

SAVITA SINGH



📍 Lucknow, India 226024

📞 9839062156

✉ savitatnv@gmail.com

SUMMARY

Teacher Strives to teach course information and build student's lifelong skills, Creates vibrant teaching atmosphere and consistency supports students through openness and transparency resulting in great teaching learning environment. Engaged educator maintains highest standards of classroom instruction.

SKILLS

Innovative teaching, mentoring students, motivational skills, ethical and moral value,

Academic publication, organized online seminars and trainings, Good communication skills

EXPERIENCE

Associate Professor, Physical Education , 09/2005 - Current

Netaji Subhash Chandra Bose Govt Girls P G College Aliganj , Lucknow

- 23 years of teaching experience in different private, professional and Government degree college
- Organised annual sports and other intercollegiate tournaments in badminton and yog
- Coordinator , Mission shakti (2020-21)
- Participated in continuing development and training to bolster professional teaching skills.
- Identified valuable online resources to use in conjunction with lectures and coursework.
- Built life-long learning skills and strong study habits in students to help each prepare for higher-level education.
- Maintained school-wide culture of respect and actively used positive behavioral interventions and supports (PBIS) disciplinary methods.
- Tutored students requiring additional assistance in mastering concepts.
- Advised students in personal matters, driving academics, attendance and behaviors.
- Helped students make optimal educational and career choices to maximize learning and long-term vocational benefits.
- Mentored and motivated students to increase class participation.
- Administered and graded tests and assignments to evaluate student performance and monitor progress.
- Supervised graduate student research projects in support of their dissertations.
- Actively participated in departmental committee evaluation of peers as well as promotion and tenure votes.

- Served on committees that evaluate applications for scholarships or fellowships.

Associate Professor, Physical Education

Netaji Subhash Chandra Bose Govt Girls P G College Aliganj Lucknow , Lucknow

EDUCATION AND TRAINING

Lucknow University , Lucknow , 04/1995

Ph.D.: Personality Traits Assessment

- Bs.C. (PCM), D.P.Ed., M.P. Ed., NET, Ph. D.
- Participated in the (list the event, workshop, or seminar, etc. here)
- Done certificate course in yoga from Madhav Yog Samiti, kevalyadham, pune
- Academic Achievements and Honors:
- Gold medalist in M.P.Ed.
- Completed online course on (Refresher course from HRDC, sagar university, M.P. , FDP courses of different university and college.)
- Publications and Presentations:
- Bahirang yog in modern society: Role and importance
- Pranayama-A view on philosophy behind
- Yoga: A practical philosophy for healthy life.
- Effect of 36 hours of sleep deprivation on balancing ability of female players
- Enjoy menstruation through yoga
- Kamla Nehru - A Tribute
- A concept exploration of health entrepreneurship development with digital transformation and artificial intelligence (AI).
- Psychological well-being and Mental health: Enrichment through yoga
- An exploratory study of role of antarang yog practice on meta cognition: Addressing through panchkosha

LANGUAGES

Hindi: First Language

English:

B1

Intermediate

SPORTS ACHIEVEMENTS

- Won Gold Medal in Master's National Badminton tournament organized at Varanasi in the year 2023
- Won silver Medal in 45+age group National masters Badminton tournament organized at Varanasi 2023
-
- Won Gold, silver and bronze medal in State Masters Athletics championship in 40+, and 45 + category in the events Discus Throw, hammer throw, shot put and 100m race in past few years
- Won womenshine badminton tournament