

Sandeep Battar

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Objective: To inspire students by serving as a role model for fitness and healthy living, and to contribute meaningfully as a dedicated educator at a reputed institution. Committed to promoting physical well-being both within the institution and the broader community, with a special focus on mentoring obese youth toward healthier lifestyles through structured fitness programs and personal guidance.

Strengths:

1. **Formally Trained in Sports Education** – Equipped with academic and practical knowledge in physical education and sports science.
2. **Passionate and Respectful towards Sports and Outdoor Activities** – Demonstrates genuine enthusiasm and a respectful approach to all forms of physical activity.
3. **Skilled in Coaching Diverse Student Groups** – Experienced in training and mentoring students of varying age groups, skill levels, and backgrounds.
4. **Excellent Interpersonal and Leadership Abilities** – Builds strong relationships and leads with confidence, fostering a collaborative and motivating environment.
5. **Highly Organized and Professionally Committed** – Maintains meticulous attention to detail and consistently delivers high-quality results.
6. **Goal-Oriented and Resourceful** – Focused on achieving objectives with innovative solutions and strategic thinking.
7. **Effective Communicator** – Articulate and clear in verbal and written communication, facilitating strong connections with students, peers, and stakeholders.
8. **Patient and Supportive Coach** – Understands the importance of encouragement and patience in student development.
9. **Exceptional Problem-Solving Skills** – Quickly identifies challenges and implements effective strategies for resolution.
10. **Open to New Ideas and Constructive Feedback** – Values diverse perspectives and is committed to continuous learning and growth.
11. **Strong Time Management Skills** – Balances multiple responsibilities effectively while meeting deadlines and goals.
12. **Friendly and Approachable Personality** – Creates an inclusive and welcoming atmosphere for students and colleagues alike.

Professional Experience Highlights:

- **Developed Instructional Materials**
Created engaging and effective lesson plans, activity guides, and assessment tools to support physical education instruction.
- **Motivated Student Participation**
actively encouraged students to participate in sports and extracurricular activities, fostering a strong culture of physical well-being in both college/school and the broader community.
- **Role Model in Fitness and Conduct**
Demonstrated exemplary physical fitness, discipline, and a positive attitude—serving as a consistent role model for students.
- **Led Team Fitness Programs**
Planned, organized, and led structured fitness programs and training sessions for college/school sports teams.
- **Collaborated with Faculty**
Worked closely with fellow educators to integrate physical activity opportunities across academic programs and community outreach efforts.
- **Provided Training Support to Teachers**
Served as a resource person for classroom teachers, offering training, physical activity resources, and support materials.
- **Coached and Supervised Sports Teams**
Assisted in coaching various sports teams and supervised athletic activities, ensuring skill development, safety, and team discipline.
- **Organized Student Engagement Activities**
Conducted interactive and recreational activities aimed at increasing student engagement, physical fitness, and teamwork.
- **Supported Administrative Functions**
aided the college/school administration in organizing events, wellness campaigns, sports competitions, and other institutional programs.
- **Conducted Sports Demonstrations**
Delivered live demonstrations to teach proper sports techniques, rules, and safety protocols.
- **Managed Attendance and Participation Records**
Maintained accurate records of student attendance in classes, drills, and games.
- **Designed Weight Management Programs**
Created customized weight loss and fitness regimens tailored to individual needs and health goals.
- **Developed Exercise and Nutrition Plans**
Crafted comprehensive fitness and dietary plans to help students and clients achieve optimal health and performance.

Experience

Assistant Professor from 2024 to till date Faculty of Physical
Education Tanta University, Sri Ganganagar

Responsibilities:

- **Helped develop instructional materials** to enhance the teaching-learning process and support curriculum delivery.
(NAAC Criterion 2: Teaching-Learning and Evaluation)
- **Motivated students to be active** in sports activities of the college/school and community, encouraging holistic student development.
(NAAC Criterion 3: Research, Innovation and Extension; Criterion 5: Student Support and Progression)
- **Served as a role model** by leading with a positive attitude and maintaining high physical fitness standards.
(NAAC Criterion 7: Institutional Values and Best Practices)
- **Planned and led physical fitness programs** for school/college teams, promoting regular physical activity and performance excellence.
(NAAC Criterion 1: Curricular Aspects; Criterion 5: Student Support and Progression)
- **Coordinated with other teachers** to create more opportunities for physical activity within and beyond the classroom.
(NAAC Criterion 2: Teaching-Learning; Criterion 7: Institutional Values)
- **Provided training and acted as a resource person** for classroom teachers to integrate physical education into their teaching.
(NAAC Criterion 6: Governance, Leadership and Management)
- **Assisted in supervising and coaching** college/school teams, contributing to students' skill development and team performance.
(NAAC Criterion 5: Student Support and Progression)
- **Organized engaging physical activities** that supported student interest and overall well-being.
(NAAC Criterion 5 & 7)
- **Supported the administration** in organizing institutional activities, events, and awareness campaigns
(NAAC Criterion 6: Governance & Administration; Criterion 7: Best Practices)
- **Conducted skill demonstrations in sports**, contributing to experiential learning and skill enhancement.
(NAAC Criterion 2: Teaching-Learning and Evaluation)
- **Maintained attendance records** for classes, drills, and games, ensuring systematic documentation and monitoring.
(NAAC Criterion 6: Institutional Governance and Record Keeping)
- **Designed weight loss regimens** tailored to student needs as part of promoting a healthy campus environment.
(NAAC Criterion 7: Institutional Values and Best Practices)
- **Developed personalized exercise and diet plans** to support health and fitness goals of students and clients.
(NAAC Criterion 7: Environmental Consciousness and Wellness)

Achievements

- Represented Tanta University, Sri Ganganagar as a player in All India Inter University Athletics Tournament 2021-22.
- Represented Govt.Pg.College Khetri as a Player In Volleyball Team From 2018 to 2020.
- Represented Govt.Pg.College Khetri as a Player In Kabaddi Team From 2018 to 2020.
- State Basketball Player.
- Nsnis 6 Week Certificate Course In Athletics With A+ Grade.

Education

- **Tantia University Sri Ganganagar**
Pursuing Ph.D. in Physical education
since 2024.
- **Tantia University Sri Ganganagar**
Master Degree of Physical education
2022-24
- **Tantia University Sri Ganganagar**
B.P.Ed2020-22
- **P.D.U.S.University Sikar**
M.A. in Political Science 2019-20
- **P.D.U.S.University Sikar**
B.A. 2015-18
- **Board of Secondary Education Rajasthan, Ajmer**
Sr. Sec. 2015
- **Central Board of Secondary Education**
Sec. 2011

Personal information

- Civil Status : Married
- Father's Name : Sh. Ramsawrup Battar
- Date of Birth : 23 February 1996
- Nationality : Indian
- Main Game : Basketball
- Interests : Basketball, Badminton, Tennis, Football, Handball, Athletics
Volleyball, Kabaddi, Cricket, Hiking, Camping Volunteer
Work

Date:

Place:

Sandeep Battar