

Love the New You!

AKHIL CHAUDHARY

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Seeking assignments as Holistic Wellness Coach, with key role towards maintaining a deeper level of Physical Fitness and Healthy Lifestyle along with Mental Peace

EXECUTIVE SUMMARY

- ↳ **Motivated Yoga Instructor** with advanced training in **Yoga and Its principles**.
- ↳ Skilled in inspiring others to improve wellness and commitment to long-term health and fitness goals.
- ↳ Efficiency in teaching thoughtful and carefully planned classes with the goal of having students feel refreshed and renewed.
- ↳ Proactive in challenging students while remaining sensitive to their individual needs and goals at all times.
- ↳ Known for working one on one with students to nurture their motivation and enhance their personal performance goals.
- ↳ Competency to focus on holistic wellness paradigm, encompassing practices involved at outer most layer of human existence to the core i.e. from physical fitness to intellectual counseling and beyond.
- ↳ Ability to relate modern and vedic science with well read, cross cultural understanding, respect and adeptness, seeking exposure to multi-cultural work environment, grounded in a healthy lifestyle.
- ↳ Possess fair idea about GDV, a subtle energy tool to measure Aura and energy level of human body.
- ↳ Possess positive attitude to create a holistic environment where students feel supported, encouraged and safe.

CAREER CONTOUR

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|---|------------------------|---------------------|
| Vidhyodaya School (India) | Freelance Yoga Trainer | Since Feb 2019 |
| Yi yoga, Wuxi (China) | Yoga Trainer | Jun 2017 – Jan 2019 |
| Miaoyin Yoga, Beijing (China) | Yoga Trainer | Aug 2016 - Jun 2017 |
| M Senior Secondary School Faridabad (India) | Yoga Trainer | Jan 2010 – Jul 2012 |
| Simplex Rebuilders, Faridabad (India) | Liaison Officer | Aug 2002 – Dec 2011 |

Undertook regular M.Sc. (Yoga and Life Sciences) during Aug 2012 to July 2014.

Key Deliverables:

- ↳ Instructing all the students about the proper asanas and yogic positions that will help them to stay fit.
- ↳ Leading group classes and creating a curriculum and lead groups through various levels and types of yoga practice.
- ↳ Demonstrating correct practices and techniques along with offering adjustments and training recommendations.
- ↳ Taking into account the health problems of the students and teaching them accordingly.
- ↳ Imparting knowledge about proper breathing techniques as they are most important aspect of yoga.
- ↳ Achieving the varied objectives of people with which they join yoga classes.
- ↳ Utilizing interviewing and active listening skills, providing coaching, information and support to empower the member to make ongoing independent healthy lifestyle choices.
- ↳ Partnering with members to identify opportunities for integration into available internal/external programs.
- ↳ Identifying and escalating quality of care issues through established channels.
- ↳ Undergone therapeutically training (Energy work) to cure various ailments by understating the epistemology of disease and curing it through proper guidance.
- ↳ Capability to relate modern and vedic science and forming precise articles and presentations.
- ↳ Fair knowledge of Ayurveda/ alternative medicine, the oldest healing system and its practices.

SHORT TERM ENGAGEMENTS

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|---|---------------------|
| Gymchalo, fitness revolution as a Yoga expert, designed programs, conducted holistic health, workshops, asana sessions and presentation in corporate. | Sep 2014 - Dec 2015 |
| Associated with August Yoga as a Yoga Trainer and conducted asana sessions in studios and in corporate. | Sep 2014 - Dec 2015 |
| Conducted group sessions, as well as, individual sessions in hotels. | Sep 2014 - Dec 2015 |
| Got therapeutically trained on various diseases as part of the course, M.Sc. at Arogyadhama; a 250 bedded hospital. | Aug 2012 - Jul 2014 |

ACADEMIC CREDENTIALS

2014 M.Sc. (Yoga and Life Sciences) from S-VYASA University, Bangalore
2002 Bachelor of Management and Information Technology from Graphic Era Institute of Technology (GEIT), Dehradun

EXTRAMURAL ENGAGEMENTS

- ⇒ Bagged a silver medal in martial arts (Tae-kwon-Do) at national level and also have international invitation letter.
 - ⇒ Attended International yoga conference held in Tumkur (Karnataka) in 2012 and also in Bangalore (Karnataka) in 2014.
 - ⇒ Awarded certification of Yoga Instructor Course from SVYASA University Bangalore.
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TECHNICAL SKILLS

MS Office (Excel and PowerPoint)

DISSERTATION

Dissertation Topic during M.Sc.:

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|--------------------------|---|
| Conceptual Part | Concept of evolution and involution according to Sankhya philosophy and its correlation with Quantum physics. |
| Experimental Part | Effect of Integrated yoga module (IYM) on energy level and overall health in healthy volunteers |
| Tool Used | Accugraph |

PERSONAL DOSSIER

Date of Birth: 24th November 1980
Permanent Address: H.No- 322, sector, 7A, Faridabad (Haryana) Pin code- 121 006 (NCR)
Languages Known: English, Hindi and basic Chinese
Passport Number: N5951219 (**Valid till:** 8-12-2025)
License No.: 3106/B/2007 (**Valid till:** 29-05-2020)