

RAKSHIT VERMA

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CAREER OBJECTIVE

To work with highly committed and motivated professionals and to contribute in all dimensions by utilizing all my physical education skills and further groom my potential to grow within an organization.

EDUCATIONAL QUALIFICATION

COURSE	INSTITUTION	YEAR OF COMPLETION	PERCENTAGE
B.P.Ed	Ch. Charan Singh University, Meerut	2021	76%
B.A. (Yoga)	Jain Vishva Bharati Institute, Ladnun	2019	65.53%
12 th (Arts)	National Institute of Open Learning, New Delhi	2016	65.8%
10th	Ramjas Sr Sec School, New Delhi	2014	51.3%

PROFESSIONAL QUALIFICATION

- Completed NCC 'C' Certificate (Airwing) in 2018. Attended three Camps (State Level and National Level). Acquired flying training from NCC. Can play ANO role in school.
- Foundation Course in Yoga Science for Wellness from Morarji Desai National Institute of Yoga.
- Completed Yoga Teachers Training with dedication and discipline from Holistic Healthcare Foundation Society.
- Participated in Yog Utsav 2018 & 2019 under Holistic Healthcare Foundation Society institute.
- Awarded 'Best Climber' as part of Vanshala Camp Organized by Ramjas Sports & Mountaineering Institute.
- Gold achiever in Kick boxing state level.

WORK EXPERIENCE

Organization: Bal Bharti Public School, Ghaziabad, UP

Designation: Part-time yoga Teacher

Responsibilities

- Provided a welcoming training space by taking care of lighting and room arrangements.
- Instructed students on how to safely get into poses and how to breathe correctly.
- Shared the knowledge of yoga and helped to resolve any doubts regarding physical and spiritual aspects of the practice.
- Controlled student posture to help them avoid any injuries.

Organization: RAIL YATRI

Designation: Yoga Teacher

Responsibilities

- The job involved teaching different Yogic Practices to 20-30 employees to maintain their overall health.
- Customize meditation and yoga sessions according to learner profile and physical & psychological needs.
- Promoted balance of the body and mind through effective teaching and demonstrations.
- Prepare class content and format appropriate for student level and style or type of yoga class.
- Demonstrate techniques and methods of exercise and meditation
- Maintain positive relationships with members to encourage continued class attendance, provided health & wellness information and addressed any concerns.
- Administer emergency first aid, wrap injuries, treat minor chronic disabilities, or refer injured persons to physicians

Organization: SETU NGO, Sector-31, Noida

- The job included teaching yoga techniques to disabled students and children & giving feedback to the Government.

OTHER INTEREST & ACTIVITIES

- Fundamental knowledge of MS Word, MS Excel, MS PowerPoint and Internet.

STRENGTHS

- Positive mental attitude.
- Ability to create and maintain cordial relationships with seniors, colleagues and students.
- Ability to grab initiative and accomplish tasks successfully in time.
- Always keen to learn and explore.

PERSONAL DETAILS

- Father's Name : Mr. Bijender Parkash Verma
- Date of Birth : 28th August, 1998
- Marital Status : Married
- Languages Known : English, Hindi

