

MUSKAN PATEL

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An ambitious and exploratory person, pursuing Bachelor of Physical Education from Lucknow Christian Degree College, Lucknow. A poised and dedicated professional thriving in complex and detail-oriented work. A self-motivated and confident person who has developed a mature and responsibility approach to any task that I undertake or situation that I am presented with. A proactive and results-driven individual committed to achieving positive outcomes for the institute. I want to pursue my career in a challenging organization with a dynamic environment where knowledge, skills can be applied for mutual growth and success of institution as well as mine.

PERSONAL DETAILS

Key Areas of Interest: Physical Education, O Level, Officiating in Sports Competition and Yoga

EDUCATIONAL QUALIFICATION

- **Lucknow Christian Degree College**, Lucknow: Bachelors of Physical Education (B.P.Ed.)- 8.01 CGPA Aggregate of 3 semesters 8.05 (2023-2025).
- **National PG College**, Lucknow: Bachelors of Commerce (B.com)- 5.5/10 CGPA (2021-2023).
- **City Montessori School**, Lucknow: Class 12th (ISC): 75% (2018); Class 10th (ICSE): 82.3% (2016).

CERTIFICATION COURSES

- Worked as an **Associate Teacher at Sporty Kiddo**, assisting in organizing and conducting educational and sports activities for children, from July to August 2024.
- Completed certification courses on **O LEVEL** organized by National Institute of Electronics and Information Technology, 2023.
- Participated in the online skilling course on **Mental Wellbeing a course offered by Tech-Mahindra Foundation Through Skill India Digital Hub** on 29th January, 2025.
- Successful completed the **Level 1 Certificate in Strength and Conditioning**, demonstrating foundational knowledge in strength training and conditioning practices, on 6th January, 2025.
- Presented for successfully contributing to the nationwide survey on **The Status of Physical Education and Sports in Indian School Education System**, organized by the Physical Education Foundation of India in collaboration with the Ministry of Youth Affairs and Sports, Government of India, 2024.
- Participated in National workshop on **Electrographical & Bio-Mechanical Research Activities in Physical Education & Allied Sports** organized by Department of physical education (BHU) Varanasi on 16th and 17th December, 2024.
- Participated as a delegate in the Two Day Webinar On '**Mental Health and Psychology of Sports Performance**' organized by Department of Sports Science and Yoga, RKMVERI, Belur Campus on 20th and 21st October. 2024.
- Participated in **5- Day workshop organized by Department of Physical Education** in gaining the knowledge about the sports, Khun Khun Ji Girls P.G. College in Lucknow from 22th to 26th October, 2024.
- Participated in IP Awareness/Training Program under **National Intellectual Property Awareness Mission Organized by Intellectual Property Office, India**, 2023.

- Participated in One Day Workshop program **Samrat Bharat Abhiyan Yogdan** conducted by Department of Student Development (SPPU), Pune, 30th January, 2025.

CO-CURRICULAR ACCOMPLISHMENTS

- Attended workshop of Python organized by SOFTDRO INDIA Computer Technology. 2023.
- Participated in Essay writing organized by National Service Scheme, 2021.
- Participated in Poster making organized by National Service Scheme, 2021.
- Participation in 16th International Conference of Chief Justice of the World organized by City Montessori School, 2015.
- Participation in 17th International Conference of Chief Justice of the World organized by City Montessori School, 2016.
- Participation in 19th International Conference of Chief Justice of the World organized by City Montessori School, 2018.
- Participated in Bhartiya Sanskriti Gyan Pariksha under the Aegis of Gayatri Teerth, Shantikunj, Haridwar.
- Participated in National Handwriting and coloring contest 2012 organized by National Institute Students Development Society, Pune (Maharashtra), 2012.

PORTFOLIOS HELD

- Represented as a technical official in Annual Sports meet on (9th -10th) April meet at Kalicharan P.G. College, Lucknow.
- Represented as an official in 58th U.P. State Annual Junior U20 Athletics Championship 2024 was organized by U.P. Athletic Association.
- Core Committee member of Women's Sports Club in National PG College, 2022-2023.

EXTRA CURRICULAR ACCOMPLISHMENTS

- Reached quarter finals of **All India Inter-University Rugby 7's and 15's Women Championship 24- 2025**, organized by Kalinga Institute of Social Sciences in Odisha from 19th to 22nd January, 2025.
- Secured 13th team rank out of 28 teams for Uttar Pradesh team in **Senior Women's State camp in National Rugby Championship** in Pune, 2024.
- Participated in **All India Inter-University Rugby Competition**, 2024.
- Runner-up in **4th UP State Rugby Championship**, 2024.
- Secured **1st position in Basketball in Annual Fest Zeal approved by AICTE**, Minister of Education, Govt. of India, 2024.
- Secured 2nd position in The Elite Kabaddi Showdown Tournament organized by City Group of Colleges.
- Secured **1st position in Shotput in 6th District Athletics Championship Open U-23**, 2023.
- Secured **1st position in District in 6th District Athletics Championship Open U-23**, 2023.
- Participated in Kabaddi **UTKARSH'23**, held from **28th February to 2nd March**, 2023.
- Secured **3rd position in Discuss Throw at Spardha 2022**, India largest Game and Sports Festival held at **IIT (BHU) Varanasi** from 14th – 16th of October 2022.