



MUKUL GUPTA

Physical Education Teacher

My Contact

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- 📍 New Delhi, India

Professional Skill

- Proficiency in Computer
- Sports Management
- Extensive knowledge of sports and fitness.
- ability to motivate and inspire students
- effective lesson planning
- Multi-tasking
- C++ & MS Office

Education

- Rashtrasant Tukadoji Maharaj Nagpur University. - (RTMNU)
Pursing for Master of Physical Education (M.P.Ed.)
- Rashtrasant Tukadoji Maharaj Nagpur University. - (RTMNU)
Bachelor of Physical Education(B.P.Ed.)
- University of Delhi. - (D.U)
Bachelor in Commerce Hons (B.Com H)
- Central Board of secondary education (CBSE) Matriculation & Intermediate
Completed in 2013 & 2015

Certifications

- Diploma in Computer by Envision Institute.
- **Foundation Course in Yoga Science** for Wellness Certification by **Morarji Desai National Institute of Yoga(MDNIY)**.
- Nationally certified Rope Skipping coach and judge by Rope Skipping Federation (A Grade).
- **Foundation Course certificate in Sujok Therapist** by International Sujok Association

Language

- English
- Hindi

About Me

As a dedicated and experienced sports teacher with Six years of experience, I am passionate about creating a positive and inclusive learning environment that helps students achieve their full potential. I have coached and mentored students in a variety of sports, including basketball, soccer, volleyball, and track and field, and have developed and implemented lesson plans that focus on skill development, sportsmanship, and teamwork. I have a strong commitment to student success and have worked closely with parents, teachers, and other stakeholders to ensure a positive and inclusive learning environment.

Professional Experience

Queens Valley School, New Delhi | P.E Teacher 04/2022 – Present

Key responsibilities:

- Organizing physical education activities, building up school teams, programs, and games to improve students' physical fitness and strength in all age groups.
- Coaching students in various sports like Yoga, Skipping, Skating, Basketball, softball, throwball, and handball.

Queens Valley School, New Delhi | Sports Coach 07/2017 – 03/2020

M.R. Vivekananda Model, New Delhi | Sports Coach 04/2016 – 03/2017

Freelance Coach 2016 – 2024

Key responsibilities:

- Conducted coaching camps, developed training modules (Online and Offline) for over 200+ Trainees from different walks of life (Women, Children and Athletes).
- Trained 45+ Players for National Rope skipping, Yoga and Athletics.
- Curated fun and innovative Lifestyle Revamp Programs for Women and Kids- To loose weight, Improve flexibility, overall strength and reduce stress.
- Offering guidance and support to enhance performance and motivation.

Sports Awards

- 3 Time Gold Medalist in National School Games Federation India (SGFI).
- 2 times Gold Medalist Senior Federation Rope skipping National Games (RSFI).
- Silver Medalist in Roller skating open national championship.
- silver medalist in district tennis volley ball competition.
- 2 time bronze medalist in zonal athletics Competition.