

CURRICULUM VITAE

Dr. Tangarani

D/o Philomina David

Chame Gowda Lane

Bhadravathi - Tq

Shivamogga - Dist

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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.

ACADEMIC PROFILE:

Examination passed	Name of the Institution	Board / University	Year of Passing	Percentage
Ph.D.	Jnana Sahyadri, Shankaraghatta	Kuvempu University	2019	
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

Additional Qualifications

- P.G. Diploma in Sports Management
- P.G. Diploma in Yoga.

Working Experience

Professional Experience		
Designation	Institution/ University	Period from to
Physical Education Teacher	St. Josephs School (CBSE), Bhadravathi.	From 2007 to 2008
Guest Lecturer	Kuvempu university	From January 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. <i>Kho-Kho, Kabaddi, Table Tennis, Badminton, Throw ball and Softball.</i>		

PAPER PUBLICATION

1. 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
2. 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
3. Article named “Analysis of Body Composition and Hand Grip Strength of Active and Inactive College level Girls (January 2017)”, published in International Journal of Physical Education and Sports Sciences”, Vol. 11, Issue 18, ISSN:2231-3745, PP: 39
4. Article named “A study of Physiological Variables among Active and Sedentary Male Students (October 2017)”, published in International

- Journal of Engineering Technology Sciences and Research, Vol. 04, Issue 10, ISSN: 2394-3386, PP: 948-953
5. Article named “Effect of aerobic dance training on body composition of young women (March 2018)”, published in International Journal of Yoga, Physiotherapy and Physical Education, Volume 3; Issue 2, ISSN: 2456-5067, PP: 158-161
 6. Article named “Suitability of Yogic Interventions to deal Stress in Young Women (April 2018)”, published in Indian Journal Of Physical Education, Sports and Applied Sciences, Vol. 08 No. 02, ISSN: 2455-0175, PP: 1-5
 7. Article named “Comparison of body mass index and hand grip strength of middle aged regular walkers and yoga practitioners (September 2018)”, published in International Journal of Current Research Vol. 10, Issue, 09, ISSN: 0975-833X, PP: 73630-73632
 8. Article named “Yoga for Healthy Living (April 2019)”, published in International Journal of Research and Analytical Reviews, e ISSN 2348 – 1269, Print ISSN 2349-5138, PP: 871-874
 9. Article named “IMPACT OF COVID-19 ON EDUCATION” (June 2020) published in Edited Volume of Proceedings of one day International multi-disciplinary webinar on “PARINAMANA-A PARADIGM SHIFT, ISBN: 978-93-5407-832-3, PP: 233-237
 10. Article named “A Review on Benefits of Yogic Practice for Women in Modern Society” (July 2017) published in Edited Volume of Proceedings of the National Conference on “Blissful Yoga”, ISBN:978-93-82694-35-9, PP: 201-203
 11. Article named “Silhouette as a valid self-reported measure of body composition in young women” (March 2016) published in Edited Volume of Proceedings of the National Conference on “Issues and

- challenges in implementation of physical education and sports science in under graduate level”, ISBN:978-93-81011-93-0, PP: 151
12. Article named “Relationship between Handgrip Strength and Bone Properties in young Females : A Cross-Sectional Study” (February 2013) published in Edited Volume of Proceedings of the UGC- Sponsored National Seminar on Aerobic Exercises and Yoga Science for Health and Fitness”, ISBN:978-81-926677-0-6, PP: 70
 13. Article named “Exploring the Beneficial Effects of Yoga and Pranayama on Physical Fitness of Adolescent Girls” (February 2013) published in Edited Volume of Proceedings of the UGC- Sponsored National Seminar on Aerobic Exercises and Yoga Science for Health and Fitness”, ISBN:978-81-926611-0-6, PP: 137
 14. Article named “Role of physical activity in weight management” published in Edited Volume of Proceedings of the UGC- Sponsored National Conference on Sustainable Development and Knowledge Management in Higher Education”, ISBN: 978-81-940165-1-9
 15. Article named “Role of Exercises in Enhancing Immunity” (August 2022). Seminar conducted by Government Women’s College Shivamogga. Published in Edited Volume of Proceedings of the UGC- Sponsored One Day National Level Multidisciplinary Seminar “On Contemporary Anxieties and the Common Man: life After and During Covid 19” ISBN: 978-81-958711-4-8. PP: 413-419.

PAPER PRESENTED IN CONFERENCES

1. Presented a Research Paper on “A study on Anxiety among Kabaddi and Kho-Kho Intercollegiate Female Players” at the International Conference on Talent Identification and Development in Physical Education and Sports organized by St. Mary’s Syrian College, Brahmavar, Karnataka, January, 2010.
2. Presented a Research Paper on “Role of Physical Fitness Center in Weight Management” at the International conference on Contemporary

- Innovation in Industry and Commerce in Mangalore University, Mangalagangothri, Karnataka, India, February 2019.
3. Presented a Research Paper on “Yoga for healthy living” at the International conference on reaching the Unreached through Education, the Department of Education, Kuvempu University, Shankaraghatta Karnataka, India, March 2019.
 4. Presented a Research Paper on “YOGA- A Solution for stress Management during Covid- 19” in the International E- Conference on Sports Industry during Covid-19, Sports and Management Research Institute. July 2021.
 5. 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.
 6. 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.
 7. 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, 2013.
 8. 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.
- 9.** Presented a Research Paper on “Yoga for Wellbeing” at the National Seminar on Modern Malnad- Issues and Challenges, organized by Govt. First grade College, Thirthahalli, March 2017
 - 10.** Presented a Research Paper on “Yoga for Health in Rural Area” at the National Seminar on Rethinking Rural Development in India-A Gandhian Perspective, organized by Department of Political Science, University College of Arts, Tumkur University, Tumakuru, April 2017.
 - 11.** Presented a Research Paper on “Importance of Physical and Mental Health in Cursing Farmers Suicide in India” at the National Seminar on Indian Farm Sector – Problems and Remedies, organized by Kodachadri Government First Grade Degree College and PG center, Hosanagara, Shivamogga, September 2018
 - 12.** Presented a Research Paper on “Analysis of Body Composition and Handgrip Strength in Active and Inactive College Level Girls” at the National Conference on Innovation in Physical Education, organized by Department of Physical Education and Sports Science, BMS College of Engineering, Bengaluru, January 2017
 - 13.** Presented a Research Paper on “A Review on Benefits of Yogic Practices for Women in Modern Society” at the National Conference on Blissful Yoga, organized by Department of Physical Education, Tumkur University, Tumakuru, July 2017.
 - 14.** Presented a Research Paper on “A Study on physiological Variables among Active Sedentary Male Students” at the National Conference on Science, Technology and Environment: Prospects and Limitations in the 21st Century, organized by Bineswar Brahma Engineering College, Chandrapara, Kokrajar, Assam, October 2017.

15. Presented a Research Paper on “Role of Physical Activity in Weight Management” at the National Conference on Sustainable Development and Knowledge Management in Higher Education, organized by Government First Grade Degree College, Shiralakoppa, March 2019
16. Presented a Research Paper on “Yoga for Women” at the National Conference on Postmodern by women’s Paradigm : Indian Experience and strategies for Development, organized by Women’s study centre, Kuvempu University, Jnana Sahyadri, Shankaraghatta, March 2020
17. Presented a Research Paper on “New concept of Fitness Training” in the Two days National Conference on ‘Recent advances in Physical Education and Sports’ organized by Kuvempu University, Jnana Sahyadri, Shankaraghatta, March 2020

CONFERENCES / SYMPOSIUM / WORKSHOPS / WEBINARS
ATTENDED

1. 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.
2. 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.
3. Participated in National Level Workshop on Sports Nutrition organized by Department of Studies in Physical Education, Kuvempu University, Shankaraghatta during May, 2012.
4. Participated in One Day Workshop on Yoga and Health organized by Department of Studies in Physical Education, Kuvempu University, and Shankaraghatta during February, 2013.

5. Participated in One Day Workshop on First-Aid organized by Department of Studies in Physical Education, Kuvempu University, Shankaraghatta during February, 2014.
6. Participated in UGC Sponsored National Seminar on Health Related Physical Fitness and Wellness organized by Poornaprajna College, Udupi during August, 2014.
7. 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 February, 2015.
8. Participated in Two Day Workshop on MS Excel and SPSS for Commerce Researchers organized by Department of Post-Graduate Studies and Research in Commerce, Kuvempu University, Shankaraghatta during May, 2017.
9. Participated in International webinar on “Women and Mental Health: Ways and means of Maintaining Psychological Wellbeing” organized by Department of Physical Education and Sports Sciences, Karnataka State Akkamahadevi Women’s University, Vijayapura.
10. Participated in the International webinar on “Yoga as a means of Healthier Lifestyle During Corona Virus Pandemic” organized by Department of Physical Education, University of Kalyani, W.B., India, July 2020
11. Participated in the National level webinar on “Futuristic Trends in Physical Education for Youth During Covid-19” organized by Department of Gymkhana, Haveri, August 2020.
12. Participated in two days National level webinar on “Challenges for Physical Education amidst Covid-19” organized by Department of P.G. Studies and Research in Physical Education, Kuvempu University, September 2020.
13. Participated in National level FDP on “Sports Training, Coaching and Changes in Rules and Regulations in Kabaddi, Basketball, Judo and Volleyball” organized by Department of Physical Education, Maharani Cluster University, Bangalore, September 2020.

14. Participated in National level E-Conference on “Nutrition and physical fitness for healthy life”, organized by the College of Horticulture, UHS Campus, GKVK post, Bengaluru, September 2020.
15. Participated in National level webinar on “Health Related Fitness Amidst Covid Pandemic” organized by Department of Physical Education and Sports in collaboration with PEFI, Karnataka Chapter, September 2020.
16. Participated in the National level webinar on “Exercise - An Immune Booster to Combat Covid-19” organized by Department of Physical Education and Internal Quality Assurance Cell collaboration with PEFI, Karnataka Chapter, September 2020.
17. Participated in the National level webinar on “A Perspective View of Integrated Physical Education Curriculum for Under Graduate Level” organized by Department of Government First Grade College for Women, Affiliated to University of Mysore in collaboration with PEFI, Karnataka Chapter, September 2020.
18. Participated in One week International online Faculty Development Programme on “Prospects of Virtual Teaching: Engaging Learners and Empowering Teachers” organized by Department of Studies in Physical Education, Kuvempu University, Shankaraghatta during September 2020.
19. Participated in the International level webinar on “Role of Yogic Practices in Prevention and Management of Communicable Diseases” organized by Department of P.G. Studies and Research in Physical Education, Kuvempu University, in collaboration with Sri Shivaganga Yoga Mahavidyalaya, October 2020.
20. Participated in the International webinar on “Nutrition and Health” organized by Department of Physical Education, Mangalore University, Mangalagangothri, October 2020.
21. Participated in the Live webinar on “Challenges of Physical Education, Post Covid-19 Lockdown” organized by Department of Physical Education and Sports, Davanagere University, Shivagangothri Campus, Davanagere, June 2020.

BOOKS PUBLISHED

- Healthful Leaving – A Compilation Of Concepts Related To Health , Fitness And Wellness, Friends Publications (INDIA), New Dehli 2022, ISBN No : 978-93-92791-57-4

EXAM WORK

- Appointed as an Internal Examiner for M.P.Ed and B.P.Ed Exams since 2016 in Kuvempu University, Shankaraghatta.

SPORTS ACHIVEMENTS

NATIONAL LEVEL:

- Winner in the All India Rural Sports Tournament held at Ranchi during the year 1994-1995.
- 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 2003-2004.
- 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 2001-2002.
- Represented Kuvempu University in the South West Zone Inter-University Kho-Kho Tournament held at University of Pune, Maharashtra during the year 2002-2003.
- 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
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Kho-Kho	01	03	01
Kabaddi	01	-	01
Soft ball	01	01	-
Hand ball	03	-	01
Relay (400)	-	-	02

CRASH COURSE

- Participated in Three days Aerobics Crash Course organized by Department of P.G. Studies and Research in Physical Education, Kuvempu University, Shankaraghatta, April 2008

HONOURS AND AWARDS

- On the occasion of 63rd Independence Day 2009-10, Zilla Panchayat Shivamogga, Taluk Panchyat, Bhadravathi in association with National Festival Committee and BEO Office, Bhadravathi honoured for getting National Level Award in Kho-Kho Sports.

AS A RESOURCE PERSON AND RAPPORTEUR

- Participated as a Rapporteur in “Two days National Conference on ‘Recent advances in Physical Education and Sports’” organized by Kuvempu University, Jnana Sahyadri, Shankaraghatta, March 2020
- Participated as a Resource Person in “Kuvempu University Staffs Children Summer Camp”, organized by P.G. Studies and Research in MSW, Student counselor and Guiding Centre, Kuvempu University, Jnana Sahyadri, Shankaraghatta, in the date of 10th to 20th April 2017.
- Participated as a Resource Person in “Kuvempu University Staffs Children Summer Camp”, organized by Health Centre, Student counselor and Guiding Centre, Kuvempu University, Jnana Sahyadri, Shankaraghatta, in the date of 26th April to 10th May 2018.
- Participated as a Resource Person in “Kuvempu University Staffs Children Summer Camp”, organized by Health Centre, Student counselor and Guiding Centre, Kuvempu University, Jnana Sahyadri, Shankaraghatta, in the date of 13th to 22nd May 2019.

- Participated as a Resource Person in Aerobic Dance training, organized by Government First Grade College and P.G. centre, Bapuji nagara, Shimoga, in the date of 7th to 14th February 2023.

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 Shimoga District for Promotion of the Game.

THESIS DONE DURING Ph.D

- Effect of indigenous and non-indigenous exercise intervention for management of body weight, mental stress and body image issues in young women.

COMPUTER KNOWLEDGE

- Basic Computer, M S Office and Internet Browsing

STRENGTHS

- Honesty
- Hard working
- Self-motivating
- Positive thinking
- Team Leading

TESTIMONIALS

- 🚩 Dr. S M Prakash, Director and Dean of Department of Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta-577451, Shivamooga District, Karnataka, Ph: 9448260774

✚ Dr. Gajana Prabhu B, Assistant Professor, Department of Physical Education, Kuvempu University, Jnana Sahyadri, Shankaraghatta-577451, Shivamooga District, Karnataka, Ph: 9845311458

Personal details

Father Name : Late C. David
Mother Name : Philomina
Date of Birth : 12:07:1981
Gender : Female
Marital status : Unmarried
Nationality : Indian
Religion & Caste : Christian (Roman Catholic)
Languages Known : Kannada, Hindi, English, Tamil and Malayalam

DECLARATION:

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

Date:

Your's faithfully,

Place: Bhadravathi

(Dr. Tangarani)