



# Gaurav Kumar Maurya

Balaji Colony, lane no 2, Ishapur Sadar, Jaunpur, UP, 222001

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in <https://www.linkedin.com/in/gkjaunpur>

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## Experience

- NOWAMDME ENTERPRISES PRIVATE LIMITED** May 2023 - Present  
Working as a Life Coach, Relationship coach, Career Coach (Freelance)
- True Advice Counselling Centre , Jaunpur** 2019 - Present  
With this centre I am working as a Life Coach || Relationship Coach || Meditation Coach || Couple Counsellor || Marriage & Family Therapist || Career Coach || Spiritual Teacher || Certified Yoga Instructor & Mindfulness Coach || Consultant (Freelancer)
- Self Employed** 2020 - Present  
Yoga & Meditation Trainer  
Working with Different Schools, Institutions & Coaching as a Yoga / Meditation Trainer. Also run my own Yoga center.
- Shortpedia** June 2019 - August 2020  
News Editor  
Here I have worked as a Hindi news editor. (Freelance)
- NATIONAL & INTERNATIONAL NEWSPAPER ARTICLE WRITING** 2017 - 2019  
Hindi Content writer  
Collaboration with multiple national and international Hindi Newspaper publications as article writer.

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## Education

- Veer Bahadur Singh Purvanchal University, Jaunpur** 2019  
M.A in Sociology  
60.5 %
- Banaras Hindu University (BHU) , Varanasi** 2016  
B.A(Hons) in Social Science  
68.7%
- U.P board** 2013  
Intermediate (PCM)  
78.4%
- U.P board** 2010  
High School  
65.5%

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## Diploma & Certificate

- **Yoga instructor certification from Patanjali**
- **Yoga Teachers Training Certificate from Patanjali**
- **D.EL.ED / BTC Completed from PNP Prayagraj**
- **CTET & UPTET (Primary. & Upper Primary Qualified)**
- **Two year diploma in English Language from (BHU University , Varanasi)**
- **NSS certification**

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## Extra Knowledge

- **Good Communication skill .**
- **Skill of keeping others Positive and Energetic.**
- **Ground level Knowledge of Society, Industries & Employment.**
- **Deep understanding of Sanatan Dharma and Spirituality.**
- **Deep Knowledge of Meditation and Body healing.**

- Good knowledge of international relations.
- Smart Understanding of Market.

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### Objective

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Myself Gaurav Kumar Maurya. I am working to positively heal people's mental, emotional, personal, relationship and spiritual problems. Apart from these, I am a life & meditation coach, yoga trainer, spiritual teacher. I have 4 - 5 years of experience and completed 1000+ sessions. I believe that if a person learns to be positive and maintain balance in his life, he can easily avoid and tackle many problems. I give my clients full opportunity and support to express themselves well, tell me every aspect of their problem and also establish a better relationship with me. When the client connects with me emotionally and mentally, I give him advice and heal him according to his problem. I try to make them positive, happy, internally balanced and emotionally strong.

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### Personal Details

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- Date of Birth : 16/07/1996
- Marital Status : Single
- Nationality : Indian
- Religion : Hindu
- Gender : Male

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### Hobbies

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- Reading Spiritual Books
- Writing
- Traveling
- Meditation