

CURRICULUM VITAE

1. Personal Information

Full Name: Abhishek Singh

Designation: Yoga Teacher

Department/Discipline: Yoga

Address: House No. 1734, Village Wazirabad, Sector-52, Gurugram, Haryana – 122003

Mobile: +91 9958397606, +91 9716913103

Email: abhisingh001.a@gmail.com

2. Career Objective

To promote holistic health and wellness through yoga, meditation, and mindfulness practices while contributing effectively to teaching, training, and community well-being.

3. Educational Qualifications

Bachelor of Science – C.S.J.M. University, Kanpur (2013)

Post Graduate Diploma in Yoga Education – Kaivalyadhama Yoga Institute, Lonavla (2015)

M.A. in Yoga – Uttarakhand Open University (2018)

4. Teaching Experience

Yoga Teacher, Department of Studies in Art and Culture, Gurugram University, Gurugram (August 2025 – Present)

Senior Yoga Teacher, Kaivalyadhama Yoga Institute, Delhi (July 2018 – July 2025)

Senior Yoga Teacher, Fitness Mantras, Gurugram (May 2015 – June 2018)

Yoga Teacher, HPL Faridabad (10 Years)

Yoga Teacher, Exim Bank, Delhi (4 Years)

Yoga Teacher, National Council for Teacher Education (3 Years)

Yoga Teacher, Supreme Court of India (2 Years)

Freelance Yoga Teacher – Home & Online Sessions (2015 – Present)

5. Research / Special Areas

Expertise in Hatha Yoga, Vinyasa Yoga, Ashtanga Yoga, Meditation, Pranayama, Yoga Kriyas, Yoga Philosophy, Anatomy, and Mindfulness.

6. Professional Highlights

Taught yoga to 100+ students weekly, including corporate batches.

Conducted stress-relief and meditation sessions for professionals.

Assisted in organizing International Yoga Day events.

Experienced in personalized yoga training and wellness coaching.

7. Memberships & Leadership Roles

Professional Member, Indian Yoga Association

National Vice President, Akhil Bhartiya Yog Shikshak Mahasangh

National Vice President, Naturopathy Yoga and Sports Development Federation

General Secretary, International Naturopathy Organization, Gurugram

8. Awards & Achievements

Best Yoga Teacher of the Year – Akhil Bhartiya Yoga Shikshak Mahasangh (2022)

Best Yoga Teacher of the Year – Akhil Bhartiya Yoga Shikshak Mahasangh (2023)

Guest of Honour Award – Yog Mahakumbh (2024)

9. Skills

Yoga Instruction, Meditation Training, Pranayama, Yoga Kriyas, Mindfulness Practices, Group Class Management, First Aid Awareness, Communication Skills, Corporate Wellness Training, Leadership & Teamwork.

10. Languages

Hindi and English