

## Curriculum vitae

### **Dr.Y.Kalyan Kumar,**

M.P.Ed., M.Sc.,(Psychology), M.A.,Ph.D.  
Lecturer in Physical Education  
Government College of Teacher Education  
Institute of Advanced Studies in Education  
Kurnool, Andhra Pradesh.  
Mobile: 8328282792  
Email: kscpekn12008@gmail.com

---



### **Education**

- ❖ Ph.D. (Physical Education) Vinayaka Mission University, T.N.(2011)
- ❖ M.P.Ed.- Sri Krishnadevaraya University, Anantapuram.(2001)
- ❖ M.A.(Sociology), Sri Krishnadevaraya University, Anantapuram.(2004)
- ❖ M.Sc.(Psychology), Ambedkar Open University, Kurnool.(2022)

### **Positions**

- ❖ 09.06.2023 to Till date : Lecturer in Physical Education in Government College of Teacher Education
- ❖ 27.05.2017 to 08.06.2023: Lecturer in Physical Education in Silver Jubilee Government College, Kurnool.
- ❖ 09.12.2011 to 26.05.2017: Lecturer in Physical Education in Government Degree College, Nandikotkur, appointed by DPC.
- ❖ 31.05.2005 to 08.12.2011: Physical Director, Government Junior College(Town), Kurnool.
- ❖ 01.11.2002 to 30.05.2005: Physical Director in Government Junior College, Zaffargadh, Warangal (Present Telangana State). Appointed by APPSC.

### **Academic Positions**

- ❖ Co-ordinator (2015), NAAC Committee, Government Degree College, Nandikotkur, Kurnool.
- ❖ Co-ordinator (2016), NAAC Committee, Government Degree College, Banaganapalli, Kurnool.
- ❖ Co-ordinator (2012-14), Sports Board, Rayalaseema University, Kurnool.
- ❖ Member- Sports Board of Rayalaseema University, Kurnool since 2015.
- ❖ Chairman for South Zone Cricket Team of Rayalaseema University since 2012.
- ❖ Chairman for South Zone Volleyball Team of Rayalaseema University since 2016.
- ❖ Member of Selection Committee for South Zone Kabaddi Team of Rayalaseema University from 2018-2020.

- ❖ Member – Board of Studies, Department of Physical Education, Sri Padmavathi Mahila Vishwa Vidyalayam, Tirupati (2018-20).
- ❖ Life Member in National Association of Physical Education and Sports Sciences.(NAPESS) since 2008
- ❖ Executive Member of National Association of Physical Education and Sports Sciences (NAPESS) (2019-2021)
- ❖ Life Member in International Federation of Computer Science and Sports (IFCSS) since 2010.

### **Achievements and other Qualifications**

- ❖ Received A.P. Yuvatarangam State Sports Coordinator (23 Districts) Award from the Commissionerate of Collegiate Education at Hyderabad for the academic year 2013-14.
- ❖ Received A.P. Yuvatarangam State Sports Coordinator (23 Districts) Award from the Commissionerate of Collegiate Education at Hyderabad for the academic year 2012-13.
- ❖ Received high commendation award from Sri Mukesh Kumar Meena IAS, Collector & District Magistrate on 61<sup>st</sup> Republic day 2010.
- ❖ Received best teacher award on 5<sup>th</sup> September 2010 in Kurnool, Andhra Pradesh.
- ❖ Qualified UGC NET in Physical Education (June 2002)
- ❖ University (SKDU) Second Topper in Physical Education(1999-2001)

### **Professional Representations**

- ❖ Represented South Zone Inter University Cricket Tournament in the year 1996 -97 for the Sri Krishnadevaraya University held at Dharwada.
- ❖ Represented South Zone Inter University Cricket Tournament in the year 2000- 2001 as Captain for the Sri Krishnadevaraya University held at Hyderabad.
- ❖ Represented Seniors South Zone Cricket Tournament held at Visakhapatnam in the year 1998.
- ❖ Represented Under-22 and Seniors Inter Districts for many years.
- ❖ Represented S.K.University Inter Collegiate Tournaments for Cricket, Football, Volleyball, Basketball and Athletics (Triple Jump) in the year 1999- 2001.
- ❖ Represented Inter school Tournaments for Five Years (1986-1991) in Football, Volleyball, Cricket, Broad jump and Triple jump.

### **Training Programs Attended**

- ❖ 12 days Orientation Programme of NEP 2020 Orientation & Sensitization Programme from 12<sup>th</sup> April to 29<sup>th</sup> April 2024, Maliviya Mission Teacher Training Programme of UGC, organized by Maulana Azad National Urdu University, Hyderabad.
- ❖ One-week online workshop: “Assessment and Management of Strength” at Rajiv Gandhi University, Doimukh, Arunachal Pradesh from June 18 to 24 2021.
- ❖ Online Two week Inter – Disciplinary and Multilingual Refresher Course Programme on Research Methodology from 23.10.2021 to 06.11.2021 by Teaching Learning Centre, Ramanujam College, University of Delhi.
- ❖ One –week Faculty Development Programme on Sports Performance from 02.08.2021 to 08.08.2021 by Department of Physical Education, The Maharaja Sayajirao University of Baroda.

- ❖ Ten days Yoga work shop on Boosting Immunity among youth through Yoga” from 12.06.2021 to 21.06.2024, organized by B.K.Birla College (Autonomous) in Association with Kaivalyadhama Yoga Institute, Mumbai.

### **Professional Tournaments Organized**

- ❖ Organized Inter State Government Autonomous Colleges Games and Sports Championship for Telangana & Andhra Pradesh (Kabaddi, Volleyball, Chess, Badminton and Athletics) on 26.09.2022 & 27.09.2022.
- ❖ Organized Inter State Government College Literary and Cultural Youth Fest-2022 on the occasion of Golden Jubilee Celebrations for Women from 08.12.2022 to 10.12.2022)
- ❖ Rayalaseema University Inter Collegiate Volleyball and Chess Tournament cum selections for Men Organized by Government College of Teacher Education, IASE, on 26<sup>th</sup> & 27<sup>th</sup> November 2023.
- ❖ Organized Rayalaseema University Inter Collegiate Basketball Tournament cum selections for Men on 15.12.2022.
- ❖ Organized Rayalaseema University Inter Collegiate Ball badminton & Kho-Kho Tournament cum selections for Men on 28.12.2022 & 29.12.2022.
- ❖ Organized Rayalaseema University Inter Collegiate Volleyball, Chess, Kabaddi, Kho-Kho, Handball, Ball badminton Tournament cum selections for Women on 02.12.2022 & 03.12.2022.
- ❖ Organized Rayalaseema University Inter Collegiate Handball, Kho-Kho, Ball badminton Tournament cum selections for Men on 28.12.2021 & 29.12.2021.
- ❖ Organized Rayalaseema University South Zone Selected Cricket team Coaching camp for Men in Silver Jubilee Government College(A) from 28.12.2017 to 04.01.2018
- ❖ Organized Rayalaseema University Inter Collegiate Central Zone Cricket Tournament for Men in Silver Jubilee Government College(A) from 20.12.2017 to 23.12.2017
- ❖ Organized Rayalaseema University Inter Collegiate Kurnool Zone Cricket Tournament for Men in Silver Jubilee Government College(A) from 14.12.2017 to 18.12.2017
- ❖ Organized Rayalaseema University Inter Collegiate Volleyball & Football Tournament for Men in Silver Jubilee Government College(A) from 28.11.2017 to 29.11.2017
- ❖ Organized Rayalaseema University Inter Collegiate Handball and Basketball Tournament for Men in Silver Jubilee Government College(A) from 07.10.2017 to 08.10.2017
- ❖ Organized Rayalaseema University Inter Collegiate Tournament for Women in Silver Jubilee Government College(A) from 09.09.2017 to 10.09.2017
- ❖ 28 South Zone and all India Inter University players and myself donated blood in the Mega Blood camp which was organized under the chairmanship of District Collector & Magistrate on 08.08.2014.
- ❖ Organized 2nd Yuvatharangam State Level Chess Tournament for (Men & Women) 23.11.2013 & 24.11.2013.

- ❖ Organized 1st State Level Youth Festival Games & Sports Under Commissionerate of Collegiate Education from 08.12.2012 to 09.12.2012.
- ❖ Organized Commissionerate of Collegiate Education, District Level Youth Festival Games & Sports at Kurnool from 28.11.2012 to 29.11.2012 at D.S.A Outdoor Stadium.
- ❖ Organized Rayalaseema University Inter Collegiate Group-A Tournament ( Football, Basketball, Weight Lifting, Badminton, Chess & Taekwondo) on 21st & 22nd October 2012)
- ❖ Actively participated in District Level Telugu Mahasabhalu from 21st Dec to 23rd Dec.2012 under the Chairmanship of District Collector & Magistrate.
- ❖ Coordinating the Several Games and Sports meets of Rayalaseema University and sending the Teams to South zone/ All India Inter University Competitions.
- ❖ Government Degree College, Nandikotkur Secured winners in Rayalaseema University Inter Collegiate Ball badminton and Kho-Kho. Secured second Position in Chess.
- ❖ Actively participated in Blood Donation camp and donated blood along with the students in the academic year 2012-13.
- ❖ International Selection Committee Member for School Games Federation of India (S.G.F.I) Under -19 Cricket Team for the year 2008-2009.
- ❖ Organized Under-19 S.G.F.I 54th C.K.Nayudu National Cricket Championship for Boys in 2008-2009. 23 states participated in this tournament.
- ❖ U-14 State Selection Committee Member for The Andhra Cricket Association which is working under the Board of Control for Cricket in India 2008-2009.
- ❖ U-14 Central Zone Selection Committee Chairman 2008-2009.
- ❖ Organized Under-19, 54th S.G.F.A.P. Inter District Taekwondo, Baseball, Rifle Shooting, Volleyball and Shooting ball Tournament in Kurnool 2008-09.
- ❖ Organized Under-19 S.G.F.I National Throw ball Tournament held in Kurnool 2006-07.
- ❖ Under-19 (S.G.F.I) Andhra Pradesh National Girls Cricket Team Who won the Gold Medal Under my supervision and coaching held at West Godavari in the year 2004-05.
- ❖ In 2005-2006 National selector for under -19 A.P.S.G.F Boys held at Kurnool.
- ❖ In 2005-2006 Manager for Under 19 A.P.S.G.F Boys National Throw ball team held at Kurnool.
- ❖ In 2005-2006 Coach for Under 19 A.P.S.G.F Boys National Cricket team held in Delhi.
- ❖ Organized Kurnool District Junior Colleges Athletic Association Inter-Collegiate Tournament in the year 2006-2007.

## **Seminars Organized**

- ❖ Organized University Grants Commission Sponsored Two day National Seminar on “Physical Education- 21st Century: Research Perspective” at Government Degree College, Nandikotkur, Kurnool from 11.07.2015 to 12.07.2015.
- ❖ Organized University Grants Commission Sponsored Two day National Seminar on “Physical Education- A Human wellness Science” at Government Degree College, Nandikotkur, Kurnool from 3.6.2013 to 4.6.2013.

## **Published Papers (UGC Approved & Peer Reviewed Articles)**

### **2021**

The role of yogic science for the prevention & management of covid-19 Pandemic Kalyan Bharati ISSN No. 0976-0822, (UGC-CARE List Group I), Volume – 36 No. (IX) 2021, Page 422 - 428. ISSN No. 0976-0822, Impact Factor 5.90

Physiological aspects of physical fitness and wellness - challenge in the 21st century Kalyan Bharati ISSN No. 0976-0822, (UGC-CARE List Group I), Volume – 36 No. (IX) 2021, Page 493-497, ISSN No. 0976-0822, Impact Factor 5.90

Analysis of volley ball playing ability from anthropometric and motor fitness variables among volleyball players Kalyan Bharati ISSN No. 0976-0822, (UGC-CARE List Group I), Volume – 36 No. (IX) 2021, Page 516-520. ISSN No. 0976-0822, Impact Factor 5.90

Prospects of speed-strength and track training on selected physical fitness variables among university level men Kho-Kho players Kalyan Bharati ISSN No. 0976-0822, (UGC-CARE List Group I), Volume – 36 No. (IX) 2021, Page 530-533. ISSN No. 0976-0822, Impact Factor 5.90

Impact of playing ability on physiological variables among Kabaddi players, pp.57-58. Asian Journal of Physical Education and Computer, Science in Sports, A Peer Reviewed (Refereed) International Research Journal, ISSN 0975-7732, Volume 24; Issue 1, ISRA Journal Impact Factor 5.011

Effects of different training program on agility and sprinting performance of 13–15 years school boys, pp.62-64. Asian Journal of Physical Education and Computer, Science in Sports, A Peer Reviewed (Refereed) International Research Journal ISSN 0975-7732, Volume 24; Issue 1, ISRA Journal Impact Factor 5.011

An investigation on the effect of dissimilar training etiquettes on low-density lipoprotein cholesterol among middle-aged women, pp.65-67. Asian Journal of Physical Education and Computer, Science in Sports, A Peer Reviewed (Refereed) International Research Journal, ISSN 0975-7732, Volume 24; Issue 1, ISRA Journal Impact Factor 5.011

Analysis of psychological and physiological variables among high and low physical fitness male university volleyball players, pp 68-71. Asian Journal of Physical Education and Computer, Science in Sports, A Peer Reviewed (Refereed) International Research Journal, ISSN 0975-7732, Volume 24; Issue 1, ISRA Journal Impact Factor 5.011

## **2020**

Analytical study on different injuries of interstate pedestrian pilgrims during holy trip to Sabarimala in Kerala, International Journal for innovative research in multidisciplinary field (UGC approved journal number: 47793), Spl. issue 17, Year.2020 pp.137-139 Impact Factor -6.497, ISSN: 2455-0620.

Effect of Plyometric Training and Circuit Training on Selected Physical Fitness Variables Among University Level Men Kho-Kho Players, Studies in Indian Place Names, UGC Care Journal ISSN 2394-3114, Vol-40-Issue-62 March 2020 pp.386-390

Study on Anthropometrical, Physical, Physiological, Psychological and Performance Variables of University Men Volleyball Players of Two Zones, Studies in Indian Place Names, UGC Care Journal ISSN 2394-3114 Vol-40-Issue-62 March 2020 pp.391-396

Analysis on The Effects of Endurance Exercise Training on Plasma HDL Cholesterol Levels Depend on Levels of Triglycerides, Studies in Indian Place Names, UGC Care Journal ISSN 2394-3114, Vol-40-Issue-62 March 2020, pp. 373-378

Analysis on The Assessment of Anthropometric, Physical Fitness Variables Among Inter Collegiate Kabaddi Players and Their Playing Ability, Studies in Indian Place Names, UGC Care Journal ISSN 2394-3114, Vol-40-Issue-62 March 2020 pp. 379-385,

## **2019**

Analysis of psychological and physiological variables among high and low physical fitness male university handball players, Journal of emerging technologies and innovative research (Journal No:63975) Vol.6, Issue.9, Year 2019 pp.126-130, Impact Factor 7.95, (ISSN : 2349-5162).

## **2018**

Exploring the impact of varied training approaches on low-density lipoprotein cholesterol in middle-aged women. International Journal of Creative Research Thoughts, UGC Approved Journal No: 49023, Vol.6, Issue.1 Year 2018, pp.235-239, Impact Factor 7.97, (ISSN : 2320- 2882).

An Investigation on the Effect of Dissimilar Training Etiquettes on Low-density Lipoprotein Cholesterol among Middle-aged Women, Rubica Publication, London ISBN-978-1-913482-91-6. pp.385-387 (ICESPE), 2018.

Influence of medium intensity cardio respiratory training strength and interval training protocol on hdl-c in young women pp.140-144. UGC List No. 44910 with Impact Factor -5.115 International Journal of Health, Physical Education & Computer Science in sports ISSN 2231-3265.

Analysis of medial tibial stress syndrome (MTSS) among female basketball players in Andhra Pradesh. Journal of Physical Education and Sports Science ISSN 2229-7049, National Association of Physical Education and Sports Science.

## **2017**

Analysis of medial tibial stress syndrome (mtss) among female basketball players in Andhra Pradesh, Journal of Emerging Technologies and Innovative Research (Journal No:63975) Vol.4, Issue.7 Year 2017 pp.569-573 Impact Factor 7.95 (ISSN : 2349-5162)

Frequency and risk factors of lumbar pain among postgraduate students of a sports and physical education in Andhra Pradesh .pp.13-14.UGC List No. 44910 with Impact Factor 5.115 International Journal of Health, Physical Education & Computer Science in sports ,Volume-27, No.2 Quarterly July 2017 to September 2017.

Analysis on the effect of Yogasana's and brisk walk on the aerobic capacity among middle aged women. pp.18-19. UGC List No. 44910 with Impact Factor 5.115 International Journal of Health, Physical Education & Computer Science in sports ISSN 2231-3265,Volume-27, No.2 Quarterly July 2017 to September 2017.

Analysis on the effects of aerobic dance and step dance exercises on blood lipid profiles among university female students. Pp.23-24. UGC List No. 44910 with Impact Factor 5.115 International Journal of Health, Physical Education & Computer Science in sports ISSN 2231-3265,Volume-27, No.2 Quarterly July 2017 to September 2017.

Analysis on the effects of different intensities of bollyfit dance training total cholesterol among middle aged women pp.40-44. UGC List No. 44910 with Impact Factor 5.115 International Journal of Health, Physical Education & Computer Science in sports ISSN 2231-3265,Volume-26, No.5 Quarterly April 2017 to June 2017.

Analysis on the effects of aerobic dance and step dance exercises on some hematological parameters and blood lipids pp.36-39. UGC List No. 44910 with Impact Factor 5.115 International Journal of Health, Physical Education & Computer Science in sports ISSN 2231-3265,Volume-26, No.5 Quarterly April 2017 to June 2017.

Analysis on the effect of Yogasana's and Brisk walk on flexibility pp. 38-40. Journal of Physical Education and Sports Science ISSN 22207049 Vol. II July 2017.22 Analysis of regression variable among high and low physical fitness football players pp.56-57, Mach 22-23 2017,SPMVV – National Seminar ISBN 9789380528267

Analysis on the effect of brisk walk on body fat pp.58-59.Mach 22-23 2017 SPMVV – National Seminar ISBN 9789380528267

The effect of 12 weeks progressive strength training on lipid profile levels in inactive middle aged men. Pp.53-55. Mach 22-23 2017. SPMVV – National Seminar ISBN 9789380528267

Effects of Yogasana and aerobic exercises on selected physiological parameters among college men. Pp.99-104 ,10-11 Feb 2017,International Congress on Renaissance in sports,ISBN 9788190894203

Impact of exercise on Cholesterol levels – A review 108-113 27th to 29th January 2017, 27th to 29th January 2017. Indian Journal of Physical Education and allied sciences,Vol.2 No.2. January to June 2017. ISSN 2395-6895

Effects of Yogasana and aerobic exercises on selected physiological parameters among college Men. Pp.448-452. 27th to 29th January 2017. Indian Journal of Physical Education and allied sciences, Vol.2 No.2. January to June 2017.ISSN 2395-6895

The effect of moderate intensity aerobic, strength and interval training program on HDL- C in young Men. Pp.551-554. 27th to 29th January 2017.Indian Journal of Physical Education and allied sciences , Vol.2 No.2. January to June 2017.ISSN 2395-6895

## 2016

Analysis on the effects of endurance exercise training on plasma HDL Cholesterol levels depend on levels of triglycerides. P.871-874. 21st Century Publications, Patiala ISBN: 978-93-85446-45-0

Analysis on the effects of different intensities of bollyfit dance training total cholesterol among middle aged women. P.1602-1605. 21st Century Publications, Patiala ISBN: 978-93-85446-45-0

Analysis on the effects of Medium intensity of aerobic training on LDL cholesterol among the engineering female students.P.1617-1619. 21st Century Publications, Patiala ISBN: 978-93-85446-45-0

A relationship between sports achievement motivation and sports competition of National level handball player's p.35-36. NAPESS ISSN 2229-7049

Dark Chocolate: A boost for athletes performance – Review, pp.132-134. [http://www.ijar.org.in/stuff/issues/v3-i9\(4\)/v3-i9\(4\)-a024.pdf](http://www.ijar.org.in/stuff/issues/v3-i9(4)/v3-i9(4)-a024.pdf) International Journal of Academic Research voice of intellectuals Vol.3 Issue 9(4) Sept.2016.ISSN 2348-7666

Analysis on the effects of aerobic dance and step dance exercises on some hematological parameters and blood lipids pp.245-248. Journal of Physical Education and Sports Science ISSN 2229-7049.

## 2015

Physical Education and Sport in Schools: A Review of benefits and outcomes. P.69-74. International Journal of Law, Education, Social and Sports Studies (IJLESS) Vol.2., S.4. 2015 November issue with ISSN 2455-0418.

A systematic review into the efficacy of static stretching as part of a warm-up for the prevention of exercise related injury. P. 100-102, International Journal of Law, Education, Social and Sports Studies (IJLESS) Vol.2., S.4. 2015 November, Issue with ISSN 2455-0418.

A study on influence of fasting on Homosepiens health” p.118-121.International Journal of Law, Education, Social and Sports Studies (IJLESS) Vol.2., S.4. 2015 November issue with ISSN 2455-0418.

The impact of Exercise on Cholesterol levels- A Review. P.132-137.International Journal of Law, Education, Social and Sports Studies (IJLESS) Vol.2., S.4. 2015 November issue with ISSN 2455-0418.

A comparative study of visual reaction time among Kho-Kho and Kabaddi players at University Level”. P.138-140. International Journal of Law, Education, Social and Sports Studies (IJLESS) Vol.2. S.4. 2015 November issue with ISSN 2455-0418.

A relation between sports achievement motivation and sports competition anxiety of National level handball players” P.145-147.International Journal of Law, Education, Social and Sports Studies (IJLESS) Vol.2. S.4. 2015 November issue with ISSN 2455-0418.

Maximizing recovery and performance of your athletes during regional soccer camp” ISSN 2394-9724, Vol.2 Supplementary Issue.3 2015, P.196-199.International Journal of Law, Education, Social and Sports Studies (IJLESS) Vol.2. S.3. 2015 November issue with ISSN 2455-0418.



Comparative analysis on health related Physical fitness and Nutritional status between elite school children and ordinary school students. P.6-14. International journal of Health, Physical education & computer science in sports ISSN 2231-3265 Vol-17, No.2, Qrtly. January to March 2015

Analysis on the effects of different intensities of Bollyfit dance training Total cholesterol among middle aged women. P.25-27. International journal of Health, Physical education & computer science in sports ISSN 2231-3265 Vol-17, No.2, Qrtly. January to March 2015.

Effects of different training program packages on agility and Straight sprinting performance of 13-15 years school boys. P.106-109. International journal of Health, Physical education & computer science in sports ISSN 2231-3265 Vol-17, No.2, Qrtly. January to March 2015.

Resistance Training and Detraining effects on flexibility performance in the elderly people. P.167-169. International journal of Health, Physical education & computer science in sports ISSN 2231-3265 Vol-17, No.2, Qrtly. January to March 2015

Analysis on the Effect of cardio respiratory endurance exercise training on plasma HDL Cholesterol levels depend on levels of triglycerides. p.42-44. International journal of Health, Physical education & computer science in sports, ISSN 2231-3265 Vol-17, No.2, Qrtly. January to March 2015.

The impact of fruit and vegetables on non-communicable diseases p.45-46, International journal of Health, Physical education & computer science in sports, ISSN 2231-3265 Vol-17, No.2, Qrtly. January to March 2015, 48, A Study on influence of fasting on homosepiens health P. 51-54.Winger Publications, ISBN 9788192158068.

A Systematic review into the efficacy of static stretching as part of a warm up for the prevention of exercise related injury. P.142-143. Winger Publications, ISBN 9788192158068.

Effect of various training modalities on vertical jump P. 145-149. Winger Publications, ISBN 9788192158068.

Effects of Interval training, circuit training and combined training on selected physical fitness variable and performance variable among football players.P.52-57. Twenty first Century Publications, ISBN 9788189463984

A relationship between sports achievement motivation and sports competition of National level handball players p.35-36 NAPeSS ISSN 2229-7049.

Analysis on the effects of endurance exercise training on plasma HDL Cholesterol levels depend on levels of triglycerides. P.871-874. 21st Century Publications, Patiala

Analysis on the effects of different intensities of bollyfit dance training total cholesterol among middle aged women. P.1602-1605. 21st Century Publications, Patiala ISBN: 978-93-85446-45-0

Analysis on the effects of Medium intensity of aerobic training on LDL cholesterol among the engineering female students.P.1617-1619. 21st Century Publications, Patiala ISBN: 978-93-85446-45-0

## **2014**

Effects of Interval training, circuit training and combined trainings on selected physical fitness variable and performance variable among football players pp.49-51. International journal of Health, Physical education & computer science in sports, ISSN 2231-3265 Vol-16, No.1, Qrtly. October 2014 to December 2014.

A review of the impact of exercise on cholesterol levels, pp.284-286. International journal of Health, Physical education & computer science in sports, ISSN 2231-3265 Vol-15, No.1, Qrtly. July 2014 to September 2014.

Physical activity: The best medicine recommendations for healthy living pp.287, International journal of Health, Physical education & computer science in sports, ISSN 2231-3265 Vol-15, No.1, Qrtly. July 2014 to September 2014

Analysis on the effect of moderate intensity of Aerobic, Resistance and interval training program on LDL-C in young men pp.108-111. International journal of Health, Physical education & computer science in sports, ISSN 2231-3265 Vol-15, No.1, Qrtly. July 2014 to September 2014

The effect of moderate intensity aerobic, strength and interval training program on HDL-C in youngmen pp.415-419. January 2014, NApESS ISSN 2229-7049.

Paper Published on “Weight loss ways: Cardio Exercise Vs. Weight Training”.p.32-34. Asian Journal of Physical Education and Computer Science in Sports” Vol.8. No.2, Half yearly(2013) issue with ISSN 0975-7732.

“Resistance Training and Detraining Effects on Flexibility Performance in the elderly People”p.68-70. Asian Journal of Physical Education and Computer Science in Sports” Vol.8. No.2, Half yearly (2013) issue with ISSN 0975-7732.

Comparative Study on the Physical Fitness among the Taekwondo and Wushu Fighters of Rayalaseema University. Asian Journal of Physical Education and Computer Science in Sports” Vol.8. No.2, Half yearly (2013) issue with ISSN 0975-7732.

The effect of Moderate Intensity Aerobic, Strength and Interval Training Program on HDL-C in young men. P.415-419. NApESS 2229-7049.

A review of the impact of exercise on cholesterol levels” Vol-15, No.1, Qrtly. July-sept.,P.284-286. International journal of Health, Physical education & computer science in sports. ISSN 2231-3265

Sports for All - PYKKA, 16th -18th Feb-2012 NApESS – ISSN 2229-7049

## **2013**

Paper Published on “Weight loss ways: Cardio Exercise Vs. Weight Training”.p.32-34. Asian Journal of Physical Education and Computer Science in Sports” Vol.8. No.2, Half yearly(2013) issue with ISSN 0975-7732.

Resistance Training and Detraining Effects on Flexibility Performance in the elderly People. Asian Journal of Physical Education and Computer Science in Sports” Vol.8. No.2, Half yearly (2013) issue with ISSN 0975-7732. p.68-70.

Comparative Study on the Physical Fitness among the Taekwondo and Wushu Fighters of Rayalaseema University. Asian Journal of Physical Education and Computer Science in Sports” Vol.8. No.2, Half yearly (2013) issue with ISSN 0975-7732.

The effect of moderate intensity aerobic, strength and interval training program on Hdl-C in young men. Journal of Physical education and Sports Science NAPESS 2229-7049. P.415-419

### **Book Publications with ISBN**

#### **2023**

Competitive Edge: Excelling in Physical Education (VOLUME-I) with ISBN 978-93-95944-78-6

Competitive Edge: Excelling in Physical Education (VOLUME-II) with ISBN 978-93-95944-79-3

#### **2015**

UGC/NET/SET Hand Book of Physical Education A Complete Guide published in the year 2015 with ISBN 9788185708577 by SBW Publishers, New Delhi, India.

Glossary of Physical Education published in the year 2015 with ISBN 9788185708553 by SBW Publishers, New Delhi, India.

### **Research Supervisor**

Kalinga University, Raipur offered me the opportunity to serve as a Co-Guide in the Department of Physical Education, where four scholars successfully completed their Ph.D. in Physical Education.

### **International Seminars / Conferences – Presentations**

- 01** Presented paper in International Seminar under the auspices of International association of computer science in sports on “Analysis on the effect of aerobic training on LDL Cholesterol among middle aged men” held at Osmania University, Hyderabad, A.P. from 7<sup>th</sup>-9<sup>th</sup> May 2010.
- 02** Presented paper in International Seminar under the auspices of International association of computer science in sports on “Analysis on the effect of aerobic training on triglycerides among young men” held at Osmania University, Hyderabad, A.P. from 7<sup>th</sup>-9<sup>th</sup> May 2010.
- 03** Presented a paper in XIV COMMONWEALTH INTERNATIONAL SPORTS SCIENCE CONGRESS on “Effect of Cardio –respiratory endurance, anaerobic and yogasana on HDL and LDL cholesterol levels among young men” held at Manav Rachna International University which was conducted from 25<sup>th</sup> September to 30<sup>th</sup> September at Faridabad (Haryana).
- 04** Paper presented in International Conference on Better life better world, through yoga with allied sports sciences in association with National Association of physical education and sports sciences organized by the Department of Yoga, Tamilnadu Physical Education and Sports University at Chennai, from 16<sup>th</sup> to 18 february 2012 and presented paper on “ Sports for all – PYKKA ( an expansion of rural sports in Andhra Pradesh”.

- 05 Paper presented in International Conference on “Vision 2020: Global Excellence in physical education & sports science” in association with National Association of physical education and sports sciences organized by the Manipal University at Manipal, Karnataka from 9<sup>th</sup> to 11 January 2014 and presented paper on “ The effect of moderate intensity aerobic strength interval training program on HDL – C in young men.”
- 06 Paper presented in 25<sup>th</sup> Pan Asian International Conference of sports & physical education -2014 in association with Indian Federation of Computer Science in sports Pan-Asian society of sports & physical education held at Osmania University, Hyderabad, Telangana from 8<sup>th</sup> to 10 August 2014 and presented paper on “ Physical activity: The best Medicine Recommendations for health living.”
- 07 Paper presented in 25<sup>th</sup> Pan Asian International Conference of sports & physical education -2014 in association with Indian Federation of Computer Science in sports Pan-Asian society of sports & physical education held at Osmania University, Hyderabad, Telangana from 8<sup>th</sup> to 10 August 2014 and presented paper on “The effect of moderate intensity aerobic, resistance and interval training program on Low density lipoprotein cholesterol in young men.”
- 08 Paper presented in 25<sup>th</sup> Pan Asian International Conference of sports & physical education -2014 in association with Indian Federation of Computer Science in sports Pan-Asian society of sports & physical education held at Osmania University, Hyderabad, Telangana from 8<sup>th</sup> to 10 August 2014 and presented Poster on “Physical activity: The best Medicine Recommendations for health living.”
- 09 Paper presented in 25<sup>th</sup> Pan Asian International Conference of sports & physical education -2014 in association with Indian Federation of Computer Science in sports Pan-Asian society of sports & physical education held at Osmania University, Hyderabad, Telangana from 8<sup>th</sup> to 10 August 2014 and presented paper on “A review of the impact of exercise on cholesterol levels”
- 10 Resource person lecture for 35 minutes on Indian Traditional games – “Impact of modern sports in India” in 25<sup>th</sup> Pan Asian International Conference of sports & physical education -2014 in associations with Indian Federation of Computer Science in sports Pan-Asian society of sports & physical education held at Osmania University, Hyderabad, Telangana from 8<sup>th</sup> to 10 August 2014.
- 11 Presented paper in Global Conference on scientific Culture in Physical Education and Sports entitled on “Analysis on the effect of Endurance exercise training on Plasma HDL Cholesterol levels depend on level of Triglycerides” held at Punjabi University, Patiala from 18<sup>th</sup>-20<sup>th</sup> Feb 2016.
- 12 Presented a paper in an International Conference on “Analysis on the effects of Aerobic and Step dance exercise on some Hematological parameter and blood lipids” held at SV’S Sridora Caculo College of Commerce & Management Studies Goa, from 2<sup>nd</sup> -4<sup>th</sup> June 2016.
- 13 Presented a paper in an International Conference on “Analysis on the effects of Different Intensities of bolly fit dance training on Total Cholesterol among middle aged women” held at SV’S Sridora Caculo College of Commerce & Management Studies Goa, from 2<sup>nd</sup> -4<sup>th</sup> June 2016.
- 14 Presented paper in an International Seminar on “Physical education and Sport in Schools: A review of benefits and outcomes” held at Kakatiya Medical College, Warangal from 27<sup>th</sup> to 29<sup>th</sup> January 2017.
- 15 Presented paper in an International Seminar on “Impact of Exercise on Cholesterol Levels – A Review” held at Kakatiya Medical College, Warangal from 27<sup>th</sup> to 29<sup>th</sup> January 2017.
- 16 Presented paper in an International Seminar on “Effects of Yogasana and Aerobic Exercise on Selected Physiological Parameters among college Men” held at Kakatiya Medical College, Warangal from 27<sup>th</sup> to 29<sup>th</sup> January 2017.

- 17 Presented paper in an International Seminar on “The Effect of Moderate intensity aerobic, strength and Interval training program on HDL-C in young Men” held at Kakatiya Medical College, Warangal from 27<sup>th</sup> to 29<sup>th</sup> January 2017.
- 18 Paper presented in an International Congress on Renaissance in Sports strategies, Challenges and Choices entitled Effects of Yogasana and Aerobic Exercises on Selected Physiological Parameters among college Men held National College, Thiruchirapalli, Tamilnadu on 10<sup>th</sup> -11<sup>th</sup> Feb 2017.
- 19 Presented a paper in UGC Sponsored international Seminar on “Analysis on the effects of Aerobic and Step dance exercise on blood lipids” held at S.K.S.D. Mahila Kalasala UG & PG, Tanuku from 19<sup>th</sup> June 2017 to 20<sup>th</sup> June 2017.
- 20 Presented a paper in UGC Sponsored international Seminar on “Analysis on the effects of Aerobic and Step dance exercise on some Hematological parameter and blood lipids” held at S.K.S.D. Mahila Kalasala UG & PG, Tanuku from 19<sup>th</sup> June 2017 to 20<sup>th</sup> June 2017.
- 21 Presented paper in International Conference on Frequency and Risk factors of Lumbar pain among post graduate students of a sports and physical education in Andhra Pradesh held at Osmania University, Hyderabad from 19<sup>th</sup> to 20<sup>th</sup> August 2017.
- 22 Presented paper in International Conference on Analysis on the effect of yogasanas and Brisk walk on the Aerobic capacity among middle aged women held at Osmania University, Hyderabad from 19<sup>th</sup> to 20<sup>th</sup> August 2017.
- 23 Presented paper in International Conference on Analysis on the effects of aerobic dance and step dance exercises on blood lipid profiles among university female students held at Osmania University, Hyderabad from 19<sup>th</sup> to 20<sup>th</sup> August 2017.
- 24 Paper presented on Analytical study on different injuries of Inter state pedestrian pilgrims during holy trip to Sabarimala in Kerala, in Scientific International Conference on Physical Education and allied sciences, held at SS Dempo College, Goa from 27<sup>th</sup> to 29<sup>th</sup> February 2020.

#### **NATIONAL SEMINARS / CONFERENCES**

- 25 Presented paper in National Seminar under the National Association of Physical Education and Sports Sciences held at Goa from 31<sup>st</sup> January to 2<sup>nd</sup> February 2008. Title of the paper: Six Principles for Better Living.
- 26 Presented paper in National Seminar on Prevention of sports injuries and rehabilitation organized by Department of Physical education, Andhra University, Visakhapatnam, A.P. and presented paper on “Effects of different exercise protocols on triglyceride levels among middle aged men held at Andhra University from 9<sup>th</sup>-10<sup>th</sup> June 2011.
- 27 Presented paper in National Seminar on Prevention of sports injuries and rehabilitation organized by Department of Physical education, Andhra University, Visakhapatnam, A.P. and presented paper on “Analysis on the effect of cardio respiratory endurance training on triglycerides among middle aged men” held at Andhra University from 9<sup>th</sup>-10<sup>th</sup> June 2011.
- 28 Presented paper on “Analysis on the effects of Cardio Respiratory Endurance training on Triglycerides among middle aged men” in UGC sponsored seminar held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati on 5<sup>th</sup> & 6<sup>th</sup> March 2012.
- 29 Presented Paper on Resistance Training and Detraining Effects on Flexibility Performance in the elderly People in UGC Two day National Seminar in Association with IFCSS “ Physical Education – A Human Wellness Science” held at Government Degree College, Nandikotkur, Kurnool on 3<sup>rd</sup> & 4<sup>th</sup> June 2013.

- 30 Presented Paper on Weight loss ways: Cardio Exercise Vs. Weight Training in UGC Two day National Seminar in Association with IFCSS “ Physical Education – A Human Wellness Science” held at Government Degree College, Nandikotkur, Kurnool on 3<sup>rd</sup> &4<sup>th</sup> June 2013.
- 31 Presented Paper on Comparative Study on the Physical Fitness among the Taekwondo and Wushu Fighters of Rayalaseema University in UGC Two day National Seminar in Association with IFCSS “ Physical Education – A Human Wellness Science” held at Government Degree College, Nandikotkur, Kurnool on 3<sup>rd</sup> &4<sup>th</sup> June 2013.
- 32 Presented paper on “The effect of Moderate Intensity Aerobic, Resistance and Interval Training Program on HDL-C in Young men” in JNTU (K), Vizianagaram from 25<sup>th</sup> to 26<sup>th</sup> April 2014.
- 33 Presented paper on “Effect of Various training Modalities on Vertical Jump” held at KVR Government College for women from 18<sup>th</sup>-19<sup>th</sup> Feb 2015.
- 34 Presented paper on “A systematic review in to the efficacy of static stratching as part of a warm up for the prevention of exercise related injury” held at KVR Government College for women from 18<sup>th</sup>-19<sup>th</sup> Feb 2015.
- 35 Presented paper on “A study on influence of fasting on Homosepiens Health ” held at KVR Government College for women from 18<sup>th</sup>-19<sup>th</sup> Feb 2015.
- 36 Paper Presented on “Analysis on the effect of Cardio respiratory endurance exercise training on plasma HDL Cholesterol levels depend on levels of Triglycerides” in UGC Sponsored National Conference held at Sri Padmavati Mahila Visvavidyalayam, Tirupati from 25<sup>th</sup> Feb 2015 to 27<sup>th</sup> Feb 2015.
- 37 Paper presented on “The impact of fruit and vegetables on Non Communicable Diseases” in National seminar held at SKSD Mahila kalasala, Tanuku from 29<sup>th</sup> – 30<sup>th</sup> March 2015.
- 38 Paper presented on “Analysis on the effects of cardio Respiratory Endurance Exercise Training on Plasma HDL Cholesterol levels depend on levels of Triglycerides” in National seminar held at SKSD Mahila Kalasala, Tanuku from 29<sup>th</sup> – 30<sup>th</sup> March 2015.
- 39 Presented Paper on “Effects of different exercise training protocols on triglyceride levels among middle aged men” UGC Two day National Seminar in Association with IFCSS “ Physical Education – 21<sup>st</sup> Century- Research Perspective” held at Government Degree College, Nandikotkur, Kurnool on 11<sup>th</sup> &12<sup>th</sup> July 2015.
- 40 Presented Paper on “Effects of different training program packages on agility and straight sprinting performance of 13-15 years school boys UGC Two day National Seminar in Association with IFCSS “ Physical Education – 21<sup>st</sup> Century- Research Perspective” held at Government Degree College, Nandikotkur, Kurnool on 11<sup>th</sup> &12<sup>th</sup> July 2015.
- 41 Presented Paper on Resistance Training and Detraining effects on Flexibility performance in the elderly people” UGC Two day National Seminar in Association with IFCSS “ Physical Education – 21<sup>st</sup> Century- Research Perspective” held at Government Degree College, Nandikotkur, Kurnool on 11<sup>th</sup> &12<sup>th</sup> July 2015.
- 42 Presented Paper on Analysis on the effects of different intensities of Bolyfit dance training on Total Cholesterol among middle aged women” UGC Two day National Seminar in Association with IFCSS “ Physical Education – 21<sup>st</sup> Century- Research Perspective” held at Government Degree College, Nandikotkur, Kurnool on 11<sup>th</sup> &12<sup>th</sup> July 2015.

- 43 Presented paper on “The Impact of Exercise on Cholesterol Levels – A Review” UGC Two day National Seminar in Association with IFCSS “ Physical Education – 21<sup>st</sup> Century- Research Perspective” held at Government Degree College, Nandikotkur, Kurnool on 11<sup>th</sup> & 12<sup>th</sup> July 2015.
- 44 Presented paper on Maximizing recovery and performance of your athletes during regional soccer camp” UGC Sponsored Two day National seminar in Association with IJLESS and YMCA Guntur held at Andhra Christian College, Guntur, Andhra Pradesh on 16<sup>th</sup> and 17<sup>th</sup> October 2015.
- 45 Presented paper on “A review of the impact of exercise on cholesterol levels” UGC Sponsored Two day National seminar in Association with IJLESS held at DPE, S.K. University, Ananthapuramu, Andhra Pradesh on 7<sup>th</sup> and 8<sup>th</sup> November 2015.
- 46 Presented Paper on “A Relationship between sports achievement motivation and sports competition anxiety of Handball Players” in UGC sponsored National Seminar held at SVD GDC for Women Nidadavole, West Godavari District from 3<sup>rd</sup>-4<sup>th</sup> Feb.2016.
- 47 Paper presented on “Women empowerment through sport and physical activity” in ICSSR sponsored National seminar held at Govt Degree College for men, Kurnool from 24<sup>th</sup>-25<sup>th</sup> September 2016.
- 48 Paper presented on “Analysis on the effect of Brisk walk on body fat” in UGC Sponsored National Conference held at Sri Padmavati Mahila Visvavidyalayam, Tirupati from 22<sup>nd</sup> Feb 2017 to 23<sup>rd</sup> Feb 2017.
- 49 Resource Talk on “Physical Education – 21<sup>st</sup> Century perspective” in UGC Sponsored National Conference held at Sri Padmavati Mahila Visvavidyalayam, Tirupati from 22<sup>nd</sup> Feb 2017 to 23<sup>rd</sup> Feb 2017.
- 50 Presented paper on Analysis on the effect of different intensities of bollyfit dance training on Total Cholesterol among middle aged women in UGC sponsored national seminar held at P.B.Siddhartha College of arts and Science, Vijayawada from 7<sup>th</sup> – 8<sup>th</sup> July 2017.
- 51 Paper presented on Traditional games and sports (honing skills & Dexterity) promoting peace and social cohesion through physical activity in ICHR and UGC sponsored National Seminar held at Acharya Nagarjuna University P.G.Centre, Ongole from 26<sup>th</sup> -27<sup>th</sup> Feb 2018.
- 52 Presented paper on “Yoga and its importance in Games and Sports” in UGC sponsored national Seminar on Emerging of Yoga for physical, mental and Spiritual wellbeing of human, held at Acharya Nagarjuna University, Guntur from 16<sup>th</sup> -17<sup>th</sup> March 2018.
- 53 Paper presented on “The effect of 12 weeks progressive strength training on lipid profile levels in an inactive middle-aged man” in UGC sponsored national Seminar on Emerging of Yoga for physical, mental and Spiritual wellbeing of human, held at Acharya Nagarjuna University, Guntur from 16<sup>th</sup> - 17<sup>th</sup> March 2018.
54. Presented Paper in JAPAN SOCIETY OF PHYSICAL EDUCATION, HEALTH AND SPORT SCIENCES, as a speaker at our 71st annual conference that was held online, from September 7th to 9th, 2021.

#### **International & National Workshops**

- 1 Attended One day National workshop on Sports – Bio Mechanical approach at NRI Education Centre, Kakatiya Medical College, Warangal on 3<sup>rd</sup> June 2011.
- 2 Attended Two day International workshop on sports Science, Technology Medicine & Fitness held at JNTU (K) on 26<sup>th</sup> & 27<sup>th</sup> July 2011.

- 3 Attended International Workshop on Health, Physical education and Computer Science in Sports, at Osmania University, Hyderabad on 11<sup>th</sup> and 12<sup>th</sup> August 2012.
- 4 Attended One day National workshop on Research methodology at NRI Education Centre, Kakatiya Medical college, Warangal on 5<sup>th</sup> October 2015.
- 5 Attended two day International workshop on Recent Trends in Physical Education and Sports Industry at FTAPCCI Bhavan, Hyderabad on 26<sup>th</sup> & 27<sup>th</sup> June 2016.
- 6 Attended International Workshop on Physical Activity in schools and Exercise Science organized by Indian Federation of computer Science in Sports on 15<sup>th</sup> January 2017.
- 7 Attended two day International workshop on Leverage Higher order sports achievements- Physical education held at CBIT, Hyderabad on 23<sup>rd</sup> & 24<sup>th</sup> January 2017.
- 8 Attended one day International workshop on Talent Identification held at Kakatiya Medical College, Warangal on 26<sup>th</sup> January 2017.
- 9 Attended Indo Japanese Conclave III at Manav Rachana International University on Olympism for Humanity Restoration Enterprise from 13.02.2017 to 14.02.2017.

#### **CHAIRPERSON / CO-CHAIR PERSON IN NATIONAL & INTERNATIONAL SEMINARS**

1. Nominated as Chairperson for the First Session at 9AM to 11AM on 10<sup>th</sup> August 2014 in 25<sup>th</sup> Pan Asian International Conference of sports & physical education -2014 in association with Indian Federation of Computer Science in sports Pan-Asian society of sports & physical education held at Osmania University, Hyderabad, Telangana from 8<sup>th</sup> to 10 August 2014.
2. Nominates as Chairperson for the Technical session– IV in UGC Sponsored National seminar organized by SKSD Mahila kalasala, Tanuku on 29<sup>th</sup> – 30<sup>th</sup> March 2015.
3. Nominated as Chairperson for the Technical session – IV in UGC sponsored National seminar organized by Government Degree College, nandikotkur, Kurnool on 11<sup>th</sup>-12<sup>th</sup> 2015.
4. Nominated as Chairperson for the Technical session – X in UGC sponsored national seminar organized by Government Degree College, nandikotkur, Kurnool on 11<sup>th</sup>-12<sup>th</sup> 2015.
5. Nominated as Chairperson for the Technical session in UGC sponsored National seminar Fitness – A way of Life organized by SVD Govt.Degree College, Nidadavole on 3<sup>rd</sup> – 4<sup>th</sup> Feb.2016.
6. Nominated as Chairperson for the Technical session in an International workshop on Recent Trends in Physical Education and Sports Industry organized by IACSS and IFCSS on 26<sup>th</sup> – 27<sup>th</sup> June 2016.
7. Nominated as Chairperson for the Technical session in an International workshop on Physical Activities and Exercise Science, organized by IACSS and IFCSS on 15<sup>th</sup> January 2017.
8. Nominated as Chairperson for the Technical session in an International workshop on Leverage Higher order sports achievements- Physical education held at CBIT, Hyderabad on 23<sup>rd</sup> & 24<sup>th</sup> January 2017.
9. Nominated as Chairperson for the Technical session in an International Congress on Renaissance in Sports- Strategies, Challenges and Choices organized by National College, Thiruchirapalli, tamilnadu on 10<sup>th</sup> – 11<sup>th</sup> Feb.2017.



10. Nominated as Chairperson for the Technical session - II in UGC sponsored National seminar on The role of women's participation in sports for women empowerment, held at SPMVV, Tirupati on 22<sup>nd</sup> – 23<sup>rd</sup> March 2017.
11. Nominated as Chairperson for the Technical session- I in UGC sponsored International seminar on Role of Physical education and Yoga in Human development held at SKSD Mahila kalasala, tanuku on 19<sup>th</sup> -20<sup>th</sup> June 2017.
12. Nominated as Chairperson for the Technical session in UGC sponsored National seminar on Yoga for Health and wellness organized by PB Siddhartha College of Arts and Science, Vijayawada, on 7<sup>th</sup> -8<sup>th</sup> July 2017.
13. Nominated as Chairperson for the Technical session in International Workshop on Physical Education, Fitness and Sports Science held at Osmania University, Hyderabad on 19<sup>th</sup> – 20<sup>th</sup> August 2017.
14. Nominated as Chairperson for the Technical session in ICHR & UGC sponsored National seminar on Cultural History of Traditional Games and Sports of South India, held at Acharya Nagarjuna University P.G.Centre Ongole on 26<sup>th</sup> – 27<sup>th</sup> Feb.2018.
15. Nominated as Chairperson for the Technical session in UGC sponsored National seminar on Emerging of Yoga for Physical, Mental & Spiritual Wellbeing of Human held at UCPESS, ANU, Guntur on 16<sup>th</sup> – 17<sup>th</sup> March 2018.
16. Nominated as Chairperson for the International Workshop on Yoga, Physical education & Sports Science-2019 held at Nizam College, Osmania University, Telangana from 29<sup>th</sup> June to 30<sup>th</sup> June 2019.
17. Nominated as Chairperson for Technical session in Scientific International Conference on Physical Education and allied sciences, on the theme of Holistic development for excellence in sports performance, health & wellbeing organized by SS Dempo College, Goa from 27<sup>th</sup> to 29<sup>th</sup> February 2020.

## **Social Service**

### **Empowering PE Teachers: Free Coaching for the Unemployed**

- ❖ Free DSC- Physical Education classes from 18<sup>th</sup> - 23<sup>rd</sup> October 2023 in IASE Auditorium.
- ❖ 30 Days Free DSC –Physical Education classes from 07<sup>th</sup> Feb to 06<sup>th</sup> March 2024.
- ❖ 15 Days Program for Free DSC-Physical Education classes from 15<sup>th</sup> -30<sup>th</sup> May 2024.
- ❖ One week Program for Free DSC-Physical Education Classes from 07<sup>th</sup> -13<sup>th</sup> October 2024 in Sri Ramakrishna Degree & PG College, Nandyal in collaboration with Kyathi Study Circle and Nandyal PET & SA PE Association.
- ❖ Free UGC NET / SET online classes in Physical Education were organized for 48 days from March 19.04.2020 to 09.06.2020
- ❖ Free UGC NET / SET classes in Physical Education were organized for 18 days from March 14<sup>th</sup> 2019 to March 31st 2019 in Andhra University, Visakhapatnam, A.P.
- ❖ UGC NET / SET classes in Physical Education were organized for 25 days from April 5<sup>th</sup> 2018 to April 30<sup>th</sup> 2018. (8 members were qualified) (76% Result)

- ❖ 45 days free coaching for Andhra Pradesh DSc and TET examinations in Physical Education from 9<sup>th</sup> Dec.2017 to 24<sup>th</sup> January 2018. (99% qualified in TET ).
- ❖ UGC NET / SET classes in Physical Education were organized for 30 days from April 27<sup>th</sup> 2017 to May26<sup>th</sup> 2017.
- ❖ UGC NET / SET classes in Physical Education were organized for 25 days from April 30<sup>th</sup> 2016 to May 25<sup>th</sup> 2016.
- ❖ Khyathi Study circle has invited me for Guest Classes for UGC NET / A.P.SET aspirants in Physical Education for the academic year 2013-14 and I have taken the 60 days ( @ 4hrs per Day ) on Free of Cost and **10 Members were Qualified in A.P.SET** and 03 Members were qualified UGC NET Results December 2013-14
- ❖ Khyathi Study circle has invited me for Guest Classes for UGC NET aspirants in Physical Education for the academic year 2012-13 and I have taken the 27 days ( @ 8hrs per Day ) in Summer Vacation on Free of Cost and **13 Members were Qualified in A.P.SET and Three were Qualified in UGC NET Lecturer ship June 2012-13.**

#### SHORT FILMS ON PHYSICAL EDUCATION

1. Short Film **Hell and Heaven – 21<sup>st</sup> Century Physical Education**  
You tube link : <https://www.youtube.com/watch?v=YkNK2AqIttw>  
Views on 15.10.2024 **12039**
2. Short Film **Physical education – A Solution**  
You tube link: <https://youtu.be/ZJFTqEo6M-g>  
Views on 15.10.2024 **8432**
3. Short Film **Physical Education – A Question for all Indians**  
You tube link : <https://www.youtube.com/watch?v=Yie92vKnHd4>  
Views on 15.10.2024 **10873**
4. Short Film **Chandamaamaki Premalekha ( Social injustice to women)**  
You tube link: <https://www.youtube.com/watch?v=sncbjOdjiTk>  
Views on 15.10.2024 **8414**

**Motto: శ్రమించు – జయించు – ఆనందించు**  
**Strive – Succeed – Thrive**