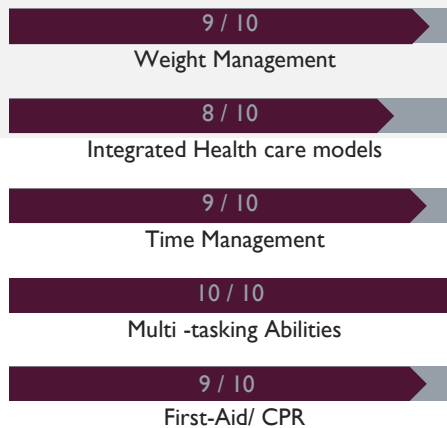


# VISHNUV H

## SOCIAL WORKER

+91-7560959113  
vishnuvh1995@gmail.com  
Wayanad, Kerala, India  
vi\_shnuvh\_  
Vishnu Vh

### SKILLS



### EDUCATION

Alzheimer's Disease and Dementia Care  
*EdX Online Courses*  
September 2021 - November 2021

First Aid Course  
*P D Training*  
August 2021

Yoga Instructor's Course  
*S-VYASA, Bangalore, Karnataka, India*  
September 2017

Bachelors of Social Work  
*Symbiosis International, Pune, Maharashtra, India*  
2014 – 2017

Diploma in Yoga Therapy  
*Malabar Institute, Wayanad, Kerala, India*  
2013 - 2014

### ABOUT ME

Social Worker Experienced Social Worker bringing six years record in health and wellness roles. Eager to help students improve wellness through Yoga and other fitness-related classes.

### EXPERIENCE

#### Yoga Instructor – March 2020 - Present

*Freelance, Kochi, Kerala, India*

- Motivating Clients to achieve their personal fitness goals through developing and modifying routines.
- Educating students on effective ways to exercise while on business trips, at home and on vacation.

#### Yoga Instructor – December 2018 -March 2019

*Manavasaseva Charitable Society, Kottayam, Kerala, India*

- Classes for millennial, senior citizen and special population have conducted in association with Government of Kerala.
- Resolved conflicts and negotiated mutually beneficial agreements between parties.

#### Counselor – July 2017-June 2018

*Samadhana Bhavan Charitable Trust, Wayanad, Kerala, India*

- Worked with prescribing professionals to get patients necessary medications.
- Conducted research, gathered information from multiple sources and presented results.
- Wrote reports on clients and maintained required paperwork.

#### Yoga Instructor – January 2015-January 2018

*Swathi Holistic Yoga Research Institute, Calicut, Kerala, India*

- Cultivated positive relationships with participants by interacting with the group during fitness classes.
- Motivated clients to achieve their personal fitness goals through developing and modifying routines..