

Curriculum vitae

Name: Prasanna Kumara M D
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CAREER OBJECTIVE

I intend to grow professionally, committing myself to excellence while keeping high ethical values. I am willing to be an integral part of the competitive environment, which will help me explore and nurture my talents. To teach Physical Education in a way that encourages teamwork, sportsmanship, and respect for others. Serve as role model by maintaining physical fitness and attitude. I possess skills such as teamwork, communication, leadership, time management, and problem solving which will help me to carry on with my profession very well.

EDUCATIONAL QUALIFICATIONS

Examination	School/College	Board/University	Year of Passing	Percentage
SSLC	Bedara Kannappa High School Jagalur	K.S.E.E. Board	2005	45.60
B.A	Govt, First Grade College Jagalur	Davanagere University	2015	69.61
B.PED	UCPE Kuvempu University	Kuvempu University	2017	78.84
P.G. Diploma in Yoga	Department of Physical Education Kuvempu University	Kuvempu University	2016	65.84
M.PED	Department of Physical Education Kuvempu University	Kuvempu University	2019	69.52
Ph.D. Coursework	Department of Physical Education Kuvempu University	Kuvempu University	2022	68.75
Ph.D.	Department of Physical Education Kuvempu University	Kuvempu University	2024	Submitted

GAMES AND SPORTS SPECIALIZATION

- Volleyball/Badminton/Handball/Hockey/Football
- Track and Field events / Wrestling/Judo/Aerobics.
- Basketball/ Kho-Kho /Kabaddi

PAPER PRESENTATION AND PUBLICATION

1. SCOPUS INDEX JOURNAL. Published my paper entitled "Effect of yogic practices on reaction time and two hand coordination of male inter-collegiate level sportspersons" "This article has been published in the "African Journal of Biomedical Research" September 2024.
2. Presentation and Publication the paper on the "Effect of selected yogic practices on Wellbeing of intercollegiate level male sportspersons" one day national conference on "impact of national education policy on sports, yoga and wellness" in Organized by University college of science Tumkur, Department of Physical Education Tumkur University, held on 22 March 2024. This Research paper published with ISBN 978-93-82694-60-1.
3. Presented the paper on the topic "Benefits of yoga for mental health and physical fitness in sportsperson" in the national Conference on "Physical Education and sports Sciences-Professional Pathways and Prospects" Organized by Department of Physical Education, Kuvempu University, Jnanasahaydri, Shankaraghatta. On 12th March 2024.
4. Participated in the Pre-Conference Workshop on "Advance in Sports Injury Management" Organized by Department of Physical Education, Kuvempu University, jnanasahyadri, Shankaraghatta, on 11th March 2024.
5. Published my paper entitled "Role of yogic practices in the psychomotor performance of a sports person" in Madhya Bharti UGC Care Approved, Group I, Peer Reviewed, Bilingual, Biannual, Multi-disciplinary Referred Journal, ISSN 0974- 0066, with IF=6.28 Vol. 83, No. 15, January - June: 2023.
6. Participated in the two-days "National Conference on Physical Education and Sports Sciences" Organized by Vidya Vikas Mandal's Shree Damodar College of Commerce & Economics, Margao, Goa. Held on 05th and 06th April 2023.
7. Participated in the One-day National Seminar On "Digital Media Journalism: Challenges and Prospects" Organized by the Department of Journalism and Mass Communication, Kuvempu University, held on 23rd February 2023.
8. I participate in 7 days' camp held at jnanasahyadri campus from 15 to 21/07/2023 for public, students and staff of Kuvempu University on the occasion of international yoga day.
9. Participated in the one-day national seminar on "Digital Media Journalism: Challenges and Prospects" Organized by the department of journalism and mass communication, Kuvempu University, hold on February 23rd, 2023.
10. Presented a paper entitled "SOCIALIZATION THROUGH SPORTS: OPPORTUNITIES AND CHALLENGES" in the One-day national level seminar on "Strategic Approach for Multidisciplinary Education" Organized by S.G.V.V. T's Shri Gavisiddeshwar College of Education, Koppal on 10th December 2022. This

paper has been published under Principal S.G.V.V. T's Shri Gavisiddeshwara College of Education, Koppal (Karnataka), with ISBN No: 978-81-959744-0-5.

11. Presented a paper entitled "VALIDITY OF ONLINE REACTION TIME TEST: CONTEXT OF SPORTSPERSON" in the One-day national level multidisciplinary seminar on 'Contemporary Anxieties and The Common Man; Life After (During) Covid 19', Organized by the internal quality assurance cell (IQAC) of the institution on 26th August 2022 at Government First Grade Women's College Shivamogga. This paper has been published under Suvvi Publication. With ISBN No: 978-81-956228-9-4. PP: 296-304.
12. Presented a paper entitled "DEXTERITY AND STEADINESS THEIR USEFULNESS IN SPORTS", In the ICSSR Sponsored Two-day's National Seminar on "Swastha Bharat In India: Problems - Prospects and Way Forward", Organized by Department of Studies in Physical Education and Sports Science, Karnataka State Akkamahadevi Women's University Vijayapura. From June 16th & 17th 2022. This paper has been published under "International journal of Innovative Practice and Applied Research (IJIPAR), Vol. 12(3). June 2022. With ISSN No.: 2349-8978 impact factor 5.2.
13. Participated in the six-day National Workshop on " Sports science Research" held at department of Physical Education, Mangalore University from May 23 to 28, 2022
14. Presented a paper entitled "NEED FOR YOGA PRACTITIONER IN THE ENHANCEMENT OF SPORTS PERFORMANCE: CHALLENGES AND OPPORTUNITIES" in the Two-day National Conference on "Recent Advances in Physical Education", Organized by Department of Physical Education on March 30 to 31st 2022 at Kuvempu University, Jnanasahyadri Campus, Shankarghatta.
15. Participated in the "INTERNATIONAL CERTIFICATE COURSE ON SCIENCE OF COACHING IN CRICKET", Organized by International Association of Physical Education and Sports (IAPES) Incorporated in collaboration with Physical Education Foundation of India and Lakshmibai Institute of Physical Education, on March 2nd to 5th 2022.
16. Participated in the "INTERNATIONAL CERTIFICATE COURSE ON SCIENCE OF COACHING IN FOOTBALL", Organized by International Association of Physical Education and Sports. (IAPES) Incorporated in collaboration with physical education foundation of India and Lakshmibai Institute of Physical Education. On February 19th to 22nd 2022.
17. Presented the paper on the topic "A REVIEW ON IMPORTANCE OF YOGIC PRACTICES ON SELECTED PSYCHO-PSYIOLOGICAL VARIABLES OF SPORTSPERSONS", in the IQAS Initiative Collaboration with Alumni Associations a Two-day virtual National Conference on "Innovative pedagogy and teaching-learning to promote NEP-2021", organized by Kumadvathi College of Education, Shikaripura from 18th to 19th December 2021. This paper has been published under Prasaraanga Kuvempu University, Shankaraghatta, with ISBN: 97893-83985-21-0.

BIOGRAPHICAL DATA

Name : PRASANNA KUMARA M D

Father Name : DASAPPA M T

Mother Name : BASAMMA

Date of Birth : 02-06-1989

Sex : Male

Nationality : Indian

Marital Status : Married

Languages known : Kannada, English.

Hobbies : Reading books, Reading Newspaper, Playing Games.

Address : H.No.101, Lingannanahalli Village, Kattigehalli (Post), Jagalur (Tq), Davanagere (Dist). Pin: 577451

Mobile : 7619345725

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Specializations : Volleyball, Athletics (Track and Field events), Kho-Kho, Kabaddi, Badminton, Hockey, Handball, Basketball, Football, Wrestling, Judo, Aerobics.

DECLARATION

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

Signature of the candidate

Date:

(PRASANNA KUMARA M D)

Place: Shankaraghatta