

Daisy Bala M

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CAREER OBJECTIVE

Passionate and dedicated Physical Education Teacher for 14 years of experience with a strong commitment to promoting physical fitness, teamwork, and overall well-being among students. Seeking to leverage my expertise in sports, fitness training, and student engagement to create a dynamic and inclusive learning environment. Aiming to inspire students to adopt healthy lifestyles, develop discipline, and build essential life skills through physical activities and sports programs.

ACADEMICS

- B.LITT (TAMIL), B.ED
- DIPLOMA IN CHILD CARE EDUCATION

EXPERIENCE

Isha Vidhya Matriculation Hr.Sec School

2010-2023

- Successfully trained and mentored students in athletics and throwball, leading multiple teams to state-level championships.
- Developed and implemented structured training programs for athletics and various team games, focusing on improving students' physical fitness, stamina, and sportsmanship.
- Organized and supervised regular practice sessions, ensuring personalized coaching for track and field events, throwball, and other team sports.
- Coordinated school participation in inter-school, district, and state-level sports competitions, achieving consistent recognition and awards.
- Conducted workshops and fitness programs to promote physical well-being and encourage active participation in sports.
- Managed sports equipment, maintained safety standards, and created a motivating and disciplined sports environment.
- Mentored student-athletes on balancing academics and sports, fostering leadership, teamwork, and resilience.
- Collaborated with school management to organize annual sports meets and talent hunts for identifying promising athletes

- Successfully coached and led the school Kabaddi team to qualify and compete at the **national level**, showcasing exceptional team strategy and performance.
- Designed intensive training programs focused on developing agility, strength, and tactical skills specific to Kabaddi.
- Implemented advanced fitness routines and game simulations to enhance players' stamina, reflexes, and teamwork.
- Organized state and national-level exposure matches to prepare students for high-pressure competitions.
- Mentored and motivated student-athletes to maintain discipline, teamwork, and a competitive spirit.
- Coordinated with sports authorities and management to facilitate participation in prestigious national tournaments.

COMPUTER SKILLS

- **MS Word**
- **MS Excel**
- **MS PowerPoint**

ACHIEVEMENTS

- Led the School Kabaddi Team to National Level competitions in 2023–2024, securing top positions and earning recognition for exceptional performance.
- Guided Athletics and Throwball Teams to State-Level Championships consistently from 2012 to 2023, with multiple podium finishes.
- Trained Over 50+ Athletes who have represented the school at district, state, and national levels across various sports disciplines.
- Organized Annual Sports Meets and inter-school tournaments, increasing student participation in sports by 40%.
- Introduced Specialized Fitness Programs that improved overall student athletic performance and reduced sports injuries.
- Awarded “**Best Coach of the Year**” by [ISHA VIDHA School] in recognition of outstanding contributions to student athletic development.
- Successfully Implemented Kabaddi Talent Hunt Programs, identifying and nurturing young talents who progressed to higher competitive levels.
- Built Strong Partnerships with local and state sports bodies to provide students with greater exposure to competitive sports.

SELF- EVALUATION

Mature and stable personality, good interpersonal relations, good communication and coordination skills, strong sense of responsibilities, good team spirit, not afraid of difficulties, dare to meet challenges, for new things to accept the ability to be strong, life and work attitude positive, hope to improve their own continuous progress.

PERSONAL DETAILS

- Date of Birth : 17-03-1976
- Father's Name :Mr. C.Mascilamani
- Mother's Name : Mrs.M.Chandrapusham
- Religion: Christian
- Address: 8/120-1, Main road, Kootampuli, Thoothukudi-628103.
- Nationality : Indian
- Languages Known:Tamil, English

DECLARATION

I hereby declare that all the above-mentioned information is true and correct to the best of my knowledge.

Place : Thoothukudi

Signature/E-signature :Daisy Bala M