

Sonia Dhiman

W/o Dr. Umesh Kumar
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RESUME SUMMARY

- A self-motivated, result-oriented and articulate professional with 7 years of experience in Teaching, Administration and Student & School Management.
- Proficient in training the students by using interactive discussions and “hands-on” approaches to help students learn and get a better understanding of the concerned subject.
- Skilled at bringing challenging & innovative teaching/learning atmosphere which empowers the active learner.
- Self-motivated leader with proficiency in handling administrative activities entailing student - parent relationship and upholding of the institution motto.
- To contribute my best to the organization and to utilize my skills to perform the job to the best of my ability with the zeal and willingness to learn.

CORE COMPETENCIES

- Ability to recognize & nurture the creative potential of each student through interesting and innovative teaching methods.
- Ability to foster a healthy learning atmosphere in class.
- Ability to enthuse discipline in the students by developing their interest in the lectures.

EXPERIENCES

- Presently I am taking freelancing yoga classes in Noida city.
- Worked as a Yoga Instructor at Rajshri Yog Sansthan, Shyampur Rishikesh from April 2019 to August 2022.
- Three Years experience of teaching at Divya Jyoti High School, Muzaffarnagar from April 2009 to March 2012.

KEY DELIVERABLES

MANAGING STUDENTS

- Teaching key aspects of Yoga to students for their overall wellbeing.
- Assisting & counseling students in grasping contents.
- Assisting the students to perform well in the exams.

- Fostering a healthy learning atmosphere in class by recognizing & nurturing the creative potential of each student.

EDUCATIONAL LEADERSHIP

- Overseeing the development & implementation of objectives and long-range plans for curriculum and instructional evaluation and improvement.
- Ensuring the success of all students by facilitating the development, communication, implementation and evaluation of various new educational concepts.
- Developing an educational atmosphere where students have the opportunity to fulfil their potential for intellectual, emotional, physical, spiritual and psychological growth.

EDUCATION QUALIFICATIONS

- Perusing Ph.D. in Yoga from Maharaja Agrasen Himalayan Garhwal University
- Master of Arts in English from Ch. Charan Singh University, Meerut in 2019
- Master of Yoga from Uttarakhand Sanskrit University, Haridwar 2016
- Master of Arts in Sociology from Ch. Charan Singh University, Meerut in 2015.
- Master of Arts in education from Ch. Charan Singh University, Meerut in 2011.
- Bachelor of Arts from Ch. Charan Singh University, Meerut in 2009.
- Intermediate from UP Board in the year 2006.
- High School from UP Board in the year 2004.

PROFESSIONAL QUALIFICATIONS

- B.Ed. from Kurukshetra University, Kurukshetra in 2014.
- CTET Paper 1st & 2nd Qualified in 2021.

PERSONAL DETAILS

Date of Birth	:	January 9 th , 1990
Spouse name	:	Dr. Umesh Kumar
Martial Status	:	Married
Nationality	:	Indian
Languages Known	:	English and Hindi
Hobbies	:	Teaching Yoga

I hereby declare that the above-mentioned information is correct up to my knowledge and I bear the responsibility for the correctness of the above-mentioned particulars.

SONIA DHIMAN

Date: 07 June 2024