**SUBHRA RAY CHAUDHURY**

**Address:** Sec-4, House No 1489, First Floor, Near HUDA Market, Gurgaon Haryana 122001

**E-Mail:** [shubhra.raychaudhury@gmail.com](mailto:shubhra.raychaudhury@gmail.com), **Contact No.:** 08826822788

**CAREER OBJECTIVE**

Experienced and passionate Yoga Instructor with over five years of teaching experience and advanced training in Ashtanga and Vinyasa approaches. Committed to providing extensive instruction and counselling to my clients, while motivating them to find true inner peace and their healthiest self. Adept in creating powerful teaching plans that aim to support and benefit each and every student. Bringing forth a love and respect for the art of yoga, and all that it encompasses.

**EMPLOYMENT SCAN**

**Bliss Yoga Classes Owner:May 2019 - Present**

* Introduced Yoga in its Holistic Form
* Regular General & Intermediate Yoga Session for People.
* Organised Yoga Workshop Training for the Members and Schools
* Introduced Ashtanga Vinyasa Yoga, Traditional Yoga, Power Yoga, Prenatal Yoga, Therapeutic & Mudra Yoga, And Bala Yoga
* Counselled and Mentored People about Yogic Lifestyle and its benefits
* Conducting Beginner & Intermediate Yoga level classes for **VShapeus Group Members**.
* Assisting training in Bodhi School of Yoga -**Train the trainer**
* Structuring and Sequencing Yoga Modules for the General Batch Members.
* Providing Yoga Training for trainers who want AYUSH CERTIFICATION - Ministry of India.
* Providing Personal Yoga Training Sessions.
* Yoga Counselling and Mentoring members in their Yoga Journey and Lifestyle.
* Also working as Assisting as Yoga instructor in BODHI SCHOOL OF YOGA Online Teacher Training Course.

**March 2017–March 2019 AVR Public School, Gurgaon Activity & Student Coun**

**March 2015 – Dec 2016 Aarsha Public School, Gurgaon PGT B.Studies**

**March 2014 to Feb 2015 Marigold Sr. Sec. School, Gurgaon PGT B.Studies**

**Jun 2008 to Aug 2010 Essar Power Ltd. Assistant Manager – HR**

**Nov 2004 to Apr 2006 TVS Motors Company Ltd., Jabalpur Sales & CSR**

**ACADEMIC**

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| **EDUCATION** | **BOARD/UNIVERSITY** |
| **YOGA CERTIFICATTION BOARD, MINISTRY OF AYUSH** | **1.Certified Level -3 – Trainer & Evaluator**  **2.Yoga Therapist**  **3.Yoga Master** |
| **BODHI SCHOOL OF YOGA**  **YACEP YOGA & YOGA ALLIANCE** | 1. **Level 5 Yoga Trainer** 2. **Pre-Postnatal Yoga trainer** 3. **Therapeutic, Mudra, Prana healer Specialist** 4. **Bala Yoga, Yin Yoga** 5. **Food and Nutrition Certified** 6. **Weight loss Coach** |
| **B.Ed.**  **(Commerce & Economics)** | Chaudhury Partap Singh Memorial College of Education, MDU ROHTAK, Haryana. |
| **M.COM**  **(Marketing & Strategic Management)** | G.S. College of Commerce and Economics, Rani Durgawati Vishwavidyalaya, Jabalpur, M.P |
| **MBA**  **(HR & Marketing)** | ICFAI National College, ICFAI University, Uttarakhand |

**EXTRA CURRICULAM**

* Took part in Debate & Group Discursion competition.
* Voluntary participation in plantation program in during graduation and schooling.
* Raised fund for earth quake disaster in Jabalpur and Gujarat.
* As a member of Scout & Guide in school, conducted survey in village for below poverty level people and distributed clothes/ books to them.

**INTEREST**

* Reading Motivational Books.
* Painting.
* Listening to Music.

**PERSONAL DOSSIER**

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| **DATE OF BIRTH** | 3rd January, 1985 |
| **SEX / NATIONALITY / RELATIONSHIP STATUS** | Female / Indian / Married |
| **PASSPORT NO** | J24255368 |
| **LANGUAGES KNOWN** | English, Hindi, Bengali |

**Date: 22.03.2023 Subhra Ray Chaudhury**