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.

RELEVENT 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:	1802-1997
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

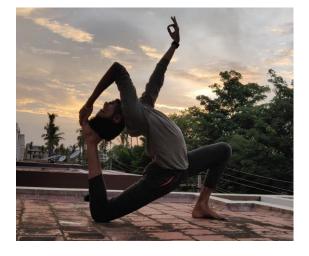
(Koushik N Aithal)





Vamadevasana







Rajakapothasana



Kandasana