

**OCCUPATION / EXPERIENCE:****Work as a Yoga Trainer & Yoga Therapist**

- Yoga Trainer / Adhyapak with Yog Vidya Gurukul, Nasik since 2015 (Exp - 3 Years)
- Have finished below courses at Yog Vidya Gurukul:
  - 1) Yog Pravesh (Basic Yoga)
  - 2) Yog Parichay (Advance Yoga L1)
  - 3) Yog Shikshak (Teacher Training)
  - 4) Yog Prabodh (Advance Yoga L2)
  - 5) Yog Adhyapak (Senior Teacher Training–Prof. level)
  - 6) Yog Sanjeevan (Yoga Therapy & Naturopathy)
  - 7) Weight Loss Management by Yoga
  - 8) Parenting (Garbh Sanskar) by Yoga
- Have finished below courses at Yog Vidya Gurukul:
- Have organized & taught various Basic & Advance Yoga Courses at Yog Vidya Gurukul Nasik & outside.
- Have conducted Advance Yoga Batches for Air Force People, at Yog Vidya Gurukul.
- Have worked at Yog Vidya Gurukul for Full Time, as a Yoga Trainer & Naturopathy Therapist, since May 2016 to Oct 2017.
- Performed responsibilities of Organization's management also.
- Conducted Yoga therapy sessions (Weight Loss & Spine Issues (Spondylitis, Back pain etc.), General Health Yoga & Yogic Shuddhikriya) at Anandlok Ayurvedic Chikitsalay, Khamla, Nagpur (Our Center)
- Worked with Local NGO Niramay Bahu-uddeshiya Sanstha to spread yoga in rural areas - 6 Months – Kids Yoga Trainer. Had selected 2 villages (Rui & Jamatha) near Nagpur & educational activities of Yoga & Science were carried out there, by us.
- Corporate Yoga Training session at TATA SKY, Ramdaspath, Nagpur on International Yoga Day, 21 June 2019, session conducted on behalf of TYI (The Yoga Institute), Mumbai.
- Asst. Professor & Yoga Teacher at KKSU – Kavikulguru Kaalidas Sanskrit University, Ramtek


**Ayurveda / Naturopathy Therapist**

- Well versed with Ayurvedic Panchkarma Therapies at Anandlok Ayurvedic Chikitsalay, Nagpur since 2014.
- Organizing & Conducting Weeklong Health Camps based on Yoga, Ayurveda, Naturopathy, Mental Health.
- Have conducted many camps on Body cleansing processes. (Shuddhikriyas / Shatkarmas in Yoga).
- Delivered Lectures on Yoga Philosophy, Ayurvedic View of Anatomy / Physiology. Ideal schedules/diet/Preventive HealthCare.

**Other Work Experience (Non-Yoga)**

- 4.5 Years (2008 – 2013) - Software Consultant - ORACLE Financial Software Services Ltd. Mumbai
- As a Social Entrepreneur - THINKSOLAR (2013 - 2016) - Setting up Solar Energy, Nature Conservation, Water Conservation & other Sustainability Projects with Rural area NGOs (PRAYAAS, MAHAN, NIRAMAY, DILASA, KHOJ, AAA etc..)

**EDUCATION:**

Qualification	Year	College / University	Photo
B.E. (IT)	2008	Raisoni Engineering College, Nagpur, India	
Diploma in Yoga Teacher Training	2016	Yog Vidya Gurukul, Nasik	
M.A. Yoga	2019	KKSU - Kavi Kalidaas Sanskrit University, Ramtek	
Diploma in Sanskrit Language	2018	Rashtriya Sanskrit Sansthan, Delhi	
NET Qualified (Asst. Professor)	2019	Yoga-NET	

**Personal Details**

Date of Birth / Sex / Language	09-04-1987 / Male / English, Hindi, Marathi, Sanskrit
Mobile No / Mail / City	+918554845384 / 9004877245 / <a href="mailto:meetmithilesh@gmail.com">meetmithilesh@gmail.com</a> / Nagpur – India
Interest	Studying & Working on Yoga, Renewable Energy & Sustainability, and Spiritual Developments.

I hereby declare that the above-mentioned information is correct up to my knowledge.

DATE :

PLACE:

(Mithilesh Bhakre)