



RICHA

YOGA TEACHER

CONTACT DETAILS :

☎ +91 9172045963

✉ Richnrichis@gmail.com

EDUCATION

- M.A IN YOGA SHASTRAS.
(KAIVALYADHAM)
- POST GRADUATE DIPLOMA IN
YOGA EDUCATION.
(KAIVALYADHAM)
- DIPLOMA IN FOOD AND
NUTRITION.
- REIKI LEVEL 1,2 & MASTER.
- PILATES CPD AND MATT.

SKILLS

- HATHA YOGA.
- TRADITIONAL ASANAS.
- PRANAYAMA.
- MEDITATION.
- PRE POSTNATAL YOGA.

LANGUAGE

- ENGLISH
- HINDI

ABOUT ME

A knowledgeable and certified yoga teacher with a strong theoretical understanding of Yog Sankhya Philosophy, Hatha Yog, Mental Health, Anatomy, Physiology, Physical Education and excellent demonstration skills. Ability to interact well with students of all background and skill levels. Hardworking, dedicated and supportive with excellent communication and problem-solving abilities. Good functional understanding of the languages of Hindi and English.

WORK EXPERIENCE

• SEPT 2022 TO JUNE 2024.

SUKSHMA YOGA FOUNDATION (LONAVALA).
YOGA TEACHER.

• IIT KHARAGPUR, JAN/MAY 2022

Conducted Surya Namaskara workshops, 10 Jan 2022.

Surya Namaskar mass practice session demonstration on the occasion of 75th Azadi ka Amrit Mahotsav- Surya Namaskar participation, for the IIT Kharagpur community, 12 Jan 2022 Practical demonstration of Shat kriya at Yoga Mahotsav, May 2022 Yoga.

• KV KHARAGPUR (RAILWAY COLONY)SCHOOL KIDS

CONDUCTED ONE WEEK YOGA CLASS ON THE FOLLOWING TOPICS AS PER THE INSTRUCTIONS ISSUED BY K.V. ADMINISTRATION DISCUSSION ON YOGA HISTORY AND IMPORTANCE INTRODUCTION TO PRANAYAMA. TYPES AND DEMONSTRATION OF PRANAYAMA TECHNIQUES, SURYA NAMASKARA IMPORTANCE, MANTRAS VARIOUS STEPS OF SURYA NAMASKARA AND PRACTICE. ASSISTED IN CONDUCTING YOGA QUIZ FOR KV. SCHOOL CHILDREN (SENIOR AND JUNIOR SECTION), INTRODUCTION AND PRACTICE TO ASANAS FOR BOOSTING THE GROWTH AND DEVELOPMENT CHILDREN. DEMONSTRATION OF YOGA WITH MUSIC TO DEVELOP INTEREST FOR YOGA AMONG SCHOOL KIDS.

- TAKING YCB LEVEL 2 CLASSES.

- CONDUCTED YOGA SESSION AS PER THE YOGA PROTOCOL ISSUED BY MINISTRY OF AYUSH FOR MASS DEMONSTRATION AND PARTICIPATION OF STUDENTS, STAFF, PARENTS AND EMINENT GUESTS, OBSERVING YOGA DAY 2022.

- CONDUCTED SHINRIN YOKE (FOREST BATHING SESSION) AT DUKE'S NOSE LONAVALA TAKING THERAPEUTIC CLASSES FOR SKIN THERAPEUTIC DIABETIC, PARKINSON, SPONDYLITIS, OBESE, ANXIETY AND DEPRESSION PATIENTS AT THEIR HOME.

- Group classes at Lonavala municipal corporation hall Group classes at mahila mandal and galaxy apartment. Corporate yoga session for various resorts and 5 star hotel as Radisson, Fariyas Resort, Various Resorts at LONAVALA.

- WORKING IN FITNESSKRIYA AS YOGA TEACHER, ONLINE USA.

- BASED COMPANY FOR FOREIGN CLIENTS SINCE OCT 2023.

- GUEST LECTURER AT JHUNJHUNWALA COLLEGE GHATKOPAR (ORGANISED BY KAVALYADHAM MUMBAI).



इन्दिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय

INDIRA GANDHI NATIONAL OPEN UNIVERSITY

STUDENT EVALUATION DIVISION
Maidan Garhi, New Delhi - 110 068
STATEMENT OF MARKS

DIPLOMA IN NUTRITION AND HEALTH EDUCATION

CERTIFICATE NO.: D 0064915

DNHE 168392480
KICHA
BTR NO. C -87
IIT CAMPUS
IIT KHARAGPUR
KHARAGPUR 721302
WEST BENGAL
REGION CODE:28

94690

DATE: 17/10/2019

MTH. & YR. OF ADMN.: JULY - 2016

TERM-END EXAM.: JUNE - 2019

MEDIUM: ENGLISH

COURSE CODE	COURSE TITLE	Cr. SEM	MARKS IN ASSIGNMENTS		MARKS IN T.E.E.	PRACTICAL/LAB/PROJ		OVERALL MARKS	MAX. MARKS	CRS STS	T.E.E. MMY
			1	2		1	2				
DNHE01	Nutrition for the Community	08 1	28	#	28	#	#	56	100	SC	1217
DNHE02	Public Health and Hygiene	08 1	29	#	35	#	#	64	100	SC	0618
DNHE03	Nutrition and Health Education	08 1	29	#	42	#	#	71	100	SC	0619
DNHE04	Project Work : Nutrition and Health Education	08 1	#	#	#	44	#	44	100	SC	0618

DIPLOMA IN NUTRITION AND HEALTH EDUCATION SUCCESSFULLY COMPLETED

ITH 59.00%

ABBREVIATIONS:

SEM - Project Marks; T.E.E. - Term End Examination Marks; SEM: Semester; CRS: Course; STS: STATUS;
- Credits; # - Not Applicable; # - Absent/Result Later/Not Submitted as the case may be; MMY: Month & Year
- Successfully Completed; NC - Not Completed

>>>>> SCHEME OF ASSESSMENT OF STUDENT'S PERFORMANCE <<<<<

SCHEME OF ASSESSMENT OF STUDENTS PERFORMANCE

The performance of student in 'Diploma in Nutrition & Health Education (DNHE)' programme is assessed under 'Numerical Marking Scheme'. Evaluation methodology has the following components in a course:-

Continuous Evaluation through Assignment, Term-end Examination.
Continuous Evaluation carries 30%, Term-end Examination carry 70% weightage.
The course DNHE4 are Project work and carry 100% weightage.

MINIMUM STANDARD FOR COMPLETION OF A COURSE AND PROGRAM

Minimum 35% marks in Continuous Evaluation and Term End examination.
Overall marks in each course should be at least 35%.

Qualitative correlates of the Letter Grade, Points Grade, Average Grade & Percentage equivalent is as under:-

LETTER GRADE	PERCENTAGE EQUIVALENT	QUALITATIVE LEVEL
A	70% and Above	Excellent
B	55% TO 69.9%	Very Good
C	45% TO 54.9%	Good
D	35% TO 44.9%	Satisfactory
E	BELOW 35%	Unsatisfactory



KAIVALYADHAMA

Where Yoga tradition and Science meet



Richa

has completed the Post Graduate Diploma in Yoga Education
in the academic year 2021-22

held at KAIVALYADHAMA, LONAVLA

He/She has achieved

Grade I in Theory, Grade I in Practical, Grade I in Practice Teaching,
Grade I in Yoganushasanam, with overall Grade of I

This is to certify that he/she has been duly awarded the

Post Graduate Diploma in Yoga Education

upon the recommendation of the Board of Examinations, Gordhandas Seksaria College of
Yoga and Cultural Synthesis, Kaivalyadhama Shriman Machaya Yoga Mandir Samiti, Lonavla.

Given under the Seal of the College on 22/08/2022

Chairman
K.S.M.Y.M. Samiti

Secretary
K.S.M.Y.M. Samiti

Principal
G.S. College of Yoga & CS



कवि - कुलगुरु - कालिदास - संस्कृत - विश्वविद्यालय, रामटेकम्

Kavi Kulguru Kalidas Sanskrit Vishwavidyalaya, Ramtek

Statutory University Established by Govt of Maharashtra Vide Act 1997 (MAH XXXIII of 1997)

Statement of Marks (गुणविवरणपत्रम्)

NAAC Accredited with A+ Grade

Statement of Grade for M.A. (Yogshastra) Semester IV

Examination: Summer-2024



Name: RICHA (SARITA)

PRN: 2022018100191395

Seat Number: 161762

College: Kaivalyadhama Shriman Madhava Yoga Mandir Samiti, Lonavla (802)

Exam Center : Pune (25)

Exam Center : Pune (25)														
Paper Code	Paper Name	AM	UA		CA		Total		Cr	Gr	GP	EGP	Rmk	
			Min/ Max	Obt	Min/ Max	Obt	Min/ Max	Obt						
MAY2-IV-01	Traditional Yoga Texts	Th	24/60	25	16/40	37	--	62	5.00	B	8.00	40.00	E,C	
MAY2-IV-02	Western Psychology	Th	24/60	27	16/40	35	--	62	5.00	B	8.00	40.00	E,C	
MAY2-IV-03	Yoga Research & Thesis Format	Th	24/60	40	16/40	34	--	74	5.00	A	9.00	45.00	E,C	
MAY2-IV-04	Yoga Therapy and Other Therapies	Th	24/60	29	16/40	38	--	67	5.00	A	9.00	45.00	E,C	
MAY2-IV-05	Practical Dissertation And Viva-Voce	Pr	24/60	54	16/40	33	--	87	5.00	O	10.00	50.00	E,C	
Fourth Semester	Credit: 25.00	EGP: 220.00		SGPA: 8.80		Status: Pass								
Third Semester (Seat No: 70733 Exam Event: Winter-2023)	Total Credit: 25.00	EGP: 240.00		SGPA: 9.60		Status: Pass								
Second Semester (Seat No: 101231 Exam Event: Summer 2023)	Total Credit: 25.00	EGP: 235.00		SGPA: 9.40		Status: Pass								
First Semester (Seat No: 3240 Exam Event: Winter-2022)	Total Credit: 25.00	EGP: 220.00		SGPA: 8.80		Status: Pass								
Cumulative	Total Credits : 100.00	Total EGP : 915.00				CGPA : 9.15			Status: Pass					
	Grand Total : 1453/2000	Grade : O (Outstanding)				Ordinance : Not Applied								
	SGPA : Cumulative Grade Point Average. EGP: Earned Grade Points, E: Exempted, C: Current Appearance, X: Past Performance, N: Not													

Abbreviations: Gr: Grade, SGPA: Semester Grade Point Average, CGPA: Cumulative Grade Point Average, EGP: Earned Grade Points, E: Exempted, C: Current Appearance, X: Past Performance, N: Not Exempted, UM: Unfair Means, (G): By Grace, (C): Pass by Condonation, AA: Absent

Statement No: 572243



Date: 14 Jun 2024



Controller of Examination
परिीक्षक/नियन्त्रकः

(Subject to correction, if any लेखनमादविराकरणार्थम्)