**CURRICULUM VITAE**

**SONU B. S.**

**Add: -**Flat No. – 89, Gr – II Hastsal

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**CAREER OBJECTIVE**

* **To obtain a position in an organization where I can utilize my knowledge, talent and six years of experience for the overall development of students.**
* **To utilize my skills in best possible way for achieving the company’s goals.**

**EDUCATIONAL QUALIFICATION**

* 10th Passed from NIOS in 2006.
* 12th Passed from NIOS in 2008.
* B.P.ED from The Global Open University Nagaland in 2011.
* M.P.ED from Chaudhary Charan Singh University Meerut in 2014.

**PROFESSINAL QUALIFICATION**

* Done Personal Fitness Course from Laxmibai Sports Education Welfare & Society.
* Done Aerobics Trainer Course from Laxmibai Sports Education Welfare & Society.
* Windows10/7/8/XP, MS Office, Internet Applications.

**AREA OF EXPERTISE**

* Managing sports department
* Teaching in Physical and Health Education
* Fitness activities and specific fitness training.
* Sports coaching and officiating

**SPECIALIZATION**

* Football
* Athletics
* Fitness Trainer

**SPORTS COACHING EXPERTISE**

* Basketball, Throwball, Cricket, Handball, Volleyball, Kho-Kho, Badminton.

**SPORTS ACHIEVEMENTS**

* Represented Senior Open National Hand Ball Championship 2005.
* Won Silver Medal (400m) in 70th Delhi State Annual Athletics Championship in 2010.
* Won Gold Medal (800m) in 69th Annual Athletics Championships in 2010
* Won Bronze Medal (400m) at 67th Delhi State Athletics Championship in 2007.
* Won Silver Medal (1500m) at 66th Delhi State Athletics Championship in 2006.
* Winner of (1500M, 800M, 400M) at Zone Level in 2004 & 2005.

**WORK EXPERIENCE**

* Working with Ivy League Academy (Residential School) as a HOD of physical education.
* Worked with Paramjyoti International School (Residential School) as a Physical Education Teacher and Sports In-charge.
* Worked with Blue Bells Public School as a Physical Education Teacher.
* Worked with Edu Sports as a Sports Teacher.
* Worked with Bhaichung Bhutia Football Schools as a Football Coach.
* Worked with The Westin as a Fitness Team Leader.

**TEACHING AND COACHING EXPERIENCE**

**Ivy league academy school (I to XII CBSE)**

* Managing sports department (team of six sports coaches).
* Teaching physical and health education at Ivy League Academy.
* Conducting fitness training for students of all age groups.
* Planning yearly calendar and executing all sports and non-academic events.
* Maintaining school discipline.
* 100% of my students achieved above 92% in their CBSE board exam.
* One of my student achieved 100% in physical and health education CBSE board exam.
* Taught boys throwball and won inter school senior boys tournament.

**Paramjyoti international school:**

**I to V – (IB - PYP programme)**

* Provided health and physical fitness education in classroom setting twice per week.
* Promoted team and invasion work through group sport activities and partner-related games.
* Planned educational lessons in coordination with other related-academic teachers.
* Demonstrated and educated students in the fundamentals of body movement through loco-motor skills and athletic games.
* Evaluated students growth and athletic abilities and developed individualized instruction plans.
* Analyse student progress and attempts and grade accordingly.
* Communicate with parents through parent-teacher conferences and address student issues when necessary.
* Participated in field trips and extracurricular activities to promote exercise and healthful activities.

**IV to X – (ICSE syllabus)**

* Theory classes for senior classes and conducting exams.
* Provided daily physical fitness and athletics practices.
* Organized daily practices for up to two teams per season.
* Developing teams for all level of competitions.
* Winner of inter school sports meet first time in school history.
* Three boys got selected in district cricket team.
* Taught girls volleyball and won two times inter school senior girls tournaments.
* Trained boys and girls athletics events and achieved outstanding medals in various inter school and district meets.

**PERSONAL DETAILS**

Father’s Name : Mr. G. Babu

Mother’s Name : Mrs. K. Sarasam

Date of Birth : 24th Sep. 1987

Marital Status : Unmarried

Language known : English, Hindi & Malayalam

Hobbies : Listening to music

**Place: New Delhi**

**Date: (Sonu B. S)**