

RESUME

RAMA R KEDLAYA

W/o Guruprasad Karanth

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OBJECTIVE:

Looking for an opportunity as yoga instructor to bring about positive changes in overall health of people through a yoga or fitness center. Looking to use my skills towards teaching and propagating yoga and using it for therapeutic purposes for common lifestyle disorders.

EDUCATION QUALIFICATION:

- Completed Electrical and Electronics Engineering from Jawaharlal Nehru National College of Engineering with 69% aggregate in the year 2001.

RELEVANT EDUCATION:

- Post-Graduation Diploma in Yoga Therapy: Gold Medalist (2019) from M V Yoga Education & Research Institution in collaboration with World Yoga Alliance.

CERTIFICATIONS:

- Certified Yoga Teacher LEVEL 5 with grade A by Skill India.
- Alignment and Adjustment Workshop.
- Pranayama, Bandha, Mudra and Meditation Workshop.
- Astanga Vinyasa workshop.

EXTRA-CURRICULAR ACTIVITIES:

- Bharathanatyam Dancer.
- Carnatic Singer.
- Reading Books.

PERSONAL STRENGTH:

- **Good Communication**, analytical skills and flexible to learn advancements in the field.

- Smart working.
- Highly motivated and adaptive with the ability to grasp things quickly.

PROFESSIONAL EXPERIENCE:

- Working as Yoga Instructor at Mysore Vivekananda Yoga Educational and Research Institute.
- Worked as yoga instructor in National Institute of Engineering in their induction program.
- Yoga Trainer on international yoga day from past 2 years.
- Handling Personal training for specific disorder with therapeutic approach.
- Conducted various promotional workshops prior to IDY last year.

ACHIEVEMENTS:

- Consistent four time winner in yoga Dasara Mysuru.
- Twice Silver Medalist in KSAYA conducted championship
- Two times nationalist in yoga federation of India.
- Participated as delegate in international conference for heart care.
- Won several state and national level yoga championships.

PERSONAL DETAILS:

Name: Rama R Kedlaya

Date of Birth: 16-.12-1979

Sex: Female

Marital Status: Married

Husband Name: Guruprasad Karanth

Nationality: Indian

Languages Known: Kannada, English, Tulu, and Hindi.

DECLARATION:

I hereby declare that all the information in this document is complete and true to the best of my knowledge.

PLACE: Mysuru

YOUR'S FAITHFULLY

(Rama R Kedlaya)



Parivrita Hanumanasana



Ekapadarajakapotasana



Natarajasana



Shirsana



Kowdinyasana



Ekapadachakrasana



Ekapadapashwakowdinyasana

