

## CURRICULUM- VITAE

PRABHAT JHA

R.No.114, R-3,Ram Mandir Road

Goregaon(West)

MumbaiMaharashtra)

PIN..400104

Con No: 8828733623 / 9082796877

Email:- prabhatkumarjha19@gmail.com

### Objective

Seeking a position to utilize my skills and abilities in the yoga industry that offers professional and Intellectual growth while being resourceful and innovative.

### ABOUT ME,

I have been practicing yoga all my life.consciously since 2010 and started to teach in July 2015. My heart is open .filled with love and passion. I love people animals ,nature Books, traveling and smile on my face.

### Work Experience :

- Worked as a hatha Yoga Trainer in Mumbai (India) since July 2015 to December 2017
- Worked as a children's Yoga instructor in Goa (India)since January 2017 to December 2018
- Worked as a freelance therapeutic yoga instructor in Mumbai (India) since January 2018
- Started teaching power yoga trainer in Mumbai since March 2019
- Started teaching Pilates yoga teacher in Mumbai since 2019
- Experienced in organizing yoga retreat and working with a group

### SPECIALIST OF

- *Meditation*
- *Pranayama*
- *Asana*
- *Ayurveda*
- *Jaap*
- *Therapy Yoga*
- *Power Yoga*
- Advanced asanas

## Academic Qualification

Qualification	School/College	Board/University	Passing Years	Percentage
SSC	G.B.S.S School Delhi	CBSE Board	2011-2012	64%
HSC	CM arts and Commerce College	BSEB Board	2013-2015	64%
BA	Mumbai University	Maharashtra Board	2015-2018	53%

## Professional Qualifications

Pursing M.A in YOGA from uttrakhand sanskrit University (Rishikesh)

Completed Hatha Yoga Course As a Teacher from April 2015 RISHIKESH , India

Completed International Yoga Course of  
Quality Council of India (QCI) November  
2018 Mumbai, India

Completed power yoga teacher training course from world Gym Institute

Completed Pilates yoga TTC from World Gym institute

Pursing Completed 200 hours yoga alliance TTC

Self study of anatomy , ayurveda, sutras, mantras and much more.

### LinkedIn profile

<https://www.linkedin.com/in/prabhat-jha-832a501a5>

### Facebook profile

<https://www.facebook.com/profile.php?id=100009005630644>

## Strength

- :-Self-Disciplined.**
- :-Ability for hard work.**
- :-Good decision making power.**
- :-Self confidence and motivation activity.**
- :-Innovativeness in the team.**
- :-Ability to learn quickly & adopt a new environment.**

## Personal Details

<b>Date of Birth</b>	<b>:-</b>	<b>19th July.1996</b>
<b>Marital Status</b>	<b>:-</b>	<b>Unmarried</b>
<b>Mother's Name</b>	<b>:-</b>	<b>Mrs. Indu Jha</b>
<b>Father's Name</b>	<b>:-</b>	<b>Mr. Manoj Jha</b>
<b>Gender</b>	<b>:-</b>	<b>Male</b>
<b>Nationality</b>	<b>:-</b>	<b>Indian</b>
<b>Religion</b>	<b>:-</b>	<b>Hindu</b>
<b>Permanent Address</b>	<b>:-</b>	<b>Haridev jha, House no.03 , brahman tola ,Village and Post office - Bharwara , District - Darbhanga, Bihar, India (847104).</b>
<b>Languages known</b>	<b>:-</b>	<b>English and Hindi.</b>
<b>Hobbies</b>	<b>:-</b>	<b>Listening Music, Travelling, Dancing, Yoga.</b>

**I hereby declare that all the above given information is true as per my knowledge.**

**Date:**

**Place: Mumbai**  
**YOGA TEACHER**  
**(Prabhat jha)**