

# SAKET MOHAN MISHRA

*M.PHIL&M.A.(Yogic Science),DNYBH,YTTC*



HOD OF YOGA CUM  
COURSE CO-ODINATOR  
([www.yogaingoa.com](http://www.yogaingoa.com))

## Curriculum Vitae

### Career Objectives

To utilize my skills in the field of Human Consciousness &Yogic Science, Naturopathy and Yoga Therapy to correspond in an optimum way for growing with the organization and accomplish its goals through personal as well as team commitment.

### Educational Qualification

**M.phil.(Yogic Science) Dptt.Of Yoga, Barkatullah University ,UTD,Bhopal  
M.P. (Heart of india)**

Examination	Institutions	Percentages	Year of passing
10th	B.S.E.B-Patna	42%	1996
12 <sup>th</sup> (PCB)	B.I.E.C.-Patna	56%	1999
B.A.(Hons)	L.N.Mithila University, Darbhanga	57%	2004
Post Graduate Diploma in Yogic Studies	Babasaheb Bhimrao Ambedkar , Bihar University, Muzaffarpur	72%	2007

M.A.(Human Consciousness & Yogic Science)	Department of Yoga, Barkatullah University, Bhopal	69 %	2007-2009
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M.Phil in Yogic Science	Department of Yoga, Barkatullah University, Bhopal	66%	2010
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#### Professional Qualifications

Diploma in Naturopathy ,Yoga, Beauty Culture and Herbal Therapy	Prakratik Chikitsa YogaSanthan,K.P.Poor Home,Darbhangha Bihar,	75%	2002
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**“Yoga Teacher Training Course”:** Bihar Yoga Bharti, Munger , Bihar (2006)  
**“Certificate in Yoga Therapy”** (1 year), from M. P. Government Paramedical Council in India.  
**“First Aid Course”** from Nagpur Sports Council in India.

#### Subjects Of Interest

Ayurveda, prakriti & kaya chikitsa, yoga psycplogy,yoga philosophy, Herbal Therapy, Acupressure Massage, Biographies and Autobiographies from great honest persons.

#### Extra Curricular Activities

- (1) Worked in Institute of Naturopathy and Yoga , Poor home , Darbhanga, Bihar, as a **Yoga teacher** from 2002 to 2005 . At present, Yoga Naturopathy advisor in Institute.
- (2) Various Types of Social Work as a aids, pulse polio, first aid, adult education in National Service Scheme at (MLSM College, Darbhanga). As a **Social Worker** from 2002- 2005.
- (3) Various types of yoga projects in a P.G. College, sports centre, hospital, Bhopal jail, schools, with engineers through Kawaly Dham, Yoga Training Center, Bhopal under guide administrative officer (R.K. Doneria) (2007-2009).

(4) At present, working in Ayurvedic Natural Health Centre, Saligao, Goa, since July 2009 as HOD of Yoga CUM Course co-ordinator ([www.yogaingoa.com](http://www.yogaingoa.com))

#### Short Dissertation

(1) Schools of yoga (Yog Ke Vibhinna ayam), Guide Dr. Sadhan Doneria (HOD of Yog Department of B.U. Bhopal) in M.A. in H. CON. & Yogic Science.

(2) Yogic Management in Diabetic Asan, Pranayam and Ahar) Guide Dr. Sadhan Doneria, (HOD of Yog Department of B.U.Bhopal), Co-guide, Dr. S.b. Roy (K. Dham, Pune)

#### Personal Profile

My traditional knowledge follows Bihar School of Yoga (Satyananda Trad) and K. Dham Lonawla, Pune (Kualayananda Trad).

Name : ***Saket Mohan Mishra***  
Father's Name : Shri H.M. Mishra  
Mother's Name : Gita Mishra  
Sex : Male  
Date of Birth : Nov. 11<sup>th</sup>,1981  
Marital Status : Single  
Languages Known : Hindi, English, Sanskrit  
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District-Darbhanaga, Bihar  
Pin-847302 .  
Present address : ANHC Pvt Ltd, Chogm Road, Saligao, Bardez, GOA

***I hereby declare that the information given above is true to the best of my knowledge.***

**(Saket Mohan Mishra)**

**Date:**

**Signature:**

**Place :**

