

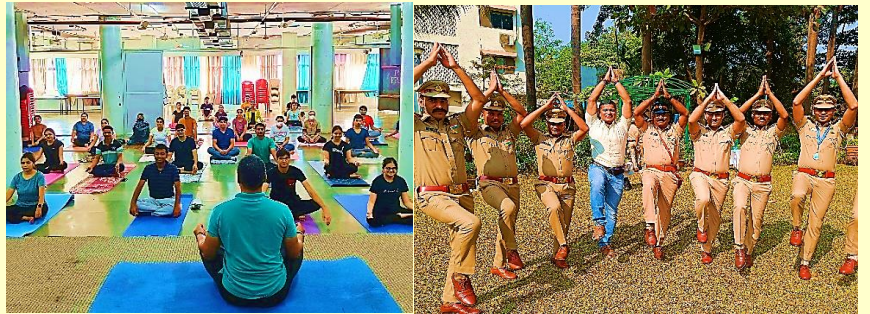


SUBHASHCHANDRA NAIK

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.





CHEMBUR-GHATKOPAR, JANUARY 09 - JANUARY 15, 2014

Shake a leg to stay fit

Shubash Naik believes it was his love for dance that helped him overcome the obstacles in life. RAISA DALWAI interviews Naik

IT'S been 10 years since Shubash Naik, a mechanical engineer from Chembur, began offering free fitness training to the poor. It was a step inspired by the hardships he faced in life. Walking down memory lane, Naik gives us a glimpse of how he overcame every obstacle to be in the position he is today.

Dance dreams
Every parent wants his or her child to be successful. And in India, success is to be an engineer or doctor someday. My parents were no different. They wanted me pursue engineering, while I had some other plans in mind. Since the age of six, I always dreamt of being a choreographer. But, they never encouraged it. So, I graduated in mechanical engineering from SRP College, Airoli.

Following dreams
It was my cousin who inspired this dream. I saw her dance in a family wedding. Since then, I

wanted to be a choreographer. As a kid, I would learn a few dance steps by watching shows on television. It became my trainer, since I never took any formal training in dance. During graduation, a friend offered an opportunity as a background dancer in film. I grabbed the first chance and took it up professionally.

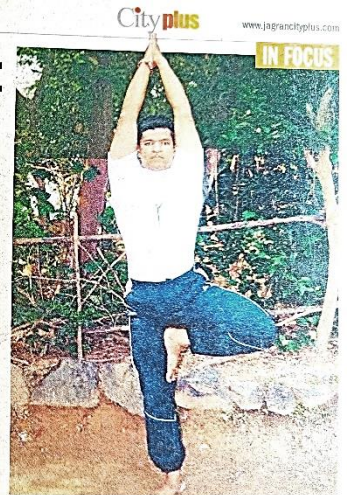
The twist
I did not have to give any auditions to enter films. My friend helped me tremendously. It was because of him that I received an opportunity to dance behind Salman Khan in *Kabhi Pyaar Na Ho Jaye*. From then on, it was no turning back. I worked as a background dancer in nearly 15 to 20 films. While trying a summer suit for *Zameen* (2000), I met with an accident. I had to take up yoga to recover from the back and leg injury.

Putting knowledge to use
My knowledge in mechanical engineering helped me build a

nano-gym machine, which can be installed anywhere in the house. In spite of being compact, you can try every exercise on it. After the accident, it was not easy to continue as a background dancer. So, I began providing fitness training in a gym in Parel. There, I trained over two thousand clients, including Bollywood celebrities. I also had an opportunity to teach yoga in Malaysia.

Idol
I look up to my sis, Kaizad Kapediya, for support. I had lost all hope after the accident. He helped me in overcoming my knee problems. Moreover, he did it for free. So, I decided to spread the knowledge to others. Like him, I began providing fitness training to the poor for free. It has been the best decision of my life.

Message
Fitness should be your regime. If you are not fit, how will you be able to take care of others? So stay fit, be happy.



HEALTH MATTERS: Shubash Naik provides free fitness training for the poor



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

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+91 9821219430

LINKEDIN:

INSTAGRAM:

EMAIL:
sbn@somaiya.edu

HOBBIES

Yoga
Dancing
Singing
Bhagwad Gita Recitation
Swimming

LANGUAGE KNOWN:

English
Sanskrit
Hindi
Marathi
Kannada

EDUCATION

A.E. S. High School
S.S.C. 1990

M.D. College
H.S.C. 1992

Shreeram Polyethnic
Diploma in Mechanical Engineering 1997

Somaiya Vidyavihar University
Diploma in Sanskriti Parichay 2018

Somaiya Vidyavihar University
B.A. in Yogashastra 2021

Somaiya Vidyavihar University
M.A. in Yogashastra Final year 2023

WORK EXPERIENCE

Freelancer 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
 - Sukshmaryam Yoga workshop – Chair yoga – Posture Correction Workshop – Power yoga – 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 Trainer

2017 – 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 Engineer

April 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**

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

