

Resume



Sindhu .P. Nair
Sreelakam
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Kattakada
Thiruvananthapuram
Kerala, India
Mobile: 9446173137

Summary:

1. Over 19 years of teaching, coaching, and training experience.
2. Teaching physical education as a LAR course in the college.
3. Over 9 years of experience in a managerial role.
4. Experienced in preparing subject curriculum.
5. Good teaching and demonstrating skills.
6. Excellent leadership, mentoring and management skills.
7. Organizing Sports and Games competitions.
8. Organizing coaching for the teams.
9. Good interpersonal & communication skills.
10. Proficient in Athletic events and games
11. Capable of pursuing a given task to completion.
12. Teaching physical education, health and fitness , sports, and games
13. Good computer skills.
14. Good customer care skills
15. Ability to learn new tasks quickly.
16. Proficient in personalized Fitness training.

Royal University for Women, Kingdom of Bahrain

Period: November 2011 – Present

Role: Lecturer in Physical Education, Sports Centre Manager.

Responsibilities:

1. Teaching physical education as a LAR course in the college.
2. Provide circuit training, resistance training and conditioning exercises to the students.
3. Provide personalized fitness training to the students
4. Teaching & training aqua aerobics
5. Instruction on health and fitness in the department.
6. Organising university sports activities (intramural and extramural)
7. Organising tournaments & Coordinates coaching for teams as required
8. Leading & Managing the daily operations in the University Sports Dept. including oversight of facilities, equipment, allotted staff, and related resources.
9. Supervise the administration & finance management of the department.
10. Supervises and provides work direction to staff within the sports centre
11. Manage all daily operations including personnel, gym activities and schedules, customer relations, purchasing and marketing strategies.
12. Perform complex clerical duties and established policies and procedures.
13. Good computer skills
14. Managing Reception duties
15. Good customer care skills
16. Ability to learn new tasks quickly

Achievements:

- Received certificate from RUW for excellence support to QAAU for developing and applying the procedure and other rules and regulations in the department.
- Trained as a certified internal auditor. 2013
- Certified in CPR.
- Attended the workshop on Resistance training by Aerobics and Fitness Association of America in 2014
- Certified Meta fit instructor 2015

- Certified First Aider from Bahrain Red Crescent Society 2019
- Attended the Webinar on “The Seven Rainbow Rules for Health and Longevity” conducted on 24-06-2020 organized by IQAC in association with Department of Physical Education.
- Attended the Webinar on “Happiness and Success through Yoga” conducted on 21-06-2020.

Chinmaya Senior Secondary School, Trivandrum

Chinmaya School is a well-established educational institution in India, which have over 150 branches all over India.

Period: April -2001- August 2011

Role: Physical Education Teacher

Responsibilities:

1. Teaching Physical education.
2. Teaching and training sports and games
3. Organising sports meets like school and interschool
4. Organising member of the State and National meet
5. Conducting classes on Physical Fitness and Health Education.
6. Guiding students to take part in March pasts and mass drills, whenever necessary.
7. Physical conditioning of the teams for various events and games.
8. Administrative management of the Physical Education Department
9. Curriculum development and preparation of Year plan of the department
10. Supervising all other related works.

Education:

Master of Physical Education: Degree from LNCPE in the year **2001**

Subjects:1ST YEAR: Research Methods and Statistics, Methodology of Sports Training, Measurement and evaluation, Sports Psychology [specialization], Laboratory practicals for Sports Science, Advance Skills and officiating in volleyball.

2ND YEAR: Management of Physical Education and Sports, Sports Medicine, Professional Preparation and Curriculum Designing, Sports Psychology [Specialization], Advanced Coaching in TRACK and FIELD [Sports Specialization].

Bachelor of Physical Education: Degree from LNCPE in the year 1997

Subjects: 1ST YEAR: Basic and Systemic Anatomy, General Science, English, History of Physical Education, Sociology.

2ND YEAR: Physiology & Physiology of Exercise, Kinesiology & Biomechanics, Educational Sports Psychology, English, Teaching Methodology.

3RD YEAR: Foundation of Physical Education, Management of Physical Education and Sports, First Aid, Corrective Physical Education and Adapted Physical Education, Health & fitness Education, Tests and Measurements, Principles of Coaching and Officiating, Track and Field [specialisation], Practical Skills of Games, Teaching Ability.

Resistance training certificate: Aerobics and Fitness Association of America in 2014

CPR certified : From RCSI Bahrain (2013)

Meta fit training course : Certificate course from Metafit in 2015

Certified First Aider : From Bahrain Red Crescent Society 2016

Personal Data:

Date of birth : 25. 03. 1978

Nationality : Indian

Sex : Female

Marital status : Married and has one child

Permanent Address : Sreelakam, Kunnanadu, Poozhanadu P.O

Kattakada, Thiruvananthapuram – 695125

Kerala, India

Achievements:

- Holder of Kerala University record in shot put and was the University Champion in the year 2000

- Won commendable prizes in athletic events in the school level, University level, State level and National level.
- Participated and won prizes in interschool, intercollegiate and interuniversity competitions.
- Participated in the Tenth Junior National Athletic Championship held at Bhopal [Madhya Pradesh] 3rd-6th February 1995
- Participated in the Inter University Athletic Championship held at Kerala 1997 to 2001 and won gold medal [new meet record] in Shot Put, Discus Throw & Hammer Throw.
- Participate in All India Inter University Hand Ball Tournament organised by L.N.I.P.E at Gwalior-December 1997-98 and won bronze medal.
- Participate 19th Junior National Handball Championship at Bhilai [M.P] and secured Bronze medal
- A. M. Varkey Memorial prize for the year 1999 for having been selected as the ***Best Athlete***.
- Participate in 12th NATIONAL CONFERENCE OF SPORT PSYCHOLOGY Organized by Sports Authority of India from 28th to 30th December 1999.

Reference: Provide upon request.