**RESUME**

NAME- MAHIMA SINGH

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Mobile No -8447169994

**CAREER OBJECTIVE:**

An energetic, enthusiastic, compassionate, loyal, and dedicated yoga instructor who is available to work with people of all ages and has deep knowledge about asana and relaxation asana and breathing techniques. I have learned that health is wealth from my own experience. I believe being healthy is a big responsibility for every individual. Here I am to convey the right message to society and the needful people that anyone can earn a healthy body and mind by healthy lifestyle and adopting yoga in daily life for a lifetime. Always ready to learn new things from the workplace and people. Enjoying conversations with people. Committed to providing extensive instruction and counseling to clients, while motivating people to find their inner peace and healthiest version, modify asana and techniques according to client need, ability, and strength.

**WORK EXPERIENCE:**

* Worked as a yoga teacher in an inclusive setup (snowbell school) in east Delhi for 5 years.
* Giving online beginner yoga classes to a small group of people past 6 months.
* Work as personal yoga trainer for special needs kids to lose weight and make them active and flexible for daily life routines.
* Teaching yoga techniques in a community center and in parks free of cost for social service.

**ACADEMIC QUALIFICATION:**

* P.G Diploma in yoga from Bhartiya Vidhya Bhavan.
* Certificate in an ancient yoga pose and pranayama and yognidra.
* Post-graduation in Hindi journalism IIMC, NEW DELHI. 2009.
* Master from B.H.U in political science (specialization in international relations) in 2008.
* Bachelor from B.K.M (Banaras Hindu University) in 2006.
* Intermediate from U.P. board with science in 2003
* High school from U.P. board with science in 2001

**EXTRACURRICULAR ACTIVITIES:**

* Teaching dance and yoga to play school kids (2015 to 2021)
* Works with disabled kids and people as an activity trainer (2015 to 2020)
* NCC certificate from 8 air wing in B.H.U campus.
* Gold Medalist in the ‘Junior Red Cross Society’s inter-state Competition.
* Diploma in photography from B.H.U.
* Computer and laptop, MS Office, & Social Networking, camera and
* Typing English and Hindi.
* Riding a bicycle and playing volleyball with a club (2020)
* Played volleyball state level till graduation. (2000 to 2008)

**PERSONAL DETAILS:**

Father’s Name Dr. Gopal Singh

Mother’s Name Mrs. Asha Singh

Date of Birth 15, October 1985

Nationality Indian

Language Hindi, English

**Yours faithfully**

**Mahima Singh**