



Parvesh kumar

Yoga instructor

My Contact

✉ parv4yog@gmail.com

📞 8168724816

📍 University of patanjali, Haridwar

Hard Skill

- Financial modeling and reporting
- Data mining and analysis
- Financial accounting
- Business valuation
- Advanced SAS proficiency

Soft Skill

- Observation
- Decision making
- Communication
- Multi-tasking

Education Background

- BCA Manipal University
- M.sc in Yoga Science University of Patanjali
- UGC NET
- PhD In Yoga (Pursuing)

Summary

Experienced and passionate Yoga Instructor with over six years of teaching experience and advanced training in Ashtanga and yoga therapy approaches. Committed to providing extensive instruction and counseling to my students, while motivating them to find true inner peace and their healthiest self. Adept in creating powerful teaching plans that aim to support and benefit each and every student. Bringing forth a love and respect for the art of yoga, and all that it encompasses.

Professional Experience

6 years of Yoga teaching experience

Participation in conference seminar workshop training Achievements

2015 Uttar Pradesh School State Yoga
Championship 🏆 Gold Medal

2018 INTERNATIONAL WORKSHOP ON YOGA
SCIENCE for WONKWANG DIGITAL
UNIVERSITY, SOUTH KOREA

2016 National Seminar on World Peace &
Harmony through Yoga Gurukul
Kangri Vishwavidyalaya, Haridwar

2015 National Seminar on Yoga and
Alternative Therapies Gurukul Kangri
Vishwavidyalaya, Haridwar

2015 National Seminar on Yogic
Management of Life Style Disorders
Gurukul Kangri Vishwavidyalaya,
Haridwar