

# **Resume**

## **PERSONAL INFORMATION:**

Name : **SUSHEELA V BARTHWAL**

Address : FLAT- B-406, Sai Ashish-1 Building, Sant Gyaneshwar Road, Near Nancy Colony S.T Depot, Borivali (East), Mumbai-400066

Date of Birth : 13<sup>TH</sup> OCT- 1984

Passport No : P3150921

Date of Issue : 05-10-2016

Date of Expiry : 04-10-2026

Place of Issue : MUMBAI

Marital Status : MARRIED

Nationality : INDIAN - HINDU

Contact Nos. : +91-9769276339

Email : [susheelaveer@gmail.com](mailto:susheelaveer@gmail.com)

Languages Known : Hindi, Garhwali.

## **EDUCATIONAL QUALIFICATIONS**

Examination	Year	University/Board	Marks Obtained
INTERMEDIATE EXAMINATION (SENIOR SECONDARY)	2005	RAMNAGAR NAINITAL (UTTARAKHAND)	45.00%

## **CARRIER OBJECTIVE**

**Associate with a Professional Organization to Contribute in Achieving their Organizational Goal on Path to a Successful Career in the Field of fitness Activity.**

Organization : **Fit & Fun Activities classes (MUMBAI-INDIA)**  
Duration : **PRESENT WORKING**  
Position Held : **Yoga Aerobic Trainer**  
Environment : **Proficient in All Aspects of Yoga, Power yoga and Aerobic.**

#### **HIGHLIGHTS & RELEVANT EXPERIENCE:**

- **Over 5 years of experience in yoga industry .**
- **In charge of yoga instructor .**
- **Working under Fit & Fun Activities classes.**

#### **PROFESSIONAL EXPERIENCE:**

Organization : **MINISTRY OF AYUSH, GOVT. OF INDIA (MUMBAI-INDIA)**  
Duration : **21<sup>ST</sup> JUNE-2020 6<sup>TH</sup> INTERNATIONAL DAY OF YOGA**  
Position Held : **YOGA AT HOME AND YOGA WITH FAMILY**  
Environment : **Proficient in All Aspects of Yoga/Power yoga and Aerobic.**

#### **PARTICIPATION EXPERIENCE:**

Organization : **PATANJALI YOGPEETH TRUST (HARIDWAR-INDIA)**  
Duration : **FROM 20<sup>TH</sup> DEC-2020 TO 25<sup>TH</sup> DEC-2020**  
Position Held : **Yoga**  
Environment : **Proficient in All Aspects of Yoga/Power yoga.**

#### **PARTICIPATION EXPERIENCE:**

Organization : **YUVA PARIVARTAN ACADEMY (INDIA)**  
Duration : **FROM APRIL-2018 TO JUNE-2018**  
Awards : **Yoga with GRADE A+ (60 HOURS)**  
Environment : **Affiliated to NATIONAL SKILL DEVELOPMENT CORPORATION.**

#### **PARTICIPATION EXPERIENCE:**

Organization : **FIT & FUN ACTIVITIES CLASSES MUMBAI (INDIA)**  
Duration : **JAN-2016**  
Position Held : **Yoga Aerobic trainer**  
Environment : **Proficient in All Aspects of Yoga\Power yoga.**

#### **PARTICIPATION EXPERIENCE:**

Organization : **DREAM ANGEL ACADEMY (INDIA)**  
Duration : **1<sup>ST</sup> ANNUAL DAY MARCH - 2014**  
Performed : **TRADITIONAL DANCE**

#### **Declaration**

**I Hereby Declare That The Information Furnished Above Is True To The Best Of My Knowledge.**

**(Susheela V. Barthwal)**

