# HARISH.K

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## CAREER OBJECTIVE

Passionate and dedicated Physical Education teacher with a strong focus on student health and development. Looking for opportunities to apply my skills and training to foster physical, mental, and emotional growth in students through sports and physical activities.

## EDUCATION

**2023 - M.P.Ed**
*Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore*
CGPA: 7.28

**2021 - B.P.Ed**
*Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore*
CGPA: 6.86

**2019 - B.Sc. Physical Education**
*C.M.S College of Science and Commerce, Coimbatore*
CGPA: 6.42

**2019 - Diploma in Yoga for Youth Empowerment**
*C.M.S College of Science and Commerce, Coimbatore*

## SKILLS

- **Sports & Games**:
  **Expertise in *Football* (major),** Volleyball, Kho Kho, Hockey, Basketball, Badminton, Ball Badminton, Cricket, and Athletics.
- **Computer Skills**:
  Basic proficiency in MS Office and general computing.
- **Communication Skills**:
  Strong skills in writing, speaking, listening, and presentation. Experienced in motivating students and fostering team spirit.
- **People Skills**:
  Understanding of student health and well-being, with a focus on care and empathy.
- **Collaborative Skills**:
  Active listening, problem-solving, positivity, and decision-making in team settings.
- **Curriculum Development**:
  Identifying learning objectives, designing lesson plans, selecting appropriate teaching methods, and evaluating student progress.
- **Lesson Planning**:
  Creating engaging and interactive activities, incorporating technology, and providing practice opportunities with feedback.

## AREA OF INTEREST

TEACHING & COACHING

## EXPERIENCE

**Physical Education Teacher**
*M.M. School, Hosur*
*May 2023 – Present*

- Responsible for teaching physical education across various grades, promoting fitness, teamwork, and discipline.
- Designed and implemented sports training programs focused on both team sports and individual fitness.
- Coordinated with other teachers to integrate physical education with academic subjects.

## EVENTS ORGANIZED

**Football**:

- LEI Brouns South India Boys and Girls Football Tournament (2023)
- CBSE South Zone-1 Girls Football Tournament (2024)

**Athletics**:

- 20th Krishnagiri District Junior Athletic Championship (2023)
- 21st Krishnagiri District Junior Athletic Championship (2024)

## PROJECT

**Effect of Specific Exercise with Baduga Dance on Selected Physical Fitness and Skill Performance Variables of Intellectually Disabled Football Players**

- Age Group: 10-14 years
- Project Duration: 2 months
- Role: Worked closely with students with intellectual disabilities to assess and improve their physical fitness and football skills.
- **Published in *Shodha Samhita: Journal of Fundamental & Comparative Research* (IF = 7.268) Vol. IX, Issue I, No. 5, January 2024**.

## ACHIEVEMENTS

**Football**:

- Secured 3rd place in Inter-Hostel Sports Meet (SDAT).
- Secured 2nd place in Bharathiar University Zone Football Tournament.
- Participated in All India South Zone Inter-Collegiate Football Tournament.

**Athletics**:

- Secured 3rd place in 100m State Level Athletics Championship.
- Secured 1st place in 4x100m Relay in RDS State Meet.

**Other**:

- *Grade 1 State Technical Official* in Athletics.
- Qualified Yoga Judge at District Level.

## *WORKSHOPS & CONFERENCES*

- **International Conference on Yoga for Global Health, Happiness, and Harmony**
  Organizer: Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education
  Date: March 6-7, 2020
- **International Webinar Series on Inclusive Adapted Physical Education**
  Organizer: RKMVERI (GAPEY)
  Date: October 22-24, 2020
- **One-Week Short Term Training Program (STTP) on Comprehensive Fitness Training**
  Organizer: RKMVERI (GAPEY)
- **National Conference on Fostering Inclusive Practices Through Special Education Services and Adapted Sports for Persons with Disabilities**
  Organizer: RKMVERI (GAPEY)
  Date: April 3-5, 2024
  **Paper Presented:** "The Role of Modern Equipment in Wheelchair Basketball"

## *PERSONAL DETAILS*

- **Date of Birth**: June 27, 1998
- **Marital Status**: Married
- **Nationality**: Indian
- **Gender**: Male
- **Languages Known**: English, Tamil, Baduga

## *DECLARATION*

I hereby declare that the information provided above is true and accurate to the best of my knowledge. I am dedicated to the field of physical education and eager to contribute my skills and experience to make a positive impact.

**THANK YOU**



**HARISH.K**