

RESUME

Koushik N Aithal

S/o Nagaraj N

Ph: 8197934311

E-mail ID: koushikaithal97@gmail.com

OBJECTIVE:

Looking for working as Yoga Instructor/Teacher in a reputed Institute, yoga center or Fitness center as I am seeking an opportunity to use my skills as a teacher to enhance the overall fitness and improve my professional skills.

EDUCATION QUALIFICATION:

- Graduated as Automobile Engineer from Srinivas Institute of Technology Affiliated by Visvesvaraya Technological University with 60% aggregate in the year 2018.

RELEVANT EDUCATION:

- Post-Graduation Diploma in Yoga Education with Distinction Marks from M V Yoga Education & Research Institution in collaboration with World Yoga Alliance.

CERTIFICATIONS:

- Certified Yoga Teacher with level 5 Grade A by skill India.
- National Level Yoga Referee of Yoga Federation India.

EXTRA-CURRICULAR ACTIVITIES:

- Travelling & Photography.
- Tabala Artist.
- Reading Novel.

PERSONAL STRENGTH:

- **Good Communication**, analytical skills and flexible to learn advancements in the field.
- Better time management capability.
- Smart working.
- Highly motivated and adaptive with the ability to grasp things quickly.

PROFESSIONAL EXPERIENCE:

- Working as Yoga Instructor at Mysore Vivekananda Yoga Educational and Research Institute.
- Personal trainer for specific concerns.
- Yoga trainer on international Yoga Day 2019.
- Conducted workshop prior International Yoga Day 2019.

ACHIEVEMENTS:

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- Won gold in National Level Yoga Championship conducted in Bangalore.
- Won bronze in Yoga Dasara 2019.
- Participated as delegate in conference for heart care.
- Won several state and national level yoga championship.

PERSONAL DETAILS:

Name: Koushik N Aithal
Date of Birth: 18-.02-1997
Sex: Male
Marital Status: Unmarried
Father's Name: Nagaraj N
Nationality: Indian
Languages Known: Kannada, English, Tulu.

DECLARATION:

I hereby declare that all the information in this document is complete and true to the best of my knowledge.

PLACE: Mysuru

YOUR'S FAITHFULLY

(Koushik N Aithal)



Vamadevasana



Padmapashwakowdinyasana



Rajakapothasana





Kandasana