



SANDIP NAYAK

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SYNOPSIS

- An advance yoga practitioner and professional yoga sportsmen represented India at International level in- Yoga Sports Competitions .
- Master's degree in Yoga and Yogic Practices from KKSU University, Kaivalyadhama Institute of Yoga, Lonavala .
- 5+ Years of experience in teaching Yoga both in Personal training and Online Mode, diverse groups of people and communities including Office Workers, Children, Therapy & rehabilitating Individuals .
- Conducted fitness training and weight loss workshops for elite clients including Sportsmen and Artist.
- Conducted Yoga workshops for large number of individuals ie 500+ people specialized yoga program for armed force personnel, Conducted Specialized training Modules for National cadet corps (NCC) .
- Curated, Organized and Conducted Yoga training for Government Officials and University Professors .

ACHIEVEMENTS & AWARDS

- 2 Gold Medal in Mount Everest International Yoga Festival- 2018, 2023
- Silver Medal in South Asian Yoga Sports Championship. - 2018
- 2 Golds and 2Silver Medals in National Yoga Sports Championship- 2017, 2018 and 2019
- 7 National Yoga Championships

EXPERIENCE

- 6 month experience as Yoga Teacher in Nirvana Nature Cure (Pune, Maharashtra)
- 7 month teaching experience as aYoga Instructor in Kankidham Arogya Kendra (Uttar Dinajpur , West Bengal)
- Power Yoga Trainer in Baskey gym, (Dwarka, Delhi)

LANGUAGE

- English Hindi Bengali

INTEREST

- Designing and Delivering Yoga Programmes for specialized needs of the Society ,
- Introduce Yoga as a Passion for solving Health , Physical and Mental Issues.

EDUCATION

- 2022 : MASTER'S IN YOGSHAstra (Kavikulaguru Kalidas Sanskrit University) CGPA 9.25
- 2020 : GRADUATION ON EDUCATION HONOURS (Vidyasagar University) 64.5%
- 2016 : HIGHER SECONDARY (West Bengal Council of Higher Secondary Education) 63%
- 2014 : SECONDARY EDUCATION (West Bengal Board of Secondary Education) 43%

Personal Details

- Marital Status : Unmarried
- Nationality : Indian
- Instagram : https://www.instagram.com/yogarpanam_sandip?igsh=dHfXm2pzdXoxb21s