



Manjula Selvarasu

+91-9345618607

manjulaselvarasu7@gmail.com

Dedicated and enthusiastic Assistant Professor with 2years of experience fostering students' physical and mental well-being through diverse sports and physical activities. Passionate about promoting healthy lifestyles and developing teamwork, leadership, and physical fitness in students. Passionate and certified Yoga & Aerobics Instructor. Committed to helping individuals achieve their fitness goals through a blend of mindfulness & strength.

Experience

01/2024 to Present

Assistant Professor

National College,Trichy

- ✓ Lead daily yoga and aerobics classes for groups of participants, nourishing to all skill levels from beginners to advanced practitioners.
- ✓ Design and customize workout programs tailored to individual needs, including strength training, flexibility improvement.
- ✓ Incorporate mindfulness and meditation techniques in yoga sessions to enhance participants' mental well-being.
- ✓ Organize and lead workshops on topics such as stress management, nutrition, and holistic health.

7/2022 to 12/2023

Physical Education Teacher

Rajam Krishnamurthy Public School ,Trichy

- ✓ Develop and implement comprehensive PE programs for to improve students' physical fitness, motor skills, and sportsmanship.
- ✓ Assess students' physical development and provide individual support to encourage skill enhancement.
- ✓ Organize and coach extracurricular sports teams, leading Sport team to regional championships.
- ✓ Collaborate with school staff to promote health and wellness initiatives, including School Program or Event.
- ✓ Maintain equipment and ensure safety standards in all physical activities.

Highlights

- ✓ Strong knowledge of physical fitness principles and sports coaching.
- ✓ Excellent communication and classroom management skills.
- ✓ Ability to motivate and inspire students of all ages.
- ✓ Proficient in planning and executing diverse PEcurriculum.
- ✓ Experience in organizing sports events and extracurricular activities.
- ✓ Expertise in yoga and aerobics instruction, with a strong understanding of physical fitness and well-being.
- ✓ Ability to create a supportive and motivating atmosphere for clients of all fitness levels.

Education

Bachelor of Science: Mathematics

2019 -75%

Dhanalakshmi Srinivasan Arts & Science College (Women's) ,Perambalur.

Master of Science : Yoga

2022 – 86%

National College,Trichy