

# RESUME

**SHALINI SAINI**

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## CARREER OBJECTIVE:

- My mission is to work hard to the best of my ability so that valuable professional contribution is made to an organization and to obtain a challenging position in my career.

## ACADEMIC QUALIFICATION:

- High school passed from U.K Board in 2010.
- Intermediate school passed from U.K Board in 2012.
- B.A passed from H.N.B Garhwal University in 2015.
- M.A passed from Uttarakhand Sanskrit University in 2017.

## PROFESSIONAL QUALIFICATION:

- Yoga and Meditation course from Rishikesh Yoga Kendra.
- 6 Month Knowledge of Basic Computer Course.

## ACHIEVEMENTS:

- Participated in **All India Yoga Festival in 2015** Organized by Yoga Society of Kashmir.
- Participated in **International Yoga Festival in 2016** Organized by GNVM Rishikesh.
- Yoga Championship from Uttarakhand State Yoga Association Haridwar 2015.

## WORKING EXPERIENCE:

- Worked as Yoga Instructor for more than 1 year in **EKAM** yoga center, JAIPUR.(2022-23)
- Worked as Yoga Instructor in **B.Ed, Yoga Camp** Held at K.L.D.A.V (P.G College) Roorkee.
- Worked as Yoga Instructor in **Sarswati Rajkiya Balika Inter College** Jhabrera (Roorkee).

- Worked as Yoga Instructor for 1 year in **KV Rishikesh**. (2018-19)

**ADDITIONOAL SKILL:**

- Amiable with person of all age group.
- Good Communication Skill