

# Joginder Singh

Plot No- 2028B, Street No-68,  
Block-D, Laxman Vihar, Phase-II,  
Gurgaon, Haryana-122001,  
Mobile:- 9911782466  
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Web: www.myyogaguru.com



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To acquire challenging and responsible position in the field of Yoga Training where I can give my best training service, and can prove the importance of Health.

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## Synopsis

- 🕒 A competent professional with over 18 years' experience.
  - 🕒 Adroit in Yoga Training, designing, managing, delivering, administrating seminar in Stress Management Yoga and Health awareness..
  - 🕒 Solid understanding with practical exposure Pranayama, Meditation, Acupressure, naturopathy & more healthy Exercise.
  - 🕒 Motivated and eager to learn, equipped to work in team as well as individually.
  - 🕒 Well versed in all aspects of human life health and fitness care from my past experiences.
  - 🕒 Excellent communication, organization and analytical skills.
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## Area of Competencies

- Professional Corporate Yoga
  - Stress & Diet Management
  - Health & Fitness Services
  - Ayurveda & Yogic therapy
  - Hatha & Ashtanga Vinyasa Yoga
  - Power & BKS Iyengar Yoga
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## Experience Forte:

Jan 2001

My Yoga Guru

Founder

## Responsibilities

- 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
- Give them knowledge and information about each asana as to why it is done and what benefits would they gain out of it
- Developed, instructed and led stretching, warm-up and cool down exercises, breathing and relaxation techniques.

## Yoga Training and Assignment Handled

### Corporate Dossier:

- One month taught yoga at Shenzhen **China** in May 2019
- Associated with **Engineers India Limited**, Gurgaon as Yoga Trainer.
- Imparting Yoga training for employee of **Thomas Cook India** in Gurgaon

- Imparting Yoga training for employee of Fractal Analytics in Gurgaon.
  - Associated with Yash Technology as Yoga Trainer for Gurgaon location.
  - Worked with DuPont, Gurgaon as a Yoga Instructor for 2 year.
  - Organize Yoga Camp for staff of State Bank of India, Gurgaon.
  - Organize yoga Camp for State Bank of Patiyala's employee in Gurgaon.
  - Organize Yoga Camp for Punjab National Bank, Gurgaon to imparting health and fitness training.
  - Organize workshop with Canara Bank, Gurgaon for Yoga and Health workshop.
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#### Academic Forte:

- **2019** Pursuing M.A. in Yoga from Jain Vishva Bharti University
  - **2012** C.T.E.T. Qualified
  - **2010** D .Ed. (J.B.T) from SCERT Haryana.
  - **2005** Bachelor of Arts. Passed from K.U.K., in year 2005
  - **2002** 10+2 Passed from Board of School Education Haryana in year.
  - **1999** 10th Passed from Board of School Education Haryana
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#### Professional Courses:

- **2019** 100 Hours YTTC at Yoga Vidya Mandiram at Rishikesh, Uttarakhand.
  - **2012** Post Graduate Diploma in Yoga from Vinayaka Mission University Tamil Nadu
  - **2009** Yoga Teacher's Training Course from Patanjali, Haridwar.
  - **2007** Six month Certification from Vishva Bharti Yog Sansthan, Delhi.
  - **2006** Certificate course in Preksha, Meditation and Science of Living from Jain Vishva Bharati Institute, Ladnun, Rajasthan.
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#### Expatriation in:

- Yoga Training
  - Asana, Pranayama, Meditation & Reiki Healing
  - Shatkarma, Kriyas & Mudra
  - Stress Management & Diet management
  - Different type of meditation techniques
  - Aerobics & Cardio Exercise
  - Advance Healthy and Fitness Exercise
  - Shavasana (Kayotesarg)
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#### Achievement in:

- **2014** Silver medal in R.G.F.I. Championship
  - **2017** Silver medal in M.Y.G.F.Y. Championship
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#### Personal dossier:

**Date of Birth:** 14<sup>th</sup>March 1983  
**Language Known:** English, Hindi,  
**Address:** 2028 B, Luxman Vihar Phase – 2, Block – D, Street – 68, Gurgaon - 122001  
**Marital Status:** Married  
**Nationality:** Indian

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#### Declaration

I Joginder Singh hereby declare that the above said information is correct and updated in all contexts up to the best of my knowledge.

Date & Place  
20/06/2019 Gurugram

Joginder Singh