

BISWAJIT SARDAR

C/O-Late. Sadhu Sardar

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Objective:

Dedicated and highly skilled **HIIT, YOGA, TRX , CARDIO , CROSSFIT , FUNCTIONAL TRAINING ,HYROX, Agility, Karate, Muay Thai boxing Trainer** with 9 years of experience in instructing students of all ages and skill levels in the art of Karate. Committed to fostering a positive and disciplined learning environment while promoting physical fitness, self-confidence, and personal growth.

Education:

- Bachelors in Arts, Calcutta University, Kolkata, India (2011)
- Higher Secondary (WBCHSE), Kolkata (2007)
- Matriculation (WBSE), Kolkata (2005)
- Diploma in Computer Applications. Basic Computer Knowledge – MS Office, Power point, HTML Program , java

Experience:

- 1. Yoga spire, Garia, Kolkata, (29th March, 2012 - 4th April, 2016).**
 - Manager and Head Karate Instructor. And Yoga Instructor
 - Assisted in the planning and execution of classes, focusing on techniques, forms, and sparring. Provided personalized guidance to students to help them achieve their goals and improve their skills.
- South City International School, Kolkata (4th April, 2019 - 23rd May 2024).**

Head Karate Coach / Yoga Instructor / P.E Developed and implemented comprehensive lesson plans tailored to individual and group needs.

 - Conducted belt grading examinations and provided constructive feedback for student advancement.
 - Organized and supervised local and regional tournaments, producing successful participants.
- 3. John's Academy For Fitness (International) Kolkata, 14th Feb 2021**

Manager and Head Coach – HIIT, YOGA, TRX , CARDIO , CROSSFIT , FUNCTIONAL TRAINING , HYROX, Agility, Karate, Muay Thai boxing
- 4. THE TRACK BANGKOK Personal Trainer 30th May 2024**
- 5 . Bangkok Post International Mini Marathon 2024, RUN FOR NURSES, 5 k.m**

Skills:

- Strong proficiency in various Karate styles, including Shito-Ryu.
- Extensive knowledge of martial arts philosophy, history, and techniques.
- Excellent communication and interpersonal skills for effective teaching and student engagement.
- Proven ability to adapt instruction to cater to different learning styles and abilities.
- **The Voluntary certification of yoga professionals, Ministry of AYUSH , Government of India**
- **Got Certificate of Appreciation of Official & Scorer CISCE National Yoga Olympiad 2023.**

Students Achievements:

- **Participated in the 5th International Karate Championship 2019**, Total 8 country was participated in this Tournament Japan, Nepal, Bhutan, Bangladesh, Afghanistan, Iran, Kuwait and India. From our school was participated 59 students in this tournament and our school got Sub junior boys and girls category 8 Gold, 12 Silver and 35 Bronze.
- **Unified World Championship 2019- Italy November 2019**, where over 28 world federation with 5000 athletes and over 107 Countries are participated in this incredible championship added Gold Medal for our country and school.
- **Promoted 1st Dan Black belt on January 2021.**
- **6th ALSOC west Bengal Inter school karate Championship 2020 Achievement:** Our contribution 2 Gold, 3 Silver, 16 Bronze added bonus: Runner up Position.
- **West Bengal State Virtual Karate Championship 2021**
Participated 500 hundred students Kata category boys junior and senior
Achievement: Got 2 Gold, 1 Silver.
- **All India Inter School & Senior and Junior karate Championship 2021- Participated**
2000 Thousand students got 3 Gold medals.
Our School rank was **Winner.**
- **Got Gold Medal, Certificate of Appreciation as the 'Best KARATE Coach'.**
- **Participated in the 7th International Karate Championship 2023**, Total 8 country was participated in this Tournament Japan , Nepal, Bhutan, Bangladesh, Malaysia , Iran, Kuwait and India. From our school was participated 21 students in this tournament and our school got Sub junior boys and girls category 9 Gold, 10 Silver and 13 Bronze.

Certifications :

- **My certifications in relevant certifications such as Diploma Certified Personal Trainer ACE (American Council On Exercise). have equipped me with a solid understanding of exercise physiology, nutrition, and effective training methodologies**

Skills / Knowledge

- ❖ **Behavior Change, Communication**
 - ❖ **Rapport Building , Goal Setting**
 - ❖ **Motivation , Exercise Instruction**
 - ❖ **Exercise Techniques , Program Design**
 - ❖ **Fitness Assessment , Body Composition**
 - ❖ **Health Screening , Cardiorespiratory Assessment**
 - ❖ **Functional Assessment , Movement Assessment**
 - ❖ **Cardiorespiratory Training , Muscular Training**
- **I am certified in CPR / AED International (American Heart Association)**
 - **My certifications in relevant Sports Coaching & Therapy | YOUVIEW LONDON UNIVERSITY UK**

Skills / Knowledge

- ❖ **Basics Of Sports Medicine , First Aid For Sports ,**
 - ❖ **Beginner Course In Sports Injuries,**
 - ❖ **Therapy for Sports Injuries, Sports and Exercise Psychology,**
 - ❖ **Sports Marketing Fundamentals, Sports First Aid Training,**
 - ❖ **Diploma in Sports Coaching , Life Lessons From Sports,**
 - ❖ **Effective Sports First Aid Practices , Sports Science Essentials,**
 - ❖ **Performance and Recovery, Sports Medicine and Rehabilitation Therapy**
- **. My certifications are Teaching English as a Foreign Language (TEFL) YOUVIEW LONDON UNIVERSITY UK**
 - **International Fitness Instructor (HIIT , YOGA, TRX , CARDIO , FUNCTIONAL TRAINING ,HYROX, Agility, Karate, Muay Thai boxing) and Nutritionist**
 - **YOGA Instructor**
The Voluntary certification of yoga professionals, Ministry of AYUSH , Government of India
 - **Karate 2nd DAN Black Belt (In Japan)**
 - **Got Certificate of Appreciation of Official & Scorer CISCE National Yoga Olympiad 2023.**
 - **Got Certificate of Participation by KHELO INDIA P.E Community Coaching Program Held From June 1,2020 to June 30,2020 Certify That CISCE online Training Program For P.E Teacher Batch - 2 conducted under Khelo India Fitness Assessment Program From : 13/8/2020**

PERSONAL DETAILS :
DOB - 12/09/1987
MARRITAL STATUS - SINGLE
NATIONALITY - INDIAN
FATHER'S NAME - LATE- SADHU SARDAR
MOTHER'S NAME - BALIKA SARDAR

➤ **REFERENCE**

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➤ **REFERENCE**

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Signature