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|  |  | **Subhashchandra Naik**  Yoga Fitness Professional | Life Coach  **MISSION: UPLIFTED THE LIVES OF 5000 PLUS INDIVIDUALS GLOBALLY**  Mission to create positive energy and positive attitude in executives to improve productivity of the organization. Passionate about aiding clients in achieving their goals using a simple, safe, and scientifically-proved method. Educate the clients about the right technique of Yoga and Fitness practices through Seminars and workshops. Customized programs for every individual to achieve best result, within the given time.              EVENTS FOR EXECUTIVES AND IT ENGINEERS TO BOOST CONFIDENCE AND TEAM BUILDINGS. |
| Profile A Certified Corporate and Personal Trainer with Twenty years of experience providing effective one-on-one and corporate training programs. Advanced knowledge of weight management strategies and body composition testing. Talent for creating a welcoming and safe training space and planning effectively for individuals with disabilities and sports injuries. Experienced in using K11 workouts and resistance training to increase metabolism and improve core strength. Contact PHONE:  +91 9821219430  **LinkedIn:**  **Instagram:**  **EMAIL:**  sbn@somaiya.edu Hobbies Yoga  Dancing  Singing  Bhagwad Gita Recitation  Swimming  **Language known:**  English  Sanskrit  Hindi  Marathi  Kannada |  | EDUCATIONA.E. S. High School S.S.C. 1990 M.D. College H.S.C. 1992 Shreeram PolyethnicDiploma in Mechanical Engineering 1997Somaiya Vidyavihar UniversityDiploma in Sanskriti Parichay 2018Somaiya Vidyavihar UniversityB.A. in Yogashastra 2021Somaiya Vidyavihar UniversityM.A. in Yogashastra Final year 2023WORK EXPERIENCEFreelancer Global Yoga and Fitness Speaker Since 2013   * Mentoring team and handling stress management. Working collaboratively and efficiently to increase productivity of the client. * By implementing both Ancient Traditional Yoga and Modern fitness to heal the ailment related to body and mind. * Successfully Conducted Various Seminars and Workshops globally to improve overall health of corporate executives, healthcare organizations, Mumbai Police, Indian Army, celebrities, colleges, schools   + Sukshmavyam Yoga workshop – Chair yoga – Posture Correction Workshop – Poweryoga – Yoga Body Joint loosening Workshop – Yoga Asana Workshop – Mudra Workshop – Yogic Power Breathing – Yogic Pranayam for Rejuvenation – Core Strengthening Workshop – Workshop for Fat Loss – Eye Sight Strengthening Workshop – Face Yoga Workshop – Sound Yoga Workshop – Yoga Animal walk for Fitness – Sport Nutrition Seminar – Acupressure Workshop – Meditation Workshop – Walking Meditation Workshop – Laughter Yoga Workshop – Karaoke events for Stress Management   + Free Style Bollywood Dance Workshop   + Training Fashion Show to corporate employees   + Conducting Aerobics, Kickboxing Classes, Yoga classes.   + Counselling depression patients, students and married couples.   + Developed and implemented fitness assessment system to evaluate progress of clients towards their goal of attending fitness.  Level Six Wellness Hub - Fitness Management 2017 – 2019   * + Managing the Gym   + Operation and Sales   + Counselling clients related to their diet, fitness, health etc.  Avenue Fitness -Fitness Manager April 2004 –June 2016   * + Managing the Gym   + Programming the schedule card   + Selling different packages and major contributor for revenue growth.   + Counselling clients related to their diet, fitness, health.  Yoodly Doodly – Kids gym Trainer2017 – 2019  * + Creativite Module Activities   + Managing Kids Trips and Fun filled Activities  Personal Yoga Trainer Since 2003   * + Providing personal training to the patients suffering from Hyper Tension, Diabetes, Asthma, Obesity, Spine Health and Neurological problems through various yoga asanas and pranayama techniques.  Precision Fastener Ltd., Production EngineerApril 1998 – January 2004  * + Supervising and Maintenance of various mechanical equipment’s,   + Marketing of Mechanical finished product.   + Organizing seminars   + Giving presentation on the growth of organizational revenue optimization.  Supreme Heatreatment Pvt. Ltd. Shift Incharge July 1997 –December 1998   * + Shop floor incharge   **C.M.S. Institute Auto cad Faculty**  November 1997 – March 1998 **SKILLS**  * Fitness Speaker * Motivational Speaker * Spiritual Speaker * Counselor * Fitness Programmer * Sports Nutritionist * Positive Attitude * Choreographer of Dancer, Fashion Show. * Singer  Certifications  * **Masters in Yogashastra Final year 2023** * **Bachelors in Yogashastra 2021** * **Diploma in Sanskriti Parichay 2018** * **Fitness Instruction Course** **from K-11 Fitness Academy, Santacruz** * **Knowledge Sports and Nutrition Course** **from K-11 Fitness Academy, Santacruz** * **Certificate Course in Yoga From Govt. Ghantali Mitra Mandal (Thane)** * **Teacher training Course in Yoga from Govt. Ghantali Mitra Mandal (Thane)** * **Power Yoga Instructor Training by Leena Mogre, Bandra** * **Kettle Bell Certification with Dr. Nikhil Lad**  Acie Acievements  * **Yoga Camps in Malaysia** * **Silver in Powerlifting, State Level** * **Gold in Powerlifting, Mumbai** * **1st in Rhythmic Solo Yoga Dance in Masters Yoga** * **Articles in News Paper** * **Silver in State level Yogasana Competition**   Date:  Place: Thane Subhashchandra Naik  FEW WELKNOWN CLIENTS  Welcome to NACIN - MUMBAI    Image Gallery - Downloads | Schindler Group  Greytrix | LinkedIn Intas Pharmaceuticals Ltd. LOKMAT - YouTube  Flexible Packaging |