

# KALPANA

## YOGA INSTRUCTOR



### CONTACT

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### HOBBIES:

Reading Books  
Watching Movies  
Visit new places  
Foodie

- **Cleared certificate course** in **WELLNESS INSTRUCTOR** from **Yoga Certification Board (ministry of Ayush) New Delhi.**
- **Foundation course** in yoga from **MORARJI DESAI NATIONAL INSTITUTE OF YOGA, DELHI (2022)** (Duration: 1 month)
- **ADVANCE YOGA SADHNA** course from **MORARJI DESAI NATIONAL INSTITUTE OF YOGA, DELHI (2020)** (Duration: 1 month)
- **Advance Teacher Training course** from **THE INTERNATIONAL SIVANANDA YOGA VEDANTA CENTRE, KERALA. (2020)** (Duration: 200 hours)
- **Teacher training course** from **VIBHU SCHOOL OF YOGA, RISHIKESH - 2018** (Duration: 200 hours)
- **M.A** in Yoga from **The Uttarakhand Sanskrit University. (2017 – 2018)**
- **Certificate in Pranayama and Meditation** course from **MORARJI DESAI NATIONAL INSTITUTE OF YOGA, DELHI** (Duration 3 month)
- **Post graduate diploma** in yoga from **THE SHRI LAL BAHADUR SHASTRI RASHTRIYA SANSKRIT VIDHYAPITH, New Delhi (2016-2017)** (Duration 1 year).
- **Certificate in Painting** from **JAMIA MILIA ISLAMIYA UNIVERSITY, New Delhi (2013)** (Duration 1 year).
- **B.A (HONS)** in Hindi from **SRI VENKATESWARA COLLEGE from DELHI UNIVERSITY (2015)**
- **SENIOR SCHOOL- SARVODHAYA VIDALAYA MOTI BAGH ND (2010-2011)**
- **SECONDARY SCHOOL- SARVODHAYA VIDALAYA SEC-6 RK PURAM ND (2008-2009)**
- **Pursuing English-Hindi translation** course from **IGNOU**

### WORK EXPERIENCE

- **SARV SHAKTI OM YOGPEETH**

Role: Yoga Teacher  
10<sup>th</sup> Aug-2018 to 30<sup>th</sup> oct-2023(5 Year 3 month)  
Worked as a Yoga Teacher in Sarv Shakti Om Yogpeeth as a Teacher

- **Convent Rani Jhansi School New Delhi (2016)**

Role: Yoga Teacher  
(Duration: 1 month)

- **JAIN AMAR MEDAMA FASHION PVT.LTD**

(Role: common yoga protocol instructor)  
21-06-2023

➤ **ICD DADRI**

(Role: common yoga protocol instructor)  
21-06-2023

➤ **ALL CARGO LOGISTICS LTD, GURGOAN**

(Role: common yoga protocol instructor)  
21-06-2023

➤ **MAX HOSPITAL SAKET, DELHI**

(Role: common yoga protocol instructor)  
21-06-2023

➤ **MAK LUBRICANT, UP**

(Role: common yoga protocol instructor)  
21-06-2023

## **YOGA TEACHING STYLE (SKILLS)**

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- **Traditional Yoga**
- **Power Yoga**
- **Pranayama**
- **Prenatal & postnatal**
- **Partner Yoga**
- **Meditation**
- **Group classes & personal sessions**
- **Flexible & skilled with designing logical sequences**

## **PERSONAL PROFILE**

- **Name:** Kalpana
- **Date of Birth:** 1<sup>st</sup> may 1994
- **Father's Name:** Sh.Dhara Singh
- **Sex:** Female
- **Nationality:** Indian
- **Marital Status :** Unmarried
- **Permanent Address:** 331-A Munirka Village,ND-110067
- **Languages Known:** Hindi,English

## **Activites & Achievements**

- Participated in inter university Yoga competition in Jind
- **Won 2<sup>nd</sup> prize** in Yoga on sports day,organised by SLBSRSV
- **Choreographed dance form of Yoga** for school children in rani jhasi convent school, R.K Puram, New Delhi-110022
- **Won 3<sup>rd</sup> prize** in Yoga on International Yoga day, organised by SLBSRSV
  
- Participated solo in the event: **Innovative Trends for Professional Skill Development in Yogic Science**, Haridwar Gurukul Kangri University, India
  
- Participated in group: **IYD training, Patanjali yogpeeth, Haridwar**
  
- Participated solo, Yoga Mahotsav 2023, New Delhi