



Naina Deepak Jain

An Internationally Certified Yoga, Aerobics Trainer & Fitness Consultant, Pre & Post Natal Yoga & Garbhsanskar Coach, Health & Nutrition Expert.

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nainajain3192@gmail.com

Pune, Maharashtra

- Digital Card
- Youtube
- Presentation
- Digital Interview
- Google reviews



WORK EXPERIENCE

Total work experience of 24+ years

AM Studio

Yoga & Aerobics Instructor, Full Body Workout Trainer
Currently working as yoga and aerobics instructor and also full body workout trainer at AM studio **since last Nineteen years**. conducting online class & various workshops recently.

Shubhangad Gym

Instructor
Worked as instructor at Shubhangad Gym for **Four years**



SPECIAL AND AMPLE EXPERIENCE IN

- Yoga, Power Yoga, Kids yoga and Fun fitness training
- Aerobics and Advanced floor training and Hard core exercise
- Special senior citizen yoga, Pranayam, Meditation and Breathing techniques
- Corporate yoga & Special medical yoga, Detoxifying and Stress relief yoga
- Laughter yoga for individuals, Groups and Corporates
- Facial Yoga for Wellness and Overall Beauty.
- Weight Management
- Successfully Treated Sleep Apnea, Back,Shoulder, Neck,Knee, Migraine ,Diabetes, Hyper tension, Thyroid, Depression Problems

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Internationally certified yoga & aerobics instructor with advanced hard core training in yoga, power yoga & floor exercise. Enjoys inspiring others to improve wellness and committed to long term health and fitness goals. energetic and outgoing with collaborative spirit.

Highlights

- ★ Encouraging Leader
- ★ Intuitive
- ★ Adaptable Professional
- ★ Fast Learner
- ★ Flexible Instructor
- ★ Customize programs for individuals
- ★ Fitness Consultant
- ★ Health & Nutrition Expert

SKILLS

Teaching

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Communication

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Motivational

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Leadership

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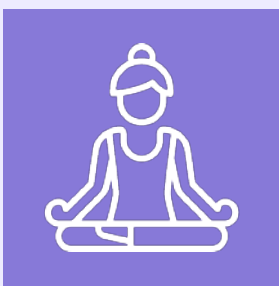
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▶ Naina Jain



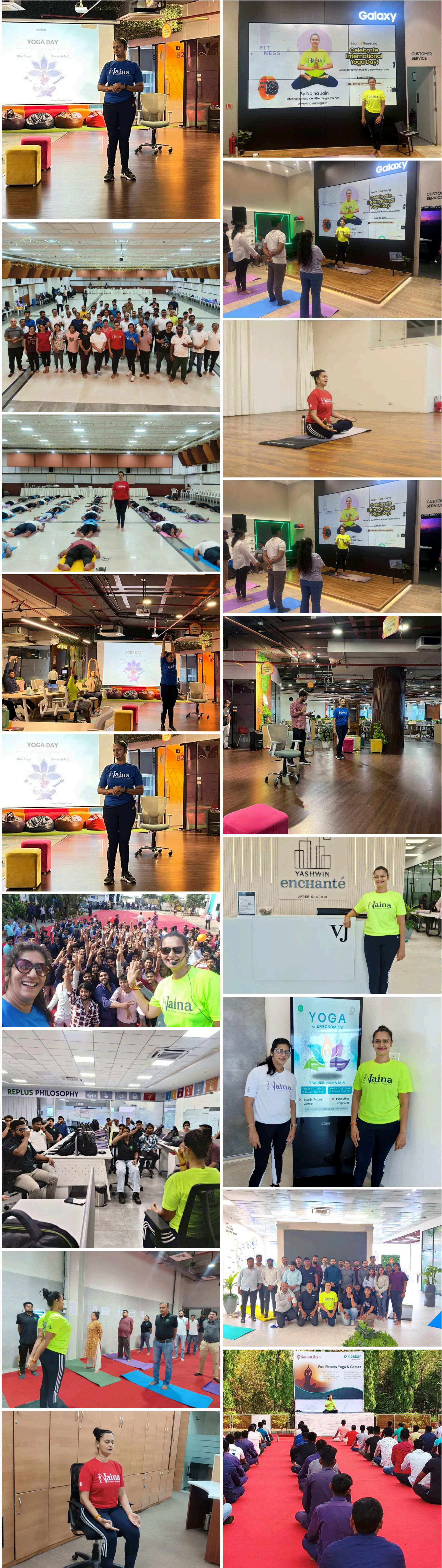
WORKSHOP & EVENT

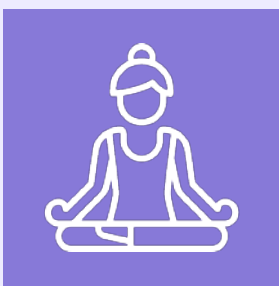
Events 2025

- Kirloskar Pneumatic**
Yoga – Around the World Corporate Session 21 – 23rd June 2025 – 11:00 am To 12:00 am
- Samsung**
Samsung Ultra Watch Branding with Yoga Corporate Session – 21st June 2025 – 05:00 pm To 6:00 pm
- Amar Builders**
Wellness Yoga, Breathing and Meditation Corporate Session – 21st June 2025 – 07:30 am To 8:00 am
- Cyncyl**
Ergonomics yoga, breathing and meditation Corporate Session – 20th june 2025 – 11:00 am To 12:00 pm
- Amber Student**
Ergonomics & Meditation Corporate Session – 19th june 2025 – 5:00 pm To 6:00 pm
- Ashwin Enchante – Vilas Javdekars**
Ergonomics & Pranayam Corporate Session – 19th june 2025 – 11:00 am To 12:00 pm
- Replus Engitech Private Limited – Wanwadi**
Floor Yoga Bliss / Align. Breathe. Thrive – Ergonomics & Pranayam – Corporate Session
14th june 2025 – 10:00 am 11:45 am
- Replus Engitech Private Limited – Bavada**
Grounded Grace: Floor Yoga & Posture & Prana: Ergonomics Yoga with Pranayam – Corporate Session –
13th june 2025 – 10:00 am To 12:00 am
- Torrent Gas**
Ergonomics – Corporate Session – 12th June 2025 – 10:00 am To 11:00 am
- Kirloskar Pneumatic**
Fun Fitness Yoga & Games – Corporate Session – Saswad & Hadapsar Branch
18 & 19 Apr 25 – 7:30 Am to 8:30 Am
- Kirloskar Pneumatic**
Yoga & Chakras – Unlock Your Inner Energy! – Corporate Session – 11 Mar 2025 – 11:00 am To 12:00 pm
- LTI Mindtree**
Ergonomics Yoga – Align, Strengthen & Thrive! – Corporate Session – 4 – Mar 2025 – 12:00 pm To 1:00 pm
- Torrent Gas**
Fun Fitness Games – Corporate Session – 1st Mar 2025 – 10:15 am To 11:15 am
- Kirloskar Pneumatic**
Yoga for Immunity – Corporate Session – 6 Feb 2025 – 11:00 am To 12:00 pm
- Torrent Gas**
Face Yoga & Aerobics & Bokwa Bliss – Corporate Session – 16th Jan 2025 – 10:15 am To 11:15 am
- Kirloskar Pneumatic**
Detox your Body ,Mind & Soul – Corporate Session – 7th Jan 2025 – 11:00 am To 12:00 pm
- Torrent Gas**
Detox Yoga – New Year Mindful Renewal Yoga – Corporate Session – 3rd Jan 2025 – 10:15 am To 11:15 am

Events 2024

- Fittr – Philips Electronics India Ltd**
Introduction to Meditation and Mindfulness – Corporate Session
Session 1 & 2 – 24th & 26 Dec 2024 – 11:30am to 12:30pm
- Kirloskar Pneumatic**
Harnessing the Power of Breath and Mind Connection
9th Dec 2024
- Cheil & Samsung Workshop**
Health Awareness by Promoting Samsung Ultra Watch – Workshop
7th Dec 2024
- Torrent Gas**
Floor Yoga with Health Awareness , Stress Yoga and Meditation – Corporate Session
7th Dec 2024 – 22th Nov 2024





WORKSHOP & EVENT

Events 2024

Gensol EV

Wellness Yoga, Pranayam & Laughter Yoga
19th Nov

TSYS Card Tech Services India LLP

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session
25th June 2024

Kirloskar Pneumatic

Yoga Therapy For Neuropathic Pain , Bliss Yoga With Clapping & Laughter - Corporate Session
13th Nov - 9th Oct - 11th Sep - 06th Aug - 10th July - 25th June - 15th May - 9th May - 8th May

Coleda Pvt Ltd

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session
24th June 2024

Sagitec

Corporate Wellness Chair Yoga - Corporate Session
21st June 2024

Amber Student

Corporate Wellness Chair Yoga & Breathe Work & Relaxation - Corporate Session
21st June 2024

Grihum Housing Finance Limited

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session
21st June 2024

Ecozen - Balewadi, Marunji, Tathawade

Mat Yoga - Wellness & Lifestyle Yoga, Stress Relief via Breathe Work, Ergonomics, Pranayam, Meditation, Laughter - Corporate Session
21st June 2024, 20th June 2024, 19th June 2024

Steelcase - Chakan

Mat Yoga - Wellness & Lifestyle Yoga, Stress Relief via Breathe Work - Corporate Session
21st June 2024

Quinstreet Software Private Limited

Hair Yoga, Fun & Fitness Aerobics /Yoga, and Yoga For Lifestyle Disease with Laughter yoga - Corporate Session - 19th June 2024

Sadri Nari Sangathan

Wellness Yoga & Lifestyle Tips, Laughter, Breathe Work - Ladies Family Session
15th June 2024

Naina Yoga Studio Event

Gut Health Asanas, Pranayam, Meditation, Yognidra - Studio Session
15th June 2024

Birlasoft Limited, Vyom Labs Pvt. Ltd., Coforge

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session
20th June 2024, 18th June 2024, 17th June 2024

Worldline Global Services Pvt Ltd, Magna Steyr India

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session
14th June 2024, 13th June 2024

LTIMindtree Shivajinagar, Smiths Detection, Celebal Technologies

Ergonomics, Meditation, Clapping-Tapping & Laughter Yoga - Corporate Session
18th June 2024, 11th June 2024 - 10th June 2024 - 6th June 2024

Rythm in Motion Events - Accenture

Ergonomics Yoga, Relaxing Breathing Techniques
19th April 2024 - 18th April 2024

Kirloskar Pneumatic

Clapping & Tapping Therapy - Emotional Freedom, Ergonomics Yoga, Relaxing Breathing Technique - Corporate Session
10th April 2024 - 12th March 2024

Swayam Ladies Kitty Group

Hormonal Balance By Yoga, Pranayam & Meditation - Kitty Session
8th Feb 2024

Kirloskar Pneumatic

Hormonal Balance By Yoga, Pranayam & Meditation, Laughter Yoga - Corporate Session
7th Feb 2024 - 10th Jan 2024





WORKSHOP & EVENT

Events 2023

Kirloskar Pneumatic

Chair Yoga, Posture Correction, Asanas, Breathing – Corporate Session
12th Dec 2023 – 27th Nov 2023 – 11th Oct 2023 – 13th Sep 2023 – 9th Aug 2023

Envisage – Bajaj Finserv

4 Sessions – Desk/Chair Yoga
29th Jun 2023 – International Yoga Day

MSP GROUP

Desk/Chair Yoga, Laughter Fun Yoga, Face Yoga – Corporate Session
23rd Jun 2023 – International Yoga Day

Crossword

Fun Activities Yoga & Meditation – Corporate Session
22nd Jun 2023 – International Yoga Day

New Vision Software

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Hunarsource Consulting Pvt. Ltd.

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Sagitec Solutions Private Limited

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Ecozen Solutions

Wellness Mat Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Steelcase Asia Pacific Pvt. Ltd

Desk, Chair & Face Yoga – Corporate Session – 21st Jun 2023 – International Yoga Day

Workday Enterprise Management

Wellness Mat Yoga – Corporate Session – 15th Jun 2023

Poonawalla Housing Finance

Corporate Yoga Training – Corporate Session

Sagitec Solutions Pvt. Ltd

Online Desk Yoga With Breath Work & Eye Exercises To Release Body & Mind Stress For Sagitec Company On 10 February,2023

108 Suryanamaskar Event

Republic Day & Ratasaptami Special (26 January,2023)

Events 2022

Vimeo in India & APAC Region

Online Event of Ergonomics & Laughter Yoga – (CORPORATE SESSION)

BNY Mellon MNC Company

Virtual Yoga & Aerobics Session – (CORPORATE SESSION)

Krsnaa Diagnostics Pvt. Ltd.

Yoga Events In Five Center – (CORPORATE SESSION)

Head Office Chichawad

(21 June 2022)

Kamla Nehru Hospital

(23 June 2022)

Lokmanya Hospital, Sainath & Nigdi

2 Events (24 June 2022)

Sutar Hospital

(28 June 2022)

New India Assurance Pvt. Ltd

Ergonomic Office Yoga – (CORPORATE SESSION)

Steelcase Asia Pacific Pvt. Ltd

Ergonomic Office Yoga – (International Yoga Day – 21 Jun 2022)

