

Curriculum Vitae.

Megha Kore

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CAREER OBJECTIVE

Dedicated and passionate SPORTS TEACHER

/INSTRUCTOR/COACH/NUTRITIONIST with a proven track record of fostering student engagement and promoting physical fitness and education. Seeking to leverage my expertise in

- CURRICULUM DEVELOPMENT,
- LESSON PLANNING
- INJURY PREVENTIONS
- SPORTS MANAGEMENT AND ADMINISTRATION
- CPR/FIRST AID SKILLS
- NEUROSCIENCE ACTIVITY

and many more to contribute to the athletic program and inspire students to lead an active ,healthy and disciplined lifestyle.

EDUCATIONAL QUALIFICATIONS:

- BA in (Pol.science & sociology)
- DIPLOMA in Airhostess ,Hospitality & Travel tourism
- PUC in (Science)
- SSLC

CERTIFICATIONS:

- Certified Taekwondo Instructor (Black Belt 1st DAN)
- Certified state level Taekwondo Referee
- certified gym trainer (personal trainer)

PROFESSIONAL EXPERIENCES

Taekwondo Instructor

- **S.K. Patil English Medium School - 2012-14.**
- Training Self Defence Korean Martial arts.
- **Huda National school as a taekwondo Instructor-2018**
- Kanteerava Asst.coach - 2017-19
- ***sports head orchid's international school jp nagar 2019-20*** ● online classes (due to covid)

GYM INSTRUCTOR / PERSONAL TRAINER / NUTRITIONIST

- CONTOURS INDIA - An international women fitness centre
- BURN & FLEX FITNESS - unisex gym till date

ACHIEVEMENTS :

Gold medal - senior state championship 2019

Gold medal - senior state championship 2018

Attended **National India Camp Taekwondo.**

Gold Medal – Junior State Championship.

Gold Medal – Senior State Championship.

Gold medal – State Level Taekwondo Championship – 2017.

Participation In National Level Taekwondo 2017.

Participation In National Level Taekwondo 2014 – 2015.

Silver Medal – Junior National Championship- Jan 2015.

Gold Medal – State Sub – Senior 2014.

Gold Medal – State Sub – Junior 2014.

Silver Medal - Pykka State nationals Taekwondo Championship 2008.

Gold Medal – Junior State Championship- 2012.

Gold Medal - Pykka State nationals Taekwondo Championship – 2012- 2013.

Bronze Medal – State Sub- Junior 2012.

Bronze Medal – South Zone Inter State.

Bronze Medal – 29th National Sub Junior – 2011.
Bronze Medal – 29th State Senior – 2011.
Bronze Medal – South Zone Inter State – 2010.
Silver Medal – Sub Junior Taekwondo Championship – 2010. **Silver Medal** – 29th State Sub – junior 2011.
Bronze medal – Nationals taekwondo Championship – 2011.
4th position – national Individual Competition (In Poomse).
Bronze Medal – South Zone Inter-State - 2009.
Gold Medal – Open Nationals – 2008.
Gold Medal – State Olympic – 2008.

CORE SKILLS

- Expertise in Taekwondo techniques, forms, Poomse and sparring
- Expertise in personal trainings (body transformation)
- Expertise in diet and nutrition
- Strong communication and interpersonal skills
- Ability to motivate and inspire students of all ages
- Excellent organizational and leadership abilities
- Proficient in creating and delivering effective training programs
- Multilingual: [English, Kannada, Hindi]
- Flexible to work in all kinds of atmosphere

Extra Curricular Activity:

Completed the Travelport Galileo GDS Basic & advanced course by (Frankfinn Institute)– 93 %. and completed nutrition study online

Declaration:

I hereby declare that all the information furnished above is true to the best of my knowledge and belief. I bear the responsibility for the correctness of the above-mentioned particulars.

(Megha Kore)