

PROFILE

A Banking professional who turned to yoga with a deep interest in energy healing and spirituality. In this quest of knowing healing, I started my yoga journey as a disciple of Smt. Hemangi Marathe in 2015. A sincere disciple became a knowledge imparter in 2020 and since then I began to flourish as a yoga teacher.

CONTACT

961-901-9002

jayanupambagchi@gmail.com

Andheri, Mumbai

LANGUAGES

English, Hindi, Marathi, Gujarati, Sindhi, Bengali

SKILLS

Time Management

Communication

Stress Management

Implementing knowledge of Anatomy and Physiology

Breathing Techniques

Mentoring

Teaching

Evaluating

Counseling

JAYA BAGCHI

YOGA THERAPIST

EDUCATION

Pursing PhD
at Somaiya Vidyavihar University

M.A. in Yogashastra
Gold Medalist at Somaiya Vidyavihar University, 9.9 GPA

Qualified UGC-NET (Jun 2025)

MBA: Marketing Management and Research
Welingkar Institute of Management

Bachelor of Management Studies: Marketing Management and Research
CHM College

YCB CERTIFICATIONS

Yoga Protocol Instructor (Level 1)

Yoga Wellness Instructor (Level 2)

Yoga Teacher and Evaluator (Level 3)

Yoga Master (Level 4)

Yoga Therapist (Level 6)

Yoga Therapeutic Consultant (Level 7)

OTHER CERTIFICATIONS

Prenatal yoga and Garbhasanskar TTC (85 Hrs)

Child birth educator and postnatal yoga TTC (25 Hrs)

Yoga & Positive Psychology for Managing Career &Life (8 Weeks)

WORK EXPERIENCE

New Age Yoga Institute (Faculty Member)

2021 – Till date
Teaching YCB courses, 200-hour yoga teacher training, holistic wellbeing consultation, group meditation classes, flow yoga and addressing students concerns.

Personal Yoga Therapist

2021 – Till date
Yoga & therapy sessions for pregnancy & neonatal care, life style diseases of young millennials & elderly for better quality of life.

YCB Examiner

2021 – Till date