**CURRICULUM VITAE**

**NARESH KUMAR**

**Mobile No. +91-9991293916**

**Email Id:** [**nareshlohan8@gmail.com**](mailto:nareshlohan8@gmail.com)

**CAREER OBJECTIVE:**

* Use yoga as a tool for relaxation and happiness for the people in their daily life.
* Serve people to realize the importance of yoga to maintain a sound body and a sound mind as a healthy life style.
* To obtain a position that will enable me to use my strong organizational skills, educational background, hard work, dedication and the ability to work well with people and acquire new skills will advantage any society & of the nation work for.

**EDUCATION QUALIFICATION:**

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| COURSE | YEAR | College/Board |
| 10th | April2009 | Haryana Board of School Education, Bhiwani |
| 12th | June 2012 | National Open School |
| B.A. | June 2015 | Manav Bharti University Solan,Himachal Pardesh |
| P.G. Diploma(Yoga) | May 2017 | Himalayan University, Arunachal Pardesh |

**PERSONAL TRAINING:**

* YIC (Yoga Instructors Course)(April2018)
* Ashtanga yoga, Mysore(200 hours)

**STRENGHT:**

* Positive minded & Ambitious to do something new.
* Self-confidence & efficient in understanding tasks.
* Enjoy the work being with people.
* I have good problem solving skills and I am willing to learn new things to get the job done.
* Possess strong analytical & organizational abilities, flexible & detail oriented attitude.
* Good team player and have excellent interaction skill to coordinate and work within a team.
* Ability to work in 24x7 environments.

**WORK EXPERIENCE:**

* Worked as Yoga Teacher in a school, Haryana.
* As a Yoga Instructor working for the promotion of positive Health.
* Basic set of Asana, Pranayama and Kriya Technique for number of Psychosomatic Ailments.
* Expertise in Advance yoga postures.

Date:

To,

**Subject: - Application for suitable for a suitable post.**

Dear Sir/Madam,

I wish to introduce myself as an aspiring Post Graduate in Yoga having a keen desire to embark upon successful carrier with your organization. I believe that I have the skills you are looking for. I have attached a current copy of my C.V.

I would greatly appreciate the opportunity to further discuss my skill and qualifications with you in an interview.

I can be contacted via phone or email using the information below.

Thank you in advance for your time and consideration.

Yours Sincerely,

Naresh Kumar

Mobile No: +91-9991293916

Email Id : nareshlohan8@gmail.com