

Objective

To be a successful trainer in yoga and contribute towards creating awareness among everyone about this old Indian tradition that helps in transforming body and mind and promoting well being of the society.

Profile Summary

- Yoga Instructor at IIM Indore for the faculty.
- Conducting online yoga class for group and individual.
- Head Instructor at Yog Bhavan.
- Lead yoga classes for all skill levels, from beginning to advanced.

Highlights:

- Traditional style of yoga asana, pranayama and meditation.
- Scientific explanation of asana, pranayama and their effect on our body.
- Yoga therapy (for curing diseases like spine deformation, thyroid, migraine, asthma indigestion and many more diseases which can be cured by yoga therapy)
- Kid's yoga for physical and mental health.
- Yogic kriya (jal neti, sutra neti, kunjla etc)
- Team Player.
- Fast Learner.
- Understanding Teacher.
- Lifelong Learner.
- Work well with all Experience level.

Professional Experience

IIM Indore.

May'19 - Present

Conduct Group Classes for the IIM Faculty and student.

Yog Bhavan.

Aug'17 – April'19

This organization was established keeping the aim for a better physical, mental, social and spiritual health, self-realization or realization of Divine within us.

- Yog Instructor at Yog Bhavan.
- The work involved taking a 3 hours yoga class every day for batch of 12 students.
- Conducted Yoga Camp for children to enhance their creativity through innovative games, yoga practices and some other activity.
- Provided yoga therapy to people with various disabilities.

InfoBeans Technologies Ltd.

Apr'15 – June'17

The ICC Stands for International Code Council which is a Government body of USA. This works for Different Types of Protocols for the Development and maintenance of Civil Society.

- Worked as Quality Checker (Manual Tester) for all the queries and E-files of Various Operations.
- Worked as Key Team member for front end Quality checking.

Education

- Passed masters in **Yog** from **DAVV** Indore, subjects which o studies are scientific study of pranayama, yog aasan, hath yog, yoga surta etc.
- Passed PG Diploma in **Yog Therapy** from **DAVV** Indore.
- Passed Bachelor of Engineering in **Information Technology** from Swami Vivekanand College of Engineering, Indore (Year-2014)
- Passed Higher Secondary in 2010 from MP Board (Bhopal), Indore
- Passed High School in 2008 from MP Board (Bhopal), Indore

Training Undertaken

- Completed 30hrs online YACEP method of flexibility certificate course from Yoga Alliance.
- 30 Days of training in YOG therapy From Shivam yoga center.
- Worked as a yoga volunteer in certification course of DAVV from 5th May 2017 to 20th June 2017.
- Worked as a yoga volunteer in 1 week camp of UTD 2017
- Worked as a yoga volunteer in free yoga camp organized by school of yoga DAVV 2017 from 21th June to 28th June 2017.
- 11 Days Yog therapy course from Dr. BK Bandra.
- Undergone with the basic training of Art of Living.
- Industrial Training on **Hardware Networking** from Shree Ram Enterprises, Indore (6 weeks).
- Industrial Training in **Networking** Domain from Hathway Bhaskar Multinet Pvt. Ltd. TV (2 weeks).

Seminars Undertaken

- Attend a workshop for pilates.
- Attend 2 workshop of Iyenger yoga.
- Dream Spark Yatra by Microsoft at DAVV Campus (Windows8).
- National Conference on Emerging Trends in IT (SVCE).
- Visited Danik Bhaskar Press as a Technical Visit.
- Linux Workshop by “Talk To A Teacher” Project at IIT Bombay (SVCE).

Achievements/Extracurricular Activities

- Conducted a 3 days yoga camp in Worldpay.
- Conducted one month workshop in secmol (Leh and Ladakh).
- Participated in Microsoft Student Partners program at IET DAVV Indore.
- Volunteered in SVCE annual technical festival.
- Organized in college level technical festival.
- Participated in College project presentation.
- Participated in Spandan – Annual Function (Dance).
- Always participated in school annual function (Dance).
- Won 1st position in Table Tennis inter college competition (2016).
- Awarded as best player in Table Tennis inter college competition (2016).

Personal Details

Date of Birth:	17 th June 1993
Address:	2460, E Sector Sudama Nagar, Indore (M.P)
Languages Known:	English and Hindi
Father's name and occupation	Mr. Arun Kumar Sharma (Government servant at MPSEB)
Mother's name	Mrs. Sushma Sharma

Hobbies/Interests
Blood Group

Listening music, Traveling and watching movies
A Negative

I hereby declare that all information provided above is true to the best of my knowledge.

Date

Sneha Sharma