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## Education

M.P.Ed. (2017) – Gujarat University, Gujarat

B.P.Ed (2015) – Swarnim Gujarat Sports University, Gujarat

B. A. (2014) – Gujarat University, Gujarat

## Key Skills of Mukund Jha

### 1. Assistant Professor (Physical Education):

- Expertise in health and physical education curriculum design and implementation.
- Proficient in delivering engaging lectures and practical sessions.
- Research-oriented, with a focus on sports medicine and mindfulness-based stress reduction programs.
- Development of course content for fitness and wellness.
- Strong mentorship and guidance for students in academics and extracurricular activities.

### 2. NCC Officer:

- Leadership in managing NCC cadets and organizing national-level programs.
- Experienced in coordinating drill practices, ceremonial events, and camps.
- Proficient in instilling discipline, teamwork, and leadership skills in cadets.
- Comprehensive knowledge of the Indian Armed Forces and map-reading techniques.

### 3. Sports Officer:

- Expertise in planning and organizing inter-university and intra-university sports events.
- Proficient in managing sports facilities and equipment procurement.
- Skilled in developing policies to promote sports participation among students and staff.
- Focused on maintaining discipline and fostering a spirit of sportsmanship.

### 4. Fitness Coach:

- Proficient in creating personalized fitness plans based on individual goals.
- Certified in mindfulness and meditation training for holistic well-being.
- Knowledgeable in fitness assessments and monitoring progress.
- Encourages balanced physical and mental health through innovative programs.

These diverse skills highlight Mukund Jha's versatility and commitment to promoting education, fitness, discipline, and sportsmanship.

## Background

Joined GSFC University in March 2022