

# Amrita Sharma

G 7, PEARL APARTMENT, RAMPRASTHA GREENS, SECTOR 9, VAISHALI,  
GHZIABAD, UTTAR PRADESH - 201012, INDIA  
+91-9582688836  
AMRITADSVV1@GMAIL.COM

---

## Objective

A self-initiating, well disciplined, dedicated and God-loving person, with good leadership capabilities, who is always willing to learn new things and has a strong urge for innovation. A person who believes in teamwork and always strives to achieve greater heights in life.

## Summary

- Yoga
- Clinical Psychology
- Teaching
- Alternative Therapy
- Vocal Music
- Acupressure

## Professional Experience

### MORARJI DESAI NATIONAL INSTITUTE OF YOGA (MDNIY), NEW DELHI

#### *Yoga Instructor, May 2018 - Present*

- Work on the holistic health development of the students.
- Take classes of BSc., DYSc. and other certificate courses.
- Organize study tours, workshops, conferences, and seminars for Yoga students.
- Take examination for Yoga Certification Board and several other courses of MDNIY.

### KR MANGALAM WORLD SCHOOL, VAISHALI, GHAZIABAD, UP

#### *Yoga Teacher, April 2018 - May 2018*

- Worked on the holistic health development of the students.
- Assisted students in postures to help find their perfect pose.
- Communicated clearly and effectively with students on how to keep their bodies safe in their practice.
- Presented lectures on yogic theory and meditation techniques.

### SWAMI VIVEKANAND SARASWATI VIDYA MANDIR, RAJENDRA NAGAR, GHAZIABAD, UP

#### *Yoga Teacher, July 2016 - March 2018*

- Guide students to modify poses to avoid anatomical problem areas or to challenge themselves as needed.
- Teach pranayama breath control exercises.
- Presented lectures on yogic theory and meditation techniques.
- Promoted balance of the body and mind through effective teaching and demonstrations.
- Provided health & wellness information, voluntarily and/or upon request.
- Assisted students in postures to help find their perfect pose.

## Education

### UTTARAKHAND OPEN UNIVERSITY, UTTARAKHAND (INDIA)

- M.A. in Yoga from Uttarakhand Open University in the year of 2016 with 79% aggregate.

### DEV SANSKRITI VISHWAVIDYALAYA, UTTARAKHAND (INDIA)

- B.Ed from Dev Sanskriti Vishwavidyalaya in the year of 2013 with 73% aggregate.

### DEV SANSKRITI VISHWAVIDYALAYA, UTTARAKHAND (INDIA)

- M.A. in Clinical Psychology from Dev Sanskriti Vishwavidyalaya in the year of 2012 with 70% aggregate.
- **Dissertation:** To study self-concept and psychological well-being among men and women participating in 'ANTAH URJA JAGRAN SATRA'.

### DEV SANSKRITI VISHWAVIDYALAYA, UTTARAKHAND (INDIA)

- B.A. in Yoga and Psychology from Dev Sanskriti Vishwavidyalaya in the year of 2010 with 74.2% aggregate.
- **Dissertation:** Effect of mental health on the practitioner of 'NAV-DIWASIYE SADHANA SATRA'.

### UTTARAKHAND-BOARD (INDIA)

- Senior Secondary (12th) from Vidya Mandir Intercollege, Uttarakhand-Board, in the year 2007 with 69.2% aggregate.

### UTTARANCHAL-BOARD (INDIA)

- Matriculation (10th) from Vidya Mandir Intercollege, Uttaranchal-Board, in the year of 2005 with 65.5% aggregate.

## Trainings

### SCHOOL TEACHING TRAINING DURING B.ED

- **Duration:** 2<sup>nd</sup> of Sep, 2012 - 30<sup>th</sup> of Sep, 2012
- **School:** Mithila Sanatan School, Haridwar, Uttarakhand
- **Description:** Teaching Hindi, Yoga and Social Studies.

### INTERNSHIP IN BAL SANSKRISHALA DURING SUMMER VACATION

- **Duration:** 1<sup>st</sup> of June, 2012 - 20<sup>th</sup> of June, 2012
- **School:** Gayatri Vidyapeeth School, Haridwar, Uttarakhand - CBSE
- **Description:** Teaching Yoga, Sports, Motivational Stories etc.

## Certifications

### YOGA

- Cleared CBSE-UGC **NET** (Nov 2017) exam. Qualified for JRF & Assistant Professor.
- Qualified - **QCI in Yoga** organized by Dev Sanskriti Vishwavidyalaya, Uttarakhand in the year of 2017.
- International workshop on **Yoga, Vedic Culture and Ayurveda** during 11<sup>th</sup> - 16<sup>th</sup> of Feb, 2012.

- Workshop on **Mantra Chikitsa** organized by School of Yoga and Health at Dev Sanskriti Vishwavidyalaya (Haridwar, Uttarakhand) from 31<sup>st</sup> of Oct - 2<sup>nd</sup> of Nov, 2012.
- **29<sup>th</sup> National Yoga Championship-2011** organized by Tamilnadu Yoga Sports Development Association in Dindigul (TN) from 25<sup>th</sup> - 27<sup>th</sup> Feb, 2011.
- **5<sup>th</sup> National Women Yoga-asanas Championship-2010** organized by Women Yoga Federation of India, Muzaffarnagar (U.P.) from 13<sup>th</sup> - 15<sup>th</sup> Nov, 2010.
- **Yoga Awareness Program** organized by School of Yoga and Health at Dev Sanskriti Vishwavidyalaya (Haridwar, Uttarakhand) on 9<sup>th</sup> of Feb, 2009.
- **3<sup>rd</sup> National Women Yoga-asanas Championship-2008** organized by Women Yoga Association of Punjab, Amritsar (Punjab) from 27<sup>th</sup> - 29<sup>th</sup> of Sep, 2008.
- **27<sup>th</sup> National Yoga Championship 2008-09** organized by Chandigarh Yoga Association from 17<sup>th</sup> - 19<sup>th</sup> of Oct, 2009.

### CONFERENCE PRESENTATION

- Paper presented entitled "**Concept of Personality Development in Prospect of Freudian and Indian Psychology**" National Seminar on Indigenous Techniques from 25<sup>th</sup> - 27<sup>th</sup> of March, 2011.

### WORKSHOP PARTICIPATION

- Workshop on **Cognitive Neuropsychology** from 28<sup>th</sup> of March - 1<sup>st</sup> of April, 2011.
- **Personality Development Program** from 24<sup>th</sup> - 28<sup>th</sup> August, 2011.
- Workshop on **Rorschach Inkblot and Intelligence Test** from 10<sup>th</sup> - 19<sup>th</sup> of December, 2010.

### Achievements

- **2nd Prize** in the 6th National Women Yoga-asanas /Artistic Yoga Championship organized by Haryana State Women Yoga Association from 7<sup>th</sup> - 9<sup>th</sup> of Oct, 2011.
- **2nd Prize** in the 11th State Yoga Championship organized by Uttarakhand State Yoga Association on 27<sup>th</sup> of Nov, 2011.
- **1st Prize** in Solo Song and Dafli competition in Annual Function of DSVV, Utsav-2013.
- **3rd Prize** in the 10th State Yoga Championship organized by Uttarakhand State Yoga Association on 30<sup>th</sup> of Jan, 2011.
- **2nd Prize** in Dance competition in Annual Function of DSVV, Utsav-2010.

### Additional Skills

- 'B' and 'C' Certificate in NSS.
- Sensitization Workshop for Prohibition of Prenatal Determination of Sex of Fetus certificate by NSS.
- High Altitude Tracking and Camping certificate by the Indian Mountaineering Foundation.
- Certificate of National Pulse-Polio Immunization Program.
- State Level certificate in Scout-Guide Program.

### Declaration:

I hereby confirm that the information in this document is true and accurate to the best of my knowledge.

Amrita Sharma