

# **Curriculum Vitae**

## **KRISHAN MOHAN JOSHI**

306, Sector 16B,  
Vasundhara, Ghaziabad,  
U.P. 201012.

### **About Me**

#### **Yoga Instructor**

- Experience of 3 year in developing curriculum according to the students and their medical problems.
- Adept in leading group classes and teaching yoga techniques to the clients.
- Experience of teaching Yoga to all age of students, knowledge of several Asanas, Pranayama, Shat karma and Meditation.
- Skilled in designing comprehensive Yoga Program for various participants from diverse group and counseling participants about their Lifestyle and Diet habits.
- Work according to Yoga concept of Physical, Mental, Spiritual and Social Health of participants.
- Teaching of Theory and Practical to Yoga Teacher Training Course YTTC Students.

#### **Yoga Work Experience**

I am having 3 Year Experience as a Yog Instructor and teaching Yoga to household for general fitness and Yoga therapy for management or cure of various diseases.

#### **Key Result Areas**

- Monitor fitness level and requirements of all participants and design classes to suit individual needs.
- Perform and demonstrate of Yoga Practices.
- Evaluation and Correction of Yoga Practices which are performed by Students.
- Continuous analyzing the Participant according to their Physical Mental and Social behavior.
- To look into the case history of patients and then formulate the Yoga program accordingly.
- Introduction of Yoga real essence according to various Yoga Texts to participants so that they can adopt Yoga in wider perspective.

#### **OTHER EXPERIENCE**

##### **Designation:Govt. Approved Analytical Chemist Formulation and Microbiology**

From Year 1994 to 1998 in M/s PAAM Drugs and Pharmaceuticals Ltd, NEPZ, NOIDA  
formulation of Pharmaceutical Drugs And other Organization with total Experience of 15 years.

**Responsibilities:** To run analytical and microbial tests of pharmaceutical drugs as per as IP, BP and USP norms. Performed on HPLC, FTIR, UV-VIS Spectrophotometer and Auto Titrator. Testing of Packing material.

### **Marketing and Service Experience :**

Worked as Marketing and Service Manager in various Organisation selling Imported Laboratory Analytical Instruments and Equipments in the Northern and Eastern India.

Total tenure of Experience is from Year 1999 to 2019.

#### **Overall Responsibilities in Marketing and Service in various organizations:**

1. Sales management (Direct sale reporting, Job Assignments, Weekly Reporting, Weekly Plans, Identify and to build new sales opportunities, Sales force coaching and Positioning of Products)
2. Major account management; Time to time follow up.
3. Introduction and positioning of New Products line and services in the market.
4. Handling Servicing Issues of AMC, Spare Parts.
5. Partnership and strategic alliance negotiations with Dealers, Consultants and Contact Persons;
6. Planning and delivery of sales presentations and training programs.
7. Handling of high value Projects.

### **EDUCATION**

#### **Yoga Education :**

- Master Degree (MA) in Yoga Science (Yogacharya) from Uttarakhand Sanskrit University, Haridwar from July 2020 to June 2022 with 73.3 % marks.
- Certificate Course in Yoga for Protocol Instructor of 3 month duration (200 Hours) from Morarji Desai National Institute of Yoga, New Delhi with 81% Marks in Year 2019 (From 1<sup>st</sup> July 2019 to 30<sup>th</sup> September 2019).
- Foundation Course of Yoga Science and Wellness from Morarji Desai National Institute From 01.05.2019 to 31.05.2019 (50 Hours Programme)
- Comprehensive Yoga Pran Vidya Healing Course of 1 month duration from Morarji Desai National Institute of Yoga From 03.02.2020 to 21.02.2020.
- NLP Subconscious Reimprinting Master Practitioner cum Coach Programme of 5 days from December 13 to 17, 2017.

**Educational Qualification :** B.Sc. (PCM) and M.Sc. (Mathematics) from CCS University, Meerut.

**Professional Qualification :** PG Diploma in Management and PG Diploma in Operation Research and PG Diploma in Marketing from Indira Gandhi National Open University.

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**Personal Information :**

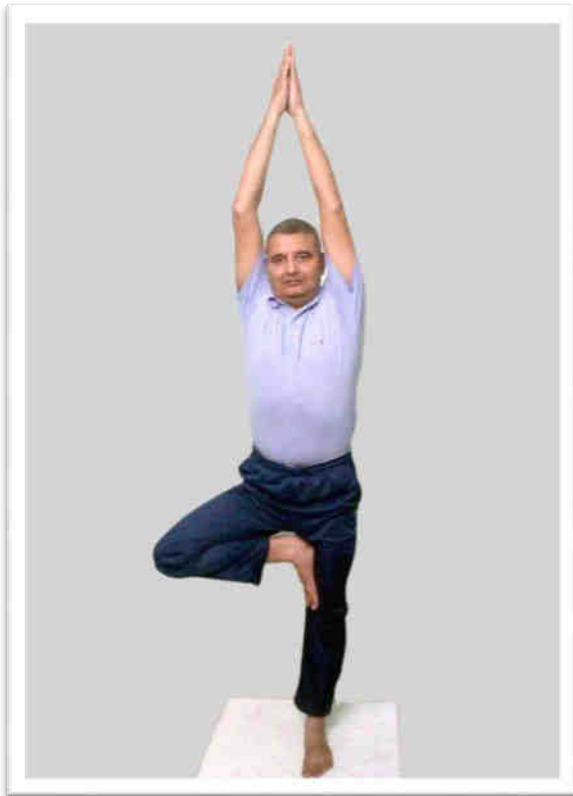
Father Name : Mr. M.D. Joshi.  
Address : 306, Sector 16B,  
Vasundhara, Ghaziabad, Uttar  
Pradesh,  
PIN 201012.  
Mobile No. : +919891218876  
Email :  
kmjoshiin2011@gmail.com  
Date of Birth : 15th Dec. 1971.  
Marital Status : Married with two kids.

**Date : 30.12.2022**

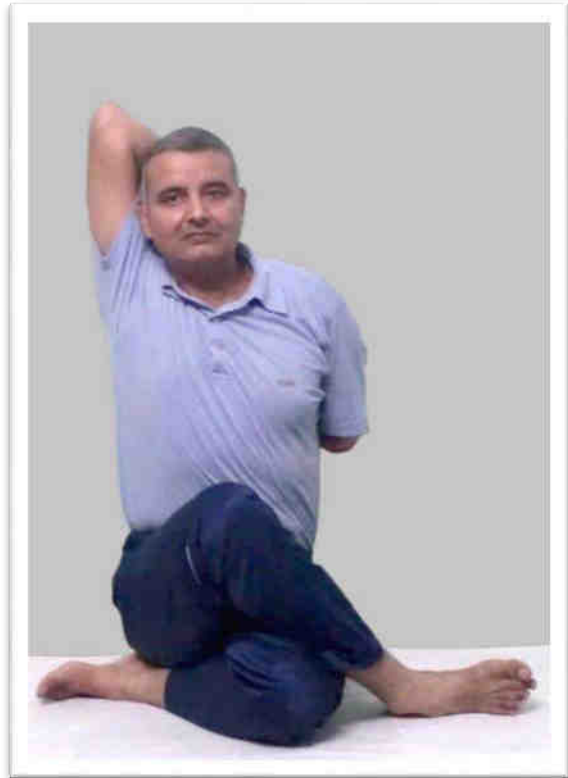
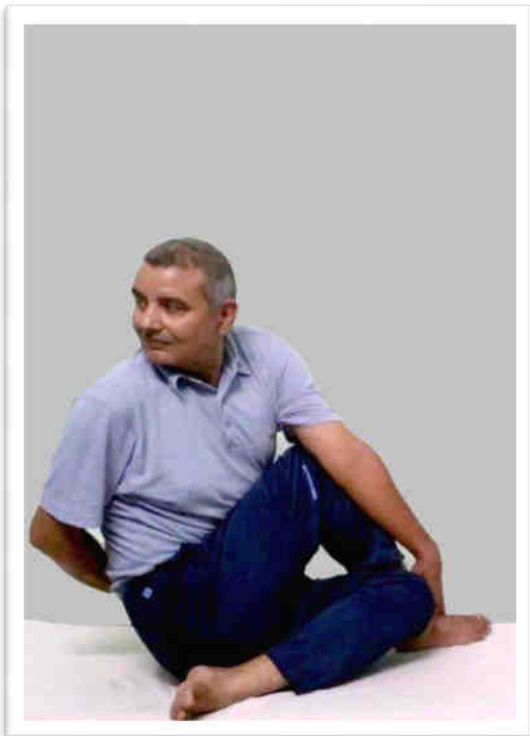
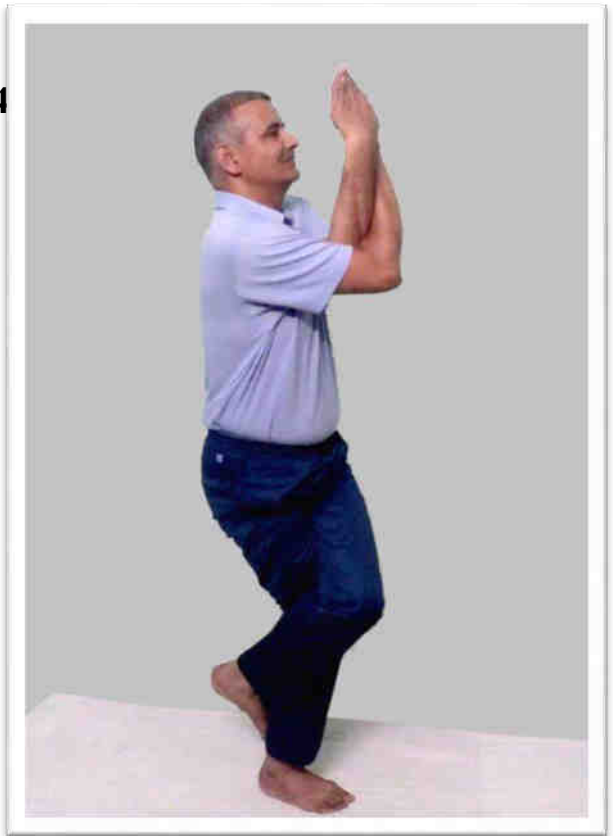
**Place : Ghaziabad.**

**KRISHAN MOHAN JOSHI**

**Note : Yoga pictures from Page No. 4 to 6.**



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