

CURRICULUM VITAE

TANGARANI

Contact Address:

D/o Philomina
Chamegowda Lane,
Bhadravathi -577301
Shivamogga Dist

Email Id: tangarani12@gmail.com

Mob: 9986368917

CAREER OBJECTIVE

To pursue a challenging assignment which demands responsibilities, innovations and creativity where I can prove myself worth and contribute towards the organization's growth and personal advancement.

PERSONAL DETAILS

DATE OF BIRTH : 12th July 1981

FATHER'S NAME : Late. C. David

MOTHER'S NAME : Philomina

SEX : Female

RELIGION : Christian

NATIONALITY : Indian

MARITAL STATUS : Un-married

ADDRESS : D/o Philomina
Chamegowda Lane,
Bhadravathi – 577 301
Shimoga District

LANGUAGES KNOWN : Kannada, Hindi, English and Tamil
ACADEMIC PROFILE:

Examination passed	Name of the Institution	Board/ University	Year of Passing	Percentage
Ph.D	Jnana Sahyadri, Shankaraghatta	Kuvempu University	Pursuing	
K-SET	-----	Mysore University	2014	Passed
M.Phil	Jnana Sahyadri, Shankaraghatta	Kuvempu University	2009	73.00
M.P.Ed	Jnana Sahyadri, Shankaraghatta	Kuvempu University	2007	71.00
B.P.Ed	Jnana Sahyadri, Shankaraghatta	Kuvempu University	2005	82.08
B.A.	Sir M.V. Arts and Commerce College, Bhadravathi	Kuvempu University	2004	44.26
S.S.L.C.	Sri Krishna High School, Bhadravathi	KSEEB	1998	38.08
P.G. Diploma in Sports Management	Jnana Sahyadri, Shankaraghatta	Kuvempu University	2007	67.50
P.G. Diploma in Yoga	Jnana Sahyadri, Shankaraghatta	Kuvempu University	2012	54.15

Experience:

Professional Experience		
Designation	Institution/ University	Period from to
Guest Lecturer	Kuvempu university	From August 2009 to till now
Sports Coaching Experience		
As a Coach, I have trained university teams in Kuvempu University for many times for the different games viz. Kho-Kho, Kabaddi, Handball, Throw ball and Softball.		

SPORTS ACHIVEMENTS :

NATIONAL LEVEL:

- Winner in the All India Rural Sports Tournament held at Ranchi during the year 1994-95.
- Representing Karnataka State 45th National School Games held at Srinagar, during the year 1999-2000.
- Representing Karnataka State in the National Women's Sports Meet held at Indore, Madhya Pradesh during the year 2001.
- Runner in the All India Kho-Kho tournament held at Pune during the year 2000.
- Representing Karnataka State in the 17th Open National Kho-Kho Championship held at Mehsana, Gujarat during the year 2003.
- Representing Karnataka State in the 39th Senior National Kho-Kho Championship held at Dhule, Maharashtra during the year 2004.

SOUTH ZONE:

- Runner in the 18th Senior South Zone Kho-Kho championship held at Pallavaram, Chennai during the year 2003.

INTER UNIVERSITY IN SOUTH AND WEST ZONE:

- Represented Kuvempu University in the south west zone Inter-University Kabaddi Tournament held at Madhurai Kamraj University, Tamilnadu during the year 2001.
- Represented Kuvempu University in the south west zone Inter-University Kabaddi Tournament held at Manonmanian Sundarnar University, Tamil Nadu during the year 2002.
- Represented Kuvempu University in the south west zone Inter-University Kabaddi Tournament held at Nagarjuna University, Guntur during the year 2003-04.
- Represented Kuvempu University in the south west zone Inter-University Kabaddi Tournament held at Manonmanian Sundarnar University, Tamil Nadu during the year 2004-05.
- Represented Kuvempu University in the south west zone Inter-University Kho-Kho Tournament held at Jalgaon, Maharashtra during the year 2001-02.

- Represented Kuvempu University in the south west zone Inter-University Kho-Kho Tournament held at University of Pune, Maharashtra during the year 2002-03.
- Represented Kuvempu University in the south west zone Inter-University Kho-Kho Tournament held at University of Calicut, Kerala during the year 2004.
- Represented Kuvempu University in the south west zone Inter-University Kho-Kho Tournament held at Banasthali Vidyapeeth, Rajasthan during the year 2005.

STATE LEVEL:

Events	1st place	2nd place	3rd place
Kho-Kho	-	04	-
Sepaktakraw	-	01	-

INTER COLLEGIATE TOURNAMENT:

Events	1st place	2nd place	3rd place
Kho-Kho	01	03	01
Kabaddi	01	-	01
Soft ball	01	01	-
Hand ball	03	-	01
Relay (400)	-	-	02

PUBLICATION

- Article named “A Study on Body Composition and Hand Grip Strength of Active and Sedentary College Going Females (January 2013)” published in International Journal of Behavioral Social and Movement Sciences”, Vol. 02, Issue 01, ISSN:2277-7547, Pp 149
- Article named “A Study on Anxiety in Female Kho-Kho, Kabaddi and Softball intercollegiate Players (January 2016)” published in International Journal of Physical Education, Sports and Health”, Vol. 03, Issue 01, ISSN:2394-1693, Pp 135-137

- Article named “Analysis of Body Composition and Hand Grip Strength in Active and Inactive College level Girls (January 2017)” published in International Journal of Physical Education and Sports Sciences, Vol. XI, Issue- XVIII, ISSN: 2231-3745, Pp 39
- Article named “A Study on Physiological Variables among Active and Sedentary Male Students (2017)”, published in International Journal of Engineering Technology Science and Research, Volume 4, Issue 10, ISSN 2394 – 3386, Pp 948-953
- Article named “Silhouette as a valid self-reported measure of body composition in young women (2016)” issues and challenges in implementation of physical education and sports science in under graduate level. ISBN: 978-93-84044-93-0, Pp 151-153
- Article named “Relationship between Handgrip Strength and Bone Properties in young Females : A Cross-Sectional Study” published in Edited Volume of Proceedings of the UGC- Sponsored National Seminar on Aerobic Exercises and Yoga Science for Health and Fitness”, ISSN:978-81-926611-0-6, Pp 70
- Article named “Exploring the Beneficial Effects of Yoga and Pranayama on Physical Fitness of Adolescent Girls” published in Edited Volume of Proceedings of the UGC- Sponsored National Seminar on Aerobic Exercises and Yoga Science for Health and Fitness”, ISSN:978-81-926611-0-6, Pp 137
- Article named “A study on body composition, hand grip strength and bone properties of college level females”, *Proceedings of the 10th Kannada Vijnana Sammelana on VIJNANA KANNADA-10 (2014)*, PP:423-25, ISSN: **2249-5754**.

PAPER PRESENTED IN CONFERENCES

- Presented a Research Paper on “Role of Malnad Region Sports Clubs in the Promotion of Indigenous Games” at the National Seminar on Revelation of Current Trends and Issues in Physical Education organized by the Department of PG Studies and Research in Physical Education in Sports and Yoga, Kuvempu University, Shankaraghatta (Karnataka), January, 2012.

- Presented a Research Paper on “The Impact of Warm up and Stretching in Preventing Sports Injuries – An Opinion Survey of Handball Players in Shimoga District” at the National Seminar on Sports Injuries and Rehabilitation organized by the St. Mary’s College, Shirva (Karnataka), March, 2012.
- Presented a Research Paper on “Exploring the Beneficial Effects of Yoga and Pranayama on Physical Fitness of Adolescent Girls” at the National Seminar on Aerobic Exercises and Yoga Science for Health and Fitness organized by the Govt. First Grade College, Alnavar, Dharwad (Karnataka), February 2013.
- Presented a Research Paper on “Silhouette as a Valid Self-Reported Measure of Body Composition in Young Women” at the National Seminar on Issues and Challenges in Implementation of Physical Education and Sports Science in Undergraduate Level organized by Department of Physical Education, Government First Grade College, Tiptur (Karnataka), March, 2016.

CONFERENCES / SYMPOSIUM / WORKSHOPS ATTENDED

- Participated in UGC Sponsored National Seminar on Role of Colleges and Universities towards the Progressivity of Sports in India organized by Govt. First Grade College, Krishnarajapuram, Bangalore during 18th and 19th March 2011.
- Participated in UGC Sponsored International Conference on Talent Identification and Development in Physical Education and Sports, hosted by Saint Mary’s Syrian College, Brahmavar on 29th and 30th January 2010.
- Participated in UGC Sponsored National Seminar on Health Related Physical Fitness and Wellness organized by Poornaprajna College, Udupi during August, 2014.
- Participated in National Level Workshop on Sports Nutrition organized by Department of Studies in Physical Education, Kuvempu University, Shankaraghatta during May, 2012.
- Participated in UGC Sponsored State Level Workshop on The Game Sepak Takraw organized by Department of Studies in Physical Education, Sir MV Govt College, Bhadravathi during May, 2012.

- Participated in One Day Workshop on Yoga and Health organized by Department of Studies in Physical Education, Kuvempu University, Shankaraghatta during February, 2013.
- Participated in One Day Workshop on First-Aid organized by Department of Studies in Physical Education, Kuvempu University, Shankaraghatta during February, 2014.

PROJECT DONE DURING M.P.Ed:

- A Comparative study on Anxiety among Kuvempu University Inter Collegiate Kho-Kho, Kabaddi and Soft Ball Women Players.

THESIS DONE DURING M.Phil:

- Contribution of Kho-Kho Sports Clubs in Shivamogga District for Promotion of the Game.

Reference:

- ✚ Dr. S M Prakash, Director and Dean of Department of Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta-577451, Shivamooga District, Karnataka, Ph: 9448260774
- ✚ Dr. N.D. Virupaksha, Co Ordinator, Department of PG Studies and Research in Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta-577451, Shivamooga District, Karnataka, Ph: 9481877431
- ✚ Dr. Appanna M Gasthi, Co Ordinator, B.P.Ed and Department of Yoga Studies and Research in Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta-577451, Shivamooga District, Karnataka, Ph: 9449757038
- ✚ Dr. Gajana Prabhu B, Assistant Professor, Department of Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta-577451, Shivamooga District, Karnataka, Ph: 9845311458
- ✚ Mr. G S Nagaraj, Director, Department of Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta-577451, Shivamooga District, Karnataka, Ph: 9448782095

DECLARATION:

I hereby declare that the information given above is true, complete and correct to the best of my knowledge and belief.

Signature of the Candidate

Place: Bhadravathi

Date : 11-04-2018

(TANGARANI)