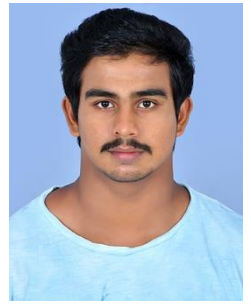


CURRICULUM VITAE

AJNAS K
KEEPPURATH(H)
MANANTHAVADY(P.O)
WAYANAD, KERALA
PIN-670645
Email:-ajnaskaji@gmail.com
Mobile: 8606093102



CAREER OBJECTIVE

To apply the knowledge and skills effectively in teaching and coaching in the field of physical education and sports science.

ACADEMIC PROFILE

Examination Passed	Institute/College	Board/University	Year Of Passing
Master of physical education (M P Ed)	School of physical education and sports sciences	Kannur University	2020
Bachelor of Physical Education (B P Ed)	School of physical education and sports sciences	Kannur University	2018
BA English Literature	Govt. College Mananthavady	Kannur University	2016
Plus Two	GVHSS Mananthavady	HSE	2013
S.S.L.C	GVHSS Mananthavady	SSLC	2011

PROFESSIONAL QUALIFICATIONS

- Kerala Teacher Eligibility Test (K-TET) qualified

PROFESSIONAL EXPERIENCE

- Worked as Fitness Trainer , Golden Gym, Mananthavady
- Trained school, college and academy teams for Weightlifting, Powerlifting, athletics, football, basketball, volleyball, kabaddi.
- Trained wellness and aerobic dance forms as a program in colleges.

ACHIEVEMENTS

- All India participation weightlifting panjab university 2016-17
- All india participation weightlifting Chandigarh university 2017-18
- All india participation weightlifting calicut university 2018-19
- First Price In The Inter collegiate weightlifting 2015-16 (Kannur university)
- First Price In The Intercollegiate weightlifting 2016-17 (Kannur university)
- First Price In The Intercollegiate weightlifting 2017-18(Kannur university)
- First Price In The Inter Collegiate Weightlifting 2013-14 (Kannur University).
- First Price In The Inter Collegiate Weightlifting 2014-15(Kannur University).
- First Price In The Inter Collegiate Weightlifting 2018-19(Kannur University).

AREA OF SPECIAL INTEREST

- 1) Teaching in physical education
- 2) Sports training
- 3) Swimming coaching for beginner persons and advanced athletes

STRENGTH

- Theory as well as practical knowledge about physical education
- Playing experiences in various games and sports

PROFICIENCY IN GAMES AND SPORTS

- Basketball
- Volleyball
- Tabletennis
- Cricket
- Football
- Swimming
- Badminton
- Kabaddi
- Aerobics
- Yoga
- Weightlifting
- Powelifting
- Bodybuilding
- Wrestling
- Fencing
- Handball
- Athletics
- Softball
- Tugofwar

HOBBIES

Playing Foottball, Badminton, and volleyball.

EXTRA CURRICULAR ACTIVITIES

Fitness Training level IV- Perusing

PERSONAL PROFILE

Age : 26 Years
Date of Birth : 03.11.1995
Fathers Name : ASHARAF K P
Name of Mother : MUNEERA K
Nationality : Indian
Sex : Male
Marital Status : Single
Religion and Caste : Islam, Mappila
Languages Known : Malayalam, English

DECLARATION

I do hereby declare that the above-furnished information is true and correct to the best of my knowledge and belief.

PLACE: MANANTHAVADY

AJNAS K

DATE: 11.11.2021