

RESUME



R.SOPHIA SAHAYARANI

To work with an optimistic attitude and put in my best effort at all times coupled with utmost sincerity and dedication to face all types of challenges with interest and with an aim to serve in my profession with greater responsibilities and commitment.

ACADEMIC QUALIFICATIONS

Degree	Name of the Institution & University	Month & Year of Passing	Subject	Class/%
SSLC	Augustinar Girls Hr.Sec.School N.Panjampatti	April 1997	State Board	55%
HSC	Augustinar Girls Hr.Sec.School N.Panjampatti	March 1999	Computer Commerce	62%
B.A	M.O.P Vaishav College Chennai (University of Madras)	1999 - 2002	Sociology	First
B.P.Ed	YMCA College of Physical Education (University of Madras)	2003-2004	Physical Education	First
M.P.Ed	YMCA College of Physical Education (University of Madras)	2004-2006	Physical Education	First
M.A	Annamalai University Distance Education	April 2008	Sociology	Second
M.Phil	Vinayaga Mission University	2009 - 2010	Physical Education	First
M.Sc	Bharathidasan University	2014 -2016	Yoga for Human Excellence	First

Service cadres

1. Designation : Director of Physical Education
Name of the College : St.Antony's College of Arts and Science, Dindigul
Subject Handled : Physical Education
Experience : June 2010 – January 2017

2. Designation : Director of Physical Education
Name of the College : International College of Education, ARANI, VELLORE
Subject Handled : Physical Education
Experience : June 2006 – June 2010

Total College Level Experience : 11 years

Total School Level Experience : 2 months

SEMINAR AND WORKSHOP ATTENDED

- Class Room Climate
- Positive Attitude and constructive Thinking
- Faculty Development Program in Entrepreneurship
- Personality and self-Development
- First Aid
- Aids Awareness Programme
- Yoga

AREAS OF SPECIALISATION:

- Coaching in All Major Games & Sports
- Teaching of Physical Education,& Health Education
- Organising Sports Day
- Conducting Intramural Sports & Games
- Organising Inter Collegiate Tournaments

PROFICIENCY IN CERTIFICATE COURSES

- NSS Programme Officer – 5 years
- YRC Programme Officer – (Red Cross Award of Appreciation)

OTHER SPECIAL QUALIFICATIONS

STATE TECHNICAL OFFICIAL

1. Hockey
2. Base Ball
3. Hand Ball
4. Athletic

Achievements

Hockey : Seven Years Tamil Nadu Player

Five Years Madras University Player

Foot Ball : Three Years Divisional Level

Referees : Base Ball, Hockey, Throw ball

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