

## Harshad Arvind Nere

### Work Experience:

Currently working with **Uranus Health Home & Research Centre, Mulund** of **Dr. Sammer Mahajan** from March 2007 as a **Personal Trainer**.

### Achievements in Yoga Field :

- Participated in Open Thane Uni Yoga Competition in 2004 & stood first.
- Participated in 2<sup>nd</sup> All India Yogic Technological Festival in 2005 at Coimbatore & secured 5<sup>th</sup> Rank.
- Participated All India Yogic Technological Festival in 2005 & won First Prize.
- Participated in 10<sup>th</sup> yearly Sports Festival at Dadar & won First Prize.
- Participated in 3<sup>rd</sup> All India Yogic Technological Festival in 2006 & secured 1<sup>st</sup> Rank & selected for 2<sup>nd</sup> Annual International Yogasana Championship 2006 held in Mauritius.
- Won First Prize in Open State Level Yogasana Championship 2007, performed **“Dip Yoga”**.
- Participated in State Level Open Yogasana Championship 2008 & won First Prize.
- Participated in 2<sup>nd</sup> Mumbai Mayer Trophy Yogasana Championship 2008 & won First Prize.

### Events :

- Performed Malkhamb & Yoga for Telgu Film Awards Function in 2006.
- Performed Malkhamb & Yoga for photographer Awards Function in 2006 at Andheri MMRDA.
- Performed **Dip Yoga** in Following Function:
  - Vidya Dham Sanstha Function
    - Mahila Yogdan Awards Function organized by Ulhasnagar Municipality on 8<sup>th</sup> March.

- On Star Majha on 20<sup>th</sup> March 2008.
- On IBN Lokmat on 18 June 2008.
- Sony Tv (Entertainment Ke Liye Kuch Bhi Karega.) on 3<sup>rd</sup> June 2009.
- Ravindra Natya Mandeer show (Deep Yoga) on 19<sup>th</sup> July 2009.

### **Social Activities in field of Yoga:**

- Participated in “Mumbai Pune Return Walking Abhiyan “ in 2004 & Completed walking in 62 hours only.
- Conducted 2 days Yoga Workshop on 20<sup>th</sup> & 21<sup>st</sup> August, 2004 at Jagruti School of Blind Girls.
- Conducted 2 days Yoga Workshop on 6<sup>th</sup> & 7<sup>th</sup> September, 2004 at Pragati Blind School, Badlapur for blind students.
- Conducted 2 days Yoga Workshop on 7<sup>th</sup> & 8<sup>th</sup>, 2004 at The NAB - IDBI Polytechnic, Ambarnath for blind Trainees.
- Conducted 2 days Yoga Workshop on 15<sup>th</sup> & 16<sup>th</sup> September, 2004 at Shri Bhairav Def & Dumb School, Bhiwandi for students.
- Conducted 2 days Yoga Workshop on 12<sup>th</sup> December, 2007 & 13<sup>th</sup> January, 2008 at Government Children Rehabilitation Centre.
- Conducted 7 days Yoga Workshop from 27<sup>th</sup> January to 3<sup>rd</sup> February, 2008 at Shantisadan Ladies Hostel, Ulhasnagar.

### **Qualification:**

<b>Course Name</b>	<b>Institute</b>	<b>Year of Passing</b>	<b>Result</b>
Diploma in Yoga Technique	Suhasini Beauty Health Dombivli.	2004	First Class
Diploma in Yoga Technique	Yogavidya Gurukul (Nasik)	2007	First Class

**Personal Details:**

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