

CURRICULUM VITAE

Name : *Dr. M. Shivarama Reddy*
Date of Birth : *16.07.1963*
Qualification : *Ph.D*
Physical Education Director
Previous Institution : *Cambridge Composite Junior College*
Bangalore
Current Institution : *Director, Physical Education*
BMS College of Engineering
Bangalore
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Academic Qualification:

Sl. No.	Basic & Professional Degree	University / Institution	Division or Equivalent
1	B.A.	Bangalore University Government Arts College	First Class
2	B.P.Ed	Bangalore University	First Class, 7 th Rank
3	M.P.Ed	Bangalore University	Second Class
4	Ph.D in Physical Education	Bangalore University	Awarded April 2009

Profile of Professional Career:

Sl. No.	Name & Address of the Employer	Period of Service in each post		Designation of Post Held	Nature of Work and Level of Responsibilities
		From	To		
1	BMS College of Engineering, Bangalore	Dec. 1994	Till date	Director, Physical Education	Coaching, organizing and other administrative work
2	The Cambridge Composite Junior College, Bangalore	June 1992	November 1994	Physical Education Director	Coaching, organizing and other administrative work

- **Number of Students (Co-guided) for Ph. D.** : 02
- **Currently guiding** : 09
- **Research Papers presented** National : 05
 International : 10
- **Research Papers Published -**
 Journal Articles- National : 11
 International : 12
- **Recognized as Research Guide** Karpagam University, Coimbatore from 2012 VTU, Belgaum, from 2014
- **Member for BOS VTU, Belagavi** Ph.D thesis evaluated - 14
Subject expert for Ph.D Viva- voce - 04

The Major Strengths And Capabilities

- : ♦ Outstanding coaching capacity
- ♦ Cheerful disposition, bubbling with enthusiasm with capabilities to handle any situation
- ♦ Good convincing capabilities
- ♦ Self-confidence, Bold action, All Hope and Positive Attitude.
- ♦ Punctuality and Discipline.
- ♦ Own Integrity and Image.
- ♦ Genuine concern for Development & progress of Subordinates.

RESEARCH PAPERS PUBLISHED AT INTERNATIONAL JOURNAL:

- ❖ Published a research paper titled **“A Research paper on Shoulder Muscular Strength between Rural and Urban High School Boys of 13-15 Years Age Group”** in British Journal of Sports Medicine in 2006
- ❖ Published a research paper titled **“Effect of 12 Weeks Yogic Activities and Medicine on hemoglobin”** in HORIZON PALAESTRA - International Journal of Health, Sports and Physical Education, volume **I** and issue **II** in January 2013.
- ❖ Published a research paper titled **“E-yoga Prescription Designed for Computer Users using E-yoga Environment for Posture”** **INTERNATIONAL CONGRESS ON SPORT SCIENCES RESEARCH AND TECHNOLOGY SUPPORT (ICSPTS 2015), In November 2015.**
- ❖ Published a research paper titled **“Effect of Yogic Activities on body Composition”** in Grenze Scientific Society - International Journal Sports and Physical Education, on 5th to 7th of January 2017.
- ❖ Published the research paper titled **“Health risk factor of Aged People”** in International Journal of Physical Education and sports science – IGNITED MINDS ISSN : 2231-3745 Vol- XI, ISSUE – XVIII
- ❖ Published the research paper titled **“Analysis of selected anthropometric measurements AMONG ALL INDIA Inter University Football Players”** in International Journal of Physical Education and sports science – IGNITED MINDS ISSN : 2231-3745 Vol- XI, ISSUE – XVIII
- ❖ Published the research paper titled **“Yogic Exercises in Managing Stress in Male Hockey Players”** in International Journal of Physical Education and sports science – IGNITED MINDS ISSN : 2231-3745 Vol- XI, ISSUE – XVIII
- ❖ Published the research paper titled **“ “Analysis of Abdominal Muscular Endurance among rural and Urban High School Boys” ”** in International Journal of Physical Education and sports science – IGNITED MINDS ISSN : 2231-3745 Vol- XI, ISSUE – XVIII
- ❖ Published the research paper titled **“ Impact of Technology on Teaching and Training of Sports and Physical Education : An Analytica Study”** in International Journal of Physical Education and sports science – IGNITED MINDS ISSN : 2231-3745 Vol- XI, ISSUE – XVIII
- ❖ Published the research paper titled **“ Emotional Intelligence and Its effect on Interpersonal adjustments of sports persons”** in International Journal of Physical Education and sports science – IGNITED MINDS ISSN : 2231-3745 Vol- XI, ISSUE – XVIII
- ❖ Published the research paper titled **“ Yoga nd meditation as an interview for teachers”** in International

RESEARCH PAPERS PUBLISHED AT NATIONAL JOURNAL:

- ❖ Published a research paper titled **“Effect of Yogic Exercise on Self Concept (An Experimental Study) of High School Boys”** in Indian Journal of Applied Research, volume I and issue III in December 2011. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic, Aerobic and Laughter Exercise on Body Composition” of High School Boys** in Indian Journal of Applied Research, volume I and issue V in February 2012. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic on Body Composition” of High School Boys** in Indian Journal of Physical Education & Sports Science, volume II and issue I in February 2012. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic Exercise on Vital Capacity” of High School Boys** in Journal of Physical Education and Sports Sciences, volume II and issue I in February 2012. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic, Aerobic and Laughter Exercise on Body Composition” of High School Boys** in Journal of Physical Education and Sports Sciences, volume I and issue I in February 2012. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effects of Selected Yogic, Aerobic Exercise and Combined Yogic and Aerobic Practices on Resting Pulse Rate”** in Indian Journal of Applied Research, volume I and issue IV in April 2012. It is a National Journal for all Subjects.

RESEARCH PAPERS PRESENTED AT INTERNATIONAL CONFERENCE/SEMINAR:

- Presented paper titled **“A Positive Health Life Style”** at **International Conference** held at Kasturbha Medical College, Manipal from 28-30, April 2006.
- Presented a paper titled **“Health and Fitness an Index of wellbeing”** at **International Conference** organized by Manonmaniam Sundarnar University, Tirunelveli, during August 16th -18th 2007.
- I have been awarded Ph.D from Bangalore University in year April 2009 (in the area of **Analysis of Health Related Physical Fitness Variables and Kinesthetic Perception of Rural and Urban High School Boys**).
- My Scientific Paper titled **“A Study on Cardio-Vascular Endurance between Rural and Urban high school boys of 13-15 years age group”** has been accepted to present at **Inter National Conference** to be organized by Manonmaniam Sundarnar University, Tirunelveli, Tamilnadu on 20th-22nd August 2009.
- Presented a paper titled **“Effect of Yogic, Aerobic and Laughter exercise on self-concept”** at **Inter National seminar** on Physical Education, Recreation and Yogic Sciences organized by Department of Physical Education, Banaras Hindu University, Varanasi, from 19th to 21st January 2012.
- Presented a poster titled **“Effect of Yogic, Aerobic and Laughter exercise on self concept”** at **Inter National seminar** on Physical Education, Recreation and Yogic Sciences organized by Department of Physical Education, Banaras Hindu University, Varanasi, from 19th to 21st January 2012.
- Presented a paper titled **“Effect of Yogic exercise on Body composition”** at **Inter National seminar** on

Physical Education, Recreation and Yogic Sciences, organized by Department of Yoga, Tamil Nadu Physical Education and Sports University, Tamil Nadu, from 16th to 18th February 2012.

- Presented a paper titled “ **Effects of Selected Yogic, Aerobic Exercise and Combined Yogic and Aerobic Practices on Resting Pulse Rate**” at **Inter National seminar** on Sports economics and vision of London Olympics organized by Delhi University, Sports Council from 17th -19th April 2012 at New Delhi.
- Presented a paper titled “**A study on shoulder muscular strength between rural and urban high school boys of 13-15 years age group**” during the **Inter National conference** on Physical Education and Sports Science on 9th – 11th January 2014 organized by Manipal University, Manipal, Karnataka from 8th to 11th January 2014.
- Presented a Paper titled “E-yoga Prescription Designed for Computer Users using E-yoga Environment for Posture” held at Lisbon, Portugal from 15th to 17th of November 2015 organized by International congress on sport sciences research and technology support (icSPORTS 2015)
- Presented A Paper Titled “EFFECT OF YOGIC ACTIVITIES ON BODY COMPOSITION” during the **Inter National conference** on advent of technology & Its Implication on Sports and Physical Education (ICTISPE-2017) on 5th – 7th January 2016 organized by Don Bosco Institute of Technology, Bengaluru, Karnataka.

RESEARCH PAPERS PRESENTED AT NATIONAL CONFERENCE/SEMINAR:

- Presented a paper titled “**UGC/MHRD as the financing agency in the development of Universities and Colleges in sports**” at National Seminar held at Academic staff college of LINIPE Gwalior, from 8th and 9th, April 2004.
- Presented a paper titled “**Aging and Health Risk Factors**” at **National Conference** organized by LNCPE Thiruvananthapuram, from 4th to 5th January 2008
- Presented a paper titled “**A Study on Body Composition between Rural and Urban high school boys of 13-15 years age group**” at **National Conference** organized by University college of Physical Education Jnanabharathi, Bangalore University, from 4th to 6th April 2009.
- Presented a paper titled “**Stress Management is an index of well-being**” at **National Seminar** on Technological advancement in physical education and sports sciences organized by department of physical education, Govt. Sanskrit college Thiruvanthapuram, Kerala, University of Kerala, from 3rd to 4th May 2010.
- Presented paper Entitled “Analysis of Abdominal Muscular Endurance among rural and Urban High School Boys” in the National Conference on Innovation in Physical Education” organized by B M S C E, Bengaluru on 21st and 22nd January 2017
- Presented paper Entitled “Analysis of Postural deformities among MALE Students of Physical Education in Bangalore University” in the National Conference on Innovation in Physical Education” organized by B M S C E, Bengaluru on 21st and 22nd January 2017
- Presented paper Entitled “Yoga and Meditation as an intervention for teachers” organized by B M S C E, Bengaluru on 21st and 22nd January 2017
- Presented paper Entitled “Yoga exercises in Managing” organized by B M S C E, Bengaluru on 21st and 22nd January 2017

- Presented paper Entitled “Health Risk Factors of Aged people ” organized by B M S C E, Bengaluru on 21st and 22nd January 2017
- Presented paper Entitled “Analysis of selected anthropometric measurements among all india inter university football players” organized by B M S C E, Bengaluru on 21st and 22nd January 2017
- Presented paper Entitled “Emotional Intelligence and its effect on interpersonal adjustments of sports persons” organized by B M S C E, Bengaluru on 21st and 22nd January 2017
- Presented paper entitled on “ The Effect of Yogic Activities on Body Composition” in the International Conference on “Advent of Technology & its implication on Sports and Physical Education organized by Don Bosco Institute of Technology, Bengaluru held on 5th January 2017

KEY NOTE ADDRESS DELIVERED

- CHAIR PERSON for National Conference on “Application of Sports Sciences in Physical Education” held at GFGC, Kavour Mangalore on 17th March 2018.
- Delivered Key Note address on Managerial Skills in Institutions at National Conference on “Importance of Physical Education & Sports in Institutions” organized by KSIT, Bengaluru from 10th to 12th May 2017

TRAINING ATTENDED:

- **3-Day Workshop on “Application of SPSS for Data Analysis”** from 15th to 17th July 2008 at Bangalore, organized by “Everonn Systems India Limited”.
- Attended National Seminar on Disaster Management org. by Government of India, Ministry of Home affairs from 8th to 10th November 2017 at National Civil Defence College, Nagpur
- Participated in Train the Trainers First responders course and Non-Communicable Diseases Prevent Program on 19th February 2018 organised by M S Ramaiah Medical college
- Attended Civil Defense training on Disaster psycho social intervention course conducted by National Civil Defense College, Nagpur from 15th January 2018 to 19th January 2018.
- Attended National Seminar on Disaster Management org. by Government of India, Ministry of Home affairs from 8th to 10th November 2017 at National Civil Defense College, Nagpur

ORGANISATION: ADMINISTRATION

- Member of the Sub Committee in the National Games held at Bangalore/Mysore during 1997
- Qualified referee from Karnataka Amateur Athletic Federation, Karnataka Kho-Kho Federation and Karnataka Kabaddi Federation.
- Joined as a Cadet in the year 1984 at II Karnataka Battalion. Attended 7 CATC NCC camps, 2 combined all India NCC Camps, and selected for Horse riding camp. Worked as an Under Officer and Senior under Officer in II Karnataka Battalion about 3 years and qualified B & C examinations securing ‘A’ grade. Only person selected from Karnataka for all India Trucking Camp held at Srinagar in the year 1985.
- **Member of the Sports & Cultural Committee of Visvesvaraya Technological University**
- **All India South Zone Table Tennis Inter University Competition** (Men & Women) 2006.
- Bangalore University Table Tennis Tournament (Men & Women)-2006
- VTU Basketball Tournament Boys-2007.
- Bangalore University Badminton Tournament and Selections (Men & Women)-2006
- I have been nominated as Team Manager for Youth Festival team through AIU to participate at **3rd SOUTH ASIAN UNIVERSITY FEST, held at Katmandu University, Katmandu, Nepal.** From 7th to 11th February 2008.

- The **world Yoga Day** was organized on 21st of June 2014 in association with S-VYASA University.
- Organized ABHYAAS 2017 workshop on Civil Defense and Disaster Management on 13th March 2018 at BMS College of Engineering
- Organized National Workshop on “Sports Ethics and Management” at BMSCE, Bengaluru on 22nd August 2017

I accompanied the following teams to various places to represent VTU and Bangalore University at All India Inter University Competitions.

- Bangalore University Athletics team-All India Inter University Competitions at Thirunalveli-1998 as Coach.
- VTU Basketball Team-South Zone Inter University Competition at Chidambaram-1999 as Coach.
- VTU Basketball Teams (Women) - South-West Zone Inter University Competition at Bhanastalli-Rajasthan-2001 as Manager.
- VTU Swimming Team – All India Inter University Competitions at Chandigarh-2002 as Coach and **we were all India Champions.**
- VTU Swimming Team- All India Inter University Competitions at Chandigarh-2003 as Coach and **we were all India Champions.**
- VTU Volleyball Team- South Zone Inter University Competition at Hyderabad-2004- as Manager
- VTU Table Tennis Team- South Zone Inter University Competition at and All India Inter University Competitions at Tamilnadu-2005 as Coach and **we secured III place.**
- Bangalore Table Tennis Team- South Zone Inter University Competition at –Tamilnadu-2006 as Coach
- VTU Cultural Team- South Zone Inter University Competition at Vishaka patnam-2007 as Manager and **won two gold medals in Clasical solo and Skit competitions.**
- VTU Table Tennis Team- South Zone Inter University Competition at VIT Vellore-2008 as Manager.
- VTU Cultural Team- South Zone Inter University Competition at Thirupathi-2008 as Manager. **We were the Champions of quiz competition and qualified for all India Competitions.**
- VTU Cultural Team- All India Inter University Competition at Kurukshethra-2008 as Manager and **we were all India Champions of quiz competition.**
- VTU Cultural Team- at 3rd SAUFEST, held at Katmandu University, Katmandu, Nepal. From 7th to 11th February 2008. as Manager.
- VTU Volleyball Team (Men)- South Zone Inter University Competition at Mangalore-2009 as Manager.
- VTU Cultural Team- South Zone Inter University Competition at University of Mysore-2009 as Manager.
- VTU Cultural Team- South Zone Inter University Competition at Sastra University, Thanjavur-2010 as Manager. **Won Two Gold, One Silver and Two Bronze in Debate, Western solo, percussion and Tribal dance respectively.**
- Coach for south zone cricket team that secured Champions Trophy in “Vizzy Trophy 2019” organized by BCCI in April 2019 held at Gwalior.
- Selection committee member & also coach for Indian Aquatic Team that participated in 30th Summer Universiade at Napoli, Italy in June 2019

AWARDS

- He is the recipient of “**RAKTHA DHANA POSHAKA**” Award in the year 2009 by Karnataka NGO’s association and also recipient of “**Life time Achievement Award**” by V J Internationals

in the year 2016.

Dr. M Shivarama Reddy