



VIJAY.C

Founder & CEO, SMART 7 Wellness...



**B.P.E.S, M.P.Ed, M.Phil, Dip in Yogic Science,
Cert. NIS Health & Fitness Management.
Pursuing Doctorate in Physical Education.**

(Having two decades of Mentoring people in Health & Fitness)

PERSONAL PROFILE

PHYSICAL EDUCATION CONSULTANT

- Kriyative kidz, International Pre -School, Chennai.
- Indradhanu waldorf School, Chennai.
- Amalorpavam Hr Sec School , Pondicherry
- Vidya sagar Disability & Support School, Chennai.
- V excel Education for Special Children's, Chennai.

FITNESS CONSULTANT

- Greater Chennai women police Anantham Program.
- Purnasakthi Global adjustment, Ind pvt ltd, Chennai.

CORPORATE WELLNESS CONSULTANT

- Heidelberg Ind pvt ltd, Chennai.
- Isolve Ind pvt ltd, Chennai.
- MGage Ind pvt ltd, Chennai.



OTHER QUALIFICATIONS

- State Technical Official in Handball
- State Referee in Baseball
- State Technical Official in Athletics (S.T.O)
- State Technical Official in Kabaddi
- Gym Instructor Certificate at YMCA, Chennai
- Level 1 - Gym trainer at SPARRC Institute

ACHIEVEMENTS IN SPORTS

- Represented Madras University in Cross Country 2003
- Represented college in the Hockey team 2001
- Won various medals at District & State level Competitions

GAME OF INTEREST & SPECILIZATION

- Volleyball, Basketball and Hockey.

WORKSHOPS AND SEMINARS

- Prevention of lower back pain - YMCA College of Phy.edu, Chennai-2006
- Speed and power training to enhance sport's performance at a National Conference in Ramachandra Medical College 2007
- Resource Person at Speed & Power Training to improve Sports Performance at Ramachandra Medical College 2007
- National workshop on Emerging Needs & Application of Biomechanics in Sports and Games at YMCA 2010
- Physical Education For Primary School at YMCA 2006
- National workshop on YOGA FOR HEALTH & SPORTS at LNCPE Trivandrum 2006
- Dope Control & Nutrition at LNCPE 2006
- Function Fitness Workshop at Muscle Engineer Vellore 2024

WORK EXPERIENCE

- Fitness Coach for Tamilnadu Hockey Team for the preparation of 33rd NATIONAL GAMES 2007.
- Fitness Advisor, Training Manager & Center Manager, at SPARRC INSTITUTE, Chennai 2007- 2012.
- Fitness Consultant & Physical Education Teacher at APL GLOBAL SCHOOL , Chennai 2012 to 2016.
- Fitness Consultant - Amalorpavam Hr Sec school Pondicherry 2017 & 2018.
- Fitness Consultant at Time kids school, Chennai 2016 to 2018
- Designed and Delivered numerous Fitness Workshops, Sports Camps, Health Awareness programs in Schools, Colleges, Tamilnadu police academy, Purnasakthi NGO, Kalakshetra dance school, Health clubs, Corporates etc at Tamil Nadu, Pondicherry, Karnataka, Andhra Pradesh.
- Mentored & certified 3000+ Fitness trainers, Gym instructors & Physical Education Teachers so far .

LECTURES DELEIVERED AT PREMIER COLLEGES

EDUCATING SINCE 2012



LOYOLA COLLEGE
CHENNAI



SRM
UNIVERSITY
(Under section 3 of UGC Act 1956)

SRM UNIVERSITY
VADAPALANI , CHENNAI



MOP VAISHNAV COLLEGE
CHENNAI



K.S.RANGASAMY COLLEGE
THIRUCHENKODU



DR.MGR JANAKI COLLEGE
CHENNAI



ST.JOSEPH'S UNIVERSITY
TRICHY



SATHIYABAMA INSTITUTE
CHENNAI



V.V.V COLLEGE
VIRUDHUNAGAR



SRM
INSTITUTE OF SCIENCE & TECHNOLOGY
(Deemed to be University u/s 3 of UGC Act, 1956)

SRM INSTITUTE
KATTANKULATHUR, CHENNAI

LECTURES DELEIVERED AT PREMIER SCHOOLS

EDUCATING SINCE 2012



AMALORPAVAM SCHOOL
PONDYCHERRY



BVM GOLBAL SCHOOL
CHENNAI



SRI SARADA VIDYALAYA
VILUPURAM



S.B.O.A SCHOOL
CHENNAI



PSBB MILLENNIUM SCHOOL
CHENNAI



ST.RAPHAEL'S SCHOOL
CHENNAI



KRM PUBLIC SCHOOL
CHENNAI



KANGADIYA SCHOOL
NAGARKOIL



JAIGOPAL GARODIA SCHOOL
CHENNAI

LECTURES DELEIVERED AT PREMIER PHYSICAL EDUCATIONAL INSTITUTIONS

EDUCATING SINCE 2012



**Y.M.C.A COLLEGE
CHENNAI**



**TAMILNADU SPORTS UNIVERSITY
CHENNAI**



**ANJA COLLEGE
SIVAKASI**



**SCOTT CHRISTIAN COLLEGE
OF PHYSICAL EDUCATION
NAGERKOIL**



**SAVEETHA SCHOOL OF
ENGINEERING
CHENNAI**



**QUEEN MARY COLLEGE OF
PHYSICAL EDUCATION
CHENNAI**



**BHARATHIYAR UNIVERSITY OF
PHYSICAL EDUCATION
COIMBATORE**



**NATIONAL COLLEGE OF PHYSICAL
EDUCATION
TRICHY**

LECTURES DELIVERED AT EMINENT COMPANIES

EDUCATING SINCE 2012



**COGNIZANT
CHENNAI**

**TVS
CHENNAI**

**HYUNDAI
CHENNAI**



**NOKIA
CHENNAI**

**MUDRA
CHENNAI**

**HEIDELBERG
CHENNAI**



**MGAGE
CHENNAI**

**SPI GLOBAL
CHENNAI**

**GALA BOX
KODAIKANAL**