

CONTACT DETAILS :

+91 9172045963

Richnrichis@gmail.com

EDUCATION

- M.A IN YOGA SHASTRAS. (KAIVALYADHAM)
- POST GRADUATE DIPLOMA IN YOGA EDUCATION. (KAIVALYADHAM)
- DIPLOMA IN FOOD AND NUTRITION.
- REIKI LEVEL 1,2 & MASTER.
- · PILATES CPD AND MATT.

SKILLS

- · HATHA YOGA.
- TRADITIONAL ASANAS.
- PRANAYAMA.
- MEDITATION.
- · PRE POSTNATAL YOGA.

LANGUAGE

- ENGLISH
- · HINDI

RICHA

YOGA TEACHER

ABOUT ME

A knowledgeable and certified yoga teacher with a strong theoretical understanding of Yog Sankhya Philosophy, Hatha Yog, Mental Health, Anatomy, Physiology, Physical Education and excellent demonstration skills. Ability to interact well with students of all background and skill levels. Hardworking, dedicated and supportive with excellent communication and problem-solving abilities. Good functional understanding of the languages of Hindi and English.

WORK EXPERIENCE

SEPT 2022 TO JUNE 2024.

SUKSHMA YOGA FOUNDATION (LONAVALA). YOGA TEACHER.

IIT KHARAGPUR, JAN/MAY 2022

Conducted Surya Namaskara workshops, 10 Jan 2022.

Surya Namaskar mass practice session demonstration on the occasion of 75th Azadi ka Amrit Mahotsav- Surya Namaskar participation, for the IIT Kharagpur community, 12 Jan 2022 Practical demonstration of Shat kriya at Yoga Mahotsav, May 2022 Yoga.

· KV KHARAGPUR (RAILWAY COLONY)SCHOOL KIDS

CONDUCTED ONE WEEK YOGA CLASS ON THE FOLLOWING TOPICS AS PER THE INSTRUCTIONS ISSUED BY K.V. ADMINISTRATION DISCUSSION ON YOGA HISTORY AND IMPORTANCE INTRODUCTION TO PRANAYAMA. TYPES AND DEMONSTRATION OF PRANAYAMA TECHNIQUES, SURYA NAMASKARA IMPORTANCE, MANTRAS VANOUS STEPS OF SURYA NAMASKARA AND PRACTICE. ASSISTED IN CONDUCTING YOGA QUIZ FOR KV. SCHOOL CHILDREN (SENIOR AND JUNIOR SECTION), INTRODUCTION AND PRACTICE TO ASANAS FOR BOOSTING THE GROWTH AND DEVELOPMENT CHILDREN. DEMONSTRATION OF YOGA WITH MUSIC TO DEVELOP INTEREST FOR YOGA AMONG SCHOOL KIDS.

- TAKING YCB LEVEL 2 CLASSES.
- CONDUCTED YOGA SESSION AS PER THE YOGA PROTOCOL ISSUED BY MINISTRY OF AYUSH FOR MASS DEMONSTRATION AND PARTICIPATION OF STUDENTS, STAFF, PARENTS AND EMINENT GUESTS, OBSERVING YOGA DAY 2022.
- CONDUCTED SHINRIN YOKE (FOREST BATHING SESSION) AT DUKE'S NOSE LONAVALA TAKING THERAPEUTIC CLASSES FORE SKING THERAPEUTIC DIABETIC, PARKINSAN, SPONDYLITIS, OBESE, ANXIETY AND DEPRESSION PATIENTS AT THEIR HOME.
- Group classes at LonavALA municipal corporation hall Group classes at mahlia mandal and galaxy apartment. Corporate yoga session for various resorts and 5 star hotel as Radisson, Fariyas Resort, Various Resorts at LONAVALA.
- WORKING IN FITNESSKRIVA AS YOGA TEACHER, ONLINE USA.
- BASED COMPANY FOR FOREIGN CLIENTS SINCE OCT 2023.
- GUEST LECTURER AT JHUNJHUNWALA COLLAGE GHATKOPAR (ORGANISED BY KAVALYADHAM MUMBAI).



इन्दिरा गाँधी राष्ट्रीय मुक्त विश्वविद्यालय INDIRA GANDHI NATIONAL OPEN UNIVERSITY

STUDENT EVALUATION DIVISION Maidan Garhi, New Delhi - 110 068 STATEMENT OF MARKS

DIPLOMA IN NUTRITION AND HEALTH EDUCATION

CERTIFICATE NO.: D 0064915

94550

DATE: 17/10/2018

DNNE 168392480 RICHA BYR NO. C -97 III CAMPUS III KHARAGFUR KHARAGFUR 721302

WEST BENGAL

REGION CODE:28

MTH. & YR. OF ADMN.: JULY - 2016

TERM-END EXAM.: JUNE - 2018 116 MEDIUM: EMOLISH

OURSE	COURSE TITLE	Cr. SEM	MARKS IN ASSIGN- MENTS		MARKS IN T.E.E.	PRACTICAL/ LAB/PROJ		OVERALL MARKS	MAX. MARKS	1150000010	T.E.E. MMYY	
INHEGI	Mutrition for the Community	08 1	28	**	25	11	11	=	56	100	SC	1217
INHEOZ	Public Health and Hygiene	08 1	29		35	#		#	64	100		0518
NHE03	Nutrition and Health Education	08 1	29	#	42	11		#	71	100	SC	0619
NHE04	Project Mark : Nutrition and Health Education	08 1	A LA		#	44	"	NO.	44	100	SC	0515

IPLOMA IN NUTRITION AND HEALTH EDUCATION SUGGESSFULLY COMPLETED

GREVIATIONS:

REGISTRAR (SED)

us & Percentage

OJ- Project Marks; T.E.E. - Term End Examination Marks (SEM: Semester) CRS:Course; STS: STATUS;

- Credits; n-Mot Applicable; # - Absent/Result Later/Not Submitted as the case may be; nmyy: Month & Year

- Successfully Completed/ NC - Not Completed

>> SCHEME OF ASSESSMENT OF STUDENT'S PERFORMANCE ...

SCHEME OF ASSESSMENT OF STUDENTS PERFORMANCE

e performance of student in 'Diplome in Nutrition & Health Education (DNHE)' programme is sessed under 'Numerical Marking Scheme'. Evaluation Methodology has the following

components in a course:-

ntinous Evaluation through Assignment, Termiend Examination.

times Execution carries 30% . Tene-end Examination carry 70% weightige.

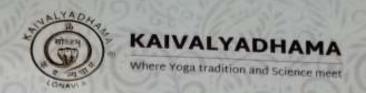
course DANE4 are Project work and carry 100% weightage.

MINIMUM STANDARD FOR COMPLETION OF A COURSE AND PROGRAM

rall marks in each course should be at least 35%.

tonal correlates of the Letter Grade Points Grade Average Grade Ivalent is as under:-

TTER GRADE	PERCENTAGE EBUIVALENT	BUALITATIVE LEVEL
A B C D E	70% and Above 55% TO 69.9% 45% TO 54.9% 35% TO 44.5% BELOW 35%	Excellent very Good Good Satisfactory Unsatisfactory





Richa

	has completed the Post Graduate Diploma in Yoga Education
	in the academic year 2021-22
held at _	KAIVALYADHAMA, LONAVLA
	He/She has achieved
Grade _	in Theory, Grade in Practical, Grade in Practice Teaching
Gra	adeL in Yoganushasanam, with overall Grade ofI

This is to certify that he/she has been duly awarded the

Post Graduate Diploma in Yoga Education

upon the recommendation of the Board of Examinations, Gordhandas Seksaria College of Yoga and Cultural Synthesis, Kaivalyadhama Shaman Machava Yoga Mandir Samiti, Lonavla.

Given under the Seal of the College on _____

Chairman K.S.M.Y.M. Samiti

Secretary K.S.M.Y.M. Samiti

Principal
G.S. College of Yoga & CS

Sr. No. 125719

Rmk

EGP

CP



कवि - कुलगुरु - कालिदास - संस्कृत - विश्वविद्यालयः, रामटेकम्

Kavi Kulguru Kalidas Sanskrit Vishwavidyalaya, Ramtek

Statutory University Established by Govt of Maharashtra Vide Act 1997 (MAH XXXIII of 1997)

Statement of Marks (गुणविवरणपत्रम्)

NAAC Accredited with A+ Grade

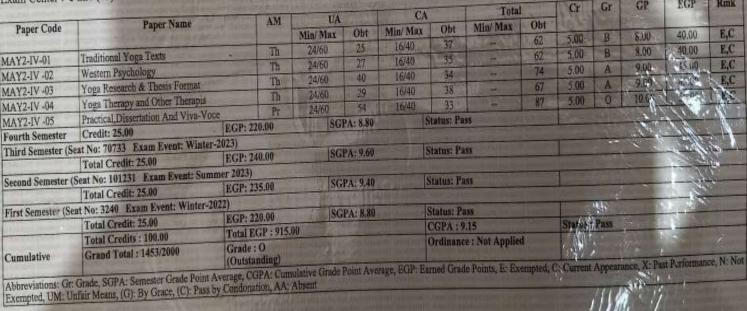
Statement of Grade for M.A. (Yogshastra) Semester IV **Examination: Summer-2024**

Name: RICHA (SARITA) PRN: 2022018100191395

Seat Number: 161762

College: Kaivalyadhama Shriman Madhava Yoga Mandir Samiti, Lonavla (802)

Exam Center: Pune (25)



Statement No: 572243 Date: 14 Jun 2024

Cortroller Avxamination परीक्षान्त्रकः

(Subject to correction, if any लेख-अमावनिशावरणार्तम्)