

# SANGHAMITRA ROY

(B.Ed, Certified Fitness / Yoga Trainer and Inspirer)

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Gurgaon, India

## Objective

I wish to engage myself in a structured educational institution where I can implement my qualification and acquired skills to the optimum. Wellness and well being are my personal motto, inspiring others and bringing the best out of my students of all age groups had been a natural trait in me. I am looking forward to a career in teaching.

## Experience

- Independently running a Yoga studio (at home) for the last 8 years
- Conduct various short term fitness workshops for Corporates
- Conduct customized fitness classes for various skill levels, age groups and professions
- Train students on posture correction for best benefits
- Train meditation and breathing techniques

## Education and Academics

- Master of Arts (MA) - Political Science from Calcutta University
- Bachelors of Education (B.Ed) from Calcutta University
- Post Graduate Diploma in Media Studies from Calcutta University
- **Diploma in Yoga Studies from Bhartiya Vidya Bhawan, New Delhi**

## Personal Details

- Languages: Fluent in English, Hindi, Bengali
- Address: G-514, Jal Vayu Towers, Sector - 56, Gurgaon - 122011, India
- Married, son is studying in Grade 9

## Other Interests and Activities

- Script Writing
- Voice Over
- Innovative preparation and presentation of Health Snacks for children

## Some proud moments

- Successfully participated in various Marathon running events in Gurgaon
- Have successfully counseled several individuals who had phases of mental and physical disorientation
- Assisted candidates in their Beauty Pageant journeys and wins

Ms. Sanghamitra Roy  
Gurgaon, February 2019