



## CONTACT ME AT

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koushikupadhyay\_yoga\_

## SKILLS SUMMARY

Yoga Practice

Pedagogical Skills

Research-based practice

Team Management

Verbal Communication

Process Improvement

## FEATHERS IN MY CAP



Awarded for teaching Yoga during lockdown



Part of Dramatics Society of University of Patanjali



Volunteer in Kumbh Mela, April 2021 (Vaccinated)

# KOUSHIK UPADHYAY

## YOGA PRACTITIONER

### PERSONAL PROFILE

A yoga practitioner, alignment specialist and an enthusiastic teammate with teaching and communication abilities.

Skilled in professionally handling teacher-learner relations.

A process oriented person believing in 'win-win' situations.

### WORK EXPERIENCE

#### Freelancer Yoga Professional

1:1 Coaching Classes | Dec 2019 - Present

#### Project Work

Department of Electronics | April

- Presented a model of signals and traffic in Gwalior

### EDUCATIONAL HISTORY

#### University of Patanjali

Masters in Yogic Science | 2019 - 2021

- Studied the efficacy and importance of yoga in day to day life.
- Presented various research resources in Seminars and Classes.

#### Shyamlal Pandaviya College

B.Sc. Electronics | 2013 - 2016

#### Central Sanskrit University, New Delhi

Certificate in Sanskrit | 2020-2021