

K. PUSHPA

YOGA TRAINER

Email: pushsarwesh@gmail.com

103/60, A.P. Shunmugam Street ,
Virudhunagar – 626 001.

❖ OBJECTIVE

To work sincerely in every task importing innovation and bringing out the best from me with full dedication.

❖ PROFESSIONAL EXPERIENCE

- 4 years in VMGRR Sri Saradha Sakthi Matriculation Hr. Sec School as PT and Yoga Teacher.
- 7 Years in T.S.T. Raja Girls Mat. Hr. Sec. School Chennai as PT Teacher.

❖ ACHIEVEMENTS

- District and State Winner in Yoga Competition.
- National Trekking Expedition Camp at Kunnur, May 2000
- National Integration Camp by Cycling at Pondicherry for 3 Years
- NCC camp at Gujarat, Oct 2000
- Won district champion rolling Hockey Association Trophy

❖ EDUCATION

M.Sc (Yoga) **Graduated, 2018**

Annamalai University
Chidambaram.

B.Sc Physical Education **Graduated, 2001**

Queens Mary's College
Chennai.

HSC **Graduated, 1998**

K.C. Sankaralinga Ndar Girls Hr. Sec School
Chennai.

SSLC **Graduated, 1996**

K.C. Sankaralinga Ndar Girls Hr. Sec School
Chennai.

❖ PERSONAL INFO

DOB & Gender : **26.07.1981** & Female

Material Status : Married

Languages known : Tamil and English

Husband's Name : C. Kottairajan

Religion & Caste : Hindu & Nadar

❖ DECLARATION

I hereby declare that all the statements made in the above application are true and correct to the best of my knowledge and belief.

Yours truly,

Place :

Date :

(K. PUSPHA)