

## CURRICULUM VITAE

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### Ujwala Kothawade

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### Career Objective

Bring out harmony and happiness by promoting the practice of ancient science of Yoga. I would like to serve the society.

### Academic Qualifications:

S.NO.	Academic Education	University	Year of passing
1.	M.Sc.	SVYASA, Bangalore	2017
2.	B.Sc.	SVYASA Bangalore	2015
3.	YIC	SVYASA Bangalore	2011
4.	N.D.	G.N.A.N., Delhi	1993
5.	N.T.T.	B.A.T.T.I. Delhi	2011
6.	P.T.T.	B.A.T.T.I. Delhi	2012
7.	XII <sup>th</sup>	Mharastra State Board, Pune	1981
8.	X <sup>th</sup>	Mharastra State Board, Pune	1978

Pursuing PhD from MMYVV

### Professional Experience:

- Yoga examiner, for yoga professionals conducted by ministry of AYUSH.
- Vivekanada school Shresth Vihar Delhi
- Yoga Teacher in Nai Disha school.
- Yoga Teacher at Yog Mandiram Trust.

- Yoga Teacher at Vidya Public School (2013-14)
- Yoga Teacher at Starex International School, Vasundhara Enclave.
- Yoga Teacher at St. Andrews Scots Senior Secondary school.
- Conducted State level inter-school Himalaya Yoga Olympiad at IPEX Bhavan.
- Yoga Teacher at DPS RK Puram.
- Hasya Yoga instructor at various NGO's like Deepshikha, Nari Jagaran.
- Conducted Yoga summer workshop at Delhi University Women's Association.
- Conducted workshop for inmates at Tihar jail.
- Conducted many other workshops in residential areas of East Delhi
- Special Interest courses
- Courses in Dianetics And Scientology
- Part 1 and 2 training in Reiki (Distant healing), Magnified healing course.
- Patanjali Yogpeeth Teachers Training in guidance of Swami Ramdev ji from Haridwar.
- Art of Living foundations teachers training Part 1 from Banglore under guidance of Sri Sri Ravi Shankar ji.
- Vipasshana courses under Goenka guruji.

#### **Interests**

- Travelling
- Reading books
- To achieve human life goal to know self.

The above details are true and any proof for the same can be furnished on demand.

Ujwala Kothawade