



# Sucharita Biswas

**Yoga Master and Therapist. Yoga-Scientist. Author**

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## **SUMMARY OF LAST 5 YEARS:**

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- Attained **Yoga Certification Board level -6; Yoga Therapist/Master Certification from Ministry of Ayush, Govt. of India).**
- Trained in Yogic Theory, **Integrated Approach to Yoga Therapy** for a total of **1100+ hours.**
- In the process of publishing a book: ***Yoga for All: The Art and Science of Yog*** which includes more than **80 underlying scientific mechanisms** that explain the physiology behind how Yoga is healing.
- **6 years of intense studying Yoga and science behind the same.**
- **Trained in CBT (Cognitive Behavioral Therapy)** techniques through a Harvardx course.
- **5+ years** of experience teaching Yoga to **400+ students.**
- **Taught a total of 5000+ hours of Yoga: Practical and Theory.**
- **Expertise in 500+ asanas.**
- Wrote a book: **101 Yogic Techniques for the Elderly: Sukshma Vyayam - a collection of 100+ subtle motions** for elderly, patients in recovery, or people who are weak.
- **Excellent communicator, orator and teacher** who relates Yoga, Pranayama, Neuroscience, Anatomy and physiology to explain impact of Yoga Asanas, Pranayama and meditation.
- Sound knowledge of **Human Anatomy and Physiology.**
- Expertise in **Patanjali Yog Sutras.**
- Expertise in teaching in accordance with health-appropriate techniques.
- Expertise of **20+ pranayama (breathwork).**
- Have **Syllabus** prepared and taught for **5 levels: Theory and Practical.**
- Profound knowledge of mechanisms that avoid and cure **Thyroid problems, High Blood Pressure, Diabetics, PCOD/S and Cancer.**
- Taught **Pre-natal Yoga.**
- Experience with both teaching **online and in-person.**
- Experience teaching students of all ages (**6-year-olds to 75+-year-olds**).
- **Creator of ©Pran-Chakra-Pujanam:** A mechanism that combines Pranayama with Chakra Meditation, Affirmations and Mental Prayers.
- In depth knowledge of **Chakras and Chakra meditation.**
- Writing a book: **Pran Chakra Pujanam**, that describes the technique of meditation that I created.
- Deep understanding of **Ashtanga Yoga, Raj Yoga, Hatha Yoga, Karma Yoga, Buddhi Yoga, Sankhya Yoga, Dhyana Yoga, Abhyas Yoga, and Bhakti Yoga.**
- Expertise in various breathing techniques: **Physiological Sigh, Buteyko and Wim Hof.**

- Knowledge of **Ayurveda, Acupressure, Color Therapy, and Yagna Therapy.**
- **Equipped with Yog Teacher Liability Insurance.**
- **An avid reader of Yog Upanishads, Yog Vashishta and Bhagwat Geeta.**
- **Good knowledge of Mudras and its impact.**

## **EDUCATION:**

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|---|-----------------|------------------|
| <b>Masters in Yoga Therapy (Maryland University of Integrative Health/NDM)</b>                    |                 | <b>2025/2027</b> |
| <b>Yoga Certification Board (Ministry of Ayush, Govt. of India) Level 6 (Yoga Therapist)</b>      |                 | <b>2025</b>      |
| Yoga Certification Board level 6, 7 Training ( <b>Thane School of Yoga</b> )                      | 200 Hrs.        | 2024             |
| Yog Certification Board level-1,2,3,4 Training ( <b>Patanjali Yogpeeth</b> )                      | <b>600 Hrs.</b> | 2023             |
| Assistant Yog Teacher Training ( <b>Patanjali Yogpeeth</b> )                                      | <b>300 Hrs.</b> | 2020             |
| Master of Science in Computer Engineering ( <b>USC, Los Angeles</b> )                             | <b>GPA- 3.7</b> | 2006             |
| Bachelor of Engineering in Electronics and Communications (Bhavnagar, India) <b>Gold Medalist</b> |                 | 2003             |

## **PUBLISHINGS** (Books at amazon.com)

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|                                   |             |
|-----------------------------------|-------------|
| Best Practices for New Hires      | Oct, 2017   |
| Rhyme for Fun: Giggle -1          | July, 2020  |
| Pimmy and the Golden Necklace     | Dec, 2020   |
| Bunny Talks about Benny and Money | Feb, 2021   |
| Butterflies for Tiny Eyes         | April, 2021 |

## **SKILLS**

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Adobe Photoshop, Word, PowerPoint, Teaching, Windows, Linux, Excel

## **TRAININGS:**

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- **American Heart Association BLS CPR AEC Certification (Oct 2024)**
  - **First Aid Certification (Oct 2024)**
  - **Bloodborne Pathogens Training (Oct 2024)**
  - **Building Personal Resilience: Managing Anxiety and Mental Health – HarvardX (Dec 2024)**
  - **Crucial conversations**
  - **Listening- it's very professional.**
  - **7 Habits of Highly Effective People**
  - Participated in **Emerging Leaders**; a succession planning program at Altera.
  - **Building effective teams.**
  - **Doing business with China**
  - **Fostering innovation**

## **VOLUNTEER:**

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- Conducted more than 5 year of free Yoga classes, a total of 2500+ hours. I continue to provide free lessons for those who cannot afford. A total of 1800+ hours volunteered.

## **WORK EXPERIENCE**

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**Yoga Therapist for Health and Wellness Suncoast Technical College**

**Jan 2020 – till date**

- **Key Responsibilities:**
  - **Design and teach Yoga classes** aimed at preventing and healing the following conditions:
    - **Diabetes**
    - **Thyroid Issues**
    - **Back Pain**
    - **Insomnia**
    - **Anxiety**
    - **Depression**
    - **Neurological Disorders**
- **Classes Offered:**
  - **Facial & Upper Body Yoga for Healthy Aging & Rejuvenation:** Specializes in exercises designed to improve skin health and rejuvenate the upper body, with an emphasis on anti-aging practices.
  - **Meditation & Breathwork for Healing & Well-Being:** A combination of guided meditation and breathwork exercises that promote emotional and physical healing.
  - **Chair Yoga:** Adapted yoga for individuals with limited mobility, focusing on gentle movements to increase flexibility, strength, and relaxation.
  - **Gentle Yoga:** A slow-paced, restorative practice designed for beginners or those seeking a gentle approach to yoga for stress relief and overall well-being.

**Yoga Instructor and Scientist at YMCA- South Florida**

**Oct 2020 – till date**

### **Key Responsibilities:**

- **Design and deliver specialized Yoga classes** focusing on the prevention and management of:
  - Diabetes, Thyroid Disorders, Back Pain, Insomnia, Anxiety, Depression, and Neurological Disorders.
- **Enhance overall health** by focusing on:
  - Cardiovascular health, muscle strength, flexibility, mindfulness, and joint health.
- **Incorporate scientific explanations** into every session to deepen students' understanding of how yoga impacts the body. Educate students on how specific practices affect physiology, including:
  - Strengthening blood vessels, enhancing lymphatic drainage, increasing mitochondrial function, shrinking the amygdala, and improving the vestibular system.
- **Teach a variety of yoga styles**, including:
  - **Chair Yoga:** Seated poses for individuals with limited mobility.
  - **Gentle Yoga:** Slow-paced, restorative practices for beginners and those seeking stress relief.

- **Generic Yoga:** A comprehensive approach to yoga, combining a variety of poses to address diverse health concerns.
- **Instruct psychological and physiological techniques** to enhance students' mental and physical well-being, including:
  - **Affirmations for Positive Mindset and Empowerment:** Using affirmations to foster a positive mindset and promote a shift in the 60 neurochemicals, guiding them toward a healthful direction.
  - **Breathing techniques** such as Buteyko, Physiological Sigh, Nadi Shodhan, Bhramri, and others to promote relaxation and stress management.
  - **Nervous system entrainment** to swiftly activate the parasympathetic nervous system through breathwork.
  - **Cognitive Behavioral Techniques** such as Thought Switching and Thought Stopping for mental clarity and emotional regulation.
  - **Yoga Nidra/NSDR (Non-Sleep Deep Rest):** Guided deep relaxation techniques to promote profound rest and rejuvenation.
  - **Ayurvedic Concepts**, such as the benefits of sesame oil massage for conditions like arthritis. Benefits of turmeric, ginger, fenugreek, etc.

**Yoga Trainer and Scientist (Independent Scholar/ Author /Entrepreneur)**

**May 2020 – till date**

**Key Responsibilities:**

- **Conduct and manage yoga classes:** Teach an average of 4 classes per day, 7 days a week, totaling approximately 4 hours daily.
- **Consultation and Therapy:** Provide consultation on specific conditions using Integrative Approach to Yoga Therapy.
- **Develop and maintain website & blog:** Create and manage content, providing valuable insights and resources for students and clients.
- **Customer care & support:** Offer personalized assistance and support to clients, addressing their concerns and needs.
- **Marketing & Advertising:** Handle the promotion and advertisement of classes, events, and services to expand reach and attract new students.
- **Customized class design:** Tailor yoga sessions to meet the specific needs of students, ensuring each practice is aligned with their goals and health conditions.
- **Create educational syllabus:** Develop a theory-based curriculum for children's classes, integrating yoga concepts and relevant scientific principles.
- **Yoga Therapy Sessions:** Conduct individualized therapy sessions, creating personalized recovery plans for clients based on their unique health challenges.
- **Billing & Payment Management:** Oversee all financial aspects, including managing billing, payments, and financial documentation.

- **Ongoing Education:** Dedicate an average of 3 hours daily to study and stay updated with the latest research and developments in yoga and wellness practices.
  - **Research & Documentation:** Compile evidence-based information on disease prevention and management, focusing on conditions such as:
    - Eyesight Problems, Back Issues, Thyroid Disorders, High Blood Pressure, Menopause, Infertility, Insomnia, Pregnancy, Gynecological Disorders, Cancer Prevention, Diabetes, and more.
  - **Community Engagement:** Send regular newsletters to a community of 200 subscribers and 700 followers, offering health tips, disease prevention advice, and wellness insights.
  - **Financial Management:** Oversee all aspects of business finances, including scheduling, taxes, income, and expenditures.
  - **Volunteering:** Offer free assistance and support to family, friends, and acquaintances, helping them manage specific health conditions with yoga and wellness techniques.
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### Client Success Stories & Health Improvements Through Yoga

- **Thyroid Health:** A student who had her thyroid removed at age 12 and had been on medication for 30 years saw a 35% reduction in medication after one year of pranayama practice. 3 other students were able to completely cure hypothyroidism and stop medications.
- **High Blood Pressure:** Several students reported significant improvements in blood pressure, including one 68-year-old who reduced her blood pressure from 190 to 120 within two months of yoga practice. Other students achieved similar results in just 2-3 weeks.
- **Chronic Insomnia:** A student suffering from severe insomnia (2 hours of sleep per night for 8 months) began sleeping 5+ hours after just one month of practice. Multiple students have reported similar improvements in sleep.
- **Frozen Shoulder & Chronic Pain:** A student with a frozen shoulder was completely healed, and another with chronic foot corn was cured after a year of practice.
- **Allergies & Asthma:** Lifelong allergies were resolved within 6 months for one student, while a 9-year-old asthmatic completely overcame asthma through yoga practice.
- **ADHD Improvements:** Four children with ADHD experienced significant improvements in focus and behavior, including being able to meditate for 20 minutes a day and practice pranayama, leading to improved academic performance.
- **Stroke Recovery:** A 25-year-old stroke survivor, who nearly lost vision in his left eye, reported pain relief within a week and blood pressure stabilization after two weeks of yoga. Patient gained mental strength and agility with regular practice avoiding PTSD.
- **Diastasis Recti & Sciatica:** One student's diastasis recti healed, while others reported sciatica relief after 7 months (age 20) and 9 months (age 71) of practice.
- **Sleep Apnea:** Snoring was completely resolved in two students, indicative of improvement in obstructive sleep apnea (OSA).

- **Spinal Fracture Recovery:** A student with an L1 fracture fully recovered within one year of regular practice of prescribed set of asanas, pranayama and meditation techniques.
- **Heart Palpitations:** A student with 19% palpitations (PVCs) showed a reduction to just 2.4% after two weeks of yoga, as confirmed by his cardiologist.
- **Colon Health:** A student, daughter of a colon cancer survivor; her siblings were detected with 12 and 7 polyps; average polyp size being 10mm. After practicing for 4 months, her colonoscopy came out to be just one polyp of 5mm size.
- **Anxiety Reduction:** A couple experiencing anxiety benefited from yoga practice, showing significant improvement in anxiety test scores after just a few weeks. Their therapist encouraged them to continue their practice.
- **Back Pain & Nerve Issues:** A student with severe lower back pain and a pinched nerve (unable to walk or stand without pain) regained the ability to walk and sit pain-free after 4 months of yoga practice.
- **Prediabetes:** Two prediabetic students saw a reduction in their Hemoglobin A1C from 5.7 to within the normal range after one year of yoga practice.

#### **Altera Corporation -Member of Technical Staff**

**Sept 2010 – August 2014**

- Leading FPGA-Core-Test team of 10 people, guiding them through DFT definition, test feature verification, test planning, test development, simulation and test program release.
  - Designed scan architecture of next-generation FPGA, implemented, and verified design through simulation.
  - Developed distributed-RAM test for next-generation FPGA.
  - Led the test program release for StratixV FPGAs.
  - Managed the wafer-sort test flow development.
  - Designed and developed tests for Fractureable-fractional-PLL.
  - Mentored three employees.
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#### **Oracle Corporation/Sun Microsystems Inc. Senior Hardware Engineer**

**Jan 2006 – Sept 2010**

- **Responsible for ensuring that 70% of the Sparc Processor was working** - all the 1000 instances of memories, including L1, L2, Caches.
  - **Led the design of Memory BIST controllers for 3 generations of SPARC processors.**
  - Responsible for designing Programmable Memory BIST engines for all SPARC memories.
  - Collaborated with Vendor (TI), Systems and Tester team to aggregate test requirements and set methodology for memory test.
  - Implemented and verified Scan, ATPG and logic BIST.
  - Led Macrotest design and verification for SPARC Processor. Ensured that more than 1000 instances of the 85 unique types of memories on the chip were macrotested and RAM-dumped using Fastscan.
  - Implemented and managed Macrotest regression environment for automatic runs using Perl.
  - **Mentored** two employees.
  - **Achievements:** Nominated for **Sun Engineering Enrichment & Development (SEED)** program. (Offered to **top 10% performers**.)
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#### **USC Neighborhood Academic Initiative (NAI) Tutor**

**Aug 2004-Dec 2005**

- Tutor wide range of secondary school and college students.
  - Present math engineering science on individual levels.
  - Hold group and one-on-one tutoring sessions.
  - Earned numerous recommendations from students and parents for effective school help.
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**USC student Athlete Tutor:**

**Aug 2005-Dec 2005**

- Taught computer design to 2 Basketball and 2 Football players.
  - Teach MS word, excel and PowerPoint to the students.
  - Teach different students from diverse background and diverse level of knowledge.
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**USC Computer Architecture Course Grader**

**2 Semesters (Summer, Fall 2005)**

- Duties involved assisting the students by explaining the concepts of digital design and computer architecture.
  - Grading and evaluating student's performance.
  - Helping Professor with assignments.
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