

## Curriculum Vitae

### CHARVI AMIT LODAYA

B-1502, Harmony Horizons, Off Ghodbunder Road, Ovala, Thane west - 400615

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#### **OBJECTIVE :**

Seeking opportunity in a conducive environment for enriching existing skills & expertise and learn new things, thereby contributing to the growth of the organization by giving my best in it.

#### **PROFESSIONAL PROFILE :**

##### **Strengths :**

Share ideas for improvement with management to achieve more production in less time & maintaining  
Organized work habits with good interpersonal skills and grasping power  
Ability to work under pressure and willingness to learn and share knowledge with colleagues.  
Ability to shoulder higher responsibility with effective leadership, team spirit and management.

#### **WORK EXPERIENCE :**

**Employer : Ugam Solutions**

**Designation : Content Executive**

**Tenure : Mar 2005 - Mar 2007 (2 years)**

**Job Description :**

My job involves creating and updating data or content for leading American shopping portals. Content varies from writing product descriptions, features and collecting images and editing it as per client requirement for consumer products, and for non-tech products. I am well versed with American popular culture and lifestyle and my job requires me to utilize that knowledge on a daily basis. I am highly proficient in both written and spoken English. My role as a team member involves monitoring the quality of data and interacting with client in the absence of my seniors.

**Employer : Iswiss nutrition**

**Designation : Senior Executive**

**Tenure : Jan 2010 - Mar 2011 ( 1 years 2months)**

**Job Description :**

Responsibility of managing the operations of the Food and Nutrition Department and Staff. Hold managerial responsibility for overseeing the day-to-day operational, purchasing, raw material planning, and budgeting aspects of Protein Powder. Hiring and training qualified Nutrition Staff.

**Employer : Shiv Holistic Institute**

**Designation : Yoga Trainer**

**Tenure : Sept 2011 - Sept 2014 (3 years)**

**Job Description :**

Serve people to realize the importance of yoga to maintain a sound body and mind. Also I have to use my in-depth knowledge and understanding of yoga in the field of yoga practice. Use yoga as a

healthy lifestyle.

Maintain positive relationships with members to encourage continued class attendance, provide health and wellness information and addressed any concerns.

The work involved taking an hour yoga class everyday for batch of 15 - 30 students.

Developed, instructed and led stretching, warm-up & cool down exercises, breathing and relaxation techniques. Provided feedback to students supporting a safe class environment.

**Freelancing : Innersoul Fitness Yog**

**Designation : Yoga Trainer**

**Tenure : Jan 2017 - Till date**

**Job Description :**

The Yoga Instructor is responsible for providing a balanced yoga practice for participants of all levels and abilities, providing progressions and regressions when necessary, and educating patrons on appropriate breathing principles and safe transitioning techniques.

**EDUCATIONAL QUALIFICATIONS :**

Examination	Board / Institution	Class	Yr of Passing
S.S.C	Maharashtra Board	Second Class	01 March 1999
H.Sc Computer Science	Maharashtra Board	First Class	01 February 2019
T.Y.Bsc Computer Science	Mumbai University Somaiya College	Pass Class	04 October 2019
Teacher Training Certificate Course in Yoga	Shiv Holistic Institute	Distinction	12 January 2019
Teacher Training Certificate Course in Yoga	Suvi Yoga House	MultiStyle Yoga Advance	26 September 2020
		Therapy Yoga	26 November 2020
		Ashtanga Vinyasa 200hrs	30 December 2020
		Ariel Yoga Level 1 and 2	01 March 2021

**PERSONAL DETAILS :**

<b>Date of Birth</b>	20th July 1984
<b>Marital Status</b>	Married
<b>Languages Known</b>	English, Hindi, Marathi, Kutchi, Gujarati.
<b>Hobby and Interests</b>	Yoga ,Cycling , Hiking, Reading, travelling, Listening Music.

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