

***Dr.B.CHANDRAKUMAR, BNYS.,M.Sc.,(psy).,PGDFM.,***

### **ContactInfo**

**Present Address** : Chandra School of Yoga & Wellness Retreat,  
la mirban North cliff, Varkala,Trivandrum.  
kerala. India.

**Permnannt Address** : 1/445,North Street,  
Ullikkottai(p.o),Mannargudi(T.K),  
Thiruvavarur(Dt).TamilNadu.India

**Mobile Number** :+919809873233

**EMailID** : [chandrayogavarkala@gmail.com](mailto:chandrayogavarkala@gmail.com)

**SkypeID** : chandrakumar.balachadran

### **Personal Particulars**

<b>Age</b>	: 40 years	<b>Dateof Birth</b>	: 21 <sup>th</sup> July 1981
<b>Nationality</b>	: Indian	<b>Gender</b>	: Male
<b>Marital Status</b>	: Married	<b>PassportNo.</b>	: M 1240707
<b>Permanent Residence</b>	: India		

### **Educational Background Details**

#### **Level:**

- Bachelor Degree (Bachelor of Naturopathy & Yogic Sciences)- T. N. Medical College of Naturopathy &Yogi Sciences,Salem.  
Affiliated By **Dr.MGR Medical University,**  
**Chennai, Tamilnadu, India.**
- M.Sc.,(Psychology)- Annamalai University .Chidambaram.
- PG Diploma in fitness management- Bharathiyar university,Coimbatore.
- 200 Hrs yoga Teacher Trainning ,yog vidhya pratishthan.
- 300 Hrs yoga Teacher Trainning,Mathatitu yoga Ashram.  
(Register yoga Alliance US).

**Field of Study** : Health care/ Fitness/ Alternative  
Medicine  
**Major** : Yoga and Naturopathy [Integrated  
medicine]  
**Institute/University** :T.N. Medical College of Naturopathy&  
yogi Science,Salem,  
Afflicated By Dr.MGR Medical  
University,Chennai.  
Tamilnadu.India.  
**Located In** : India **Registration Date** : 29<sup>th</sup> June 2004

### Employment History

**Experience** :17 years  
**Company Name** : La mirban North cliff, Chandra School  
of Yoga & Wellness  
Retreat, Varkala.Trivandrum  
kerala.India

**Position Title** :Wellness & Yoga Consultant, Senior  
Yoga Trainer

**Position Level** :Senior Executive

**Date Joined/Left** : June 2015 / Till Date

### Work Description

1. Responsible for the supervision, direction and coordination of the day-to-day operations of theWellness treatment / clinical area
2. Offering Wellness, Diet consultation and advice on healthy lifestyle changes for better wellbeing
3. Conducting Hatha,Astanga Vinyasa Yoga teacher training , Therapeutic yoga classes, meditation, workshops, fitnessmanagement, detoxification and special

rejuvenation program

4. Planning, implementing, directing and maintaining the health and wellness initiatives
5. Conducting seminar and health talks on preventative care and the importance of healthy lifestyle choices for better wellbeing
6. Evaluating and providing recommendations regarding health and wellness related initiatives, activities.
7. Ensuring rendering of high-quality services, resulting in customer delight as per the expectation of industry

- **Worked as a Naturopathy and Yoga Consultant from February 2004 to May 2005 at Agape Nature cure Centre, Pathanamthitta, Kerala, India.**
- **Worked as a Residential Medical Officer from September 2005 to May 2013 at Scientific School Of Yoga Naturopathy & Ayurveda Hospital .**

### **Personal skills**

- ✓ Very well experienced in treating the clients and conducting yoga therapy sessions for various ailments, weight loss programs, organizing Lifestyle management programs as well as Promotion of positive health programs
- ✓ Deep knowledge in detoxification treatments such as colon irrigation and Panchakarma Therapy.
- ✓ Deep knowledge in Naturopathy and its principles, Nutrition and Dietetics, Hydro therapy, Mud therapy, Fasting therapy, Iridology, Magneto therapy, Chromo therapy and Aroma therapy, Diet therapy and counseling, Nutraceuticals, etc
- ✓ Efficient and perfect knowledge in Yoga Teaching and Training yoga Methodology ,yoga Adjustment and Allienment.
- ✓ Deep knowledge in asanas, Pranayama, Mudras, Bandhas, Shat Kriyas, Meditation and other Yoga practices. Skilled in teaching yoga therapy for different ailments.
- ✓ Knowledge in ayurvedic treatments and panchakarma procedures, nutraceutical products and its promotion in natural treatments and administration
- ✓ Skilled in Asian therapies such as Acupuncture & Acupressure, Reflexology, Shiatsu, Thai yoga massage.
- ✓ Special interest in lifestyle and stress management sessions and organizing health workshops and wellness retreats.
- ✓ Wide exposure to Training the International Yoga Trainee .
- ✓ Conducting Corporate wellness programs including corporate yoga, workshops, wellness retreats /programs

## Accreditation

- ❖ Advisor for an upcoming wellness resort based in Sweden since 2019
- ❖ Conducted yoga workshop for Police officials and Staff Trivandrum circle in 2015 & 2016.
- ❖ Visiting Professor for Sivaraj Medical college of Naturopathy & Yogic Sciences, Salem since 2009
- ❖ Gave seminars on Basics of Yoga and its role on health related complaints to the Professors of Bon Secours Arts & Science College For Women, Mannargudi.
- ❖ Conducting the Positive Promotion of Health (PPH) and Lifestyle Management workshops for the wellbeing of corporate staffs and general public in the various places of Tamil Nadu
- ❖ Invited delegate for the WHO sponsored Workshop on Research Methodology in Naturopathy and Yoga, organized by CCRYN (2005, 2006, 2008, 2009), New Delhi.

## Language

**Proficiency** (0=Poor – 10=Excellent)

Language	Spoken	Written
English	8	8
Tamil	10	10
Malayalam	9	5

## Additional Info

I am extremely passionate about my career and standing in educating public on health and fitness. I will go that extra mile using all my utmost skills and knowledge for my clients and management to bring new developments and modes of application of procedures for the betterment. The reason for leaving my present job is to explore more skills and knowledge in the field of wellness industry and thereby improve my organizational and personal development.

I feel that I have all the necessary clinical and inter-personal skills and my passion towards wellness & yoga industry will perform the duties of the post to a high standard.

## Other Informations

**Willing to Travel** : Moderate

**Availability** : After 2 months of notice period

### **References**

**Name** : Dr .R. RAJARAJACHOZHAN,

**Position** : Senior Medical Officer.

**Company** : Baypark, a Pema Wellness Resort, Vishakapatnam.  
AP.India

**Contact details** : Phone: +91890358148

**Email** : [drransm@gmail.com](mailto:drransm@gmail.com)

**Name** : Dr. Raja Mannar

**Position** : Spa Director

**Company** : Scrub Island Resort Spa and Marina, British Virgin  
Islands

**Contact details** : Phone: +1 284 5423263

**Email** : [drrajamannar@gmail.com](mailto:drrajamannar@gmail.com)

**Name** : Dr. Saravanan

**Position** : Principal

**Company** : Sivaraj Naturopathy & Yoga Medical College,  
Salem

**Contact details** : Phone: +91 9751116444