

RESUME

Khushbu Umashankar Patel

Date of birth: 26th April 1992

Patel Mehta Building,

Station road, Room no 19, Building no 25,

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Profile details:

- Languages known: Hindi, English and Marathi.
- Profession: Yoga Teacher, Trained dancer and performer, Dance teacher, Artistic Model.

Vision:

- Creating an environment where the process of learning is more of interesting.
- Growing and spreading the right culture with the proper history.
- Would like to explore the bit of knowledge I possess and try to learn as much as possible by putting efforts and being committed to my work

Profile Summary:

- Reporting to parents and updating them about their child's progress.
- Planning various events and days.
- Excellent team player with strong analytical and leadership skills.
- Ability in learning new concepts quickly and communicating ideas effectively.
- Conducting classes creatively.
- Good planning and pre-preparation skills

Experience:

- Worked as an assistant yoga teacher with the senior teacher at The Yoga Institute for many camps.
- Worked as an assistant yoga teacher at Reach School and conducted regular classes for kids.
- Doing internship at The Yoga Institute.
- Currently working as a freelancer Yoga Teacher and teaching in various private studios.
- Teaching different age groups with different health issues.
- Conducted personal workshops in MUMBAI.

Educational Qualification:

Qualification	Institute/ University	Year of Passing
Post graduate Diploma in Clinical Research, Clinical Data Management.	Cliniminds-Mumbai	2016-2017
MSc- Life Sciences	Mumbai University	2014-2016
BSc- Microbiology	Guru Nanak Khalsa College of Arts, Science and Commerce, Matunga (E)	2010-2013
HSC	Guru Nanak Khalsa College of Arts, Science and Commerce, Matunga (E)	2010
SSC	Maharashtra State Board-Mumbai	2008

- **Worked as a Yoga Teacher at WITTY INTERNATIONAL SCHOOL.**

- **Completed 200 Hour Teacher Training Mentorship in July 2016 from Premanand Yoga.**

- **Completed Advance Teacher's Training Course (900 Hours) in Yoga Education, in month of November 2019 from The Yoga Institute.**

- **Completed Diploma in Yogic Therapy, Naturopathy and Natural Living from Yoga Vidya Niketan.**

- **Completed Teacher's Training of Pre and Post Natal Yoga**

- **Completed Reebok Core Pilates Training Course.**

Academic and cultural achievements:

- Participated in the 2005-2006 Lions International Peace Poster Contest
- Participated in Elocution Competitions
- Participated in Poster Making and Treasure Hunt event of M-XTRAVAGANZA organized by the Department of Microbiology, Sophia College on 21st December, 2011
- Participated in SDIPA's Winter Funk and Performed at the Winter Funk Show at the Sha-Bop Beginners level, in Mumbai-2011

- Participated in Hobbex, Poster Competition and Dance event During NAZARANA 2013, 2008 and 2012 conducted by Guru Nanak Khalsa College
- Participated in Communication Skill Workshop between 6th July to 3rd August 2013 conducted by Department of Botany and THOUGHT IN MOTION, Mumbai
- Attended 102nd 'Indian Science Congress' held in Mumbai University, inaugurated by Prime Minister & lectures of Noble laureates (3rd-7th January 2015)
- Participated in Life-long learning & extension program conducted by University of Mumbai during the year 2013.

Other hobbies:

- Experimenting with the skills, I have.
- Learning more and more from different places.

Declaration:

I hereby declare that all the information mentioned above is true to the best of my knowledge.

-Ms. KHUSHBU PATEL

