**RESUME**

**NAME**  **: Debasree Bhowmick**

**DATE OF BIRTH :** 25/10/1991

**ADDRESS :** Sonarpur, Ghasiara, kolkata- 700150

**PHONE :** 8017224853 , 6290684878

**EMAIL:** debasreebhowmick50@gmail.com

**EDUCATIONAL QUALIFICATION :**

(a) AISSE(CBSE) Class-X (2008) From B.D Memorial International

(b) AISSCE(CBSE) Class -XII(2010) From Kalyani Central Model School

(c) B.Sc from Calcutta University (Year- September 2014)

(d) Diploma in Physiotherapy (Govt of West Bengal, collaboration of Indian Red Cross Society)

(e) Diploma in Yoga & Naturopathy from Bharat Sevak samaj (BSS) in Yoga Medical College for Physical Medicine and Naturopathy.

(f) M.A in Yoga (Himalayan University)

**Language Skills :** 3 years Diploma in Spanish language and literature (Ram Krishna mission)

DELE A2 APTO (Passed) from Instituto Cervantes, Spain

**Work Experience** : Part time translator in Spanish language.

**IT SKILLS :** Diploma in Information Technology Application

**PROFESSIONAL SKILLS : 6th khan (Blue Monkol)** from Muaythai & Muayboran sports association (Thailand) (2019)

**YONDAN (4th Dan)** black belt from Karate Budokan International (AUSTRALIA)

**SANDAN (3RD Dan)** black beltfrom Karate Budokan International. (AUSTRALIA)

**1st Dan (Kick Boxing)** from WUMA, World United Martial Arts Federation (England)

**1st kyu** brown black belt from All India Seishinkai Shito-Ryu Karate-DO Federation under Chief Technical Director & Chairman Hanshi Premjit Sen. (2010-2017) (JAPAN)

Academy of **Indo Hap Ki Do** under Dojunim Tarun Roy Choudhury. (2017 to 2019)

* **Paschimbanga State Inter-School & Senior Karate-Do Championship (2011)**
* **All India Inter-School & Senior Karate-Do Championship Federation Cup (2012) (BRONZE)**
* **International Open Karate Championship (2015) (BRONZE)**
* **Knockout Night International Championship (2018) (GOLD)**
* **Muay Thai and Muay Boran seminar with Muay Thai and Muay Boran sports Association , At Adamas University (2019)**
* **2nd All India open Muay Thai Selection Championship (2019) (GOLD)**
* **Selected for World Muay Thai Championship At THAILAND (2020)**
* **Silver in State Muay Thai Championship (2022)**
* **Certificate of participation in International Muay Thai seminar with Muay thai and Muay Boran sports association, Thailand. (2023)**

**WORK EXPERIENCE :** (1) Physical education & yoga teacher in Miranda High School (CBSE) (2017-2019)

(2) Self defense(Karate) and yoga therapist in **Sanlaap (NGO)** (from Feb 2019 – till September 2020)

**POWERLIFTING :** Open Greater Kolkata RAW **Bench Press Powerlifting** Championship (Bengal Powerlifting Association and World Powerlifting Association) (**2018**) (**GOLD**)

**(Bengal Champion 2018)**

**Organization attached with** : **Fitness Freak** (**Gov Reg No- 2003414278**) Estd.2017

**Founder & Director of the organization.**

**Affiliated to: Karate Budokan Federation of India (Reg No: 030)**

**Karate-Do Association of Bengal (KAB)** **Karate India Organisation (KIO) Asian Karate Federation (AKF)**  **World Karate Federation (WKF)** **Bengal Olympic association (BOA)** **International Olympic Committee (IOC)**

Date: 11-03-2023 Signature

Place : Kolkata 