

BAISHALI GUPTA

Shri Jyotilinga Nivas, Parkview Layout, Kudlu, Bangalore,
Karnataka

Ph no-7338503438

yogabaishali26@gmail.com

Looking for higher opportunities as a yoga instructor and therapist, where I can lead people towards a deeper level of physical fitness and healthy lifestyle along with mental peace.

COMPETITIONS AND AWARDS

XVTH ALL INDIA INTER SCHOOL AND CLUB YOGA CHAMPIONSHIP KOLKATA 2012

Secured First position

INDIA OPEN YOGA CHAMPIONSHIP AND INTERNATIONAL YOGA MEET JAMSHEDPUR 2010, 2012, 2016

Result 2012: Participated and placed Champion of
Champion

Result 2016: Participated and placed 2nd Runner's up

SUHRID SANGA GRANTHAGAR AND RATHTALA SPORTS AND CULTURAL CENTER, 2014

Secured Champion of Championship in Girls division

ALL INDIA SCHOOL NATIONALS WEST BENGAL, 2014

Secured 3rd position

ALL INDIA YOGASANA CHAMPIONSHIP AND INTERNATIONAL KRISHANA YOGA ASSOCIATION BANGALORE, 2016

Secured Champion of Championship

XIITH INDIA OPEN YODAANA CHAMPIONSHIP AND INTERNATIONAL KRISHANA YOGA ASSOCIATION BANGALORE, 2016

Secured Champion of Championship

ASMITA KHELO INDIA ZONAL COMPETITION 2024

Secured 1st position

WFF FYSI NATIONAL PRO AM YOGASANA SPORTS CHAMIONSHIP 2023

Secured 2nd position

EDUCATION AND COURSES

2020-2022

MASTERS OF SCIENCE IN YOGA, SWAMI VIVEKANANDA YOGA
ANUSANDHANA SAMSTHANA, BANGALORE

2016-19

BACHELOR OF SCIENCE IN YOGA THERAPY, SWAMI
VIVEKANANDA YOGA ANUSANDHANA SAMSTHANA, BANGALORE

2016-16

YOGA INSTRUCTOR COURSE, SWAMI VIVEKANANDA YOGA
ANUSANDHANASAMSTHANA, BANGALORE
Certificate Course

2014-16

CLASS 12TH, MARWARI SANATAN VIDYALAYA, RANIGANJ
WEST BENGAL 62.4%

2012-13

CLASS 10TH, ST. MICHAEL'S SCHOOL, RANIGANJ, WEST BENGAL
64.5%

SKILLS

- Experience of teaching Yoga to all age students
- Knowledge of several asanas and breathing techniques
- Good knowledge of human anatomy and impact of asanas on different body parts.
- Ability to demonstrate and teach Techniques for performing basic and advanced asanas.
- Excellent communication, interpersonal, and motivational skills

EXPERIENCE

- Freelancer Yoga Instructor
- Associated with Pregso and Leaf Yoga as a Yoga Instructor
- Associated with Trexova Company
- Associated with Crush Fitness which deals with corporate yoga sessions
- Worked as yoga teacher in Harvest International School

PERSONAL DETAILS

Name- Baishali Gupta

Date of Birth- 26th October, 1996

Father's Name- Bankey Prasad Gupta

Mother's Name- Seema Gupta

Language – English, Hindi, Bengali

Nationality- Indian