

CURRICULUM VITAE

LATA APARA DEORI
PhD Scholar (Yogic Sciences)

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Permanent Address

D/O Ramesh Kumar Deori
Vill: Bongalmora Thengal,
P.O: Islamgaon, Lakhimpur, Assam
Pin: 787054

CAREER OBJECTIVE:

To utilize my knowledge and skills in yogic sciences and yoga for the development of body, mind and to make the people healthy and fit through yogic practices. I want to attempt a challenging job to prove myself and want to become a unique example in the field of yoga and science.

PERSONAL DETAILS:

Father's name	: Mr. Ramesh Kumar Deori
Mother's name	: Mrs. Luchi Gogoi Deori
Date of birth	: 18 th January 1996
Sex	: Female
Marital status	: Unmarried
Language known	: English, Hindi and Assamese
Nationality	: Indian
Hometown	: Lakhimpur

ACADEMIC QUALIFICATION: Education/Professional

SCHOOL/UNIVERSITY	EXAMINATION	BOARD/UNIVERSITY	YEAR OF PASSING	PERCENTAGE
Jawahar Navodaya Vidyalaya (Lakhimpur)	10th	CBSE BOARD	2013	77.9%
Jawahar Navodaya Vidyalaya (Lakhimpur)	12th	CBSE BOARD	2015	75%
Darrang College, Gauhati University.	B. Com (Accountancy Hons.)	SEBA BOARD	2018	61%
Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh.	M.A. Yogic Sciences	L.N.I.P.E., Gwalior.	2020	79%
Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh.	Doctorate degree	L.N.I.P.E., Gwalior.	2022	Pursuing

AREA OF SPECIALIZATION:

Area of specialization: yoga

Area of theory specialization: Indian Philosophy and Human Consciousness, Yoga Psychology, Fundamentals of Naturopathy

Other Interests:

Yoga Therapy, Naturopathy Treatment, Massage, Acupressure, Pranic Healing, Aerobics and Zumba.

PROFICIENCY IN OTHER SUBJECTS:

- ❖ Patanjali yoga sutra
- ❖ Teachings of Upanishads
- ❖ Bhagavad Geeta
- ❖ Research and methodology
- ❖ Indian philosophy
- ❖ Human Anatomy and physiology
- ❖ Yoga and psychology

PROFESSIONAL EXPERIENCE:

- As a Yoga teacher in Kendriya Vidyalaya, Sivasagar, Assam.
- As an intern in S-VYASA, Bengaluru.
- Attended 7 days National Workshop on “Traditional Yoga and Yoga Therapy”.

SPORTS ACHIEVEMENT:

- Represented LNIPE in Central Youth Fest 2019.
- Represented Gwalior at State Yoga Competition 2019
- 3 times kho-kho regional player (Shillong region)

AREA OF SPECIAL INTEREST:

- Trainer and instructor
- Teaching classes
- Dancing
- Interested in Cultural activity

COMPUTER LITERACY:

- Completed “CCC” course in computer.
- Good knowledge of overhead projector, internet, data processor etc.

STRENGTHS:

- Adaptive to any atmosphere.
- Hard working, sincere, accept challenges.
- Quick learner & positive attitude towards work.