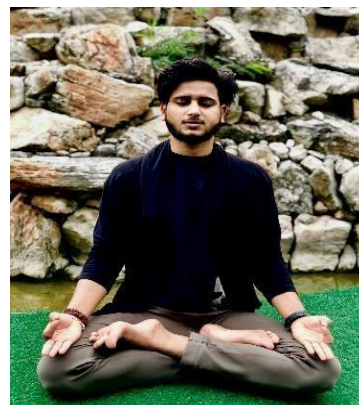


PERSONAL PROFILE

Name: Gaurav Kumar Singh
Father's Name: Ram Ashry Singh
Date of Birth: July 03, 1999
Gender: Male
Nationality: Indian
Languages: Hindi and English
Marital Status: Unmarried
Address: Vill- Dhapari, Post- Niyamtabad Dist.: Chandauli
State: Uttar Pradesh - 232101
Mobile No.: +91 8127512340
Mail: - gauravyogalcoholic@gmail.com



CAREER OBJECTIVE

To build a career in the field of Yoga where I can get the opportunities to prove my abilities by accepting challenges. I aspire to spread awareness about yoga and its essence of it to a large number of people, thereby impacting them positively. I am hoping to develop new skills while strengthening those I already possess.

ACADEMIC INFORMATION

QUALIFICATION	INSTITUTE	BOARD/ UNIVERSITY	YEAR OF PASSING
M.Sc.: - (Yoga Therapy)	S-VYASA Yoga University, Bangalore Karnataka, India https://svyasa.edu.in	Declared as deemed to be university under section 3 of the UGC Act, 1995	2022
B.Sc.- (Yogic Science)	University of Patanjali, Haridwar Uttarakhand https://www.universityofpatanjali.com	University of Patanjali	2020
Yoga Instructor Course (YIC)	S-VYASA Yoga University, Bangalore Karnataka, India https://svyasa.edu.in	Declared as deemed to be university under section 3 of the UGC Act, 1995	2021
12 th	Kendriya Vidyalaya	CBSE Board	2017
10 th	Kendriya Vidyalaya	CBSE Board	2015

Work History & Experience

EXPERIENCE	DURATION	INSTITUTION/ COMPANY
Internship	Six Month	AROGYADHAMA (VYASA)
Internship	Six Month	YOG GRAM & SHAT KARMA DEP. (Patanjali University)
Yoga research Expert	Currently working here	Live Your Best Life (LYBL)

SKILLS

○ Teaching Advance Asanas and Therapeutic Yoga as well making healthy with yogic counselling.

Therapeutic Skills

- Cyclic meditation (CM)
- Pranic Energization Technique (PET)
- Mind Sound Resonance Technique (MSRT)
- Mastering the Emotion Technique (MEMT)
- Mind Imagery Technique (MIRT)
- Trataka Special types
- Sleep Special Technique
- Om Meditation



Special Training acquired on Yoga Therapy Techniques for diseases like;

1	Cardiovascular disease	6	Gastrointestinal disorders	10	Ophthalmologic disorders
2	Mental related disease	7	Pulmonary diseases	11	Oncology (Cancer)
3	Neuromuscular disease	8	Diabetes	12	Obesity
4	Psychic disease	9	Spinal disorders	13	Obstetrics & Gynaecological disorders
5	Arthritis				

Achievements

- Yoga instructor's course (Y.I.C), 300 hours.
- Participated in Workshop on ashtanga and vinyasa (Rishikesh yog Kendra).
- Participated in World's first symposium on meditation's role in preventing and treating cardiovascular disease (Rishikesh AIIMS).
- Participated in 24th International Conference on Frontiers in Yoga Research and its Applications.
- Certification of excellence in sports (S-VYASA UNIVERSITY).
- 8th International Yoga Day - 2022 attend in Mysuru (Yoga for Humanity).
- Dissertation is done on the topic Immediate effect of half an hour maintenance of Shashank Asana on Subtle Energy Level, Stress and Anxiety, and Psychophysiological Parameters.

Hobbies

-  Passionate about Yoga, Nature Lover, and Reading books.
-  Meditation, Writing, Trekking, Running, Kabaddi, Football

DECLARATION

I hereby declare that all the above information is true and mine.

THANK YOU.