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| **Residence Address:-**  Flat No.25, B-1  Star Appartments annex  Chathari, Thripoonithura  Ernakulam-682301 | **SIRISH P**  Mail Id:sirish197811@gmail.com  Mobile : 91-9963966731, 6238574142 |

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**CAREER OBJECTIVE*:***

I am an Air Warrior of Indian Air Force and my trade is Ground training instructor, I have completed 20 years of service as a Ground Training instructor and now discharged from on completion of regular term of engagement.

Seeking a challenging position within the field of Physical Education, that would enable me to utilize all my capabilities by offering a challenging and satisfying career with congenial working environment and opportunities for learning and growth.

**Work Experience**

* Working Knowledge of Physical and recreational training for all age groups.
* Working knowledge in Carriage corrective exercise.
* Knowledge in Yoga and pranayama.
* Knowledge in organizing major and minor games and sports activities of Indian Air force Standards.
* Knowledge as a personal trainer/Gym trainer.
* Knowledge in Care and maintenance of Gymnasium.
* Knowledge in maintenance of Swimming pool.
* Working knowledge of swimming pool maintenance and Life guard.
* Knowledge in all Small Arms Weapons training.
* Working Knowledge as an Instructor in National Cadet Corps for 4.5 years.
* Knowledge on accommodation plans and discipline of NCC cadets during camps.
* Good Communication skills, Interpersonal skills, Self motivated, quick learner, Team player.

**Professional Qualification**

* Ground Training Instructor Course of Indian Air Force from Admin Training Institute Belagavi.
* Advance refresher Course on Physical training from Air Force School of Physical Fitness Belagavi. (Chapters covered Anatomy and physiology, First Aid, Minor Games, Athletics, Combat Sports, Endurance Training, Major Games, Swimming, Weight training)
* Diploma in Physical Education and Small Arms weapon handling from IGNOU.
* Certificate course in Security management of Strategic installations, IGNOU.

**Academic Qualification:**

* Graduation Equivalent certificate from Indian Air Force.
* Associate Degree in Arts from IGNOU.
* Pre-Degree From Mahatma Gandhi University, Kerala
* High School (X) from Kerala State Board (SSLC)

**Achievements**

* **Team Captain of Air Force Archery team**.
* **Represented Indian Air Force in Inter Services Archery championship at Army Sports Institute PUNE & 58 GTC Shillong.**

**STRENTH:-**

1. Confident & optimistic person with “NEVER-GIVE-UP” attitude.

2. Always eager to learn and having ability to work in a team.

3. A RESULT-ORIENTED person.

4. Quick Learner.

**PERSONAL DETAIL:**

**Name :** Mr. Sirish P

**Occupation :** Retd.Govt. employee (Indian Air Force)

**Designation :** Sergeant

**Trade :** Ground Training Instructor

**Date of Birth :** 19 Nov 1978

**Marital Status :** Married

**Spouse Name :** Asha Singh

**Languages Known :** English, Hindi, Malayalam

**Hobbies :** playing Archery, singing

**Date:** 19 Jan 2019

**Place:** Thripunithura **Sirish P**