



Ajay Verma

Yoga Instructor

Ward no. 27, PWD colony ke piche nohar,

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Summary of Qualifications

- Developing a unique skill of Yogasana on Skates.
- Proficiency in Choreography of artistic yoga demonstrations.
- Experience of research methodology as a volunteer in Yoga academics under Patanjali Research Foundation, Haridwar, Uttarakhand.
- Experience of different complementary and alternative therapy as a volunteer under University guidance.
- Experience of participating in commercial reality shows

Education & Courses

- University of Patanjali, Uttarakhand-249405- MA Yoga Science (2020-2022)
- University of Patanjali, Uttarakhand-249405- BA Yoga Science (2017-2020)
- Shah Satnam Ji Boy's School, Sirsa, Haryana- Intermediate (Arts) (2015-2017)
- APALA School of Education, Nohar, Rajasthan- Secondary Education in 2015

Experience

- 1 Year experience in "Pulse Health Care and Cure" as a yoga Instructor.
- 4 months experience in a welfare society called "Savera Seva Samsthan", as yoga instructor and yoga teacher as well.

Achievements

- Participated in 36th National Games Gujrat 2022.(Only Athlete to Participate in Two separate games yoga & Skates.

- YCB (Certified Yoga Teacher & Evaluator under Ministry of Ayush, Govt. of India)
- Golden Book of World Records- 140 yogasana perform on inline skates in 15 min 35 sec.
- National Yoga Sports Championship (2021-22) participant.
- All India Inter-university yoga sports (2019) participant.
- National Yoga Sports Championship (2020-21) participant.
- Uttarakhand State Yoga Sports Championship (2021-22) 3 gold medals in the event Artistic Single, Artistic Pair, Artistic Group.

Rajasthan Yogasana Sports Championship (2020-21) gold medal in traditional yogasana.

- National Yogasana Sports, YFI (2019) participant.
- Grand Master of Yoga Merit Holder 2019.
- Uttarakhand state roller skating championship (2019) gold medalist.
- Selection in reality show **“Hunarbaaz Desh Ki Shaan” 2021.**
- National Yogasana Sports, YFI (2019-20) participant.
- Rajasthan Yogasana Sports Championship, YFI (2019-20) gold medalist.
- National Yogasana Sports, YFI (2018-19) participant.
- Rajasthan Yogasana Sports Championship, YFI (2018-19) gold medalist.
- National Yogasana Sports, YFI (2017-18) participant
- International Yoga Festival, 2016 participation under Department of Tourism, Govt. of Puduchery.

Interviews regarding skate yoga in National Media

- Channel name- News 24, 21st june, 2021 <https://youtu.be/gl3PabWPUC8>
- Channel name- Zee Hindustan, 21st june, 2021 <https://youtu.be/Zm6ODES6xMY>
- Channel name- News 18, 21st june, 2021 <https://youtu.be/D2uLZTujuUk>
- Channel name- Aaj Tak, 21st june, 2021
<https://www.aajtak.in/india/news/video/seventh-international-day-of-yoga-artist-ajay-performs-yog-on-skates-at-patanjali-yogpeeth-1276286-2021-06-21?jwsourc=share>

Multicultural & Volunteering

- Travel all over India due to tournaments of Yogasana & Skates, which has really helped me with my understanding towards different cultures & segments of society.

- Worked as a volunteer in welfare societies.

Social Media Accounts

- Instagram <https://instagram.com/skatersadhak?igshid=MzRIODBiNWFIZA==> 3 lakh 50000 family members
- Facebook <https://www.facebook.com/profile.php?id=100011070960833> *4lakh5000 family members
- YouTube <https://youtube.com/watch?v=Nic3JcgmLjM&feature=shareb> *50000 Family member

