



Malani Shah Kobawala
B\11 Satayam App.,
Opp. Ratilala Park,
Near Darpan Six Road,
Naranpura.
District - Ahmedabad
Ph: 9978837210,
✉: malani.kobawala@gmail.com

Career Objective

To be a part of an organization and dedicate my entire proficiency for the development of student knowledge along with improving my knowledge.

Education

- ⇔ **Graduation (B.Com)** Gujarat University **1993**
 - **Secured 58% (Second class)**
- ⇔ **M.A. (Finel Scince of Living , Preksha Meditation & Yoga)**
from **Jain Vishva Bharati Institute , Ladnun.** **2015**
 - **Secured 66.90 % (First Class)**
- ⇔ **Certificat in Food & Nutrition (CFN)** from **Baba Saheb Ambedker University, Ahmedabad.** **2015**
 - **Secured 74 % (First Class with Distinction)**
- ⇔ **Certificat in Naturopathy (CIN)** from **Baba Saheb Ambedker Univesity , Ahmedabad.** **2016**
 - **Secured 87 % (First Class with Distinction)**

Skills

- ⇔ **YOGA ASANA – PRANAYAM**
- ⇔ **THERAPEUTIC YOGA**
- ⇔ **YOGA AS A LIFE MANAGEMENT**
- ⇔ **HOW TO BECOME HEALTHY WITH DIATS & NATUROPATHY TRETMENT**

Television Programs

↔ YOGA SEIRES FOR CHHANEL GTPL GUJARATI

Achievements

- ↔ AT ADARSH AHMEDABAD AS A LACTURER.
- ↔ AT NIRMA UNIVERSITY CONDUCT THE CLASS AS A YOGA GURU FOR ENGINEERING STUDENTS.
- ↔ GIVE A LACTURE OF YOGA AS A LIFE MANAGEMENT AT GUJARAT UNIVERSITY M.Ed. STUDENTS.
- ↔ GIVING A YOGA SEIRES ON GTPL GUJARATI CHHANEL.

Description

The Science Yoga is a part of the ancient life style & culture of India. When Yogic science declined their spiritual fortunes also declined & they became unhappy & unhealthy.

So every individual should practice Yoga to attend wellbeing, vitality, success & good health. The Yoga (Asanas, Pranayam & Meditation) is a practical integrated subjects which everyone could apply in their lives.

One sided development is not recommended. Therefore, one must practice the Yoga of synthesis. A human being thinks, feels & wills. Thus he must develop his intellect, heart & hands. Then alone can he attain perfection or integral development. This is integral Yoga.

Personal Profile

Fathers Name	: Maheshkumar Shah.
Gender	: Female
Date of Birth	: 18.06.1973.
Nationality	: Indian
Linguistics Proficiency	: English, Hindi, Gujarati.

DATE : 11.07.2016.

PLACE: Ahmedabad.

(MALANI SHAH KOBAWALA)