

HARSHA BORA

Home no. 18, Parag Park, Near old Iron Bridge, Station Road,

Ahmednagar – 414001, Maharashtra, India

Mobile no. : +919922830842, +917899536780

Mail ID : boraharsha@gmail.com

Educational Profile

Qualification	Institute	Board / University	Year of passing
PhD Scholar	SVYASA, Bangalore	SVYASA (Deemed to be University), Banglore India	2019(Appearing)
Qualified for Assistant Professor (NET)			2018
MSc Yoga therapy (Masters of Science)	SVYASA University, Bangalore	SVYASA University, Bangalore, India	2018
QCI Level – 1 (Quality council of India)			2016
Diploma In Yoga Education	Yashwantrao Chavan Open University	Yashwantrao Chavan Open University	2013
BSc Microbiology (Bachelors of Science)	Ahmednagar college, Ahmednagar, Maharashtra	Savitribai Phule University, Pune, Maharashtra, India	2016
CERTIFIED YOGA TEACHER FROM YOGA VIDYA GURUKUL (YOGA POINT), NASHIK, MH.			
HSC (Higher secondary Certificate)	Bhausahab Firodiya High school & Junior college, Ahmednagar, Maharashtra	Savitribai Phule University, Pune, Maharashtra, India	2012
SSC (Secondary School Certificate)	Bhausahab Firodiya High school & Junior college, Ahmednagar	Savitribai Phule University, Pune, Maharashtra India	2010

WORK HISTORY & EXPERIENCE

EXPERIENCE	DURATION	INSTITUTION
Personal yoga teaching	12 months	Personal, Ahmednagar, India
Teaching TTC program for Foreigners	8 months	Yoga point, Nasik, Maharashtra, India
Internship	6 months	ARODYADHAMA (S-VYASA Yoga University Bangalore India)
Guest Yoga Trainer	Occasional	Amanbagh, Ajabgarh Rajasthan
Teaching Assistant	10 Months	MIT-ADT University, Pune

Professional Strength

- Notable interpersonal skills with ability to communicate effectively with all levels of management, staff and guests
- Dedicated to exceptional service to patients; able to cultivate positive rapport and nurture relationships by offering service beyond expectations
- Recognized for outstanding work ethic, discipline, creativeness, integrity, thoroughness and commitment to the organization's goals during internship.

Therapeutic Skills

- Relaxation Techniques
- Advance Techniques

Special Training acquired on Yoga Techniques for diseases like :

1	Cardio-vascular disease	5	Digestive diseases	9	Ophthalmologic disorders
2	Psychic disease	6	Hormonal diseases	10	Pediatric disorders
3	Mental related disease	7	Respiratory diseases	11	E.N.T. disorders
4	Neuro muscular disease	8	Metabolic diseases	12	Obstetrics & Gynecological disorders

Hobbies & Interests

- Reading books
- Playing Tabla
- Trekking & Travelling
- Listening to motivational talk, different types of cultural music

Personal Profile

- Born on : January 21, 1995
- Father's Name : Sunil Bora
- Mother's Name : Swati Bora
- Gender : Female
- Nationality : Indian
- Religion : Jain
- Languages known : English, Hindi, Marathi, Marwari,
German (introductory)
- Marital Status : Single