

# CURRICULUM VITAE

**SATYANARAYANA L.H.**

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## **OBJECTIVE:**

Seeking A Challenging Employment That Provides Opportunities For Personality Development And To Show My Caliber By Working In Your Esteemed Organization.

## **TECHNICAL SKILLS:**

**Basic computer knowledge**

## **QUALIFICATIONS:**

<b>Name of Course</b>	<b>Institution</b>	<b>Year of Passing</b>	<b>University/ Board</b>	<b>Percentage</b>
<b>Ph.D</b>	Kuvempu University	Pursuing	Kuvempu University	Pursuing
<b>M.P.ED</b>	Jnana Sahyadri Kuvempu University, Shankaragatta	May 2015	Kuvempu University	74.80
<b>B.P.ED</b>	U.C.P.E. Kuvempu University, Shankaragatta	May 2013	Kuvempu University	77.83
<b>PG Diploma in Yoga</b>	Jnana Sahyadri Kuvempu University, Shankaragatta	May 2013	Kuvempu University	68.46

## **SPECIALIZATION:**

Research And Statistics In Physical Education, Health Education And Environmental Studies, Computer Application In Physical Education, Physical Fitness And Wellness, Cricket, Volleyball, Kho-Kho, Kabaddi, Badminton, Softball, Basketball, Table Tennis, Weight Lifting, Handball And Hockey.

**OTHER QUALIFICATIONS:**

Qualified In **NET Exam – 2019**,  
Qualified in **K-SET Exam - 2017**,  
Cricket match official – **KSCA 2017- Present**,

**WORK EXPERIENCE:**

- Worked as a Physical Education Teacher for **Two** years in St. Joseph’s Aksharadhama, ICSE School, Gaadikoppa, Shivamogga (2015-2017).
- Worked as a Physical Education Director In University College of Arts & Commerce, Shankaraghatta from 2017-2020.
- Working as a DOS in Physical Education, Jnana Sahyadri, Kuvempu University, Shankaraghatta from 2020 - Present.

**PROJECT WORK DURING M.P.Ed.:**

**“A Study on Effect of Swiss Ball Exercise Training on Core Muscle Strength”**

**PERSONAL DETAILS:**

**Name:** Satyanarayana L.H.,  
**Father’s Name:** Hanumantappa.T.,  
**Mother’s Name:** Chandramma  
**Date of Birth:** 11 May 1989  
**Marital Status:** Married  
**Nationality:** Indian  
**Languages:** Hindi, English, Kannada,  
**Strengths:** Organizing sports events, Hardworking and Confident  
**Hobbies:** Teaching, Playing games, Reading books, listening music.  
**Permanent Address:** Satyanarayana L.H s/o Late Hanumantappa T  
H L C 68/c Hutta Colony, Bhadravathi- 577301,  
Shivamogga,Karnataka.

**Achievements**

1. Organized Kuvempu University Intercollegiate **KHO-KHO** Tournament at Jnana Sahyadri Campus 2018-19.

2. Represent as a **Kuvempu University Handball Team Manager/Coach** TWICE held at Andra Pradesh, Nunna – 2017, Andra Pradesh, Kurnool - 2018.

3. Selection committee Member of Kuvempu **University Cricket Team** – 2017-18, 2019-20, 2020-21.

4. Selection committee Member of Kuvempu **University Handball (M&W) Team** – 2022-23

#### **5. International Journal Publications:**

- I have published article on my research topic “**Examining Relationship Between Performance Parameters And Core Muscle Strength Of Inter-University Level Sportspersons**” in the Juni Khyat Journal ISSN 2278-4632 (UGC care group I listed journal) Vol-13, Issue-08, No04, August 2023, P No 23-28.
- I have published article on my research topic “**Discovering Relationship Between Core Muscle Strength And Performance Parameters Of Sportspersons At Pre-University Level**” in the Juni Khyat Journal ISSN 2278-4632 (UGC care group I listed journal) Vol-13, Issue-08, No04, August 2023, P No 130-136.
- I have published article on my research topic “**A Study on Association between Core Muscle Ability and Cardio Respiratory Endurance of Kho-Kho Players**” in the scholarly research journal for interdisciplinary studies, ISSN 2319-4766, Vol-11/65, Oct-Dec 2023, P No 757-759.
- I have Published article on “**Determining Relationship between Core Muscle Strength and Performance Parameters of Sportspersons at Secondary School Level**” in the Int. J. Physiol. Sports Phys. Educ. 2023;5(1):10-13. DOI: 10.33545/26647710.2023.v5.i1a.40.
- I have Published article on “**Exploring Association between Core Muscle Stability and Performance Parameters of Sportspersons at College Level**” in the Int. J. Physiol. Sports Phys. Educ. 2023;5(1):22-26. DOI: 10.33545/26647710.2023.v5.i1a.44.
- Prabhu G.B., & Satyanarayana L H (2016) Effectiveness Of Instability Resistance Training Devices in Improving Core Muscle Strength of Young Men “**Role Of Yoga And Technology in Enhancing Sports Performance And Populace Health**” PP 99-101 ISBN: **978-93-80622-03-3**.
- **A Comparative Study on Aggression between Individual and Team Game Inter-Collegiate Men Players of Kuvempu University.** 2018; 3(1):1002-1003 *Proportional study on sports, yoga and health awareness of the rustic and urban high school students of shivamogga district.* ISSN: **2456-5067** Impact Factor: RJIF 5.24 Volume 3; Issue 2; March 2018; Page No 131-133.
- **A comparative study on Physical Fitness Components between Residential and Non-residential High School Boys of Chennagiri Taluk Davangere District.** *Online International Interdisciplinary Research Journal, {Bi-Monthly},* ISSN 2249-9598, Volume-08, Mar 2018 Special Issue.
- **Compare the competitive state anxiety of handball and volleyball kuvempu university inter-collegiate Level.** *International Journal of Physiology, Nutrition and Physical Education.* ISSN: 2456-0057 IJPNPE 2018; 3(1): **1119-1121**.

- **A study on psychological profile achievement motivation of handball and volleyball female intercollegiate players of kuvempu University.** 2018; 3(1):1492-1494.
- Satyanarayana L H & Prabhu G.B., on “**A Review of Khelo India programme: A Ray of Hope for Prospective Sports Talent in India**” Development of research (volume-2) – Proceedings of *International Multidisciplinary conference* (2018). PP 214-216.ISSN:978-1-387-74713-9.

6. Presented Paper on “**Differences in Core Muscle Strength between Sportspersons in Individual and Group Events**” in the two days national conference on ‘Recent advances in physical education and sports’ organized on 30 & 31 March 2022.

7. Successfully completed one week Faculty Development Programme on “**Online Tools for Research & Analysis**” from 08 - 14, June 2021 and obtained Grade A.

8. Presented Paper on “**Role of Core Muscle in Prevention of Injuries and High Sports Performance**” in the international conference held at Bangalore August – 2021.

9. Successfully completed e-workshop on “**Systematic Literature Review**” from 30 to 31 October 2021.

10. Presented Paper on “**Benefits of yoga in modern society**” in **National Conference** held at Tumkur – 2018.

11. Participated **National conference** held at Chitradurga on 2015.

12. Participated **International Conference** held at Gulbarga on 2017.

13. Participated **South-zone Inter University Cricket** Tournament held at Pondicherry on 2013-14.

14. Participated **South - zone Inter University Cricket** Tournament held at Chennai on 2014-15.

15. Participated **south - zone Inter University Handball** Tournament Held at Selam in Tamilnadu on 2014-15.

16. Secured **1st place in Intercollegiate & Inter-zone Cricket in 2015.**

17. Secured **1st place Intercollegiate Softball competition in 2014-15.**

18. Secured **Runners in Handball Intercollegiate in 2013-14.**

#### **DECLARATION:**

I hereby declare that all the above information furnished by me is true to the best of my knowledge.

Date:

Signature of the Candidate

Place: Bhadravathi

(Satyanarayana L.H)