

I am a Physical Education teacher and Yoga Instructor with 11 years of experience. I have gained the necessary teaching qualification and certification to allow me to teach the private and public education sector. I am an enthusiastic educator who understands the needs for students to gain physical skills and confidence for their all-round education to succeed. My experience has also helped me to remain organized with paper work and reports as well as affording me the ability to communicate well with all levels of management.

EDUCATION

PROFILE

Professional **PGT physical Educator**
YOGA Instructor

Certified **The Bharat Scouts**
and Guides Leader

Certified
JUDO State Referee

2019-2021
MASTER OF PHYSICAL EDUCATION
Singhania University

2015-2016
Yoga Instructor Course from S-VYASA

2010-2012
Bachelors of Physical Education
Regional College of Physical Education

2006-2009
Bachelor of Arts
Tripura University

UTTARA DAS

**PHYSICAL EDUCATION
& YOGA INSTRUCTOR**

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🏠 Bangalore

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ACHIEVEMENTS

- + Champion of **State Level Hand Ball Championship**
- + Champion of **State Level Javelin Throw Competition**
- + Participated in the **26th North Eastern Weight Lifting Championship**
- + Participated in the **All India Inter-University JUDO Championship**
- + Participated in the **52nd & 53rd National Senior Kabaddi Championship**
- + Participated in the **2nd National Beach Kabaddi Championship**

EMPLOYMENT

PHYSICAL EDUCATOR (HOD)
Global Indian international school from 2019

YOGA INSTRUCTOR & PHYSICAL TRAINER
Harvest International (Bangalore) 2015 -19

YOGA INSTRUCTOR & PHYSICAL TRAINER
Delhi Public School (East) 2013 -15

PHYSICAL TRAINER
EDU Sports (Bangalore) 2012 -13

PHYSICAL TRAINER
LEAP START (Bangalore) 2012 -13

LANGUAGE

English

Hindi

Bengali

DECLARATION

I hereby declare that all the above mentioned information given by me is true and correct to the best of my knowledge and belief.

Civil Status: Married, one child, Husband Name: Sukamal Das
Date of birth: April 28, 1988
Mother's Name : Rita Das
Father's Name : Rasa Raj Das

Uttara Das
Location: Bangalore

ACRO YOGA

Few pictures of my students doing Acro yoga formation during school events under my guidance



ROLES & RESPONSIBILITIES

- Lead yoga classes for all skill levels, from beginning to advanced
- Teach students correct postures to ensure maximum benefit and safety
- Provided guided meditation in the beginning and at the end of the class to help students center themselves
- Taught different levels of Surya Namaskar
- Give students in-depth understanding of breathing techniques
- Organized yoga performance by the students for different occasions, like Independence day, school founders day etc.
- Actively monitored student's swimming techniques and provide feedback
- Organizing other activities including field trips for the students
- Classes include fundamentals of physical fitness, functional exercise, basics on basketball, football & running
- Guides captain – complete responsibility of Scouts and Guides classes
- Taught PE classes to a range of students of different age groups
- Collaborated with other physical education teachers in designing, planning and implementing a balanced curriculum
- Assisted with end of year reporting
- Instructed students in the proper use and care of equipment and facilities
- Helped in organizing, supervising, and officiating games and other recreational activities
- Conducted demonstrations to teach skills in sports
- Prepared various teaching aids such as list of references, and charts
- Routinely assessed academic growth and performance improvement of students for their final grade
- Maintained attendance reports, checklists, census forms and other record-keeping documents
- Encouraged students to actively participate in sports during different inter-school tournaments & guided them accordingly

PROFESSIONAL ACHIEVEMENTS



1. My students won CBSE cluster tournament in 2019
2. My students won CBSE Zonal level competition in swimming and skating in 2022
3. Students won medals in inter school Athletic meets
4. Medals & Trophy in Chess, Skating, football, Basketball, Table Tennis sports and Games too