### ***International Level***

- Yoga fusions performed on Suryashtkam and Nirvana Shatkam directed and choreographed by Dr.Ishwar V.Basavaraddi, Director, MDNIY in **International conference** on “Yoga for wellness” held on 10-11<sup>th</sup> October,2017 at Parvasi Bhartiya Kendra, Chanakyapuri, New Delhi 110021.
- Represented India as Indian Yoga Ambassador from June 16-22, 2017 under Ministry of AYUSH, **India in China** at:
  - BRICS sports meet
  - Great Wall of China
  - Embassy of India in Beijing, China
  - Taiji-Yoga International Conference
- Achieved **3<sup>rd</sup> position in quiz competition** organized by Quality Council of India (**QCI**) held at International yoga fest held on 20-22nd April, 2016 at Talkatora Indoor Stadium, New Delhi-110004.
- **Certified as Level-2 Yoga Teacher (QCI0000014)** by Quality Council of India (**QCI**) under the scheme for Voluntary Certification of Yoga Professionals (June, 2015).

### ***National Level***

- **UGC NET Qualified for Assistant professor**
- Secured **2<sup>nd</sup> position in Master degree** in Yogic Science and Holistic Health in Dev Sanskriti Vishwavidyalaya, Haridwar (2015-2017).
- Got **scholarship** for attaining **position amongst top 13 students** in Diploma (2014-2015) in Yoga Science in **Morarji Desai National Institute of Yoga, Department of Ayush, Delhi.**

- **2<sup>nd</sup> position in Diploma in Yoga Science in Morarji Desai National Institute of Yoga MDNIY (2014-15).**
- **Silver medal in National Yoga Championship,2015** presented by Natural Power Yoga.

### ***Field of Specialization***

#### **Instructing Yogic Practices**

#### **Anatomy and Physiology of Yogic Practices**

Alternative therapies – **Marma ,Sujok, Naturopathy ,Panchkarma (Snehana-Swedana)**

### ***Academic Credentials***

<b>Name of Exam</b>	<b>Name of Institute</b>	<b>University/Board</b>	<b>Passing</b>	<b>% of Marks</b>
M.Sc. in yogic Science and holistic health	Dev Sanskriti VishwaVidhalaya	Dev Sanskriti Vishwa Vidhalya	2017	80.34
Diploma in Yoga Science	Morarji Desai National Institute of Yoga	Ministry of Ayush	2015	80.5
B. Sc(H) Instrumentation	Shaheed Rajguru College of Applied Sciences for women	University of Delhi	2014	66
XII	Sarvodaya Kanya Vidhyalaya	C.B.S.E.	2011	69
X	Saai Memorial Girls School Delhi	C.B.S.E.	2009	75.80

### ***Dissertation,Projects and Camps***

- A descriptive dissertation work on **“Physiology of spine extension and its effect on lumbago”** during final semester of masters in Yogic science and holistic health(2015-17).
- **One month Social Internship in Nagpur from 3<sup>rd</sup> Jan-2<sup>nd</sup> Feb, 2017:**
  - **Practical Yogic sessions**
  - **Organized Yoga and Alternative therapy camp** for all age group in about 40 different schools, colleges and societies.

- **Lectures** on Life Management
- **Spiritual Karmakand** practices like Satsang, Deep Yagya, Havan mantra chantings were also included.
- **Experience-** This internship helped in confidence building, improving teaching skills and managing 2000+ crowd. It boosted up my faith in Yoga and Alternative therapy treatment.
- **Volunteered at “Yoga and Alternative therapy camp”** held at Dev Sanskriti Vishwavidyalaya, Haridwar, India from 18-25<sup>th</sup> December, 2016.
- Attended **one week National Service Scheme (NSS) Camp** held on 29<sup>th</sup> february-5<sup>th</sup> march, 2016 at Laldhang, Haridwar, India.
- **Organized one month Yoga camp** from 1<sup>st</sup> June-30<sup>th</sup> June, 2015 at open ground, Kanti Nagar, Delhi, India.
- Designed pacemaker using Multivibrator technology in Graduation level.

### ***Publications and Presentations***

- Published and Presented a paper on “ **Yoga and Professional health (Physiology of stress)**” at **International conference** on Yoga and holistic health held on 12-13<sup>th</sup> March, 2016 at Hotel Golden Tulip, Rishikesh road , Haridwar , Uttarakhand, India.
- Presented a paper on “ **Stress Reduction and World Peace through Yoga**” in the **National seminar** on World peace and harmony through yoga organized by the Department of human consciousness and yogic science, Gurukula Kangari Vishwavidyalaya , Haridwar & Patanjali Yogadham trust, Jwalapur from 2-3<sup>rd</sup> April, 2016.
- Published and presented an abstract on "**Yoga for better quality of life in middle age**" at **National Yoga week** held on 12<sup>th</sup> to 18<sup>th</sup> February, 2015 at Morarji Desai National Institute of Yoga, New Delhi.

### ***Yoga Demonstrations***

- At Youth Day celebration held on 15<sup>th</sup> Jan, 2017 during internship at Gayatri Mandir, Jagnade Chawk, Nagpur.
- At National Seminar on “Emerging Trends of Research in Yoga from 16-18<sup>th</sup> September, 2016 organized by Central Council For Research in Yoga and Naturopathy, 61-65 Institutional Area, Janakpuri, New Delhi-110058
- At International yoga fest held on 20-22<sup>nd</sup> April, 2016 at Talkatora Indoor Stadium, Delhi.
- At National Service Scheme (NSS) Camp from 28<sup>th</sup> February-5<sup>th</sup> march, 2016 at Aadibasibalika Chatravas, Laldhang, Haridwar, India
- At International conference on Yoga and holistic health held on 12-13<sup>th</sup> March, 2016 at

- Hotel Golden Tulip, Rishikesh road , Haridwar, Uttarakhand, India.

### ***Extra- curricular Activities***

- Participated in **Elocution Competition “Yoga for Diabetes”** in 2<sup>nd</sup> International Yoga Fest held on 8-10<sup>th</sup> march, 2017 at Talkatora Indoor Stadium, New Delhi-110004.
- Participated in Intra and Inter School Programs as Debate Competition (Hindi and English) and Painting Competition.
- 2<sup>nd</sup> position in Ad-mad show at Graduation Level, best out of waste at Graduation Level (2013).

### ***Technical Skills***

- Basic computer knowledge.
- Worked on instruments of Gas Chromatography, Spectroscopy, EEG and ECG.

### ***Strengths***

- Good interacting skills and public relations, leadership quality, good teaching abilities, goal oriented and quick learner.

### ***Special interests***

- Punjabi Dance.
- Attending meditation and therapy workshops.
- Visiting peaceful and natural places.
- Reading books on Anatomy and Physiology.

### ***Personal Details***

- Father’s Name : Mr. Somnath Soni
- Mother’s Name : Mrs. Promila Soni
- Date of Birth : 12<sup>th</sup> August, 1993
- Gender : Female
- Languages known: Hindi & English
- Marital Status : Bachelor
- Nationality : Indian

### ***Reference***

Mr. Suresh Kumar  
First Secretary (Culture)  
Embassy of India  
Stockholm, Sweden  
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