

## YOGESH MUTHURAJ



### CONTACT

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4773, Rani illam, thendral Nager villa  
puram housing board, Madurai, Tamil  
Nadu, India 625011

### PERSONAL DETAILS

Date of Birth : 22/08/1999

Marital : Single  
Status

Nationality : INDIAN

Passport : U8840016  
Details

Position : Physical Education  
Teacher

### SKILLS

Behaviour Coaching (Personality  
Development)

C

C++

MS Office

HTML

Acupuncture

Reflexology

YOGA

Nutrition

Sports Training/coaching

Karate (goju ryu) coaching

Weight Training/Coaching

Aerobic Training/coaching

Swiss Ball Training/coaching

Silambam (stick fencing sport) coaching

Volleyball Coaching

### OBJECTIVE

Obtain a position as a teacher that will utilize my strong dedication to Student's development.

### EXPERIENCE

#### St. Michael School, Karaikudi, Tamil Nadu, India

-  
Karate and Silambam Instructor  
Weekly two class totally 10 months

#### Thuthai Government school, Ramanathapuram, Tamil Nadu, India

-  
Self defence for Girls  
Government project for Three months

#### T.Velankulam government school

-  
Self defence for Girls  
Government project for three months

#### 18 days Ethical training camp

04-05-2019 - 21-05-2019

Yoga teacher

Yoga teaching for girls and boys

#### Shohbukai goju ryu Karate do - India

-  
Karate instructor  
Formal karate and Silambam Instructor

#### Thatvamasi Yogam , Madurai, Tamil Nadu, India

-  
Yoga, Karate, Silambam, wellness training, aerobic Training center  
Own center

### EDUCATION

#### V.H.N.Hr.Sec.School.Madurai

2015

SSLC

453/500

#### V.H.N.Hr.Sec.School.Madurai

2017

HSC

838/1200

#### Madurai Kamaraj University, Madurai

2018

Diploma in Scientific Yoga and Meditation and Holistic Health  
First class

#### Bharat Sevak Samaj Govt of India

2019

Diploma in Acupuncture

Distinction

#### The American College, Madurai

2020

B.Sc., Physical Education

69.7% (First Class)

Athletic Training  
First aid  
Fitness and Wellness Coaching  
Trekking Coaching  
Meditation Coaching  
Sports medicine  
Psychology counseling

## LANGUAGE

தமிழ், English, Malayalam

## INTERESTS

Reading Books  
Traveling  
Dancing  
cycling  
Learning Unknown skills and language

## ACHIEVEMENTS & AWARDS

Indian Pioneer Award 2019 Banaras  
Hindu University, Varanasi, India

Ayya Nadar Janakiammal College, Sivakasi  
2021

Diploma in Physical Fitness Training  
First class

SRM University, Distance Education, Chennai  
M.Sc., YOGA FOR HUMAN EXCELLENCE  
First class

TamilNadu Physical Education And Sports University, Chennai  
B.P.Ed.,  
First class

## PUBLICATION

### Research publication

The effect of Sarvangasana in the field of Karate  
Yoga for Sports



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