CURRICULUM VITAE



R.JAMUNA
E-Mail ID: jamuna1096@gmail.com
Mobile number: 9994437772

OBJECTIVE

To leverage my expertise in physical education, sports coaching, and program management to lead and inspire students and athletes towards achieving their highest potential in a safe and enriching environment.

ACADEMIC DETAILS

DEGREE	YEAR	UNIVERSITY / INSTITUTION	CLASS	PERCENTAGE
M.P.Ed.,	2017-18, 2019-20	Bharathiar University, Coimbatore.	First class	75%
B.P.Ed.,	2015-2017	Bharathiar University, Coimbatore.	First class	76% (Rank 5)
PGDYE	2017	Bharathiar University, Coimbatore.	First class	75%
B.P.E.,	2015	Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.	First class with distinction	81% (Rank 1)
Higher secondary	2012	Sri Ramakrishna Matric Hr. Sec School, Vattamalaipalaym, Coimbatore.	First class with distinction	91%
SSLC	2010	Sri Ramakrishna Matric Hr. Sec School, Vattamalaipalaym, Coimbatore.	First class	78%

PROFESSIONAL EXPERIENCE

Teaching Assistant

Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women, Varapalayam, Coimbatore from November 2020 - June 2021 (8 months).

Responsibilities

Maintained record on Student's achievement and Participation in Sports and Games.

Played a key role in

- Conducting International Yoga Day 2021 – Online Mode.
- Conducting Two days "Workshop on MALLAKHAMB" – Online Mode.
- Acted as a Table Official in State Paralympics Athletic meet 2021 held at Nehru Stadium and Hindustan Engineering College, Coimbatore.

Skilled in

- Sports Coaching and Training Athletes (Throwers).
- Fitness Program Design and Implementation.
- Facility Management Injury Prevention and First Aid.

AREA OF SPECILAISATION

- Athletics
- Handball

AREA OF INTEREST

- Yoga
- Nutrition
- Recreation Games (Minor Games)

QUALIFIED OFFICIAL

- Qualified State Technical Official in Athletics with 75 marks in 2016.
- Qualified Tamilnadu State Throwball referee during September 2014.
- Qualified Tamilnadu State Handball referee during December 2013.

ACHIEVEMENTS IN SPORTS

INTER UNIVERSITY TOURNAMENTS

- Participated in Volleyball South Zone Inter University Tournament held at SRM UNIVERSITY, Chennai for the year 2013-2014.
- Participated in Handball South Zone Inter University Tournament held at Meenakshi Ramasamy Arts and Science College, Ariyalur organized by BHARATHIDASAN UNIVERSITY for the year 2013-2014.
- Participated in Handball South Zone Inter University Tournament held at PERIYAR UNIVERSITY Salem for the year 2012-2013.

INTER- COLLEGIATE TOURNAMENTS (Bharathiar University)

- Secured Fourth place in Intercollegiate **Handball** tournament during 2015-2016.
- Secured Fourth place in Intercollegiate **Handball** tournament during 2016-2017.
- Secured Fourth place in Intercollegiate **Handball** tournament during 2017-2018.

STATE LEVEL ACHIEVEMENTS

- Secured third place in **Shot put** at divisional level tournament and sports 2010-2011.

DISTRICT LEVEL ACHIVEMENTS

- Participated in District level Volleyball tournament for Women organized by Rural Education & Sports Development Foundation Coimbatore on March 2014.
- Secured 1st place in Shot put, Discus throw and 3rd place in Javelin throw at State Games organized by Sports Development Authority of Tamilnadu, Coimbatore, 2011-2012.
- Secured 3rd place in Shot put and 2nd place in Discus throw at State Games organized by Sports Development Authority of Tamilnadu, Coimbatore, during 2009-2010.

- Secured 2nd place in Shot put and 3rd place in Discus throw at National Sports Day Athletic Meet 2009 organized by Sports Development Authority of Tamilnadu, Coimbatore.
- Secure second place in Shot put and first place in Discus throw at Panchayat Yuva Krida Aur Khel Abhiyan (PYKKA) Athletic meet during 2010-2011.

ZONAL ATHLETIC MEET

- **Secured 1st place in Shot put and Discus throw from 2009 to 2011**.

INTRA-MURAL COMPETITION

GAMES

- Winners in Basketball during 2017 held at Bharathiar University.
- Winners in Handball during 2016 held at Bharathiar University.

ATHLETICS

- Secured 2nd place in Discus throw at PETRICHOR 2k18 organized by II B.P.ED., students.
- Secured 3rd place in Javelin throw at FILIA 2017 organized by II M.P.ED., students

CO – CURRICULAR ACTIVITIES:

- Participated in **"RALLY ON CERVICAL CANCER AWARNESS"** as a part of UGC Sponsored "Women" Week Multi-Disciplinary Program for Gender Inclusion organized by the Department of Women's Studies on 04.03.2016 held at Bharathiar University, Coimbatore.
- Participated in 1 day Basic Training Program on **HUMAN RIGHTS** organized by women studies department on 13th September 2017 at Bharathiar University, Coimbatore.
- Participated in 7 days **Leadership Training Program** at Thirumoorthimalai, Pollachi on 12.02.2017 to 18.02.2017.
- Organized a Project Athletic meet **MERAKI 2k18** during 2018-2019.

- Participated in "**Laughter Yoga Live Program For Faculties-Laugh Louder to Live Longer**" organized by Department of Physical Education, PSGR Krishnammal College for Women, Coimbatore on 20.11.2020.

CONFERENCE

- Presented a paper in an INTERNATIONAL CONFERENCE on "Science and humanities for grooming the future: An Interdisciplinary Approach" at Usha Mehta Convention Center , Bharathiar university on February 2108
- Participated in two days UGC sponsored INTERNATIONAL CONFERENCE on "Women and Human Rights - An International Perspective" organized by Department of Women Studies on 1st and 2nd February 2017 at Bharathiar University.
- Participated in 2days NATIONAL CONFERENCE on "Menstrual Hygiene, Managing Behavior & Practices among Indian Women" organized by Department of Women Studies Bharathiar University on March 2018.
- Participated in International **E-Conference on Health, Fitness, Wellness & Longevity"** on 23 Jan 2021 conducted by Department of Physical Education, Govt. Arts college ,Kondotty ,Kerala.

SEMINARS

- Participated in National Virtual Seminar on P**rerequisites and Prospects of Physical Education in NEP 2020** on 11th Nov 2020, conducted by IQAC at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.
- Participated in National Virtual Seminar on Prerequisites and Prospects of Physical Education in NEP 2020 **Structural and Curricular Reforms in Higher Education** on 11th Nov 2020, conducted by IQAC at

Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore.

- Participated in National Virtual Seminar on Prerequisites and Prospects of Physical Education in NEP 2020 **Key to Green India** on 2.12.2020, conducted by IQAC at Avinashilingam Institute for Home Science and Higher Education for Women.
- Participated in National Webinar on **Modern Scientific Technology to Enhance Performance in Games and Sports** conducted by Department of Physical Education & Sports Science, SRM Institute of Science and Technology, Chennai in Collaboration with ELMS SPORTS FOUNDATION, Hyderabad on 3rd & 4th December 2020.
- Participated in **Webinar on Pranayama for Enhancing Immunity during Pandemic** organized by Department of Physical Education & NSS at Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 21.06.2021.

SHORT TERM COURSES

- Participated in UGC Sponsored Online S**hort Term Course** on Yoga and Wellness for Life Skills conducted by UGC – Human Resource Development Center, Bharathiar University from 18.11.2020 - 20.11.2020 and obtained A Grade.
- Participated in **5 DAYS ONLINE Training Program** on Google Certification in G-suit for Education Hosted by Center for Machine Learning and Intelligence from 4th to 8th January 2021 at Avinashilingam Institute for Home Science and Higher Education for Women.
- Participated in O**ne Week Faculty Development Programme** on promoting Excellence in Physical Education and Sports Post Lock Down COVID 19 an Innovative Approach and Professional Approach organized by Department of Education TNPESU on 1st to 7th February 2021.
- Participated in **Training Program (online) On Digital Layout and Marking of Track and Field** conducted by Center for Special and Movement Education, Manonmaniam Sundaranar University on March 19th & 20th, 2021.

QUIZ COMPETITIONS

- Participated in **Online Yoga Quiz** on International Yoga Day conducted by Department of Physical Education, AJK College of Arts and Science, Coimbatore on 21.06.2021.
- Participated in **Yoga Quiz** on 7th International Yoga Day conducted by Department of Physical Education, PKR Arts College for Women, Coimbatore on 21.06.2021.

PERSONAL DETAILS

Name	: R.JAMUNA
Date of birth	: 23.07.1994
Husband's Name	: R.Naveen Kumar
Address	: 1/23 Karpagam gardens, Kalapatti road, Vilankuruchi, Coimbatore-641035
Nationality	: Indian
Religion	: Hindu
Gender	: Female
Marital status	: Married
Mother Tongue	: Tamil
Languages known	: English, Tamil, (Speak, Read, and Write)

SELF DECLARATION

Here by I declare you that all the above mentioned details are true to the best of my knowledge. If appointed I assure you that I will work to your entire satisfaction.

Place: Coimbatore
Date:

Sincerely,

(R.JAMUNA)