

# CURRICULUM VITAE

**REKHA K**

W/O Lakshman Gowda  
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## Objective

To be associated with a progressive organization which can provide me with a dynamic work sphere to extract my inherent skills as a professional, use and develop my aptitude to further the organization's objectives and also attain my career targets in the process.

**“To be focused towards success through creating excellence in every step.”**

## Educational qualification

course	university/board	year passing	of percentage
M.Sc Yoga	Annamalai University, Temilnadu	2023	Perusing
PGD in Yoga	Kuvempu University, Shankarghatta	2013	72%
M A	Kuvempu University, Shankarghatta	2014	60.6%
B PED	University College of Physical Education Shankaraghatta	2013	75.7%
B.A	Kuvempu University, Shankarghatta	2012	67.10%
PUC	Girls P U College, Hassan	2003	68.66%
SSLC	Arunodaya Manasa High School, Hassan	2001	52.48%

## **Games Undergone During B P Ed**

1. VOOLEYBALL and KHO-KHO
2. KABADDI, HANDBALL and FOOTBALL
3. HOCKEY, SOFTBALL and BADMINTON

## **Additional qualifications**

1. Yoga Instructor Course (YIC) -S-VYASA University Bangalore

## **Book Published**

Concept of Yoga and Fitness through Laxmi Book Publication with ISBN 978-1-4583-2010-0 in the year 2022

## **Conference and Seminars**

1. National conference on “Physical education and sports sciences -professional pathway and prospects” presented a paper title on “ challenges for female sports persons in 21<sup>st</sup> century. Conference conducted by department of PG studies in physical education jnanasahyadri shankaraghatta.on 12 March 2024. Paper presented title: Role of yoga for active life style”.
2. One Day National Seminar on “ Physical Education and Yogic Science” organized by Department of Physical Education GFGC Davanagere on 30<sup>th</sup> Jan 2016 – Paper presented title “ Effect of yoga Asanas on Psychological factors of school Students”.
3. Two days international conference on “Modern Trends in Sports performance (ICMTP-2023) organized by Alagappa University college of Physical Education, Alagappa University, Karakudi on 15<sup>th</sup> and 16<sup>th</sup> March 2023 title of the Paper presented title “Yoga for Rejuvenation”.
4. National Seminar on Sports – an integral component for socio economic and cultural Transformation in India on 23<sup>rd</sup> March 2019 title of the Paper presented title: “Effect of yoga on Sports performance”.
5. Online National Level Seven days web series Popularizing less popular and games day” seven day Yoga competition” organized by sir M V Govt and Arts and Com College Bhadravathi held on 9<sup>th</sup> nov 2020
6. Online National Level Seven days web series “Psychological benefits of sports during Covid-19 organized by ATNCC Shimoga held on 21<sup>st</sup> nov 2020
7. Online National Level Webinar “ Fitness for college students need of the hour” organized by GFGC Holehonnur held on 21<sup>st</sup> nov 2020
8. National Level Webinar “ Wholesome development through sports and physical activities ” organized by GFGC Koppa held on 18/11/2020
9. Online National Level Webinar “ Covid-19 Challenges precautions and prevention at collges ” organized by GFGWC Shimoga held on 20/11/2020
10. Online international Conference on Nutrition and Health Education organized by Annamali University held on 20<sup>th</sup> to 21 feb 2023 Paper presented title : “Effect Of Pranayama On Anaerobic Power And Aerobic Capacity Of Under Graduate Students”.

11. Two Days National Seminar on “Swastha Bharatha in India : Problems – Prospects and Way Forward” organized by Department of Studies in Physical Education and sports Sciences Karnataka State Akkamahadevi Women’s University, Vijayapura held on 16<sup>th</sup> and 17 June 2022 Paper presented title: Important role of Yoga in women health”.
12. Attended two days National Level webinar on “Challenge for Physical Education amidst Covid19” organized by Department of P G Studies and research in physical Education and Sports on 08-09-2020 and 09-09-2020
13. Attended the National Level Conference on Yoga Therapy 2013 held on 18<sup>th</sup> -19<sup>th</sup> Jan 2013 at Mangalore University.

### **Workshop**

1. Attended the One day Workshop on Yoga and Health held on 28<sup>th</sup> Feb 2013 Organized by Kuvempu University.
2. Attended the One day workshop on implementation of semester scheme in B Ed course” organized by the faculty of Education, Kuvempu University Jnanasahyadri, Shankarhatta on 15<sup>th</sup> feb 2016
3. Pre- conferences Workshop on “Advances in Sports Injuries” organized on 11th march 2024 jnanashaydri campus , Shankarghatta

### **Work experience**

Seven year work experience.

Worked as a guest lecturer in the department of PG studies in physical education jnanasahyadri shankaraghatta, kuvempu university.

### **Personal Details**

<b>Name</b>	:	<b>Rekha K</b>
<b>Father’s Name</b>	:	Rangaswamy
<b>Date of birth</b>	:	15-05-1984
<b>Age</b>	:	39
<b>Sex</b>	:	female
<b>Marital status</b>	:	Married
<b>Nationality</b>	:	Indian
<b>Languages</b>	:	Kannada, English
<b>Religion</b>	:	Hindu

### **Declaration**

I hereby declared that the information furnished is true to the best of my knowledge.

**Place:**

**Date:**

**(Rekha .K.)**