



SUSHMA SHARMA

Add: Jai Mata Di Society,
Jai Mata Di Building,
Jasmine Apt. B WING, Room no.-306
Kalher, Thane, Mumbai-421302

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PROFESSIONAL SYNOPSIS

As a yoga teacher, my aim is to create a safe, supportive, and welcoming environment for my students to explore their bodies, minds, and spirits. I am passionate about helping people develop a deeper understanding of them, and I believe that yoga provides a powerful tool for self-exploration and growth.

EDUCATION

Qualification	Institution
Diploma in YOGA TRAINER	PREMANAND YOGA
Class XII	NEW ERA ENGLISH HIGH SCHOOL
Class X	NEW ERA ENGLISH HIGH SCHOOL

PROFESSIONAL EXPERIENCE

**PRESENTLY WORKING AS A YOGA TRAINER IN A GROUP CLASS
THANA (KALHER)**

SKILL:-

- Experienced in leading group yoga classes for students of all levels
- Knowledgeable in various styles of yoga, including Loosing Practices, Surya namskar, Asana for Fat Loss.
- Skilled in guiding students through safe and effective asana (posture) practice
- Proficient in teaching pranayama (breath work) and meditation techniques
- Familiar with yoga philosophy and able to incorporate it into class teachings
- Dedicated to providing a supportive and welcoming environment for students
- Strong interpersonal skills and able to connect with students on a personal level.

OTHER'S

MS-CIT COMPUTER COURSE

HOBBIES

- **DRAWING**
- **PAINTING**
- **QUILING**
- **FLOWER
MAKING**
- **LISTING
MUSIC**

1 DAY YOGA TEACHER IN SHINGHANIA SCHOOL IN A YOGA SEMINAR.

RESPONSIBILITIES

As a yoga teacher in a seminar, my goal is to provide a safe and supportive environment for participants to explore the transformative power of yoga. I believe that yoga can be a powerful tool for personal growth, and I am committed to sharing this practice with others.

2021-22 YEAR EX CNG EXTRUDER MACHINE AS AN ACCOUNTANT

As an accountant, my primary objective is to help individuals and businesses manage their finances effectively and efficiently. I am skilled in financial analysis, record-keeping, and financial reporting, and I am committed to ensuring that my clients have a clear understanding of their financial situation.

ROLES & RESPONSIBILITIES

- **Record-keeping:** I will be responsible for maintaining accurate and up-to-date financial records for my clients. This may involve tracking income and expenses, reconciling bank statements, and preparing financial statements.

2009-2017 YEARS IN VIVA COMPOSITE PANEL PVT. LTD. AS AN ACCOUNTANT & DISPATCH.

ROLES & RESPONSIBILITIES

- *Prepare and maintain financial records, including accounts payable, accounts receivable and general ledger entries.*
- *Reconcile bank statements and credit card statements.*
- *Coordinate the shipment and delivery of goods with suppliers and carriers.*
- *Track shipments and ensure timely delivery.*
- *Resolve any issues related to shipments, such as delays or damages.*

FATHER NAME : SH. SHAKTI T.P MUKHERJEE
MOTHER'S NAME : SMT. SANGITA MUKHERJEE
DATE OF BIRTH : 22-06-1990
SEX : FEMALE
MARITAL STATUS : MARRIED
NATIONALITY : INDIAN
LANGUAGES KNOWN : HINDI, ENGLISH AND BENGALI