



# DEEPANSHI GUPTA

📍 Delhi

☎ 8824059592

✉ yogastitvaa@gmail.com

As a passionate and accomplished Yoga Instructor, my purpose is to guide students on a transformative path of holistic well-being and self-discovery. With years of devoted practice and a commitment to ongoing learning, I have honed my expertise in various Yoga disciplines and meditation techniques. Beyond the physical postures, I emphasize the importance of mindfulness and breath awareness, empowering individuals to find serenity within.

Each class I lead is tailored to cater to individual needs, ensuring a personalized and enriching experience for every student. I believe that Yoga is not just an exercise but a way of life that fosters a deep connection with oneself and the world.

## Personal Details

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**Date of Birth:** 2002-09-04

**Eligible to work in:** India

**Industry:** Beauty & Wellness, Healthcare

**Total years of experience:** 1.5 years.

## Work Experience

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### Yoga Instructor

Sensationz media & pvt. ltd. - Rohini, Delhi, Delhi

January 2022 to Present

### Yoga Instructor

Indraprastha College for Women, University of Delhi - Civil Lines, Delhi

May 2023 to June 2023

I've successfully organized a Yoga Camp for the Students of 1st Year at Indraprastha College for Women, University of Delhi,

Civil Lines, Delhi-110001, Under the guidance of Ministry of AYUSH, Morarji Desai National Institute of Yoga, New Delhi.

## Education

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### Diploma in Yoga Science

Morarji Desai National Institute of Yoga, Ministry of Ayush, New Delhi - Delhi, Delhi

August 2022 to Present

### Bachelor's degree in Arts

Indraprastha College for Women, University of Delhi - Delhi, Delhi

July 2019 to June 2022

### Foundation course in yoga science for wellness

Morarji Desai National Institute of Yoga, New Delhi - Delhi, Delhi

April 2021 to April 2021

## Skills / IT Skills

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- Mediation
- Advanced yoga
- Hatha yoga
- Chair yoga
- Acupressure
- Cleansing practices (Shatkriyas)
- Pranayama
- Leadership
- Handling People
- Client management
- Communication skills
- Organisational skills


## Languages

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- Hindi - Fluent
- English - Intermediate

## Online Profile

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 @yogastitva\_deep

 @yogastitva9846

## Awards / Achievements

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- **Yoga Instructor**

June 2023

I've lead the event of International day Of Yoga 2023 at Gujrat Garbi Bhawan, New Delhi

- **Online workshops**

January 2021

Organised a 10 days online workshop being the part of the Mathur vaishya Yuvadal via Facebook channel of Mathur vaishya Yuvadal.

- **Delhi State Yoga Championship**

October 2019

I've participated in Delhi State Yoga Championship & secured 6th place, in October 2019.

- **National games of Yoga, Jawahar navodaya Vidhyalaya**

September 2018

I've participated in national games of Yoga, from 2015 to 2018 at Jawahar navodaya vidhyalaya.

- **SGFI player**

February 2015

I've participated in Yoga in School Games Federation of India, Games held at Ahmednagar, Maharashtra

- **Participated in various Cultural Activities**

I've participated in various Activities- Yoga competitions, Scout & Guide, writing competition, dance Competitions, Quiz Competitions and many more.

- **Online Workshops**

I've organized so many online workshops on different topics like thyroid, Diabetes, Hypertension and many other.