

CURRICULUM VITAE

SITARA SAHANI

H.N. 184, Gudumba-2 Police station - Gudumba ,

Tahshil - BAKSHI KA TALAB

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OBJECTIVE

To Pursue a Challenging career and be part of a Progressive Organization that gives scope in my field and enhance my knowledge and skills and sense of sheer determination , dedication and hard work progress of the organization and myself.

Personal Information

Date of Birth : 12-06-1995

Name of Father: Mr. Satya Narayan Sahani

Name of Mother: Mis Tetari Devi

Nationality : Indian

Marital status : Unmarried

Language : English , Hindi

EDUCATIONAL QUALIFICATION

S.no.	Course	Place	Year	Percentage
1.	Ph.D Physical Education (Pursuing)	Vikrant University Gwalior , MP	2023-2024	-
2.	Master of Physical Education (M.P.Ed)	Lucknow University (U.P.)	2019-2020	82%
3.	Diploma in Yoga (Yoga)	Uttar Pradesh Rajarshi Tandon Open University , Prayagraj	2019	68%
4.	Diploma in Sports coaching (Tennis)	LNIPE Gwalior, M.P.	2017-18	69%
5.	Bachelor of Physical Education (B.P.Ed)	Lucknow University (U.P.)	2016-17	78%
6.	B.com	Lucknow University (U.P.)	2015	50%
7.	Intermediate	U.P. Board	2012	55%
8.	High school	U.P. Board	2010	50%

AREA OF SPECIALIZATION

Lawn Tennis, Badminton , Volleyball , Table Tennis

SPORTS ACHIEVEMENT

- ❖ State level Women Tournament (Gold medal winner),2018-19
- ❖ Participate in West Zone Inter University, LNIPE Gwalior (M.P.) 2017-18 (Tennis)
- ❖ Participate in North Zone Inter university, Lucknow University(U.P.) 2016-17 (Tennis)
- ❖ Participate in North Zone Inter university, Lucknow University(U.P.) 2015-16 (Tennis)
- ❖ Participate in North Zone Inter university, Lucknow University(U.P.) 2014-15 (Tennis)
- ❖ Participate in North Zone Inter university, Lucknow University(U.P.) 2013-14 (Tennis)
- ❖ Participate in National Women Sports Competitions, Chitradurga (KARNATAKA) 2014
- ❖ Participate in All India 39th National Women Sports Competitions, Hyderabad (ANDHRA PRADESH) 2014
- ❖ State level Prize money Tournament, 4th position -2016
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- ❖ State level Women Tournament (Gold medal winner), AGRA-2013
- ❖ Silver medal HDFC All India Talent Series, Tennis Championships (Under-18) Runner Up-2011
- ❖ AITA Talent Series (doubles winner) (Under-18), PATNA-2013
- ❖ National Ranking AITA (50 K) Championships-2015
- ❖ 3rd SDS junior Tennis Tournament-2010

OTHER ACHIEVEMENTS

- ❖ Innovation , Design and Entrepreneurship (IDE) Bootcamp. (faculty coordinator)
- ❖ Officiating in 4th U.P State Rugby Championship -2024
- ❖ Appreciation in (Sports specific manager) TENNIS Khelo India University Games -2023
- ❖ Volunteer in Badminton Khelo India University Games -2023
- ❖ Participated in National Workshop on Nutrition for Sports exercise & weight Management Organized by LNIPE Gwalior (M.P.) Feb-2018
- ❖ Official in West Zone Inter University Tennis Men tournament (Line Judge), LNIPE Gwalior (M.P.) (Tennis)2017.
- ❖ Participated in NSS Camp in 7 Days (05-01-2017 to 11-01-2017) held at Literacy house, Lucknow (U.P.)

WORK EXPERIENCE

- ❖ Physical Instructor, Integral University Sports Academy , Integral University Lucknow , 2018 till now

HOBBIES

- ❖ Dancing & Singing.
- ❖ Listening to Music.
- ❖ All so interesting to other outdoor games.

DECLARATION

I hereby declare that all above stated information and details are true to the best of my Knowledge and belief.

Date:

Place: LUCKNOW

(SITARA SAHANI)
Physical Instructor