

VANDANA PODDAR

Vikaspuri, Delhi
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Objective

I want to make this world positive and successful by helping children and adults spiritually - mentally conscious & developed by using my guiding and teaching skills .

Education

Course / Degree	School / University	Grade / Score	Year
1. Self Discovery Blueprint Course	Ritu i deserve		2023
2. Clarity Framework Course	Ritu , i deserve		2023
3.Energy Cleansing Course	Ritu, i deserve		2023
4.Unlimited Success Unleashed Course	Ritu, i deserve		2023
5.Life in Balance Course	Ritu, i deserve		2023
6.Rajyoga Meditation Course	Brahma kumaris Vishvavidalya		2020
7.Happiness Unlimited	Brahma kumaris		2016
8.Rags Flow Body and Spiritual Movement Classes	Atikala Collective		2020
9. B.Ed (Final year)	PDM University (Bahadurgarh)		
10. Msc Zoology	PDM University (Bahadurgarh)	81%	2022
11. Bsc (Hons.) in Zoology	Sharda University (Greater noida)	81%	2020
12. Higher secondary (CBSE)	St.Giri.Sr.Sec School	74%	2017
13. High School (CBSE)	St.Giri.Sr.Sec School	81%	2015
14. Educational Media Course	National Institute of Technical Teachers' Training and Research, Bhopal		2024
15.Inner Moon Circles Classes	Atikala Collective		2020

Experience

1. Counsellor & Mentor

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3+ years of experience in Counselling to 40+ students for their masters entrance.

- 20+ students cleared entrances like DUET, BHU etc.

Key roles & responsibilities :-

- Give them counsellings for all strategies to qualify their particular subject entrance.
- Take doubt session.

2. Guide

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Family & Friends

My family members add more positivity and motivation in their lives to live better .

- Guide them in all areas of life where they feel stuck by providing truth and techniques required to have success over it.

3. Science Teacher

15/04/21 - 15/02/23

Unique Tutorials (Tilak nagar & Vikaspuri) & Easybee Coachings of Excellence (Punjabi bagh)

Taught 60+ students of class 9th & 10th (CBSE)

- All Students improved their performance by 70%.

Key roles & responsibilities in spiritual world:-

- Deliver spiritual truth daily and discuss over it.
- Help them in their emotional problems by counselling and techniques.
- Teach and create a friendly, caring and loving environment for all students.

4. Online tutor

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5+ years of experience in teaching science to 30+ students of grade 9th & 10th cbse.

- All Students improve their performance by 80%

Skills

1. Spiritual soft skills - Spiritual knowledge, Self consciousness, Intution, Friendly, Polite, Calm, kind, Peacefull, Authentic, Happy, Positive, Caring, Connection, Self - reliant, Empathic , Compassion, Patience, Feminine Mindfullness, Reflective Practise

2. Spiritual specialisation - Visualization , Meditation, Positive Mindset, Transformation of thoughts & beleifs

3. Oracle & Tarot Cards Reading

4. Teachings skills - Organization skills, Content writing, Assessment Analysis , Feedback, Report making, Innovative and fun Teaching methods, Planning lessons & curriculum

5. Technical skills - Basic knowledge of Artificial Intelligence & Chatgpt for educators, MS word, Excel, Office, Powerpoint Presentation, Innovative Media production, Video Production, Internet use, all online tools & apps.

6.Communication skills course (TCS)

7.Thorough knowlegde of Biology & Science subject with good english and hindi command.

Achievements & Awards

1. Balanced my areas perfectly in Career, Health, Personal Growth including spiritual.

2. Being among top 5 ranker from class 3rd to 10th at school and college too.

3. Got 121 rank in Delhi University Msc zoology entrance exam 2020.

4. Cracked Jamia Millia Islamia Msc Microbiology entrance 2020

5 Cracked Jamia Hamdard & kanpur university Msc Biotechnology entrance exam 2020.

6. Cracked Allahabad University Msc zoology entrance exam 2020

7.Cracked IPU university 3 entrances- environmental sciences ,forensic science & biodiversity and conservation entrance exam 2020.

Extracurriculum Activities

Participated 3 times in banjara school of dance annual stage performance in Globelly 2018 & hip trail 2020 and Rooh Alraqs 2023 under proffesional trainers.

Completed self defense programme under PARIVARTAN A 2016

Participated in dance performance in chorus 2019 in sharda university

Participated 3 times in St.Giri.Sr.Sec School Annual function

Completed proffesional dance training of 3+ years in Banjara School of dance

Projects

1. Covid - 19 Dissertation project (Msc, 2nd year)

Individual Research Project on covid - 19 for delhi citizens health welfare
Technology - biostatistical tools and techniques.

2. Determine The Efficiency Of Drugs on Different Membranes Of Human Skin.

Technology : Microscope
Team Size : 4 Members

Personal Details

Date of Birth	14/01/1998
Marital Status	Single
Gender	Female
Whatsapp no.	9560081864
Father's name	Lakhendra Poddar
Age	26
Languages known	English, Hindi
Hobbies	Self - learning