

# Curriculum vitae



## **SUCHARITHA SHETTY KARELIA**

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### **Education Qualification:**

- \* Masters in Physical Education.
- \* Post graduation diploma in computer Application.
- \* Certified personal trainer.
- \* Certified Sports Nutrition consultant.
- \* Diet & weight management consultant.

### **Sports & Games Achievements:**

#### **INTERNATIONAL**

##### **\*AUSTRALIA -**

-Gold & silver medals winner in Australian Masters Athletic championship -2015

##### **\*THAILAND -**

Gold & and silver medal winner in 23rd Thailand masters open Athletic championship at lampang -2018.

#### **NATIONAL**

- Winner of total 39 gold medals at India masters athletic championships-2011 to 2022.

- Won gold & silver medals in all India Inter-university Athletic meet - Chandigarh.

##### **\*University**

- Won Mangalore University Athletic championship -for consecutive 3 yrs

### **Professional Strength:**

- \* Worked for Cathedral & John Connon School fort - in physical education dept for 13years.
- \* worked for G.D. Somani school in physical Education dept-2 years.
- \* E- (online) Fitness training for adults and teenagers
- \* Athletic training for juniors and seniors- 15yrs.
- \* Strength & conditioning training for professional athletes and cricket teams.
- \* Functional fitness training for clubs, schools & housing societies.
- \* Strength, Endurance & flexibility training for Teenagers.
- \* Throwball skill training for clubs & Association teams.
- \* Marathon & juniorthon training for runners & general public.
- \* Undergone McGrath institute of leadership training - (MILT)