

RESUME



SAURABH KUMAR (Meditation coach and Yoga instructor)

Permanent Address Village Post Basant Khera

Block Khajuha, Fatehpur — 212657

Mob. No.: 6306520601

Email id — kumarsaurabh3966@gmail.com

Aims to be a part of organization that provides me an opportunity to do my best and improve my knowledge with latest trends and to be part of them to work dynamically towards the growth of organization.

ACADEMIC QUALIFICATION :

	Class	Board/College	Percentage	Year
1	High School	UP Board Allahabad	86%	2012
2	Intermediate	UP Board Allahabad	93.2%	2014
3	B.Sc (Bachelor Of Science)	CSJM University Kanpur	58.5%	2017
4	D.El.Ed	SCERT Lucknow	87%	2019

EXTRA QUALIFICATION :

- CTET (Primary & Junior) Pass.
- Course on Computer Concept.
- Vipassana Meditation course (basic to advance) S. N. Goenka.
- 200 Hour's Yoga teacher training Certificate (Yoga alliance U. S. A. Certified) .

EXPERIENCE :

- 2 Years experience as a Biology teacher in K.P.Y. Public School Kanpur.

- 1.5 years experience as a Meditation Coach and restorative Yoga, yin Yoga and Mandala healing arts teacher in Preksha Yoga Centre Goa.
- 1.5 Year's experience as a course manager in International Vipassana Meditation Centre Kanpur Uttar Pradesh.

SKILLS :

- Good communication skills (Hindi, English)
- Co-operative attitude
- Adjustable to changing environment
- Keen to learn new skills
- Team management
- Fine arts
- Guest relation
- Tutoring

PERSONAL DETAILS :

Father's Name - Mr Rajesh Kumar

Mother's Name - Mrs. Sangita Devi

Date Of Birth - 21st Nov 1997

Nationality - Indian

Marital Status - Un-married

Gender - Male

Religion - Hindu

Fluent in Language- Hindi , English

DECLARATION:

I hereby declare that all the above information are true to the best of my knowledge and belief.

Name:

Place: Kanpur

Saurabh Kumar
(SAURABH KUMAR)