

## ABHISHEK SHAH

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### EDUCATION

#### PROFESSIONAL

**Uttarakhand Open University, Haldwani**

Certificate Course in Food and Nutrition

2022

**Mahatma Gandhi Kashi Vidyapith, Varanasi**

Master's in Physical Education (M.P.Ed.)

2018

**Sant Gadge Baba Amravati University, Maharashtra**

Bachelor's in Physical Education (B.P.Ed.)

2015

#### ACADEMIC

**D.S.B Campus, Kumaun University, Nainital, Uttarakhand**

Bachelor's in Humanities (B.A.)

2013

**Uttarakhand Board, Ramnagar**

Class 12<sup>th</sup> with Arts

2010

**U.P. Board, Allahabad**

Class 10<sup>th</sup> with Sciences

2007

### AWARDS

Best Player in Inter-School Basketball Tournament, DSA

2009

Inter -University Game, Rohilkhand, Bareilly, U.P.

2011-12

54<sup>th</sup> National School Game, Delhi

2008

53<sup>rd</sup> National School Game, Rajasthan

2007

51<sup>st</sup> National School Game, Delhi

2005

50<sup>th</sup> National School Game, Maharashtra

2004-05

49<sup>th</sup> National School Game, Raipur, Chattisgarh

2004

48<sup>th</sup> National School Game, Karnataka

2002-03

### TEACHING/ COACHING EXPERIENCE

✚ More than 11 years of Experience as Sports & Physical Education Teacher  
Specialization in Basketball Coaching

✚ 4 years of Experience as Physical Fitness Trainer in school

**Suncity School, Gurgaon**

2022- till Present

Basketball Coach

Classes taught 1<sup>st</sup> to 12<sup>th</sup>

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<b><i>Sequoia Fitness and Sports Technology Pvt. Ltd. (S-FAST), Gurgaon</i></b>	<b>2017-2020</b>
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Sports Coordinator & Basketball Coach

Designated school: Army Public School, New Delhi

Classes taught 1<sup>st</sup> to 12<sup>th</sup>

<b><i>Fitokids, Pitampura, New Delhi</i></b>	<b>2018- 2020</b>
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Multi-sports Fitness Program Coach

Age Groups 4-9 years

<b><i>Excelsior American School (ESA), Gurgaon, Haryana</i></b>	<b>2016-2017</b>
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P.E.T. & Soccer Coach

Classes taught 1<sup>st</sup> to 12<sup>th</sup>

<b><i>All Saints Girl's College, Nainital, Uttarakhand</i></b>	<b>2013-2016</b>
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Basketball & Swimming Coach

Classes taught 6<sup>th</sup> to 12<sup>th</sup>

<b><i>Mohan Lal Sah Bal Vidya Mandir (MLSBVM), Nainital, Uttarakhand</i></b>	<b>2007-2011</b>
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Physical Fitness Trainer & Basketball Coach

Classes taught 6<sup>th</sup> to 12<sup>th</sup>

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### **PROFESSIONAL HIGHLIGHTS**

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***Suncity School, Gurgaon***

**Achievements:**

Goenkan Trident Inter School Basketball Tournament, Sohna	<b>2022</b>
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***Army Public School, New Delhi***

**Achievements:**

ZONE 20 Basketball Tournament, New Delhi	<b>2018-2019</b>
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***All Saints Girls College, Nainital, Uttarakhand***

**Achievements:**

Amar Dhillon Memorial Inter School Basketball Tournament, Nainital, U.K.	<b>2014-2016</b>
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DSA Inter School Basketball Tournament, Nainital, U.K.	<b>2014-2016</b>
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11 <sup>th</sup> , 12 <sup>th</sup> , 13 <sup>th</sup> Honoria Lawrence All India Inter School Basketball Tournament, H.P.	<b>2014-2016</b>
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***MLSBVM School, Nainital, Uttarakhand***

**Achievements:**

DSA Inter-school Basketball Tournament, Nainital, U.K.	<b>2008-2011</b>
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## RELATED EXPERIENCES

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Maintained log of all activities performed during each day using the online Daily Activity Report Tool (DART).

Assessed the Fitness & Sports skills of children as per the battery of tests. Mentored students even outside the PE classes.

Escorted the students for tournaments, excursions and educational trips.

Assisted the School Administration in organizing other activities and events such as School fete, Inter-school Cross country run, Inter-school & Intra-school tournaments, Christmas carnival, Annual Sports.

As **Multi- Sport Program Coach**, taught fundamentals of Ball Sports like Cricket, Football, Basketball, Volleyball, along with diverse fitness drills, stretching exercises and other interesting activities.

Assisted in developing and improvising the Curriculum, program execution, assessment and monitoring processes.

As **Residential staff** supervised and mentored children in school boarding.

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## SKILLS

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Working Knowledge of Excel & Word (Microsoft Office)

Extensive knowledge of Basketball, Football, Swimming

Strong motivational skills and excellent ability to mix with children. Use self –ideology for better results

Good interactive, planning and organizational skill

Highly optimistic and patiently handle and enjoy duties to be performed

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## LANGUAGES

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**HINDI** – native language.

**ENGLISH.**

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## REFERENCES

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### **Deepika Mehndiratta**

Head of the Department,

Department of Sports,

Suncity School, Gurgaon.

Email : [deepika@suncityschool.in](mailto:deepika@suncityschool.in)

Contact No.: 9811775498

### **Niharika Gusain**

Head of the Department,

Department of Sports,

Mohan Lal Sah Bal VidyaMandir (MLSBVM) School, Nainital, Uttarakhand.

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Contact No.: 9411760108

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## DECLARATION

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I hereby declare that all the above stated information is true to the best of my knowledge and belief.

**DATE:**

**PLACE:**

**ABHISHEK SHAH**