



**KASTHURI S**

**M.P.Ed., PHYSICAL EDUCATION**

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M.K.S.Nagar,Rajiv Gandhi Nagar,  
EB.Colony,Chettinaickenpetti,  
Dindigul, Tamil Nadu-624 004.

**Personal Data:**

Date of Birth : 21.06.1994

Gender : Female

Languages Known: Tamil, English,  
Kannada

Marital Status : Married.

## Career Objective

To build a professional life in an organization that will utilize my knowledge and enhance my domain expertise through training, and helping for the growth of the organization as well.

## Education

- Diploma in Yoga at Bharathiar University
  - Batch: [2022].
  - Aggregate – 75% [First Class]
- M.P.Ed., Physical Education at Bharathiar University, Coimbatore.
  - Batch: [2020 - 2022].
  - Aggregate – 77% [First Class]
- B.P.Ed Physical Education at Avinashilingam Home Science and Higher Education for Women's. Coimbatore.
  - Batch: [2018 – 2020].
  - Aggregate - 74% [First Class with Distinction]
- B.A English literature at Bharathiar University, Coimbatore.
  - Batch: [2015 – 2017]
  - Aggregate - 67% [First Class]
- HSC at Bhavani Hr. Sec. School, Sellepampalayam.
  - Batch: [2011]
  - Aggregate- 69% [First Class]
  - State board
- SSLC at EAB Government Hr. Sec School, Kumarankundru.
  - Batch: [2009]
  - Aggregate- 61%[First Class]
  - Government

## Working Experience

- Back office staff in **Shree Vijayalakshmi Charitable Trust**, Coimbatore (Two Years).
- Receptionist & Job card billing in **Pooja Honda** two wheeler Service, Mettupalayam (Two Years).
- Assistant professor, Department of Physical Education GTN Arts College, Dindigul (4 Months).

## Skills

- Ability to coach different children
- Highly organized and dedicated to work
- Goal-oriented and resourceful
- Ability and patience to play with children
- Receptiveness to new ideas and other people's insights
- Great time management skills

## Extracurricular Activities

- Certificate course PGDCA 2 Months
- Certificate course on Soft Skill 1 Year
- Certificate course Add-on 1 Year
- Hand craft Work My creative

## Training Activities

- One-week leadership Training Camp and we live as a tribal people.
- Two weeks officiating in Graham Matric. Hr. Sec School.
- Ten days teaching practice at Vidyavikasini Matric. Hr. Sec. School.
- Ten days teaching practice at Violet Matric. Hr. Sec. School.
- Team Organizing Talentina Program at our campus.
- Fifteen days Internship training, worked as a gym coach.
- Tamilnadu State Yoga Association Referee exam cleared.
- Tamilnadu State KHO-KHO Association Referee exam cleared.
- Workshop trainings for Carom, Footvolley, Sepaktakraw, Wushu, Malaka.
- Tamilnadu Basketball Association Referees Clinic C – Panel exam cleared.

## Publication

- Published a Research Paper in International Journal of Yogic, Human movement and sports science Titled as Impact Of aerobic dance training on selected physiological parameters on school girls On February 2022(ISSN:2456-4419)

## Achievements

- 1<sup>st</sup> Place in Kabaddi at Tirupur Educational District Matric. Hr. Sec. School – 2006.
- 1<sup>st</sup> Place in Kabaddi conducted by Sports Development Authority of Tamilnadu – 2007.
- 1<sup>st</sup> Place in Kabaddi Interschool Sports Meet – 2011.
- 1<sup>st</sup> Place in Throw ball Interschool Sports Meet – 2011.
- 2<sup>nd</sup> Price Winner for 100 mts & Long jumps, Shot-put at Zonal tournament in EAB Gov. High School – 2006.
- Badminton participated in District level (2018 & 2019).
- Gold Medal achieved in Weight Lifting conducted by Coimbatore weight lifting Association – 2018.
- Gold Medal achieved in power lifting conducted by Tamilnadu power lifting Association – 2018.
- Kabaddi participation in State level (Form 3) – 2018.

- 11<sup>th</sup> position in power lifting participated in All India Inter University Tournament (Form 3) – 2019.
- Gold Medal achieved in 1<sup>st</sup> National Level SAPTHAYOGA Level-3 grading Championship – 2020.

### **Personal Skills**

- Ability to deal the problems with team spirit and positive attitude.
- Quite Assertive, Quite Confident and Time Conscious.
- Ability to deal with people diplomatically.

### **DECLARATION**

I do hereby declare that the particulars of information and facts stated herein above are true, correct and complete to the best of my knowledge and belief.

Place : Coimbatore.

Signature

Date :

(KASTHURIS)