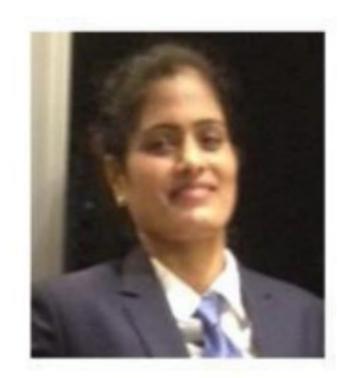
# Curriculum vitae

### **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 13 years.
- \* 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)