

M. SRIDHAR
GENERAL SECRETARY
VELLORE DISTRICT YOGA ASSOCIATION
Cell: 97879 76617

No – 39\65A,
Dresser Garden Street,
Arcot - 632 503. Vellore Dist.
Email – sridharspace@gmail.com

OBJECTIVIES

Intend to build a career with leading corporate of hi-tech environment with committed and dedicated people, which will help me to explore myself fully and realize my potential. Willing to work as a key player in challenging and creative environment.

SKILLS

- **Train students in all skill levels from beginning to advance Asanas.**
- **Teach correct postures to ensure maximum benefits and safety for students.**
- **Develop customized programs and positional adjustments according to the individuals.**
- **Give student's in-depth understanding of breathing techniques.**
- **Provide guided meditation at the beginning and at the end of each class to help students to get most out of each session.**
- **Developed Yoga curriculum for after school activities.**

EDUCATIONAL QUALIFICATION

- ◆ **B.Sc., (Chemistry) from Thiruvalluvar University, Vellore.**
- ◆ **M.Sc., (Chemistry) from Manonmaniam Sundaranar University**
- ◆ **B.B.A., from Madras University**
- ◆ **M.B.A., (HR Management) from Madras University**
- ◆ **B.Ed., from Tamilnadu Sports University**
- ◆ **M.Sc., (Yoga) from Tamilnadu Physical Edu & Sports University, Chennai.**
- ◆ **Diploma in Yoga from Bharathiar University, Coimbatore.**

PERSONAL ACHIEVEMENTS IN YOGA

- ◆ **NATIONAL COACH**
- ◆ **GOLD MEDALIST IN STATE & NATIONAL LEVEL**



MY STUDENTS ACHIEVEMENTS IN YOGA

- ◆ **INTERNATIONAL LEVEL GOLD MEDALIST**
- ◆ **SGFI GOLD MEDALIST (3 TIMES)**
- ◆ **NATIONAL LEVEL GOLD MEDALIST & CHAMPION OF CHAMPIONS**
- ◆ **STATE LEVEL OVER ALL CHAMPIONSHIP**

EXPERIENCE

Working as a Yoga Instructor in the following Institutions

- 1. One Year Experience as an Assistant Professor (Yoga) in Bannari Amman Institute of Technology, Sathyamangalm, Erode.**
- 2. Three Years' Experience as HEAD OF THE DEPARTMENT OF YOGA in Bharathidhasanar Matric Hr. Sec. School, Arakkonam, Vellore District.**
- 3. One Year Experience as YOGA Instructor in Vael International School, Injambakkam, Chennai.**
- 4. One Year Experience as YOGA Instructor in Kendriya Vidyalaya School, Arakkonam, Vellore District.**

PERSONAL DETALIS

Father Name	-	Mr. B.Murugesan
Date of Birth	-	01/05/1989
Gender	-	Male
Marital Status	-	Unmarried
Nationality	-	Indian
Known Languages	-	Tamil and English (Read, Write & Speak)