

BIO-DATA

Vision in Life:

To impart the Yogic vision of life among more & more people & help them to understand the true meaning of life. Five year down the line I see myself as a deft yoga instructor who will not only help others to improve their physical stamina that also unfold their minds the solemn world of calmness & thus bring about an all pervasive personality development.

Personal Information:

Name	:	Sourav Debnath
Date of Birth	:	22/09/1997
Gender	:	Male
Marital Status	:	Single
Nationality	:	Indian
Religion	:	Hindu
Languages Proficient in	:	English, Bengali & Hindi
Phone No.	:	+91 8670 466 755
E-mail ID	:	sdebnath.an@gmail.com

EDUCATIONAL QUALIFICATION:

- H.S. Passed from W.B.C.H.S.E. in 2016.
- Madhyamik passed from W.B.B.S.E. in 2013.

YOGA QUALIFICATION:

- Yoga Instructor's Course (Y.I.C.) from SVYASA in 2021.
- Diploma in Yoga & Health Education from Bardhaman Yoga Centre in 2016-2017.

EXPERIENCE:

- Working as a Yoga Trainer in Subhas Yogasana Kendra Asansol for 5 years.

ACHIEVEMENTS:

- 1st Place in All India Inner School & Club Yoga Championship - 2019.
- 1st Place in 58th West Bengal State Yoga Championship - 2018.
- 1st Place in Open Yogasana Championship – 2019.
- 2nd Place in 22nd All India Inner School & Club Yoga Championship – 2018.
- 2nd Place in XVth India Open Yoga Sports Championship 2019.
- 3rd Place in All Bengal Open Yogasana Championship – 2019.
- 3rd Place in Friendship Cup 2020 Nation Yoga Competition – 2020.

TEACHING STYLE:

- Astanga Yoga
- Hatha Yoga
- Sun Series Yoga
- Yoga Therapy
- Yoga Balance
- Advance Yoga

STRENGTH:

I have an ambitious, optimistic and goal-oriented person who always likes to stimulate his inner potential capacities by accepting new challenges and soaring to new heights. By being an integral part of your organization, I can help my team members attain higher levels of perfection through motivation, inspiration and stimulation thus helping your organization to go miles.

Date:

Place: Asansol (West Bengal)

Signature

Sourav Debnath