

CURRICULUM VITAE

KAVITA BHANDARI 902, B-24
Supertech Ecovillage-3, Noida
extension U.P-201009
Contact: 8860892269

SUMMARY:

Experienced and passionate Yoga Instructor with over five years of teaching experience and advanced training in Asana (Ashtanga and Vinyasa), Pranayama and Meditation. Committed to providing extensive instruction and counseling to my clients, 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 encompasses.

EDUCATIONAL QUALIFICATION:

- ❖ ***M.A Yogacharya (Master Degree in Yogic Science) Uttarakhand Sanskrit University, Haridwar.***
- ❖ Graduate in ***B.A (Prog) (Business data processing)*** from Lakshmi Bai College Delhi University.
- ❖ ***Intermediate (Commerce)*** CBSE Board Delhi 2009.
- ❖ ***High School*** CBSE Board Delhi 2007.

PROFFESIONAL QUALIFICATION:

- ❖ ***YCB Qualification Level III (Yoga Teacher & Evaluator)***
- ❖ Qualified “**QCI YOGA PROFESSIONAL EXAMINER**” organized under the Yoga Certification Scheme.
- ❖ Certification Course of “**Pranayama & Meditation**” conducted by Morarji Desai National Institute of Yoga (MDNIY), Delhi during the period of 1st July 2017 to 30th Sep 2017.
 - ❖ Foundation Course in **Yoga Science for Wellness (F.C.Y.Sc.W)** conducted by Morarji Desai National Institute of Yoga (MDNIY), Delhi during the month of June, 2011.

YOGA SPECIFICATION:

- ❖ *Hatha Yoga*
- ❖ *Power Yoga*
- ❖ *Pranayamic Breathing*
- ❖ *Yoga Nidra*
- ❖ *Cleansing Techniques (Satkarma)*
- ❖ *Advanced Yoga Asanas*
- ❖ *Relaxation Exercise*
- ❖ *Synchronise Yoga*
- ❖ *Acro Yoga*

ACHIEVEMENTS:

- ❖ **1st Position in 10th North Zone Yoga Championship 2011 at Solan in Himachal Pradesh.**
- ❖ **2nd Position in 17th International Yoga Festival 2010 organized by Dept. of Tourism (Pondicherry).**
- ❖ **2nd Position in Inter College Competition in Delhi University.**
- ❖ **Participated All India Inter University Yoga Asana Championship 2012 at Kurukshetra in Haryana.**
- ❖ **3rd Position in All India Yoga Championship 2009-2010 held at Palwal in Haryana.**

Participation In National Yoga Championship

- **34th National Yoga Championship 2009-2010 at Yamuna Nagar in Haryana.**
- **35th National Yoga Championship 2010-2011 at Madgaon in Goa.**
- **36th National Yoga Championship 2011-2012 at Mangalore in Karnataka.**
- **30th National Yogasana Championship 2011-2012 held at Kochi in Kerala.**

Delhi State Yoga Championship

- **2009-2010 1st Position and represented L.B College.**
- **2010-2011 1st Position and represented L.B College.**
- **2010-2011 2nd Position and represented L.B College in 3rd Delhi State Yogasan Championship held at Adhyatma Sadhna Kendra Chhaarpur, New Delhi.**
- **2011-2012 1st Position and represented L.B College.**
- **2011-2012 1st Position and represented L.B College in 3rd Delhi State Yoga Championship held at Lakshmi Bai College, University of Delhi.**

National School Games

- 2nd Position in 51th School Games Federation of India in 2005 -2006 **Gujarat.**
- 3rd Position (individual) in 51th School Games Federation of India in 2005 -2006 **Gujarat.**
- 1st Position in 52th School Games Federation of India in 2006 -2007 **Delhi.**
- 1st Position in 53th School Games Federation of India in 2007 -2008 **Delhi.**
- 1st Position in 54th School Games Federation of India in 2008-2009 **Delhi.**

❖ Inter Zonal Yoga Competition

- 2005-2006 2nd Position in Inter Zonal School Yoga Competition.
- 2006 -2007 1st Position in Inter Zonal School Yoga Competition.
- 2007 -2008 1st Position in Inter Zonal School Yoga Competition.
- 2008 -2009 1st Position in Inter Zonal School Yoga Competition.
- 2008 -2009 2nd Position (Artistic Yoga) in Inter Zonal School Yoga Competition.

❖ Zonal Yoga Competition

- 2005-2006 2nd Position in Inter Zonal School Yoga Competition.
- 2006 -2007 1st Position in Inter Zonal School Yoga Competition.
- 2007 -2008 1st Position in Inter Zonal School Yoga Competition.
- 2008 -2009 1st Position in Inter Zonal School Yoga Competition.

WORK EXPERIENCE

- ❖ Working in Kendriya Vidyalaya, No. 3 Delhi Cantt, Naraina
 - ❖ Worked in Kendriya Vidyalaya, Pitampura in Delhi (April 2016 – Oct 2016) as a Yoga Teacher.
- ❖ Worked with Tammana Special School, Vasant Vihar as a Yoga Teacher.
- ❖ Worked as a Yoga Instructor in Indraprastha College for Women (Delhi University).
- ❖ Worked with **Dr. Satya's Holistic Health Center** Derawal Nagar, Model Town, New Delhi (1st July 2015- 30th Sep 2018) as a Professional Senior Yoga Instructor.
- ❖ Worked with **The Yogshala Center** in Gujranwala Town Part III as a Professional Senior Yoga Instructor.
- ❖ Many personal sessions provide for different life related problems.
 - ❖ Participated as a Yoga Demonstrator in the International Yoga Day at Rajpath organized by Morarji Desai National Institute on 21st June 2018.
 - ❖ Participated as a Yoga Demonstrator in the National Arogya Fair 2018 at Bengaluru.
 - ❖ Participated as a Yoga Demonstrator in the National Arogya Fair 2018 at Gujarat.
 - ❖ Participated as a Yoga Demonstrator in the Press Conference on Yogasana as a Competitive Sport at New Delhi on 17th December 2020.
 - ❖ Participated as a Yoga Demonstrator in Clinical Yoga Therapy workshop on Yoga for women aged 40+ in Morarji Desai National Institute on 3rd June 2018.
 - ❖ Participated as a Yoga Demonstrator before The Hon'ble Members of Parliamentary Committee of Empowerment of Women in Morarji Desai National Institute on 12th May 2018.

WORKSHOP AND SEMINAR:

- ❖ Participated in International Conference on Conglomeration of Health traditions in Bharatvarsha in National Arogya Fair 2018 held on 5-9 December 2018 at Bengaluru.
- ❖ Participated in National Arogya Fair 2018 held on 26-28 December 2018 at Gujarat.
- ❖ Participated in International Yoga Fest 2018 held on 19-23 March 2018 organized by Ministry of AYUSH, GOI, New Delhi at Talkatora Indoor Stadium, New Delhi.
- ❖ Performed Yoga demonstration on occasion of Independence Day Celebration organized by Model Town Residents Welfare Association, Delhi on 15th August 2017.
- ❖ Workshop of Yoga for lifestyle related disorder conducted by **MDNIY (Morarji Desai National Institute of Yoga), New Delhi.**
- ❖ Participated in Artistic Yoga Demonstration on 24th October 2010 during Shilpotsava, Organized by Ministry of Social Justice & Empowerment, Govt. of India, at Delhi Haat.
- ❖ Attended National Seminar on Naturopathy, Preksha Meditation (Yog) & Drugless Therapies (Acupuncture) organized by International Naturopathy Organisation (INO) on 20-21 February 2010 at Sumermal Jain Public School, Janakpuri, New Delhi.
- ❖ Participated as a Delegate in National Yoga Week-2010 organized by Morarji Desai National Institute of Yoga, New Delhi from 12-18 February 2010.
- ❖ Awarded certificate of merit for excellent performance in Yoga by Freedom Fighter Ram Charan Agarwal Memorial Award 2007.

PERSONAL DETAIL:

Name : **Kavita Bhandari**
Father's Name : **Sh. Anand Singh**
Date of Birth : **15 - 02 - 1992**
Language : **Hindi & English**
Religion : **Hindu**
Nationality : **Indian**
Marital status : **Unmarried**

Date:

Place:

(Kavita Bhandari)

SOME ADVANCE YOGA POSTURES



Revolve to Evolve
PARIUTTHANA JANU SIRASANA
Revolved Head to Knee Pose

Benefits:

- Stretches the spine, shoulders and hamstrings
- Stimulates abdominal organs such as the liver and kidneys, improves digestion.

Contraindications:

- Diarrhoea

Duration: Hold for 30 seconds to a minute

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