

# **RESUME**

**SONIKA KUMARI**

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## **CAREER OBJECTIVE**

- To be associated with a progressive organization that give me the scope to share my knowledge and skill in according and gives the satisfaction and learn different thereof

## **EDUCATIONAL QUALIFICATION :-**

- 10<sup>th</sup> passed from Bihar. Board in the year 2015.
- 12<sup>th</sup> passed from Bihar. Board in the year 2017.
- B.A Yoga Science Graduated from University of Gorakhpur University
- M.A Yoga Science Pursuing from Uttrakhand University

## **PROFESIONAL QUALIFICATION:-**

- 6 – Month certification course in Yoga therapy .
- 200+ hour of Teacher Training Course organized Aatma Yogshala Rishikesh
- Acupressure Course by Aatma Yogshala Rishikesh

## **PROFESIONAL EXPERIENCE**

- 4 years of yoga teaching experience

## **STRENGTHS**

- Active listening
- Strong work ethics
- Patient
- Punctuality
- Open minded

## **PERSONAL DETAILS**

<b>Father's Name</b>	: Mr.
<b>Date of Birth</b>	: 2 September 2000.
<b>Gender</b>	: Female
<b>Religion</b>	: Hindu
<b>Nationality</b>	: Indian
<b>Marital Status</b>	: Unmarried
<b>Language known</b>	: Hindi, English
<b>Hobbies</b>	: Reading, Music
<b>Passion</b>	: Yoga

