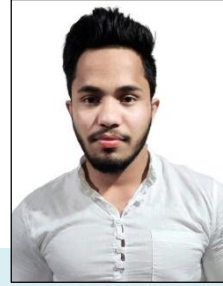


CURRICULUM VITAE

AHAMMED THAMEEM K.A

Mobile No: +971-527251753

Ab Dhabi -UAE



POST APPLIED FOR: SECURITY

CARRIER OBJECTIVE:

Seeking a suitable position of substantial responsibility where my past and varied experience would be fully utilized in a carrier and it will gain me career advancement opportunities.

PERSONAL DETAILS:

Name : AHAMMED THAMEEM K.A
Date of Birth : 29/03/1998
Gender : Male
Nationality : India
Marital status : Single
Religion : Muslim
Language known : English& Hindi, Malayalam,Tamil,Kannda.

EDUCATION QUALIFICATION:

-  Higher Secondary school
-  S.S.L.C

WORK EXPERIENCE:

COMPANY NAME	POSITION	PERIOD
CARE WELL HOSPITAL	Security Guard	3 years ,Kasaragod ,India

SKILLS AND DUTIES:

- Good communication skills, and articulately
- Determining clients' exercise needs
- Protecting company's property and staff by maintaining a safe and secure environment.
- Observing for signs of crime or disorder and investigate disturbances.
- Acting lawfully in direct defense of life or property.
- Ability to work under pressure

RESPONSIBILITIES

- Identify the clients' fitness level and health
- Oversee completion of exercise routines
- Track clients' physical progress
- Modify exercise plans based on needs, potential injuries or health issues
- Conduct individual and group fitness training sessions
- Adopt a holistic training approach (e.g. cardiovascular exercise, strength)
- Oversee the use of fitness equipment to ensure clients exercise properly and safely
- Handle nutrition and health-related questions
- Refer to and promote fitness packages and plans
- Carry out First Aid and CPR if needed
- Follow safety and hygiene guidelines

Hobbies:

- Sports ,hearing music

PASSPORT DETAILS:

- Passport NO : V2230056
- Issue Date : 22/09/2021
- Date of Expire : 21/09/2031

DECLARATION:

I hereby declared that the above mentioned details are true and correct to the best of my knowledge and belief.

AHAMMED THAMEEM K.A