



# Jyoti Chufal

## Yoga Lecturer

### My Contact

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📍 kundan bhavan behind N.C.C. house  
Haldwani 263931

### Hard Skill

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- Ph.D.pursuing 'Yoga'(Maharaja Agrasen Himalayan Garhwal University)
- M.A in yoga & holistic health (KU 2010)
- 3yr diploma in Naturopathy from Delhi (2009)
- P.g. Diploma in yoga & holistic health (KU 2006)
- Certificate in yoga & holistic health (KU 2005)

### Education Background

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- M.A Education 2005 KU
- M.A Economic 2009 KU
- B.com 2005 K
- B.Ed 2006 HNB
- M.com 2007 KU

### About Me

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Committed to providing extensive instruction and training to my students, while motivating them to find true inner peace and their healthiest self.

### Professional Experience

Indira Priyadarshini Government Girls PG College of Commerce  
2012 till Date

#### Key responsibilities:

- Responsible for admission and enrolment of students for the Yoga Courses provided by the college
- Conduct Interviews prepare necessary questionnaires and other HR related tasks
- Prepare the curriculum as prescribed by the university, conduct classes and lectures
- Deliver lectures involving theory and practical classes to cover the physical, Psychological and physiological needs of the students.
- Customise the classes keeping in mind the level of the students beginners, intermediate and advanced.
- Adept at first aid as it is critical to any physical practice, learning.
- Contribute to the exam questionnaires, prepare the students for the same.
- Responsible for evaluation and grading of the students and generating necessary report
- Generate constructive feedback, use the feedback and improve , implement learnings
- Prepare students for competitions conducted in the city, state and inter-college activities

## Achievements

- Certified as a participant trainer in yoga sadhana chikitsa in Haldwani 2005
- Certified as a participant in 4th, 5th & 6th International Conference organised by Indian association of yoga, New Delhi
- Certified as a participant on therapeutic application of alternative therapies (10)days national workshop, KU
- Certified as an acupressure workshop Organiser
- Yogasana sports championship 2023-24 organised by yognilyam research institute.
- Certified as a physical trainer at B.Ed college Roorkee in 2006 &2007
- Presented a paper on "achieving holistic health achieved through Yoga" conducted by UK open university, 2016

## Awards & Recognitions

- 1st prize at KU yogasana competition in 2005
- Received 1st Prize at Kumaon University Yoga Competition in 2005
- N.S.S Camp Certificate 2004
- UP India scouts and guides award received by the governor in 1999
- Represented Uttarakhand cricket team in National championship
- Certificate of service rangers
- Participated as a judge in KU inter college yoga championship 2017,2018 2019,2022,2023
- Participated as a judge in Uttarakhand yogasana sports association Recognised by The ministry of youth affairs & sports. government of India 2022
- Participated as a judge in 3rd sub junior&junior national yogasana sports championship 2022-23
- Participated as a judge in 1st state open Yogasana sports championship 2023-24 organised by yognilyam research institute.
- Participated as a judge in yoga culture association of National dept. Of ayush under ministry of health in 2013 &2016
- Participated in I.C.S.S.R sponsored National seminar on experiment of Democracy in India, Haldwani 2006
- Participated as a trainer in Yoga Sadhana Chikitsa Shivir, Haldwani 2005
- Participated in Seminar organised by directorate of higher education at M.B.P.G college 2005
- Participated in a National Level Faculty Development Programme on "Yoga for Well-being", June 2023
- Esteemed committee member of the Yogasana Bharat