

## **RESUME**

**NAME:** Bhavna Harchandrai

**DATE OF BIRTH:** 1/10/1976

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### **ACADEMIC QUALIFICATIONS:**

<b>INSTITUTE</b>	<b>EXAMINATION</b>	<b>YEAR OF PASSING</b>	<b>GRADES OBTAINED</b>
Convent of Jesus and Mary, Fort	S.S.C. Board	March, 1992	87% (3rd in School)
Sydenham College of Commerce and Economics	H.S.C. Board	March, 1994	79% (Amongst Top Ten)
	Bachelor of Commerce	April, 1997	First Class
International Air Fare Desk (Travel and Tourism)	I.A.T.A.	March, 1997	Distinction
NIIT, Fort	Software Technology and Systems Management Curriculum, (Semester P)	March, 1995	83% Grade E (Excellent)
Alliance Francaise de Bombay	Niveau I	May, 1993	76.50%
	Niveau II	Dec, 1994	77%
	Niveau III	Dec, 1995	86.50%

## **WORK EXPERIENCE:**

- **Manager** of Pure Energy (Shapoorji Pallonji Enterprise) ,the Aerobics Studio and Gym (1997-2001)
- Certified Fitness Instructor since Sept'98.
- Gym and Aerobics Instructor at Moksh -Pritish Nandy Communications (2001- 2004) and **Head-Aerobics Studio** ,January 2002 -December 2002.
- Aerobics Instructor at the Taj,Wellington Mews (2005-2009)
- Taught Music and Movement at the Cathedral and John Connon School (2007-2009)
- Golds Gym (2006 – 2012 ), **Head of Dept Group-Exercise**
- Beyond Fitness Gym, Awesome Abs Instructor (2012-2015)
- Nitro Gym, Cross Training Instructor (2015-2018)
- Run my studio in Malabar Hill ( 2011-current)

**FITNESS CERTIFICATIONS:**

<b>BOARD</b>	<b>COURSE</b>	<b>YEAR OF PASSING</b>
BIOKINETIX EXAMINATION	E.T.M. /Aerobics Instructor	Sept,1998
BOARD (affiliated to Nike)	C.P.R. (in a GYM environment)	Sept,1998
	STEP Instructor	July,1999
	GYM, Weight Training	July,1999
REEBOK Certifications and Courses	Reebok Flexible Strength	July,2004
	Reebok Core Pilates	January,2005
	Reebok Resolution	July,2006
	Bombay City Ambulance refresher course for Cardio Pulmonary Resuscitation (C.P.R.)	June,2006 August,2008
	Power Plate Academy	May, 2008
American Council on Exercise (A.C.E.)	Personal Trainer	June,2009
Cirque du Soliel	Jukari Fit to Flex	December, 2010
Zumba	Zumba	February, 2015
Balanced Body	Reformer Pilates (Level 1)	September, 2016

Starbound	Trampoline Fitness Rebounding	May, 2017
Penalty Box Fitness	Penalty Box (Online Training module)	December, 2019

### **ADDITIONAL INFORMATION:**

- (1) Vice-Captain of the Red House in School (1990-91)
- (2) Games Captain of the School (1991-92)
- (3) Captain of the Inter-School Throwball team. Also won certificates for Inter-House Debates and Dramatics.
- (4) Was an active member of The Sydenham College Social Service League.
- (5) Assisted Procam Intl. with the promotions and trained participants for the Standard Chartered Mumbai Marathon (2007)
- (6) Walked the ramp as a woman achiever for Shaina NC and Hemant Trivedi (2007)
- (7) An avid Throwball player, I am part of the Cathedral School Moms Throwball team (since 2015) and also participate in mixed team Throwball matches. I have won 3 'Woman of the Match' cups.
- (8) Conduct Power Yoga sessions for the Jockey Morning Fitness Party, a Times of India event. (2018 & 2019)

### **SCOPE OF CLASSES CONDUCTED:**

- (1) Aerobics
- (2) Step
- (3) Cardio Box-er-cise
- (4) Zumba
- (5) Box-er-cise using a step
- (6) Dancer-cise
- (7) Stability ball training (cardio and strength training)

- (8) Bosu Ball
- (9) Mat Pilates
- (10) Power Yoga
- (11) Stretch cord training
- (12) Gliding disc workout
- (13) Sports Specific Training
- (14) Flexible Strength
- (15) Marathon Training
- (16) Trampoline Fitness
- (17) Tabata (HIIT)
- (18) Functional training
- (19) Penalty Box Training

**FITNESS RELATED FEATURES/ ARTICLES WRITTEN:**

**NEWSPAPERS:**

BOMBAY TIMES	Get Set Run
	Fuel up!
	The seeds of good health
	Lights out!
	Exercise like a child
	Mumbaikars want to stay fit, fashionably
	Non-dairy milk finds it's place on the table
ECONOMIC TIMES	Fit as a fiddle
	Live life queen size
HINDUSTAN TIMES	Marathon Musings
	(A weekly series of marathon training guidelines I wrote
	as a guest columnist of HT for a period of 3 months)
HT CAFÉ	Tall tales
	Core of the matter

HINDUSTAN TIMES BRUNCH	Game for a run
MUMBAI MIRROR BUZZ	Booty call

AFTERNOON DESPATCH AND COURIER	Workout the Civilian Boot Camp way
SUNDAY MID-DAY	A square answer to fitness
	Freedom from fat
SAKAAL TIMES	Flexing with Jukari
MUMBAI MIRROR	Back to the front
	Is your mood making you fat?
	How to recover from that burger
	More than just child's play
	Never too old to workout
	6 life hacks for a fitter you
	In-flight exercises to make travelling a breeze
	Eat, delete, repeat
	The whey to eat
	When tech inflicts unbearable pain
	How to look your best this NYE, a few kilos less
	Get, set, go...gearing up for the Mumbai Marathon?

#### **MAGAZINES:**

BETTER HOMES AND GARDENS	Calorie crunch
MARIE CLAIRE	Step up the tempo
	Fit and fab
GOLDS GYM PULSE	Fit after 50

#### **LIST OF NOTABLE CLIENTS:**

Muskaan Tolani

(National level swimmer- Winner of 8 Gold, 7 Silver, 2 Bronze National medals)

Mehika Mirpuri (Fashion Designer)

Kamal Hiranandani ( wife of Niranjani Hiranandani- Hiranandani Constructions)

Preeti Hiranandani (former wife of Surendra Hiranandani- Hiranandani Constructions)

Behroze Mistry (wife of Shapoor Mistry- Shapoorji Pallonji Constructions)

Sushma Jain (wife of Anand Jain-Reliance)

Pooja Choksey ( wife of Prashant Choksey-Mumbai Angels)

Radha Goenka ( daughter-in-law of Harsh Goenka- RPG Enterprises)

Pooja Dhoot (daughter-in-law of Venugopal Dhoot- Videocon)

Amalia Akerkar ( daughter of Rahul Akerkar- Qualia restaurant)

Aparna Chudasama (daughter-in-law of late Nana Chudasama)

Wyoma Chudasama (grand- daughter of late Nana Chudasama)

Nishka Lulla (reputed Fashion Designer)

Sonal Holland (India's only Master of Wine)

Perizad Kolah Marshall (TV Host and Emcee)

Note: Letters of recommendation, certificates and other information available upon request.