

CURRICULUM VITAE

NEETU

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Academics Credentials

Name of Exam	Name of Institute	University/Board	Passing	% of Marks
Master in Yoga Science	Gurukul Mahavidyalaya, Jawalapur, Haridwar	Uttarakhand Sanskrit University	2017	70
Diploma in Yoga Science	Morarji Desai National Institute of Yoga	Ministry of Ayush	2015	79.5
BCA	School of Professional Development	Indira Gandhi National Open University	2013	62.18
XII	Sarvodaya Kanya Vidhyalaya	C.B.S.E.	2010	70
X	Sarvodaya Kanya Vidhyalaya	C.B.S.E.	2008	63

Achievements and Scholarships

International Level

- Represented India as **Indian Yoga Ambassador in China** at
BRICS sports meet
Great Wall of China
Indian Embassy in China
Taichi-Yoga international conference

from 16-22 June 2017 under **Morarji Desai National Institute of Yoga**, Ministry of AYUSH, India.

- **Certified as Level-3 Yoga Teacher & Evaluator (P030004514)** by Quality Council of India (QCI) under the scheme for Voluntary Certification of Yoga Professionals.

National Level

- **UGC-NET** Qualified for Assistant Professor (15051032 (NET-NOV 2017)).
- Participated as a Live demonstrator on 1st **International Yoga Day 2015** at **Rajpat.**
- Participated in 26th January 2015 Republic Day parade & Live performance on Rajpath for International Yoga Day 21st June 2015 under **Morarji Desai National Institute of Yoga**, Ministry of AYUSH, India.
- Got **scholarship** for attaining **position amongst top 13 students** in Diploma (2014-2015) in Yoga Science in **Morarji Desai National Institute of Yoga**, Department of Ayush, Delhi.
- **Gold medal in National Yoga Championship (2015)** presented by Natural Power Yoga.
- **Gold medal in school national yoga championships (2005 - 2010)** in Delhi team.

Conferences and Workshops Attended

- International yoga conference on “Yoga for Public Health” 12-13 Nov, 2018 at Goa.
- 3rd International Yoga Fest held on 8-10th March, 2018 at Talkatora Indoor Stadium, New Delhi-110004 under Ministry of AYUSH.
- 2nd International Yoga Fest held on 8-10th March, 2017 at Talkatora Indoor Stadium, New Delhi-110004 under Ministry of AYUSH.
- National Seminar on “Emerging Trends of Research in Yoga from 16-18th September, 2016 organized by Central Council for Research in Yoga and Naturopathy, 61-65 Institutional Area, Janakpuri, New Delhi-110058.
- 1st International Yoga Fest held on 20-22nd April, 2016 at Talkatora Indoor Stadium, New Delhi-110004 under Ministry of AYUSH.

- International Conference on Yoga for Holistic Health held on 21st June- 22nd June 2015 at Vigyan Bhawan, New Delhi.
- National Conference on Integration of Yoga (Specially Meditation) into medical Sciences held on 18th -19th October 2014 at Adhyatma Sadhna Kendra, Chhatarpur Road, Mehrauli, New Delhi, India.

Camps and Yoga Demonstrations

- Gave Yoga session at **UGC** office on the occasion of 4th International day of yoga 2018 as Yoga instructor.
- Gave Yoga Session of three months' duration at **Parliament House Annexe** a Yoga instructor in 2018.
- Worked as official for Judgement of Regional Sports (Yoga) Competition at KVS delhi in 2017.
- Yoga demonstration at 70th Anniversary of diplomatic Relations b\w India and Russia 2017 under **Morarji Desai National Institute of yoga**, Delhi .
- At International yoga fest held on 8-10th march, 2017 and 20-22nd April, 2016 at Talkatora Indoor Stadium under, **Morarji Desai National Institute of yoga**, Delhi.
- Gave yoga demonstrations and yogic therapies in AROGYA FAIRS at various states under **Morarji Desai national institute of Yoga**, Delhi.
- Gave 10 days Yoga Training to KVS students for Regional Sports Competitions 2016.
- **Organized one-month Yoga camp** from 1st June-30th June, 2015 at st. Xavier's school, Rohini, Delhi, India.

Experience

- Currently Working in Morarji Desai National Institute of Yoga from 25th February 2021 to till now.
- Worked as Yoga Instructor on contract basis from 8th August 2017 to 24th February 2021 in Morarji Desai National Institute of Yoga.

Strengths

Good interacting skills and public relations, leadership quality, good teaching abilities, goal oriented and quick learner.

Personal Details

Father's Name	:	Mr. Rajender Saini
Mother's Name	:	Mrs. Sheela Devi
Date of Birth	:	11th August, 1993
Gender	:	Female
Marital Status	:	Bachelor
Nationality	:	Indian

Declaration

The information specified above is true to the best of my knowledge and belief.

Date :

Place: