

Flat 701, Tower 1 Shree Krishna Paradise  
Sector 12 – Kharghar Navi Mumvai 410210  
t:+91-9757030653(m)e:sunitiin@gmail.com

## **Qualifications**

**BA Political Science (Hons) –**  
Utkal University.

**Yoga Teachers' Training –**  
Bihar School of Yoga.

**Acupressure Therapist –**  
All India Institute of  
Naturopathy and Su-jok  
natural healing and research  
center – Allahabad

**Brahmavidya Basic Course**

**Reiki Healer, Teacher and  
Grand-Master**

**PG, Diploma –**  
memory development and  
psychoneurobics

## **Objective**

- *My aim is to bring happiness to the face of people who are entangled into this surreal world - hopelessly dependent on antidepressants, dozens of medicines, seeking solutions to problems outside when all clues to unravel the mysteries lie within us. My objective is to spread healthy life and holistic living through the medium of Yoga.*

## **Relevant Experience**

- **Over Nine Years' Experience:** in teaching Yoga to over nine thousand people with various complicated ailments.
- **Conducting various programs, on** health management and awareness, work life balance and programs specifically targeted to women in RBI Zonal Training Centre.
- **Providing counselling services:** for depressed and emotionally weak.
- **Conducted classes especially for young children** to improve their consciousness, memory, concentration, height and general well-being.
- **Conducted various Yoga workshops** in different places of India.
- **Recently on the occasion of International Yoga Day** on June 21<sup>st</sup> will conduct a week long workshop on Yoga at Reserve Bank of India(RBI), Belapur from 16<sup>th</sup>-22<sup>nd</sup> June.