



SUNITA LAMA

English Lecturer | ESL Instructor |
Microsoft Educator | IELTS Examiner

Email: sunitalamas2024@gmail.com

Contact: +918167732414

PROFILE

Experienced and dedicated English Lecturer and ESL Instructor with over 30 years of national and international teaching experience. Specializes in English language instruction, educational technology integration, curriculum development, and learner well-being. Known for a holistic and inclusive approach to education. Passionate about lifelong learning, student-centered pedagogy, and promoting mental wellness among learners.

EXPERIENCE

LECTURER & WELLNESS FACILITATOR
INSPIRIA KNOWLEDGE CAMPUS, SILIGURI
2024 – 2025

MINDFULNESS & WELLNESS COACH
ENDEAVOUR GLOBAL SCHOOL, SILIGURI
2022 – 2024

ENGLISH LECTURER
HIGHER COLLEGES OF TECHNOLOGY –
DUBAI & FUJAIRAH WOMEN'S COLLEGES
2011 – 2021

IELTS EXAMINER
BRITISH COUNCIL, DUBAI
2010 – 2015

SENIOR ENGLISH TEACHER
INSTITUTE OF APPLIED TECHNOLOGY,
DUBAI
2005 – 2011

PART-TIME LECTURER
AMERICAN COLLEGE, DUBAI
2005

PART-TIME LECTURER
KALIMPONG COLLEGE, INDIA
1996 – 1999

SENIOR ENGLISH TEACHER
ST. AUGUSTINE'S SCHOOL, INDIA
1996 – 1999

EDUCATION

- M.PHIL IN ENGLISH – NORTH EASTERN HILL UNIVERSITY, SHILLONG (1996)
- MA IN ENGLISH – NORTH EASTERN HILL UNIVERSITY, SHILLONG (1994)
- BA (HONS) IN ENGLISH – LORETO COLLEGE, DARJEELING
- CELTA – CAMBRIDGE UNIVERSITY (2005)
- PGDTE – CENTRAL INSTITUTE OF ENGLISH AND FOREIGN LANGUAGES, HYDERABAD (1996)
- MICROSOFT CERTIFIED EDUCATOR – 2021
- BLACKBOARD CERTIFIED – 2021
- IC3 CERTIFICATION – 2009
- INTEL TEACH TO THE FUTURE (INTEL TRAINED) – 2010
- ONLINE LEADERSHIP IN ELT PROGRAM – HCT DUBAI (2010)
- MINDFULNESS-BASED STRESS REDUCTION (MBSR) COACH – MINDFUL ACADEMY, SPAIN (2020)
- WELL-BEING COACH – YALE UNIVERSITY (2020)
- HAPPINESS COACH – HAPPITUDE, INDIA (2021)
- CHAMPIONS FOR MENTAL HEALTH -EDUCOHIRE AND WAI MENTAL HEALTH(2024)

CORE SKILLS & COMPETENCIES

TEACHING & EDUCATIONAL SKILLS

- CURRICULUM DESIGN AND LESSON PLANNING
- EFFECTIVE STUDENT ENGAGEMENT STRATEGIES
- LEARNER-CENTERED ASSESSMENT AND CONSTRUCTIVE FEEDBACK
- VIRTUAL CLASSROOM MANAGEMENT AND FACILITATION
- DIFFERENTIATED INSTRUCTION FOR DIVERSE LEARNING NEEDS
- SUBJECT MATTER EXPERTISE IN ENGLISH (ESL/EFL)
- IELTS AND CEPA EXAM PREPARATION

TECHNICAL & ONLINE TEACHING TOOLS

- PROFICIENT IN ZOOM, GOOGLE MEET, AND MICROSOFT TEAMS
- EXPERIENCED WITH LMS PLATFORMS: GOOGLE CLASSROOM, MOODLE, CANVAS
- SKILLED WITH TOOLS LIKE NEARPOD, KAHOOT, QUIZLET, JAMBOARD
- BASIC TROUBLESHOOTING OF TECH ISSUES
- PROFICIENT IN VIDEO/SCREEN RECORDING TOOLS

COMMUNICATION & SOFT SKILLS

- STRONG VERBAL AND WRITTEN COMMUNICATION
- TIME MANAGEMENT AND ORGANIZATIONAL SKILLS
- PATIENCE, EMPATHY, AND EMOTIONAL INTELLIGENCE
- ADAPTABILITY IN DYNAMIC TEACHING ENVIRONMENTS
- CULTURAL AWARENESS AND INCLUSIVITY
- COLLABORATIVE ENGAGEMENT WITH PARENTS AND COLLEAGUES

LANGUAGES KNOWN

ENGLIS
HINDI
BENGAL
TIBETAN
NEPALI

ACTIVITIES & INTERESTS

READING
SOCIAL WORK/COMMUNITY
SERVICE
COMMUNITY BUILDING
MENTAL HEALTH ADVOCACY
TRAVEL
NATURE WALKS

CONTACT

NARGES AHMED
✉ NAHMED1@HCT.AC.AE
JEFFREY MARTIN
✉ JEFFREY.MARTIN.ENGLISH@GMAIL.COM