



ANANDU O

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 ananduisha07@gmail.com

CAREER OBJECTIVE

To Effectively Utilize the Skill, Knowledge and Experience gained through My Academic and Previous Accomplishments in enhancing it professionally by providing a Better Performance in whichever Projects I will be assigned.

PERSONAL DETAILS

DOB: 20-05-1997

Gender: Male

Blood group: B +ve

Marital Status: Single

RESIDENTIAL ADDRESS

SLV NILAYA,
HALUBHAVI ROAD,
VARTHUR, BANGALORE,
KARNATAKA, INDIA,
PIN: 560087

PERSONALITY

Extrovert

Creative

Optimistic

Organized

LANGUAGE

ENGLISH

MALAYALAM

TAMIL

EDUCATION

M.P.Ed :Lakshmibai National College of Physical Education

LNCPE Trivandrum (2018-2020)

B.P.Ed :Lakshmibai National College of Physical Education

LNCPE Trivandrum (2014-2018)

PROFESSIONAL QUALIFICATION

- i. Yoga Teacher - Samyoga International YOGA Training School (Affiliated from Yoga Alliance USA) (200H) (2020)
- ii. Yoga Teacher- Swamy Sivananda Yogasana Research Centre. Recognized by Govt of Tamilnadu GO.
- iii. Personal Fitness Trainer- Health and fitness Management Conducted by ASAP Foundation. Government of Kerala Trivandrum, Kerala, India (2019).
- iv. Football Coach- Premier Skills Phase1 Community Coaching (2016).
- v. Lifeguard and swimming Instructor. (2019).
- vi. Leadership High Altitude Training Camp – Munnar. (2016)
- vii. Adventure Training Program. (2018)
- viii. Football Referee-Qualified Level 05 Referee of Kerala Football Association. (2017).
- ix. Suspension Training Specialist 2022
- x. Emergency Response and First Aid CPR Training course. (2018)
- xi. Bharat Scouts and Guides-Basic Scouts Master (2023)

SPORTS ACHIEVEMENT

- i. Participated twice All India Inter University Judo Championship (2015&2019)
- ii. Secured First Position in the Inter collegiate KHO-KHO Championship
- iii. Secured Second Position twice in the Kerala University Inter Collegiate Hockey Team Championship. (2018 & 2019).
- iv. Secured First Place twice in the Kerala University Inter Collegiate Judo. (2015 & 2018).
- v. Secured Second Place thrice in the Kerala University Inter Collegiate Judo (2016, 2017 & 2018).
- vi. Represented Kerala Football team for 5th National Level Football Tournament (2013).

HOBBIES

Team Sports (Football)
Travelling
Trekking

Camping
Mountain Climbing

Photography

SPECIALIZATION

Sports Management
Sports Training Sports
Conditioning Fitness
Training Football
Coaching

INTERESTED AREAS

Yoga and Fitness
Workout
Physical Education
Teacher/ Lecturer
Sports Management
Sports Training
Sports Conditioning
Coaching Games
Reading Books
Traveling

SKILLS

Technical skills:

MS Office
Internet skills

Life skills:

Organizing skills
Leadership Skills
Decision making skills
Presentation Skills
Creativity

WORK EXPERIENCE

- i. Yoga Teacher- Kerala University EVS Dept. (2018-2019)
- ii. Technical Official – TrivandRUN (2016)
- iii. Facilitator- Kerala State Special Olympics organized by Bharat Kerala (2018)
- iv. Yoga Instructor Kerala Police Academy, Thrissur, Kerala (2019)
- v. Technical Assistant- The 8th Asian Yoga Sports Championship organized by Yoga Federation of India (2018)
- vi. PET - Presidency University, Bangalore (2021)
- vii. PET - Glentree Academy Whitefield, Bangalore (2022-2024)

WORKSHOP

- Young Scholars Congress
University of Kerala Trivandrum (2018).
- Anti-Doping Awareness
National Anti-Doping Agency, Delhi (2015).

REFERENCE

Dr. Sanjeev S Patil

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LNCPE, Kerala University – Trivandrum, India
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Phone: +91 7994607910

Lamlun Buril

Associate Professor
LNCPE, Kerala University – Trivandrum, Kerala, India
Phone: +91 9567276295

DECLARATION

I hereby declare that the above statements given to the best of my knowledge are true. If, appointed I will work whole heartedly to the best of my ability and for the betterment of the institution.

Anandu O
Updated on March 2024