



MAMPY DEY

Email: deymampy1@gmail.com

Education

Bachelor of Naturopathy & Yoga Therapy (10th Day of June' 2014)

- Indian Board of Alternative Medicines, Kolkatta, West Bengal, India.

Diploma in Yoga & Message Therapy (05th Day of April' 2009)

- Indian Institute of Alternative Medicines, Kolkatta, West Bengal, India.

Certificate in Yoga (01st Day of October' 2008)

- Bharti Kala Kendra, Lukhnow, Uttar Pradesh, India.

Higher Secondary (10th +2) (01st Day of February' 2007)

- Jamshedpur Women's College, Jamshedpur, Jharkhand, India.

Secondary (10th) (29th Day of May' 2005)

- Sarada Moni Girl High School, Jamshedpur, Jharkhand, India.

Language Skills

English, Hindi, Bengali.

Organizational Experience

IGCC (ICCR), High Commission of India, Dhaka, Bangladesh.

Teacher of Indian Culture .

Yoga 29th Day of Januaryq2018 Till Date.

VATSALAYA, New Delhi, India.

Yoga Performer . Yoga 29th Day of Mayq2015 to 20th Day of Januaryq2018.

Sun Sea Public School, New Delhi, India.

Yoga Instructor . Yoga 01st Day of Februaryq2010 to 30th Day of Juneq2014.

Raj Yoga Culture, Jamshedpur, India.

On Job Trainee . Yoga 01st Day of Januaryq2005 to 01st Day of Januaryq2009.

Sarkar Yoga Academy, Jamshedpur, India.

Trainee . Yoga 01st Day of Decemberq1997 to 01st Day of Decemberq2004.

Achievements

Coaches Appreciation (Judgment Panel - Coach & Official) in Yoga from 4th Open National Yoga Sports Championship held at Rabindra Bhawan, Kolkatta, West Bengal, India on 27th to 29th Day of Decemberq2017.

Conducted Yoga Sessions in Delhi Customs House / Income Tax Departments / Border Security Force in quarterly basis from 2015 to 2017.

Participated as a Yoga referee in International Yoga Day at New Delhi, India.

Souvenir Certificate in Yogasana, Artistic Yogasana, Artistic Pair Yogasana & Rhythmic Yogasana (Yoga Competition) from 39th National Yogasana Sports Championship held at Telangana Yoga Association, Telangana, Hyderabad, India on 26th to 29th Day of Decemberq2014.

First Position Merit Certificate in Yoga from Delhi State Yoga Championship held at Yoga Association Delhi, New Delhi, India on 10th to 12th Day of Novemberq2014.

Certified in First Aid & Disaster Management from Govt. of Jharkhand Civil Defence Training Centre, Jamshedpur, Jharkhand, India . (1st to 8th Day of Augustq2008).

Certificate in Cultural Programme from 33rd Shri Jawaharlal Nehru District Level Bal Bigyan Pradarsani, Jamshedpur, Jharkhand, India on 20th Day of Octoberq2005.

Certificate in Cultural programme from District Administration, Jamshedpur, Jharkhand, india on 26th Januaryq2004 (Republic Day of India).

Junior Diploma in Music from Prayag Sangit Samiti, Allahabad, Uttar Pradesh. India . (2003 . 2004).

Participating in Yoga Competitions from 2000 . Till Date (Achievements . Trophy, Medals & Certificates in Yoga).

Achievements in District / State / National Level in Yoga from 2000 . Till date.

Tools used

Yoga, Meditation, Games (Indoor & Outdoor), Dance, Music, Creative thinking corner, Role plays and Theatre.