

CURRICULUM VITAE

PINAKI GOSWAMI



1. **DISCIPLINE** : **PHYSICAL EDUCATION (Total 18+ experience in reputed schools)**
2. **OBJECTIVE** : Physical Education deals with the wholesome development of human personality or complete living. As a Physical Education Teacher, I will try my best to make every child a good citizen who will be physically fit, mentally sound and sharp, emotionally balanced, socially well-adjusted & spiritually developed. Through physical activities & with the inculcation of values & dedication I will try my best to achieve all these things.
3. **FIELDS** : YOGA, MEDITATION, ATHLETICS, SPORTS, MAJOR AND MINOR GAMES, DRILL MARCHING, MASS DRILL, FANCY DRILL, CALISTHENICS, FREEHAND EXERCISES, LIGHT GYMNASTICS, PYRAMID, ACTION SONG & RHYMES, ROPE CLIMBING, PHYSICAL FITNESS TEST, AEROBICS, HEALTH EDUCATION. THEORY CLASS BASED ON SELF-DISCIPLINE, PUNCTUALITY, MORALITY & SPIRITUALITY, DISCUSSION ABOUT MAN MAKING & CHARACTER-BUILDING MISSION, QUALITIES OF A GOOD SPORTSMAN, PERSONALITY DEVELOPMENT PROGRAMME.
4. **ACADEMIC CAREER** :
 - a) Passed Madhyamik under W.B. Board of Secondary Education in 1987.
 - b) Passed Higher Secondary under W.B. Council of H.S. Education in 1989.
 - c) Passed B. Com Examination under University of Calcutta in 1994.
 - d) Passed Bachelor of Physical Education from Jadavpur University in 1997.
 - e) An emerging Athlete & National Player (Throw Ball).
5. **OTHERS ACTIVITY**
 - a) Ex. NCC CADET (D.B. College) with Marching Band.
 - b) Specialized in Athletics, Basketball, Badminton, TT & Swimming-Lifeguard.
 - c) Expert in Aerobics, Human Pyramids, Yoga & Gymnastics, Marching drill
Fancy & formation Drill (pom pom, dumbell, lazium, feather) & School Band.

6. ACHIEVEMENT IN SPORTS & GAMES

- a) Participated in District School Football Tournament organized by DISTRICT SCHOOL SPORTS ASSOCIATION (D.S.S.A.) in the year 1986.
- b) Participated in DISTRICT SCHOOL ATHELETIC MEET organized by D.S.S.A. in 1986.
- c) Participated in INTER ZONE SPORTS COMPETITION from B.E. College Udayan Sab Payechir Asar - an all India Children and Juvenile Organization for Howrah Zone and achieved brilliant result in 1985.
- d) Participated in INTERZONE SUBJUNIOR KHO-KHO CHAMPIONSHIP for Howrah Zone in 1987.
- e) Participated in Sports and Games in HOWRAH DISTRICT YOUTH FESTIVAL organized by W.B. SPORTS & YOUTH WELFARE DEPARTMENT in the year 1981-82 and in 1985.
- f) Eminent Athlete and as a student of B.E. COLLEGE MODEL SCHOOL have a brilliant track record in the Annual Sports since Class-V to Class-X.
- g) Eminent Sportsman and "SONAR KATI" OF B.E. College Udayan Sab Asar since 1981 to 1988. During this period received extensive training on Drill, P.T., Action Songs, rural sports and games through out West Bengal.
- h) Have a good track record in the Annual Sports organized by B.E. College (D.U.) in 1996 and 1997.
- i) Achieved "ANAND PRATIK" honour by ALL INDIA BRATACHARI SOCIETY on 18th April, 1997.
- j) Have brilliant performance in the Annual Sports of JADAVPUR UNIVERSITY in 1997 & in 2006.

100 mts. Run	-----	2nd
4x100 mts. Relay	-----	1st
- k) Achieved 1st place (event - 100 mts. Run. Group - 'Open to all') by Howrah Municipal Corporation in the year 2000.
- l) Achieved brilliant result in the INTER SCHOOL ATHELETIC MEET (TEACHER'S RACE) organized by YMCA.

EVENTS	PLACE	YEAR
100 mts Run	1st	2005
100 mts Run	3rd	2004

7. PARTICIPATION IN NATIONAL MEET:

It was a great honour to me to be participated in 20th "**SENIOR NATIONAL THROWBALL CHAMPIONSHIP**" on behalf of Tripura State organized by Throw ball Federation of India.

8. EXPERIENCE AS A TRAINER/INSTRUCTOR /SPORTS OFFICIAL

- i. Acted as **SPORTS OFFICIAL IN THE** Annual Sports meet of **BENGAL ENGINEERING COLLEGE (D.U.)** in the year 2001-01.
- ii. Participated in the INTER ZONE SUB-JUNIOR KHO-KHO CHAMPIONSHIP of Sab Payechir Asar as Coach-cum-Manager in the year 1994.
- iii. Played the role of **SPORTS OFFICIAL** in the 8th **WEST BENGAL STATE HANDICRAFTS SPORTS COMPETITION-1997**.
- iv. Former Physical Instructor of **TETULTALA TARUN SANGHA** - A Govt. Regd. (Regd. No. S/779985) Social & Philanthropic Organization in 2001-2002.

- v. Bonafide physical Instructor of **B.E. COLLEGE, UDAYAN SAB PAYECHIR ASAR** - a children and juvenile organization.
- vi. Successfully completed the 19th ALL **INDIA YOUTH LEADERSHIP TRAINING CAMP** on Physio-Socio-Cultural Activities of Sab Payechir Asar - an All India Children Activities & Juvenile Organization.
- vii. Attended a one day "**LEADERSHIP DEVELOPMENT CAMP**" with my school boys. It was organized by "**DON BOSCO SCHOOL**, Liluah, and Howrah in the year 2004.
- viii. Attended a **YOUTH TRAINING CAMP** based on Indian Culture, Social Service and Self-Discipline on 1995 and being certified by Sri Amiya Majumdar and Sri Nabaniharan Mukhopadhyay.
- ix. Played the role of **SPORTS OFFICIAL in the ANNUAL PHYSICAL MEET** of Jadavpur University in February 2006.
- x. Participated in the **IN-SERVICE TRAINING COURSE** (Orientation Programme) for Physical Education Teachers of Central Board of Secondary Education organized by Laxmi Bai National Institute of Physical Education (LNIPE), Gwalior, Deptt. Of Sports & Youth Welfare, Govt. of India in May 2008.

9. **EXPERIENCE AS A PHYSICAL EDUCATION TEACHER (Total 18 years+ experience)**

I have been working as a regular Teacher (TGT **GRADE**) in the Deptt. Of **HEALTH & PHYSICAL EDUCATION** in **DELHI PUBLIC SCHOOL PATNA** since 2006 to 2013 & then working as a Lead Teacher in **DELHI PUBLIC SCHOOL COIMBATORE ,Delhi Public School Ludhiana & at Heritage International School, Daltongang (Jharkhand)**. I also worked as a HOD, Deptt. . Presently working in **Grizzly Vidyalaya, Koderma, Jharkhand & St. Francis Xavier School, Kolkata**.

- i. Former Physical Education Teacher of **M.C. KEJRIWAL VIDYAPEETH** (affiliated to CISCE, New Delhi) ISO 9002 Registered Liluah, Howrah since 2003. Students of MCKV performed brilliantly in the field of Sports & Games organized by **YMCA INTER SCHOOL ATHELETIC MEET & BADMINTON TOURNAMENT** in the year 2004-05.
- ii. Former Vocational Instructor (Table Tennis) in **Kendriya Vidyalaya-2**, Salt Lake, and Student of KV performed brilliantly in **KIDDIES OLYMPICS** organized by South Calcutta Sports Development Council.
- iii. Participated in the **IN-SERVICE TRAINING COURSE** (Orientation programme) for physical Education Teachers of CBSE School organized by Lakshmibai National Institute of Physical Education (LNIPE), Gwalior, Deptt. Of Sports and Youth Welfare, Govt. of India, in May-2008.
- v. Participated in One day Orientation programme for teacher on Gender Issues in Curricular Areas was being conducted by the National Council of Education Research & Training (NCERT) on 7-8-09 at State Council of Education Research & Training (SCERT) Office, Mahendru] Patna.
- Vi. Acted as a Manager with the students of DPS Patna in the CBSE National Tennis Tournament was being organized by CBSE in association with Bhavan's Bhagawandas Purohit Vidya Mandir, Civil Lives, and Nagpur from 11-12-08 to 14-12-08.
- Vii. Participated as a Team Manager with School team (DPS Patna) in the CBSE East Zone Chess Championship organised by St. Xaviers International School, Dhanbad from 19.10.09 to 22.10.09.
- Viii. Acted as Team Manager with DPS Patna School team in the CBSE National Chess Championship organised by DAV International School, Amritsar from 12.11.09 to 15.11.09

10. EXPERIENCE AS A SWIMMING / AQUATIC SPORTS TRAINER

- I. Regular swimming Coach - Teaching the skills of Aquatic Sports to the students of DPS (From Nur. to Class VIII) in summer vacation since last 3 years.
- ii. Played the role of **OFFICIAL** (Clerk of the course) in All India Inter DPS Swimming Championship **for Boys (Under 14 years) organized by Delhi Public School, Ludhiana on 17-20th May -2006.**
- iii. Took an intensive training on ' **swimming & life saving skills (1st Life Guard Course-August-2009)**, CPR & First aid organized by National Life Saving, Society (India) in Co-ordination with Swimming Federation of India.

11. CULTURAL ACHIEVEMENTS:

- i) Commendable performance in the cultural competition "UTSAV-2004" organized by Howrah Municipal Corporation.
- ii) Participated in a workshop, based on Indian Folk Dance organized by Howrah District Folk Dance Association & Participated in **SULEKHA SIT AND DRAW COMPETITION** in 1985.
- iii) Participated in the Cultural events at **HOWRAH DISTRICT YOUTH FESTIVAL** in 1981 & 1985. Participated in 3-days workshop on Value Education for Teachers organized by **The Ramkrishna Mission Institute of Culture**, Golpark, Kol-29, under the able guidance & supervision of learned Monks of Belur Math & Dr. V.S. Rajput Ex-Chairman of NCERT.
- iv) Invited as a Guest to attend a lecture on ' Threats to Human Survival ' delivered by **Mr. Noam Chomski** at Science City Auditorium on 20th November, 2001. This programme was being organized by the Deptt. Of Information & Cultural Affairs, Govt. of West Bengal.

PERSONAL DATA

DATE OF BIRTH	:	13.02.1972.
FATHER'S NAME	:	SRI SAMBHU NATH GOSWAMI
ADDRESS	:	49/24, B.G. ROAD P.O.-B. GARDEN, DIST.- HOWRAH W WEST BENGAL, INDIA, PIN - 711103
PHONE NO.	:	033-2668-1052, Mob.- (0)8481910778
E-mail	:	pinaki.dps@gmail.com ,
SEX	:	MALE
CASTE	:	GENERAL
MARITAL STATUS	:	SINGLE
LANGUAGE KNOWN	:	ENGLISH, BENGALI, HINDI, PUNJABI.
BLOOD GROUP	:	B+ve
NATIONALITY	:	INDIAN
MOTTO	:	To make every child a good citizen through man-making & character-building mission & to impart & imbibe value education amongst them through Physical activities.
DECLARATION	:	I hereby, declare that all information made in this resume is true and complete to the best of my knowledge and belief.

Date: 15.09.2024

(PINAKI GOSWAMI)

Reference:

- i) Mrs. Mallika Mukherjee, Principal, MCKV, Liluah, Howrah.
- ii) Dr. Tenuja Samal, Principal, Kendriya Vidyalaya-2, Salt Lake, Kolkata.
Dr. K.B.L. Srivastava, Former Principal, DPS, Patna.
- iii) Dr. Parimal Debnath, former Professor & HOD, Deptt. Of Physical Education, Jabalpur University, Kolkata

WORK EXPERIENCE (Total experience =18+ years in 5 states)

From Year	To Year	Institution Name	Position held	Brief description	Reason for leaving
31.12.2003	31.3.2005	MCKV, Liluah, How	ASSISTANT TEACHER (P.E)	Classes I to VIII (Drill, Marching, Games, Yoga)	Job satisfaction
2.12.2005	31.1.2006	K V –II, Salt Lake, Kol .	TABLE TENNIS INSTRUCTOR	Classes V to XII (Basic skills of TT, Athletics,)	Better opportunity
1.4.2006	10.2.2012	DELHI PUBLIC SCHOOL, Patna	HEALTH & P.E. TEACHER (PRT)	I to XII (Football, Aquatics, Badminton, T.T)	Transferred with promotion.
15.2.2012	30.4.2016	DELHI PUBLIC SCHOOL, CBT, T.N.	HEALTH & P.E. TEACHER (TGT)	I – VII (First aid, Aerobics, Games, Drills, Yoga)	Transferred
15.5.2016	30.5.2017	DELHI PUBLIC SCHOOL, Ludhiana.	HEALTH & P.E. TEACHER (TGT)	I – V (Games, Drills, Yoga, Aquatics, Badminton)	Job satisfaction
1.7.2017	31.8.2017	Pranav Ananda Int. School, Gurugram.	P.E. TEACHER	I – IX (Athletics, Pyramids, Yoga, Gymnastics)	Job Satisfaction
16.01.2018	01.02.2020	Heritage Int. school, Jharkhand.	P.E. TEACHER	Drill, Marching, Theory class for class XI & XII.	Job satisfaction
Present School	-	St. Francis Xavier School, Salt Lake	PE	Yoga, Games, Athletics, Gymnastics, Drills (I To XII)	Less Salary

IN-SERVICE TRAINING/PERSONAL DEVELOPMENT

From Year	To Year	Organizing Body	Course Title
July	2018	Heritage International School with “Madhuban”	‘The Role of a Teacher’
22.2.2015	26.2.2015	VIVO HEALTH CARE, Gurgaon, (Haryana).	‘EMERGENCY RESPONDER TRAINING’
22.11.2014	23.11.2014	FRANKLIN COVEY, Coimbatore. (TN).	‘THE 7 HABITS FOR EDUCATORS’ (Teacher's workshop).
26.12.2009	2.1.2010	TAKSHILA EDUCATIONAL SOCIETY, Pune, MH	‘A RESKILLING WORKSHOP ON HEALTH & PHYSICAL EDUCATION’ (ANURANAN)
17.8.2009	22.8.2009	NATIONAL LIFE SAVING SOCIETY (India). (Patna)	‘LIFE GUARD, CPR & FIRST AID’
5.5.2008	17.5.2008	LNIPe, Minst. Of Youth affairs & Sports, Govt. of India, (MP)	‘IN-SERVICE TRAINING COURSE FOR PE TEACHERS OF CBSE AFFILIATED SCHOOLS’
2.1.2006	4.1.2006	RAMAKRISHNA MISSION INST. OF CULTURE, Golpark, Kolkata.	‘VALUE EDUCATION WORKSHOP FOR TEACHERS’
2.6.2001	9.6.2001	SAB PAYECHIR ASAR, an all-India Children & Juvenile Org.)	‘19 TH ALL INDIA YOUTH TRAINING CAMP’

Salary drawn: In Delhi Public School Patna, Coimbatore, Ludhiana **Rs.38.000 to 55.000. (Grade PRT, TGT)**. Salary drawn In Heritage International School, Jharkhand, **Rs. 33.000 Per month, At DIS Rs. 25.000 per month including meals. My Strength:** Expert in Throw ball & Football (as outdoor games), Basketball, Table Tennis, Badminton (as indoor games), Ceremonial marching Drill & investiture ceremony, Mass Drill, Gymnastics, Human Pyramids, Calisthenics. **Special Skills:** Aerobics, Aquatics & Life Guard, School Band (Band Master), First aid, Drama & creative writings.

AREA OF WORKING

1) DISCIPLINE OF THE SCHOOL

- a) To check the proper uniform, personal hygiene, punctuality arrival & departure, manners & habits of students (from class I to XII)
- b) To maintain discipline inside & outside of classroom, during assembly time, Examination, cultural programme & Annual Sports.
- c) To issue punishment cards. (Yellow & red card).

2) INVESTITURE CEREMONY

To arrange Investiture Ceremony for the selection of Prefectural Body/Student council under the following heads-
Head Boy/Girl, Vice Head Boy/Girl, School Prefects, Cultural Prefects, Sports Prefects, Sports Secretary (Boy/Girl), Discipline prefects.

3) HEALTH & PHYSICAL FITNESS

Concept of Health & Wellness, Nutrition & Balanced diet. Aims & objectives of physical Education, Yoga & Healthy habits, Prayer & Meditation, Components of physical Fitness, Fitness Training Programme, warming up, Conditioning, Stretching & Loosening exercises, Gymnastics, Aerobics, Fitness test, maintenance of **personal health file**.

4) SPORTS & GAMES

- a) Major & Minor games on Gross Motor skills & Fine skills.
- b) Indoor & Outdoor games (Football, Cricket, Hockey, Table tennis, Basketball, Touch Rugby, Volley ball, Badminton, Lawn tennis etc.)
- c) Competitive sports on Track & Field event
- d) Recreational games / Fun games
- e) Games with Rhymes & Songs for Children.
- f) Adventure Sports & games
- g) Aquatic Sports (Stroke of Swimming & Water polo)

5) ATHLETICS

- a) All track & Field event.
 - Sprint : 100m, 200m, 400m
 - Middle : 800m, 1500m
 - Field Event : Long jump, High jump, Shot-put, Javelin throw, Hurdle race, Relay race.

6) DRILL & MARCHING

- i) Formal drill & Marching.
- ii) March past with drum bits.
- iii) Fancy rhythmic Drill & Calisthenics
- iv) Drill with apparatus like lazium, dum bell, pom pom, stick etc.
- v) Formation Drill.
- vi) Aerobics.

7) SPORTS RELATED CULTURAL ACTIVITIES (Aesthetic role of PHE)

- a) Sports quiz on current topics like Olympic Games, World Cup Soccer etc.
- b) Debate on sports topic
- c) Extempore games
- d) Sports exhibition
- e) Celebration of National Sports Day, National Youth Day, Independence Day, Republic Day, Teachers Day & Children's Day.
- f) Collage making & making of outer Board on Sports & Games .
- g) Programme on current affairs e.g. Olympics, Asian Games, World Cup Cricket, World Cup Football, Commonwealth Games etc.
- h) Display of artistic Gymnastics, Human Pyramid, Yoga, Aerobics etc.

8) TEST, MEASUREMENT & EVALUATION SYSTEM

- i) To arrange physical Fitness test (Speed, Endurance, Flexibility, Strength)
- ii) To measure height & weight & to calculate BMI.
- iii) To evaluate their skills.

9) TO ORGANISE & CONDUCT CAMP, TOURNAMENT, ATHLETIC MEET, AQUATIC MEETS.

- a) Physical Fitness training camp (for 7 days)
- b) Winter conditioning camp (for 7 days)
- c) One day camp (night stay) with camp Fire programme.
- d) Inter class competition
- e) Intramural & Extramural competitions/tournaments.

10) School BAND : Making of a **School Band Group** for March- Past in Annual Sports Meet, DEPFEST, Independence Day & Republic Day, 23rd January etc.

11) SUPW club activities (Badminton, TT) & Movement Skills for Children.

12) To organize Seminar & workshop on NCERT curriculum, Yoga, Sports & Games.

13) Project work/Vacation home work on First Aid and other topics.

14) Collection of Sports News on current affairs for Assembly.

15) REPORTS: Making of report related to Sports & Games for each programme and send to Activity In charge.

16) Maintenance of stock, verification & updating of data, new equipments records, maintenance of registers (issue, damage, new).

17) Use of Audio-Visual aids: For Yoga, Gymnastics, Aerobics , Surya Namesake, Drills, strategy of Games etc.

18) Value education through physical education - Social values: tolerance, patience, group cohesion & harmony, sportsmanship, attitude, loyalty, honesty, kindness, helpfulness etc.

19) Use of Multi-Gym Instruments i.e. Trade mil, hand puller, leg puller, Cycle paddler, exercises with sit-up bench & twisting plate etc.

20) Indoor Activities: Mini Volley ball, Badminton, Table Tennis, Yoga & meditation, Gymnastics, Chess, Carrom etc.

21) Theory classes for XI & XII (70 marks Theory paper with 30 marks Practical in both CBSE & ICSE Syllabus.

22) Participation in CBSE Sports & Games.

23) Residential activities (morning Yoga, afternoon Games, Health related activities, activities on Cleanliness, Value Education, Grooming, Aquatics)

Key Features of my Profile

- 1) National player of Throw ball.**
- 2) Expert in Badminton & Table Tennis.**
- 3) Having track record in Athletics in School & District level**
- 4) Taken intensive training on Swimming & Life Guard.**
- 5) Taken intensive training on First-aid.**
- 6) Expert in Yoga, Gymnastics, Marching Drill (Ex NCC Cadet) Human Pyramid, Aerobics, Mass Drill, Fancy Drill, Formation Drill& School Bands.**
- 7) Application of Interdisciplinary approach of Physical Education.**
- 8) Theory Classes based on the topics of Physical Education for Classes XI & XII.**

My Philosophy of Education

A teacher is the most responsible person to spread education among his students from the best of his knowledge. 'Education is the manifestation of perfection already in man.' So, a teacher should manifest this perfection through a well-planned teaching process based on scientific teaching methods, sound knowledge, good techniques, psychology and philosophy. Actually, a teacher has to bring out the latent talents & unique qualities of each & every student by discovering them continuously. The aim of Education is the wholesome development of human personality or complete living, related to their good behavior, moral character and other social qualities. Physical education is an integral part of total education process which helps to promote the aims and objectives of general education and enable the children to be a good citizen of the country. So, as a Physical Education teacher I will try my best to find out the way of education through physical activities which are selected and carried on with well regards to valued in human growth, development and character.

To play is a natural instinct in a child and every child wants to play. When they play, children express their varied emotions and feelings. Basically, a child learns by doing. He learns the virtue of team work, fellow feelings and imbibes the spirit of sportsmanship. He also learns to face an adverse situation while playing games. So learning is a change, a modification or an adjustment in the behavior of an individual as a result of experience. A selected physical activity helps a child to learn and develop steady movement, good posture and better neuro-muscular co-ordination. So, as a part of Education, Physical Education plays a vital role in child's development in course of their learning.

According to Thorndike, the learning takes place nicely when learners are ready, attentive and prepared to learn what is to be taught on them. If the learner is ready to act or learn he will learn more quickly and effectively. It is defined as the 'preparation of action which depends on need, capacity and interest. 'One can take the horse to the water but ten cannot make it drink'. In Physical Education, when an activity is forced on a child it will seem to be a dull thing to him and may be likely to cause physical injury. So, the Physical Education teacher should motivate the

children with his innovative ideas and soothing words tinged with unconditional love and empathy and plant the seeds of scientific enquires in the mind of the child according his/her level. He also has to explain everything logically in a live as well as informative manner with an act of good (dramatic) expression so that the child will get interested in that particular subject or skill. Every learning must have a good effect on learners and they want to satisfy with it. Play is an innate pleasure-giving activity, but it depends upon the teacher as to how he selects the activity. The eminent physical educationist H.C. Buck rightly told 'A properly directed Physical Education should result in health, happiness, efficiency and character.' So, we need to educate our students so that they are not only knowledgeable game player but also stronger advocates for good sports practices in the larger sports culture and life in general. Because I think Sports and Education are complementary to each other.

Today, we are all seriously concerned about the erosion of values, lack of respect for the culture and heritage of the country, lack of feelings for the peoples and above all self-centered careerism among the youth. In this aspect the teacher should take a vital role to be a Philosopher, Guide and true Friend of the students who can tell their problems to the teacher and the teacher will think for them from the core of his heart. Because. I think, children should manifest compassion, kindness, humility, gentleness & patience with education under proper guidance. His holiness, Jesus Christ rightly told 'You manifest yourself as kindness in all things you do.' Swami Vivekananda in his 'clarion call' to the youth of India vibrated 'Education is not the amount of information that is put into your brain and runs riot there, undigested all your life. We must have life building, man-making, character-making and assimilation of ideas. If you have assimilated five ideas and made them to your life and character, you have more education than any man who has got by heart a whole library.' Being a teacher, we have to remember that with the development of science and technology, we can't forget our values and moral ethics which always promote us 'to be & make' a good human being because I believe 'A teacher affects eternity; he can never tell where his influence stops.'

(A self-written script by Pinaki Goswami)