

JYOTI NARANG

Yoga Therapist And
Teaching

Contact

Address

Chandigarh, Chandigarh ,
160036

Phone

9996791128

E-mail

njyoti475@gmail.com

Skills

Excellent communication
and interpersonal abilities.
good organisational and
time-management skills.
energy, enthusiasm,
stamina, patience,
dedication, resilience and
self-discipline. initiative,
leadership and supervisory
skills and teamwork abilities.
imagination, creativity and
sense of humour.

Nutrition advisory

Safety awareness

Customer Relations

Written Communication

First Aid/CPR

Training and Development

Want to pursue a career that provides the responsibility, challenges and opportunity to work in the latest areas, where can perform to utmost.

Work History

2021-06 -
Current

Yoga Therapist

Self Employed , Chandigarh , Chandigarh

- Developed safe and effective exercise programs for class members.
- Stayed current with fitness trends and adjusted to needs and wants of class participants.
- Learned new skills and applied to daily tasks to improve efficiency and productivity

2017-04 -
2019-01

PRT

The Aryan School, Hisar

2013-07 -
2015-03

PRT

Spring Field School, Hisar

2002-10 -
2006-09

PRT

Holy Heart Day Boarding Public School, Fazilka

Education

Doing Diploma: Naturopathy and Yoga

Post Graduate Diploma : Yoga Therapy

Punjab University Chandigarh - Chandigarh
Done Internship from SVYASA Bangluru

Online Certificate Course Cyclic Meditation

SVYASA University

Master of Arts: History

Punjab University - Chandigarh

B.Ed

Punjab University - Chandigarh

Bachelor of Arts

Languages

English,Punjabi,Hindi

2005-01

Punjab University - Chandigarh

10+2: Arts

Punjab School Education Board - Mohali

Matric

Punjab School Education Board - Mohali

Participated in English Workshop

Sri Guru Harikrishan Public School - Punjab

N.S S

Volunteer of Govt. Girls Sr. Sec

School by Lions Club Fazilka