



Hirak Shah

 Vile Parle (west)

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 Instagram @_nutriyog_
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PROFILE

Completed advanced yoga teacher training course from TheYoga Institute (santacruz)

Currently in 2nd year of BSc Nutrition and dietetics.

Teaching Yoga @ChildReach, Santacruz

SKILLS

Project Management
Flexibility and Adaptability
Problem Solving
Creativity
Leadership
Multitasking
English Proficiency
Creative writing

WORK EXPERIENCE

YOGA TEACHER

@CHILDREACH

- Present

- Learnt how to work under pressure and multi-task. Also made me patient and taught me a lot about being in charge.
- Leading various projects here which includes teaching about holistic approach to health be it through physical exercises or dietary intake

SOCIAL MEDIA MANAGER

@joydiam_

- My time over here taught me how to operate with different kind of people. It also taught me a unique way of grabbing opportunities in the best sense.
- Gained a great deal of exposure regarding different aspects of a workplace.

EDUCATION

2nd year Bsc in nutrition and dietetics.

Will be completing masters and PhD in the same field as well.

Present