

# PREM KUMAR .B .N

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Mysuru-570030



To provide high quality yoga teaching, training and guiding the students to develop their knowledge by applying wide principles of Yogic philosophy & Psychology.

## EXPERIENCE:

Six years of teaching experience as teacher ,trainer, personal trainer in following categories:

- Yoga Trainer at **Mysore Vivekananda Yoga Research and Educational Institution**, Vijayanagar, Mysuru.
- Yoga Trainer at **Depaul International School**,Mysuru.
- Yoga Trainer in **Rotary midtown Academy** Mysuru.
- **Yoga therapy and general yoga classes** for *public, students*.

## ORGANIZATION AND ADMINISTRATIVE EXPERIENCE

- **Yoga Trainer** in International Yoga day 2017 ,2018 and 2019 at Mysuru.
- **Yoga Trainer** in **Longest Yoga Chain Guinness World Record Attempt Event** on 2017 at Mysuru.
- Worked as **Referee** in **State Level Yoga Competition held at Dasara-2019**, Mysuru.

## ACADEMIC DETAILS

- Successfully completed and passed **DYED (Diploma in Yoga Education)** from World Yoga Alliance (M V Yoga Education and Research Center) [2016].
- Successfully completed and passed **QCI (Quality Council of India) Qualified Yoga Teacher Certificate** from Indian Federation of Yoga professionals (Central Government) [2018].
- Successfully completed and passed **Bachelor of Business Management[BBM]** from *Mysore university* [2018]
- Successfully completed and passed **Skill India RPL Exam Level 5** from Mysore Government of India[2019]

## WORKSHOPS AND CONFERENCE

- **Alignment and Adjustment of Asanas** Workshop at *Mysore Vivekananda Yoga Research and Educational Institution*
- Participated as delegate in **International conference on Yoga For Heart Care – 2019** at Mysore

## SPECIALIZATION AREA IN YOGA

- Astanga yoga
- Yogasana – *Hatha Yoga*
- Yogasana – *Ashtanga Vinyasa Krama*
- Yogasana – *Advance yoga*
- Yogasana – *Power Yoga*
- Yogasana – *Rope yoga*
- Yogasana – *Mallagamba yoga*
- Pranayama
- *Kriya, Bandha and Mudra*
- *Meditation*

## MEDALS AND AWARDS

- Represented Karnataka in **National level** Yoga competition held at Punjab[2018].
- Participated in **International level** Yoga competition held at Puducherry[2020]
- **15 Medals in State Level Yoga Competitions.**
- **Yoga Achiever Award** by *Mysuru Yoga Sports foundation(YSF)* Mysuru [2018]

## PERSONAL DETAILS

**Date of Birth:** : 15.06.1997  
**Address:** : #504 Gramapanchyat Road, Hikal ,  
Mysuru-570030  
**Languages Known:** : English & Kannada  
**Nationality:** : Indian

### Declaration:

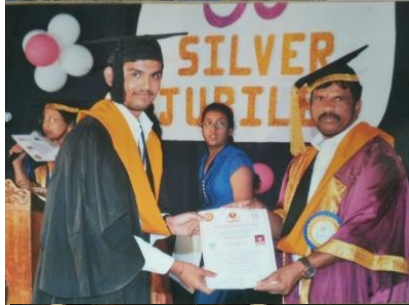
I hereby declare that the information given above is true to the best of my knowledge and belief.

**Place:** Mysuru

**Yours faithfully**

**Date:**

**(Prem Kumar B N)**



ANANDA YOGA EDUCATION AND RESEARCH INSTITUTE

