

Karthikeyan.S

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OBJECTIVE

To contribute the best and be a part of an organization that gives scope to enhance and utilize my skills and knowledge in the area of corporate training, coaching, mentoring, counseling and human resource management, project management.

SUMMARY

- ❖ Possess 14 years of experience in the IT industry that includes the complete project life cycle from training, coaching, mentoring, counseling, requirement analysis, design, development, implementation, testing and support.
- ❖ Possess 7 years of experience as a trainer in the field of Personality development, soft skills, Yoga, Meditation, healing, counseling and life coaching, currently successfully running <http://www.nlitn.in/>
- ❖ Proficient in design and development of Telecom, networking and Industrial Automation solutions using C in UNIX and Linux Systems.
- ❖ Experience in preparation of functional and design specifications.
- ❖ Good communication skills and inter-personal traits.
- ❖ Extensive Experience in Managing, Designing and Developing C based telecom, SS7, V5.2, VOIP/SIP, ISDN, DECT, Industrial automation and networking applications.
- ❖ Kaizen award winner for developing vim scripts that will reduce coding, compiling and debugging time.
- ❖ Been part of coding and testing process group.
- ❖ All Project Management Process from traditional water fall to current Agile Scrum Methodology.
- ❖ Developed doxygen environment for easy document generation from the code.
- ❖ High inclination towards Process oriented software life cycle and proven motivational and inspirational environment setup and management
- ❖ Esteem interest in documentation which directs towards People independent work product
- ❖ Invention Disclosure submission for TR-104 extension
- ❖ In Depth Knowledge of
 - Concept Preparation for any new technology and feature
 - Developing Stable protocols
 - VIM scripts that reduce coding, debugging and documentation time
 - Testing and automation Techniques for UT, IT and ST
 - Portable and modular coding
- ❖ Onsite Experience
 - ❖ 2 months in UK, which involves Interaction with client, System study, Implementation and testing
 - ❖ Technical Training in Taipei, Seoul, Hamburg
 - ❖ Design presentations in Guilford, UK
 - ❖ Interoperability test and presentation of Megaco and SIP stack with Huawei, UK

Career Graph

- ❖ Currently running a Coaching center www.nlitn.in which focuses on personality, soft skills and holistic training including Yoga, Meditation, healing and counselling [Sep '12 -Present].
- ❖ Sr S/w Engineer, Sr S/w Architect & Tech Manager (QA) - www.infineon.com & www.lantiq.com [Feb '06 - Sep '12]
- ❖ Technical Lead - www.ccpu.com [Jul '04 – Feb '06]
- ❖ S/w Engineer, Sr S/w Engineer, Project Lead – Future Software Ltd, presently www.aricent.com [Sep '00 - Jun '04]
- ❖ S/w Engineer - Sundram Telematics Ltd [Oct '99 - Aug '00]
- ❖ Project Associate – Madras Institute of Technology, Anna University [Aug '98 - Sep '99]

EDUCATION

- ❖ Master's Degree [DLP] in Software Systems from B.I.T.S, Pilani.
- ❖ Bachelor's Degree in Electronics & Communication Engineering from SRM Engineering College, Madras University

TECHNICAL TRAININGS

- ❖ Agile Process, Scrum Master
- ❖ Project, Team and Resource Management
- ❖ SEI CMM Level 5 Process
- ❖ Telecom Protocols – SS7, V5.2, VoIP, SIP, MGCP, Megaco, H.323, DECT, ISDN
- ❖ Unix, SCO, Linux, Kernel Device Driver

TECHNICAL ENVIRONMENT

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|--------------------------------------|---|
| HARDWARE | IBM PC'S & Compatibles |
| OPERATING SYSTEMS | Unix SCO/ Solaris/Linux, Apple Mac, MS-dos, MS-Windows 95/98/NT4.0/2000/Vista/Windows 7 |
| LANGUAGES | C |
| PROCESS | SEI - CMM Level 5, Agile, Scrum, Waterfall, Iterative |
| Scripts | Bash, awk |
| IDE | VC++, Turbo C++ and Borland C++ |
| Documentation | MS Word, MS Excel, Adode Framemaker, MS Powerpoint |
| Editors | VI, VIM, Turbo C, edit |
| Compilers | TCC, VC, CC and gcc |
| Debuggers | TCC, VC and gdb |
| Documentation Generation Tool | doxygen |
| Other tools | Purify, Clearcase |
| Protocol/Other | MTP2, MTP and ISUP, SIGTRAN, v5.1/v5.2, H323/H225/H245, H.248, |

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| Knowledge | SIP, SDP, MGCP, RTP and RTCP, Industrial Automation and SCADA Systems, DECT GAP, DPRS, CAT-iq 2.0, CAT-q 3.0 |
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EXPERIENCE

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|----------------------|---|-------------------|------------------|
| Title: | Proprietor and Founder of www.nlitn.in | Duration: | Sep 12 - Present |
| Organisation: | Nlitn Coaching Center | Client: | All age groups |
| Position: | Trainer, Counselor, Wellness Consultant | Team Size: | 3 |

Description:

NLiTN is focused on providing high-quality training, coaching, wellness and health care services through traditional and holistic practices. Our services and training includes Personality development and soft skills training, Yoga, Meditation, Healing, and counseling. NLiTN has served more 700 customer since September 2012 till date. We are a Yoga Alliance International certified institute and NLP coaching academy [Accredited by Sue Knights, UK] certified for Life coaching services.

SOFTWARE WORK EXPERIENCE

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|-----------------------|---|-------------------|-----------------|
| Project Title: | UGW Automation Testing | Duration: | May 10 – Sep 12 |
| Organisation: | Lantiq Communications http://www.lantiq.com | Client: | Inhouse |
| Position: | Tech Lead/Scrum Master | Team Size: | 8 |
| Environment: | TCL in windows | | |

Project Description:

Lantiq automation team focuses on testing gateway and router solutions. This adds huge value in reducing time and cost and saves products released with unseen bugs due to human error.

Roles/ Responsibilities:

- Technical Management & Architecting
- Responsibility for complete process control:
 - Functionality Specification
 - Automation upgradation
 - Development team interface for bugs reporting

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|-----------------------|---|-------------------|-----------------|
| Project Title: | DECT AT Command Interface | Duration: | May 10 – Mar 11 |
| Organisation: | Lantiq Communications http://www.lantiq.com | Client: | Vtec, Arotek |
| Position: | Sr S/w Architect & Tech Manager | Team Size: | 8 |
| Environment: | C in 8051 & Linux | | |

Project Description:

Lantiq provides DECT solution for both handset and DECT GW [IAD]. This project is to address customers who have their application but needed DECT protocol interface via COSIC. COSIC is the first fully integrated single chip solution (Baseband, Transceiver and Power Amplifier on one single chip). AT commands are provided as an interface solution to customers for their DECT GW and handset application. Handset application in application processor will interface with COSIC via AT commands and make VoIP calls using DECT GW.

Roles/ Responsibilities:

- Technical Management & Architecting
- Responsibility for complete process control:
 - Functionality Specification

- Programmers Reference auto generated via doxygen
 - AT command interface
- Process compliance verification during project life cycle

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|-----------------------|-------------------------------------|-------------------|-----------------|
| Project Title: | DECT Handset MMI Application | Duration: | May 09 - Mar 10 |
| Organisation: | Infineon Technologies/Lantiq | Client: | Vtec, Aprtek |
| Position: | Sr S/w Architect & Tech Manager | Team Size: | 8 |
| Environment: | C in 8051 | | |

Project Description:

The DECT handset application software runs on the Handset device which implements the man machine interface, DECT protocol for interfacing with the base station for routing calls. The project focus is on MMI wherein an user interface is created for generating the MMI menu automatically based on the user inputs. The menu related user inputs are collected and transformed to XML format from where autoxml tool is used to convert it to C-based data structure. The MMI code generates the menu and processes user inputs based on this MMI menu structure. This is a very extensive and generic design and implementation for customers since it is fully customizable and has the advantage of ready to market in a record short time.

Roles/ Responsibilities:

- Project Management
- Prepared Software Requirement Specification
- Prepared concept specification containing the following:
 - Functionality Specification
 - Programmers Reference
 - Handset MMI architecture
- Involved in parts of the MMI menu generation tool work
- Process compliance verification during project life cycle

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|-----------------------|-----------------------|-------------------|-----------------|
| Project Title: | DECT Toolkit | Duration: | Mar 08 - Apr 09 |
| Organization: | Infineon Technologies | Client: | Siemens |
| Position: | Architect/Manager | Team Size: | 8 |
| Environment: | C under Linux | | |

Project Description:

The Digital Enhanced Cordless Telephone [DECT] toolkit provides a means for easy integration and ready to market possibilities for DECT partners and customers. This toolkit consists of API interface layer which includes the GAP and CAT-iq 2.0 and 3.0 functionalities. It has reusable components like configuration, memory, timer management for the DECT stack. All the reusable components can be easily enhanced according to target environment.

Roles/ Responsibilities:

- Project Management
- Prepared Software Requirement Specification
- Prepared concept specification containing the following:
 - Functionality Specification
 - Programmers Reference
 - DECT toolkit architecture
- Developed part of the DECT toolkit
- Developed adaptations for IFIN VoIP GW
- Process compliance verification during project life cycle

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|-----------------------|---|------------|-----------------|
| Project Title: | DECT Data Channel support for IFIN VoIP GW | Duration: | Aug 07 - Mar 08 |
| Organization: | Infineon Technologies | Client: | Siemens |
| Position: | Architect/Manager | Team Size: | 8 |
| Environment: | C under Linux | | |

Project Description:

The DECT data channel support for IFIN DECT VoIP GW specifically DECT stack gives packet data [IP] transmission support to and from DECT handsets. This involves changes in the DECT stack for implementing DECT Packet Radio Service [DPRS] protocol. Interface to gateway software was also done. To demonstrate, Software Upgrade over the Air, SUOTA, content download applications were developed.

Roles/ Responsibilities:

- Project Management
- Prepared Software Requirement Specification
- Prepared concept specification containing the following:
 - Configuration, User interface details
 - Functionality Specification
 - DECT Stack enhancement specification
 - Data channel support architecture
- Developed DECT data IWU, SUOTA and content download management application
- Developed adaptations for IFIN VoIP GW
- Process compliance verification during project life cycle

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|-----------------------|--|------------|-----------------|
| Project Title: | Generic Call Manager for IFIN VoIP GW | Duration: | Nov 06 - Jul 07 |
| Organization: | Infineon Technologies | Client: | Stollman/DLINK |
| Position: | Architect/Manager | Team Size: | 7 |
| Environment: | C under Linux | | |

Project Description:

The IFIN GW consists of a generic Call Manager that provides call control functionality for all the underlying devices independent of their type. The underlying devices can be POTS (both, FXS and FXO), DECT (FXS) , ISDN and the logical VoIP endpoints. The call manager provides uniform basic and supplementary call services for all interfaces.

Roles/ Responsibilities:

- Project Management
- Prepared Software Requirement Specification
- Prepared concept specification containing the following:
 - Configuration Specification, User interface details
 - Functionality Specification
 - Call manager architecture
- Developed call manager interface, DECT agent
- Developed adaptations for ISDN agent
- Process compliance verification during project life cycle

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|-----------------------|--|------------|-----------------|
| Project Title: | TR-104 extension for IFIN VoIP GW | Duration: | Mar 06 - Oct 06 |
| Organization: | Infineon Technologies | Client: | - |
| Position: | Concept Engineer | Team Size: | 5 |
| Environment: | C under Linux | | |

Project Description:

DSL [now broadband] Forum TR-104 specification defines the data model for provisioning of a voice-over-IP (VoIP) CPE device by an Auto-Configuration Server (ACS) using the mechanism defined in TR-069. TR-069 Specification describes the CPE WAN Management Protocol, intended for communication between a CPE and Auto-Configuration Server (ACS). The CPE WAN Management Protocol defines a mechanism that encompasses secure auto-configuration of a CPE, and also incorporates other CPE management functions into a common framework. TR-104 is an extension to IFIN GW platforms configuration which is currently available only via WEB.

Roles/ Responsibilities:

- Lead engineer involved in technical and resource management
- Prepared Software Requirement Specification
- Prepared concept specification containing the following:
 - Configuration, User interface details
 - Functionality Specification
 - TR-104 Architecture
- Process compliance verification during concept life cycle
- Designed and Implemented TR-104 adaptation layer

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|-----------------------|--|
| Project Title: | Access Gateway Signaling Function |
| Organization: | Continuous Computing |
| Position: | Lead Engineer |
| Environment: | C under TAPA |

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|------------|-----------------|
| Duration: | Feb 05 – Feb 06 |
| Client: | Fujitsu |
| Team Size: | 5 |

Project Description:

AGSF is a signaling unit part of Fujitsu access gateway. It is controlled by a remote Call agent to route VOIP calls to PSTN phones and vice versa. AGSF is compliant to Megaco v2 and it implements the state of the art design. It interacts with Line card module to detect and apply signals to phone terminals.

Roles/ Responsibilities:

- Team leading and coordination during entire project life cycle
- Customer interaction during SRS and Design
- Worked in Digit Map, Signal, Event, Media Descriptor
- Onsite system testing
- Process compliance verification during entire project life cycle

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|-----------------------|---------------------------|
| Project Title: | Megaco Command API |
| Organization: | Continuous Computing |
| Position: | Senior Engineer |
| Environment: | C under TAPA |

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| Duration: | July 04 – Jan 05 |
| Client: | Seimens |
| Team Size: | 5 |

Project Description:

Megaco Command API is an abstraction layer of Megaco application to work on Megaco command level rather than transaction level. Megaco applications include MGC and MG application, which issues command request/response to its peers. Command requests/responses are delivered to them by command API. This includes command state machine and packing and de-packing functionality to work on transaction level to break into commands and vice versa.

Roles/ Responsibilities:

- Customer interaction during SRS and Design
- Worked in State machine & TAPA interface to Megaco applications.

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|-----------------------|--|-------------------|----------------------|
| Project Title: | CASIP | Duration: | Feb 2004 – June 2004 |
| Organization: | Future Software Limited | Client: | Carrier Access, USA |
| Position: | Project coordinator | Team Size: | 6 |
| Environment: | C under RH Linux and Vxworks on Wintegra board | | |

Project Description:

CASIP, Carrier Access Session Initiation Protocol is Carrier Access call control architecture product used for VOIP applications. This project involves the porting and integration of Radvision SIP stack on top of Future Software Layer 2 and Layer 3 components over Wintegra board. The coding and Unit testing performed in Linux environment and planned for integration, system testing with Future control components on Wintegra board.

Roles/ Responsibilities:

- Configuration Librarian
- Customer interaction during SRS and Design
- Worked in following modules:
 - Socket Layer Interface mapping
 - CLI module development
- Involved in document preparation, reviews and development of regression test stub for Unit.

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|-----------------------|-----------------------------|-------------------|---------------------|
| Project Title: | DTUNM | Duration: | Jul 2002 – Jan 2004 |
| Organization: | Future Software Limited | Client: | Enercon |
| Position: | Senior Software Engineer/PL | Team Size: | 14 |
| Environment: | C under RH Linux. | | |

Project Description:

Data Terminal Unit and Network Manager, DTU delivers Real-Time data processing, which can be used for Campus wide SCADA, Critical Industrial Control and Automatic and Energy Management Systems. It is used for monitoring/controlling appliances, IOs and other field devices under the supervision of SCADA manager. During the process if any of the field device reading goes beyond the threshold, DTU generates alarm to SCADA Manager and performs control operation as configured. The system consists of Multi Interface capabilities such as Ethernet, IrDA, GSM SMS, serial and PSTN to interface with the SCADA manager

| Protocol | Communication Interface |
|---|-------------------------|
| TCP/IP | Ethernet |
| TCP/IP with PPP | PSTN |
| TCP/IP with PPP | GSM |
| IP over RS485 Multi Point (Kernel Driver) with Modbus | Serial RS-485 |

Roles/ Responsibilities:

- Configuration Librarian
- Customer interaction during SRS and Design
- Worked in following modules throughout the project life cycle:
 - RS485 Serial driver for Multi Drop Communication
 - Appliance Interface Module (Modbus Master) with external appliances (field devices)
 - IO Interface Module
 - NTP Synchronization
- Involved in document preparation, reviews and development of regression test stub for Unit and System Testing.

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|-----------------------|------------------------------------|-------------------|---------------------|
| Project Title: | Session Initiation Protocol | Duration: | Dec 2001 – Jun 2002 |
| Organization: | Future Software Limited | Client: | None [In house] |
| Position: | Senior Software Engineer | Team Size: | 5 |
| Environment: | C under Linux. | | |

Project Description:

The SIP terminal protocol stack will include implementations of Session Initiation Protocol (RFC 2543 bis 05) and Session Description Protocol (RFC 2327). The SIP protocol stack is the base over which any SIP application can be developed and will contain the necessary functionality for developing the User Agent application. User Agent Application is the one which poses User Agent Client to originate calls and User Agent Server, which accepts, call. This SIP stack is capable of accepting an incoming call and at the same time can originate a new call. This includes implementation of CLI interface that interfaces with the user. Both UDP and TCP mode of signaling transport is supported.

Roles/ Responsibilities:

- Configuration Librarian
- Worked in following modules from SRS to ST phase:
 - Transaction Module with SIP-T State Event Machine
 - User Agent
 - Transport Module and CLI
 - SIP-T Demo stub with third party RTP
- Involved in reviews, document preparation and development of regression test stub for Unit and System Testing.

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|-----------------------|--------------------------|-------------------|------------------------|
| Project Title: | VMPG | Duration: | Jul 2001 - Nov 2001 |
| Organization: | Future Software Limited | Client: | NetOne Systems (Japan) |
| Position: | Senior Software Engineer | Team Size: | 8 |
| Environment: | C under Linux. | | |

Project Description:

VMPG, Virtual Machine Packet Generator is simulator software that simulates generation of packets from different machines by changing IP and MAC address of each packet. This software is used to test routers, servers etc for their tolerability, reliability and for measure of performance. IP address spoofing is done using IP Aliasing that is supported by Linux machines. IP Aliasing allows the user to assign different IP addresses for a single machine on per Ethernet interface basis. MAC address spoofing is done using kernel module that is dynamically loaded when VMPG software is running. This module checks for VMPG packets and changes the source Ethernet address as configured before sending to Ethernet driver. The destination machine receives the packets with different IP and MAC address, which is generated by VMPG. VMPG supports TCP, UDP and Raw sockets.

Roles/ Responsibilities:

- Client Coordination
- Worked in design and development of following modules:
 - Kernel Driver for spoofing source MAC address.
 - Virtual UDP and TCP module for encoding packets with different source IP addresses
- Involved in Unit, Integration and System Testing
- Involved in SRS and design document preparation and reviews.

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|-----------------------|--|-------------------|---------------------|
| Project Title: | RM | Duration: | Jan 2001 - Jun 2001 |
| Organization: | Future Software Limited | Client: | In-house (Product) |
| Position: | Software Engineer | Team Size: | 4 |
| Environment: | C under FSAP (Future Software Architecture for Portability). | | |

Project Description:

RM, Redundancy Manager is a framework to enable High Availability/Fault Tolerance support for various protocols. RM is generic and hence any software module can be ported to have fault tolerance. RM is developed to provide 1:1 redundancy in which there will be one active and one standby node. If active node goes down the standby takes over with the information already received from the active node. RM also supports bulk data transfer when there is a standby node coming up detecting an active node. In the stipulated period of time the standby nodes polls the active node to detect fault, in case if active fails to respond the standby takes over. RM also supports software upgradation feature without affecting the service.

Roles/ Responsibilities:

- Worked in development of following modules:
 - Peer Node Interface Module
 - State Identifier Module
- Involved in reviews and document preparation for entire project life cycle.
- Involved in Regression test stub preparation and execution for Unit and System Testing

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|----------------|-------------------------|------------|---------------------|
| Project Title: | TCAP | Duration: | Sep 2000 – Dec 2000 |
| Organization: | Future Software Limited | Client: | In-house (Product) |
| Position: | Software Engineer | Team Size: | 8 |
| Environment: | C under Linux. | | |

Project Description:

The Transaction Capabilities Application Part (TCAP) conforming to ETSI, ETS 300 287-1 is a portable software product provides the functions and procedures for an application at one node in the signaling network to invoke the execution of an application at another node in the signaling network and exchange the results of such an invocation. The TCAP software resides on network elements such as switches, adjunct processors, service platforms and test equipment. IT supports SCCP-user signaling messages for both connection-oriented and connection-less classes of services to an IP network. It also provides the capabilities to associate operations and replies, and detect and recover from abnormal situations.

Roles/ Responsibilities:

- Involved in Design and initial coding.
- Involved in document preparation for SRS and design phase.

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|----------------|----------------------------|------------|---------------------|
| Project Title: | Cellular Telephony API | Duration: | Oct 1999 - Aug 2000 |
| Organization: | Sundram Telematics Limited | Client: | Motorola |
| Position: | Senior Officer | Team Size: | 6 |
| Environment: | C under Unix and SUAPI. | | |

Project Description:

CTAPI is a software product that is to be incorporated in cellular phone. This is developed to make an abstraction of various communication technologies such as GSM, TDMA, and CDMA etc. from Application Developers. The CTAPI will play an intermediate role between application and the device layer and allows application to make CTAPI function calls rather than device layer function calls. Also it provides flexibility of event understanding to the application developers. CTAPI is inherited from JTAPI (Java Telephony API) as it follows same call model objects & states.

Roles/ Responsibilities:

- Involved in Analysis, Design, Unit testing, and Subsystem testing of following modules:
 - Call and Connection module
 - Application Interface module
- Involved in document preparation for design & System Testing.

Project Title: Kalman Tracker
Organization: Madras Institute of Technology
Position: Project/Research Associate
Environment: Turbo C under WIN 95.

Duration: Aug 1998 - Sep 1999
Client: D.R.D.O and L.R.D.E
Team Size: 2

Project Description:

This Project consists of two major sections namely Target Track Simulation and Tracker Module. In Target track simulation various target co-ordinates were simulated for different tracks in 2D as well as 3D. Tracker Module for both 2D-3S and 2D-2S is designed using Kalman algorithm. Since this is a Ship borne Tracker, North East Down (relative) co-ordinate system is chosen for tracking. Both the Trackers are capable of tracking in both perfectly stabilized condition of platform as well as imperfectly stabilized condition (with Pitch and Roll) of platform. Imperfection means that the platform moves within itself apart from the dynamic motion. The maximum range of the radar considered is 150Km with a height of radiation pattern existing to 10Km.

This module is to completely ensure that any kind of target maneuver can be tracked with minimum quantity of error especially for Naval purpose. This project is done in C language for Electronics and Radar Development Establishment (LRDE, a division of DRDO) Bangalore.

Roles/Responsibilities:

- Involved in Analysis, designing, coding and testing of Tracker Module
- Coordinating with Client for analyzing requirement

PERSONAL PROFILE

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|--------------------------|---|
| Father's Name | Mr. S. Sankaran |
| Date of Birth | 29-10-1976 |
| Sex | Male |
| Marital Status | Married |
| Nationality | Indian |
| Permanent Address | No. 101 A Kethana Enclave, 29 th C cross Kaggadasapura, Balaji layout, C.V Raman Nagar, Bangalore-560093 |
| Contact Numbers | 098802 96269, 080 41518294 |
| Email | skarthitw@gmail.com , skarthi4u@rediffmail.com |
| Languages Known | English & Tamil |

PERSONAL CERTIFICATION & TRAININGS

- ❖ Neuro Linguistic Programming NLP <http://www.nlpcoach.in/> www.nfnlp.com
 - ❖ Practitioner, Diploma, Associate Coach, Life Coach
 - ❖ Time Line Practitioner
- ❖ Landmark Education www.landmarkworldwide.com
 - ❖ Landmark Forum, Advanced, Self-Expression and Leadership Program
 - ❖ Communication Access to Power, Power to Create
 - ❖ Direct Access
 - ❖ Living and creating Miracles Seminar

- ❖ Beyond Fitness Seminar
- ❖ Team, Management and Leadership (2 year Program)
 - ❖ Team 1, Creating team and team work in every situation
 - ❖ Team 2, Causing effective leadership in creating team and team work
- ❖ Patanjali Yoga training
 - ❖ Regular yoga asana training for day to day life
- ❖ Reiki Retreat by Prasad Karmakar www.prasadkarmakar.com
 - ❖ Week long program on meditation, Reiki and transformation
- ❖ Yoga teachers training <http://www.shrimathyoga.com/>
- ❖ Quantum Healing <https://www.quantumtouch.com/>
- ❖ Running a [Yoga Alliance International](http://www.nlitn.in) certified and [World Yoga Federation](http://www.nlitn.in) registered Yoga School www.nlitn.in
- ❖ Transcendental Meditation www.tm.org
- ❖ Reiki Healing
 - ❖ Level 1 (3 times attuned from different masters including Paula Horan) and Master (Level 3 and Level 4)
- ❖ Level 1 and Level 2 Art of Living www.artofliving.org
- ❖ Silva Ultra Mind ESP www.silvalifesystem.com
- ❖ Level 1 Pranic Healing www.pranichealingkarnataka.com

TRAINING AREAS

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|--------------------------------|---|
| Personality Development | Characteristics Of A Healthy Personality, Benefits Of Anger Management, Easy Ways To Change Your Image, How To Improve Working Memory, How To Make Powerful First Impression, Self Confidence Exercises, Confidence Building Exercises, How To Develop Self Discipline, How To Be A Good Leader, How To Get Out Of A Bad Mood, How To Overcome Fear Of The Dark, How To Motivate Yourself, Tips On Organizing Time Utilizing Constructive Criticism, How To Be More Thankful, The Art Of Public Speaking, How To Be Respectful Towards Others, How To Forgive And Forget When Someone Hurts You, refer more topics at http://www.nlitn.in/personality-development.html |
| Communication Skills | Verbal Communication, Body Language, Physical Communication, Writing Storytelling, Visual Communication, Humor, Listening, Presentation Skills, Public Speaking, Interviewing, Making First Impression |
| Leadership | Team Building, Strategic Planning, Coaching, Mentoring, Delegation, Dispute Resolution, Diplomacy, Giving Feedback, Managing Difficult Conversations, Decision Making, Performance Management, Supervising, Managing, Manager Management, Talent Management, Managing Remote Teams, Crisis Management |
| Personal Skills | Emotional Intelligence, Self-Awareness, Emotion Management, Stress Management, Tolerance of Change and Uncertainty, Taking Criticism, Self Confidence, Adaptability, Resilience, Assertiveness, Competitiveness, Self-Leadership, Self-Assessment, Work-Life Balance, Friendliness, Enthusiasm, Empathy |
| Professional Skills | Planning, Scheduling, Time Management, Meeting Management, Technology Savvy, Technology Trend Awareness, Business Etiquette, Business Ethics, Diversity Awareness, Intercultural Competence, Training Process Improvement, Knowledge Management, Writing Reports and |

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|------------------|---|
| | Proposals, Customer Service |
| Microsoft | Word, Excel, Visio, Power point, Outlook, Paint |
| Google | Gmail, Gdocs(drive), Calendar, plus, Search, Maps, YouTube, Blogger, Photos |
| Design | Corel Draw |
| Editors | VI, VIM, Turbo C, edit |
| Holistic | Yoga, Meditation, Healing, Counseling and Coaching |