

SAHARSH S. SHAH

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PERSONAL DETAILS

First name : Saharsh
Middle name : Shailesh
Last name : Shah
DOB : 07/10/1992
Place of Birth : Mumbai
Languages known : English, Hindi, Gujarati, Learning French

EDUCATIONAL QUALIFICATIONS

2018-20 Pursuing **Masters of Arts in Sports Psychology** at **Guru Nanak Dev University, Amritsar**,
Course by **Ministry of Youth Affairs and Sports**
2016-17 **PGDSC (Athletics)** from **Swarnim Gujarat Sports University** with '**A**' Grade (**78.15%**)
2012-16 **B.A(Psychology)** from **M.S.University of Baroda** with '**C**' Grade (**61%**)
2012 **12th Science** from **Vidyani Vidyalaya** with **57.8%**
2009 **10th** from **Vidyani Vidyalaya** with **80%**

CERTIFICATIONS

2019 **International Association of Athletics Federation (IAAF) CECS Level 1 Lecturer**
2018 **Anti-Doping Awareness, World Anti-Doping Agency (WADA)**
2018 **International Association of Athletics Federations (IAAF) CECS Level 1(4/4 Theory, 4/4 Practical) [Overall Topper]**
2018 **Australian Strength and Conditioning Association Level 1 Coach**
2018 **Current CPR certification**
2016 **Certificate in Fitness Management**

EXTRA CURRICULUM

- Secured **8th** place in **200m** at **All India Inter University Athletics National Games 2014-15**
- Awarded as **Best Athlete of Gujarat in State Games 2014 and 2015** (Gold in 100m,200m,4x100m)
- Represented **Gujarat State** at **54th Inter State National Games 2014** (100m)
- Named **Best Athlete of M.S.University for 2 consecutive years** (2013-14 and 2014-15)
- Gold medalist in **Khel Mahakumbh (State level)** in 100m and 4x100m (2014)

LEADERSHIP WORK

- **Managed the Athletics Team of Swarnim Gujarat Sports University** which went for **78th All India Inter University Games (2017)**
- **Managed the Cross Country Team of Swarnim Gujarat Sports University** which went for **All India Inter University Cross Country Championship (2017-18)**
- **Sports Secretary of Behavioral Management Group(BMG), M.S.University (2014)**
- **Joint Sports Secretary of Behavioral Management Group(BMG), M.S.University (2013)**
- **Sports Captain** for the year in **Vidyani Vidyalaya (2010)**

WORK EXPERIENCE

Aug 2017 – Aug 2018

Athletics Coach at Swarnim Gujarat Sports University

Job Role:

It was my duty to take regular morning and evening practical classes of all events in Athletics in which I used to instruct, demonstrate, teach and observe the upcoming coaches from this University.

I also took regular theory classes of all the events in Athletics. I helped the coaches with technical knowledge of all the events, periodization of all events, injuries related to the events, etc.

Sometimes, I also had to take proxy classes of Allied Sciences.

May 15 – June 23, 2018

Athletics Coach at 6 week Certificate course of Sports Authority of India (Swarnim Gujarat Sports University)

Job Role:

It was my duty to take regular morning and evening practical classes of all events in Athletics in which I used to instruct, demonstrate, teach and observe the upcoming coaches from this University.

I also took regular theory classes of all the events in Athletics. I helped the coaches with technical knowledge of all the events, periodization of all events, injuries related to the events, etc.

June 20 – June 24, 2018

Athletics Coach (Indian Jumps Coach) at Athletics Elite Camp 2018 by Reliance Foundation Youth Sports

Job Role:

Assisted the Australian Jumps Coach, Mr. Stacey Taurima.

Helped the Australian Coach in understanding the Indian training culture and how training can be manipulated.

Oct 2017 – Present

Strength and Conditioning Coach at Black Bullets Football Club

Job Role:

Working with the developmental stage athletes in improving their physical literacy.

Conducting regular fitness assessment tests to select fine resources for the country (Talent Identification).