

CURRICULUM VITAE

Dr. SATYANARAYANA L H.

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OBJECTIVE:

Experienced in developing and delivering engaging physical education programmes tailored to diverse student needs. Committed to fostering positive, inclusive learning environment and promoting lifelong love for physical activity. Strong background in curriculum design, student assessment, and collaborative projects with colleagues. Experienced Physical Education professional skilled in developing students' physical, educational and emotional growth. Maintains productive learning environments using proven behavior management techniques.

SKILLS:

Basic computer knowledge

QUALIFICATIONS:

Name of Course	Institution	Year of Passing	University/ Board	Percentage
Ph.D.	Kuvempu University	2024	Kuvempu University	64.29
M.P.Ed	Kuvempu University	2015	Kuvempu University	74.08
B.P.Ed	U.C.P.E Kuvempu University	2013	Kuvempu University	77.83
PGD in YOGA	Kuvempu University	2013	Kuvempu University	68.46

SPECIALIZATION GAMES:

Cricket, Handball, Badminton, Table Tennis, Softball, Volleyball, Kho-Kho, Kabaddi, Basketball, Weight Lifting, And Hockey.

EXPERIENCE:

- ✚ Worked as a Physical Education Teacher in St. Joseph's Aksharadhama, ICSE School, Gaadikoppa, Shivamogga from 2015-2017.
- ✚ Worked as a Physical Education Director In University College of Arts & Commerce, Shankaraghatta from 2017-2020.
- ✚ Working as a Lecturer in Dept. of studies 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”

Ph.D. TITLE:

“EXAMINING ASSOCIATION BETWEEN CORE MUSCLE ABILITY AND PERFORMANCE PARAMETERS OF SPORTSPERSONS AT DIFFERENT LEVELS”




PERSONAL DETAILS:

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

AREAS OF SPECIAL INTEREST

- ❖ Physical Fitness and Wellness.
- ❖ Anatomy and Physiology.
- ❖ Coaching in Cricket, Handball & softball.
- ❖ Yoga instruction.

ADDITIONAL QUALIFICATIONS

-  Qualified National Eligibility Test (NET) for Lectureship conducted by University Grants Commission (UGC) during December 2019.
-  Qualified Karnataka state Eligibility Test (K-SET) for Lectureship conducted by Mysuru University during December 2017.
-  Qualified Karnataka state panel umpire (match official) conducted by Karnataka state cricket association during December 2017.

SPORTS ACHIEVEMENTS

1. Participated South-zone Inter University Cricket Tournament held at Pondicherry on **2013-14**.
2. Participated South - zone Inter University Cricket Tournament held at Chennai on **2014-15**.
3. Participated south - zone Inter University Handball Tournament Held at Salem in Tamilnadu on **2014-15**.
4. *Captain* of Kuvempu University cricket team and secured I place in Intercollegiate & Inter-zone in **2015**.
5. Secured 1st place Intercollegiate Softball competition in **2014-15**.
6. Secured Runners in Handball Intercollegiate in **2013-14**.

PUBLICATION OF RESEARCH WORK

1. **Satyanarayana L.H,** & Shivamurthy A. “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.*
2. **Satyanarayana L.H,** & Shivamurthy A. “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.*

3. **Satyanarayana L.H,** & Shivamurthy A, “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.
4. **Satyanarayana L.H,** & Shivamurthy A, “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.
5. **Satyanarayana L.H,** & Shivamurthy A, “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.
6. **Satyanarayana L.H,** Shivamurthy. A & Prabhu, G. B. “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. **Satyanarayana L. H.** & Prabhu, G. B. “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.
8. **Satyanarayana L.H,** Pooja M, & Nagraja Y, “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.

9. Pooja M , **Satyanarayana L. H** , Nagaraja y, A COMPARATIVE STUDY ON PHYSICAL FITNESS COMPONENTS BETWEEN RESIDENTIAL AND NON-RESIDENTIAL HIGH SCHOOL BOYS OF CHENNAIGIRI TALUK DAVANGERE DISTRICT. *Online International Interdisciplinary Research Journal*, {Bi-Monthly}, ISSN 2249-9598, Volume-08, Mar 2018 Special Issue.
10. Pooja M, **Satyanarayana L. H**, Nagaraja y, 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.
11. **Satyanarayana L. H**, Pooja M & Maheswara B.N, “A STUDY ON PSYCHOLOGICAL PROFILE ACHIEVEMENT MOTIVATION OF HANDBALL AND VOLLEYBALL FEMALE INTERCOLLEGIATE PLAYERS OF KUVEMPU UNIVERSITY”. (2018) *International Journal of Physiology, Nutrition and Physical Education* 2018; 3(1): 1492-1494.
12. Pooja M , **Satyanarayana L. H** , Sampath Angadi, PROPORTIONAL STUDY ON SPORTS, YOGA AND HEALTH AWARENESS OF THE RUSTIC AND URBAN HIGH SCHOOL STUDENTS OF SHIVAMOGGA DISTRICT. *International Journal of Yoga, Physiotherapy and Physical Education*, ISSN: 2456-5067, Impact Factor: RJIF 5.24, Volume 3; Issue 2; March 2018; Page No. 131-133
13. 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.

PROFESSIONAL EXPERIENCES

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

- Successfully completed e-workshop on **“Systematic Literature Review”** from 30 to 31 October 2021.
- Presented Paper on **“Role of Core Muscle in Prevention of Injuries and High Sports Performance”** in the international conference held at Bangalore August – 2021.
- Presented Paper on **“Benefits of yoga in modern society”** in National Conference held at Tumkur – 2018.
- Attended one day **National conference** held at Chitradurga on 2015.
- Attended one day **International Conference** held at Gulbarga on 2017.

HONORS AND AWARDS

1. Selection committee member for Kuvempu University **Men Cricket** team **2017** to till date.
2. Selection committee member of Kuvempu University **Handball (M&W) Team - 2022-23.**
3. Team Manager/Coach, Kuvempu University **Cricket Men** team held at Tamilnadu, – **2024-25.**
4. Team Manager/Coach, Kuvempu University **Handball Women** team held at Tamilnadu, Thiruchinapalli – **2022-23.**
5. Team Manager/Coach, Kuvempu University **Handball Men** team held at Andra Pradesh, Nunna – **2017.**
6. Team Manager/Coach, Kuvempu University **Handball Men** team held at Andra Pradesh, Kurnool - **2018.**

ORGANIZING EXPERIENCES

1. Organizing secretary, Kuvempu University Intercollegiate **Kho-Kho** Tournament held at Jnana Sahyadri Campus 2018-19.
2. Rapporteur of Pre-conference workshop on ‘**Advances in Sports Injury management**’ organized by Department of P. G. Studies in Physical Education Kuvempu University on 11-03-2024 at Jnanasahyadri, Shankaraghatta.

3. Rapporteur of National conference on '**Physical Education And Sports Sciences- Professional Pathways And Prospects**' organized by Department of P. G. Studies in Physical Education Kuvempu University on 12-03-2024 at Jnanasahyadri, Shankaraghatta.
4. Rapporteur of two-day National conference on '**Recent Advances In Physical Education And Sports**' organized by Department of P. G. Studies in Physical Education Kuvempu University on 30-03-2022 and 31-03-2022 at Jnanasahyadri, Shankaraghatta.

DECLARATION:

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

Date: 19-03-2025

Signature of the Candidate

Place: Bhadravathi

(Dr. Satyanarayana L.H)