

NAME

SARITA CHAUDHARY

FATHERS NAME

SHRI BANSI SINGH

MOTHER NAME

MRS. HIMLA DEVI

DATE OF BIRTH

26-JUNE-1992

NATIONALITY

INDIAN

ADD

Soc-52,Koyal Vihar,Wazirabad,Gurgaon
Haryana- 122003

DECLARATION

I HEREBY DECLARE THAT THE ABOVE MENTIONED INFORMATION IS
CORRECT TO KNOWLEDGE.

DATE

PLACE

SARITA CHAUDHARY

Sretachaudhary904712@gmail.com

Mob - 7505013778 / 7034904738

OBJECTIVE

To establish myself as a skilled professional and to learn and grow in an organizational environment where my knowledge acquired are utilized to optimum. I am seeking opportunity of Yoga Trainer/Yoga Instructor and DWS (Diploma Naturopathy Yogi-Science) Therapist position.

QUALIFICATION

S. no.	course	Board/university	subject	Passing year
1	B.sc	Dr. B.R. Ambedkar	ZBC	2016
2	12th	UP SMT BDIC JHINGA	BIOLOGY	2012
3	10th	UP SBHSS NAGLA	DRAWING	2010

WORK EXPERIENCE

- > 6 Years Working Experience in Filmmers Dance Academy.
- > Movie And Album Song Choreography.
- > 3 Years Exp. GYM Functional Training Crossfit Cardio Training And Group Classins.
- > 4 Years Exp. Yoga Group Classis Personal Home Classis And Online Classis.
- > 1 Year Exp. Pilaty Training Female Group Batches

SKILL HIGHTLIGHT

- Dance Aerobic Zumba/Bhangra, Choreography
- Crossfit, Cardio, Pilaty, Functional Training
- Yoga specialist
- Breathing techniques.
- Assessing and correcting posture.
- Fitness assessment.
- Designing exercise program.
- Group instruction.
- Good communication.
- Highly proficient in both English and Hindi.
- Good command on Microsoft Word, Excel & PowerPoint.



Morarji Desai National Institute of Yoga

Ministry of AYUSH, Government of India

68, Ashok Road, New Delhi - 110 001

Ph. 011-23721472, 23351099 Telefax: 011-23711657

Website: www.yogamdniy.nic.in E-mail: mdniy@yahoo.co.in

FOUNDATION COURSE IN YOGA SCIENCE FOR WELLNESS (ONLINE)

Enrolment No. FCYSGW/MDNIY/B-II(09)/M/1678.



Certificate of Participation

This is to certify that Shri/Kum/Smt. Sarita Chaudhary
S/o/D/o/W/o Sh. Ch. Bane Singh has
participated in the Foundation Course in Yoga Science for Wellness conducted by
Morarji Desai National Institute of Yoga, New Delhi from 01.09.2021 to
30.09.2021, 07:00 am to 09:00 am/03:30pm to 05:30pm/06:30pm to 08:30pm.

This is one month (50 hours) part-time Introductory Yoga Training Course
for health promotion.

Place: New Delhi

Date : 30th September, 2021

**DIRECTOR
MDNIY**

(डॉ० ईश्वर वी. बसवरद्धि)
(Dr. Ishwar V. Basavaraddi)
निदेशक / Director

मोरारजी देसाई राष्ट्रीय योग संस्थान
Morarji Desai National Institute of Yoga
(आयुष मंत्रालय, भारत सरकार)
(Ministry of AYUSH, Govt. of India)
68, अशोक राणे, नई दिल्ली-110001
68, Ashok Road, New Delhi-110001

www.yogamdniy.nic.in



अखिल भारतीय प्राकृतिक चिकित्सा परिषद AKHIL BHARATIYA PRAKRITIK CHIKITSA PARISHAD

Head Office : 97/3, Naskar Para Road, Howrah-711107

President's Office : Prof. Dr. Sankar Kumar Sanyal, President, ABPCR C/o. Harijan Sevak Sangh, Kingoway Camp,
Gandhi Ashram, Delhi-110009 Delhi Office : 15, Rajghat Colony, New Delhi-110002



Sl. No. 

Mark Sheet

Enrollment No. 2021/12/58/10072


Roll No. 58010072

Name of Examinee : SARITA

Father's / Guardian Name : CHAUDHARY BANE SINGH

Name of Exam. : D.N.Y.S.-I DEC., 2021

Center's Name & Code : Haryana Institute of Naturopathy, Faridabad

Sr. No.	Subject	Paper	Max. Marks	Marks Obtained	Result
1	General Science (Not included in total)		100		
2	Sessional Work (Not included in total)		100		
3	Health & Hygiene, First Aid, Pathology	Paper - 1	100	54	
4	Anatomy, Physiology	Paper - 2	100	62	
5	Nature Cure Philosophy, Facial Diagnosis	2nd Year Paper - 1	100		
6	Hydro Therapy, Mud Therapy, Chromotherapy	2nd Year Paper - 2	100		
7	Yoga, Fasting, dietotherapy, Massage	3rd Year Paper - 1	100		
8	Nature Cure Practice & Hospital Management, Obstetrics & Gynecology	3rd Year Paper - 2	100		
9	Practical, Viva & Assignment		100	65	
	TOTAL			181	

Date : 31.03.2022

Compared by

Checked by

Examination Suptd.