



nalanda nritya kala mahavidyalaya

(Affiliated to University of Mumbai & Grant-in-Aid Govt. of Maharashtra)
NAAC Re-Accredited. Grade B++ (CGPA 2.87) Now in 3rd Cycle.

PROFILE SUMMERY

PERSONAL DETAILS

| | | |
|---|---------------------------|--|
| Name | Shri. Amit Subhash Sardal | |
| Designation | Lecturer | |
| Phone No | +91 9167933175 | |
| E-mail Id | sardalamit@gmail.com | |
| Subject Taught | Exercise Science | |
| Year Of Joining/ Associating with Nalanda | 2022 | |
| Year Of Experience with Nalanda | 0 | |

ACADEMIC QUALIFICATIONS

| S.NO. | Degree | Year Of Qualification | Name Of University |
|-------|-----------------------------|-----------------------|--------------------------------|
| 1. | Diploma in Exercise Science | 2017 | K11 School of Fitness Sciences |

WORK EXPERIENCE

| S.No. | Details of Your Experience | Total Work Experience |
|-------|---|-----------------------|
| 1. | 48 Fitness/ Angel Broking: Senior Trainer (2012-2013) | 1 years |
| 2. | 5 Fitness/ India Circus: Freelance Personal Trainer (2012-2015) | 3 years |
| 3. | K11 School of Fitness Sciences: Master Trainer, Sr. Lecturer, Assessor (2013-2021) | 8 years |
| 4. | 5 Fitness Colaba, AF10, Chembur Gymkhana, Malabar Hill Club, Nitro Thane, Nitro Breach Candy: Fitness Consultant and Practicals Workshop Consultant on behalf of K11 School of Fitness Sciences (2013-2015) | 2 years |
| 5. | Client Success Lead: Alpha Coach (2021-2022) | 1 years |

PORTFOLIO

| S.No. | INSTITUTION | PORTFOLIO HELD |
|-------|--|------------------|
| 1. | Visiting Faculty at Nalanda Nrityakala Mahavidyala | Exercise Science |

RESEARCH WORK

| S.No. | ACTIVITY | Total (IN NO.) |
|-------|---|----------------|
| 1. | Students Guided Under You | 0 |
| 2. | Research Paper Presented in Seminar/Conferences | 0 |
| 3. | Journal Articles | 0 |

| | | |
|----|------------------------------|---|
| 4. | Books Published | 0 |
| 5. | Chapters Published in a Book | 0 |
| 6. | Minor Research Project | 0 |
| 7. | Major Research Project | 0 |

DETAILS OF RESEARCH PUBLICATIONS

| S.NO. | Research Publications |
|-------|-----------------------|
|-------|-----------------------|

| | |
|----|-----|
| 1. | Nil |
|----|-----|

PROFESSIONAL DEVELOPMENT

| S.No. | Activity | Total (IN NO.) |
|-------|--|----------------|
| 1. | Conferences/ Workshops/ Seminars/ Symposia attended | 10+ |
| 2. | Conferences/ Workshops/ Seminars/ Symposia conducted | 10+ |
| 3. | National Conferences/ Workshops/ Seminar/ Symposia attended | 2 |
| 4. | International Conferences/ Workshops/ Seminar/ Symposia attended | 1 |
| 5. | Faculty Development Programme/ Training attended | 3 |

DETAILS OF AWARDS AND ACCOLADES ACHIEVED

| S.No. | Achievements |
|-------|--------------|
|-------|--------------|

| | |
|----|-----|
| 1. | Nil |
|----|-----|