



CURRICULUM VITAE

Name : **Dr. M. Shivarama Reddy**

Date of Birth : **16.07.1963**

Qualification : **Ph.D**

Previous Institution : *Physical Education Director
Cambridge Composite Junior College
Bangalore*

Current Institution : *Director, Physical Education
BMS College of Engineering
Bangalore*

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Academic Qualification:

Sl. No.	Basic & Professional Degree	University / Institution	Division or Equivalent
1.	B.A.	Bangalore University Government Arts College	First Class
2.	B.P.Ed	Bangalore University	First Class, 7 th Rank
3.	M.P.Ed	Bangalore University	Second Class
4.	Ph.D in Physical Education	Bangalore University	Awarded April 2009

Profile of Professional Career:

Sl. No.	Name & Address of the Employer	Period of Service in each post		Designation of Post Held	Nature of Work and Level of Responsibilities
		From	To		
1.	BMS College of Engineering, Bangalore	Dec. 1994	Till date	Director, Physical Education	Coaching, organizing and other administrative work
2.	The Cambridge Composite Junior College, Bangalore	June 1992	November 1994	Physical Education Director	Coaching, organizing and other administrative work

Number of Students (Co-guided) for Ph. D. : **02**

Currently guiding : **09**

Research Papers presented

National : **05**

International : **10**

Research Papers Published

Journal Articles- International : **12**

Journal Articles- National : **11**

Recognized as Research Guide : Karpagam University, Coimbatore from 2012
: VTU, Belgaum, from 2014

Member for BOS VTU, Belagavi

Ph.D thesis evaluated : **14**

Subject expert for Ph.D Viva- voce : **04**

The Major Strengths And Capabilities :

- ◆ Outstanding coaching capacity
- ◆ Cheerful disposition, bubbling with enthusiasm with capabilities to handle any situation
- ◆ Good convincing capabilities
- ◆ Self-confidence, Bold action, All Hope and Positive Attitude.
- ◆ Punctuality and Discipline.
- ◆ Own Integrity and Image.
- ◆ Genuine concern for Development & progress of Subordinates.

RESEARCH PAPERS PUBLISHED AT INERNATIONAL JOURNAL:

- ❖ Published a research paper titled **“A Research paper on Shoulder Muscular Strength between Rural and Urban High School Boys of 13-15 Years Age Group”** in British Journal of Sports Medicine in 2006
- ❖ Published a research paper titled **“Effect of 12 Weeks Yogic Activities and Medicine on hemoglobin”** in HORIZON PALAESTRA - International Journal of Health, Sports and Physical Education, volume **I** and issue **II** in January 2013.
- ❖ Published a research paper titled **“E-yoga Prescription Designed for Computer Users using E-yoga Environment for Posture”** **INTERNATIONAL CONGRESS ON SPORT SCIENCES RESEARCH AND TECHNOLOGY SUPPORT (ICSPTS 2015), In November 2015.**
- ❖ Published a research paper titled **“Effect of Yogic Activities on body Composition”** in Grenze Scientific Society - International Journal Sports and Physical Education, on 5th to 7th of January 2017.

RESEARCH PAPERS PUBLISHED AT NATIONAL JOURNAL:

- ❖ Published a research paper titled **“Effect of Yogic Exercise on Self Concept (An Experimental Study) of High School Boys”** in Indian Journal of Applied Research, volume **I** and issue **III** in December 2011. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic, Aerobic and Laughter Exercise on Body Composition” of High School Boys”** in Indian Journal of Applied Research, volume **I** and issue **V** in February 2012. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic on Body Composition” of High School Boys”** in Indian Journal of Physical Education & Sports Science, volume **II** and issue **I** in February 2012. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic Exercise on Vital Capacity” of High School Boys”** in Journal of Physical Education and Sports Sciences, volume **II** and issue **I** in February 2012. It is a National Journal for all Subjects.
- ❖ Published a research paper titled **“Effect of Yogic, Aerobic and Laughter Exercise on Body Composition” of High School Boys”** in Journal of Physical Education and Sports Sciences, volume **I** and issue **I** in February 2012. It is a National Journal for all Subjects.

- ❖ Published a research paper titled “**Effects of Selected Yogic, Aerobic Exercise and Combined Yogic and Aerobic Practices on Resting Pulse Rate**” in Indian Journal of Applied Research, volume I and issue IV in April 2012. It is a National Journal for all Subjects.

RESEARCH PAPERS PRESENTED AT INTERNATIONAL CONFERENCE/SEMINAR:

- Presented paper titled “**A Positive Health Life Style**” at **International Conference** held at Kasturbha Medical College, Manipal from 28-30, April 2006.
- Presented a paper titled “**Health and Fitness an Index of wellbeing**” at **International Conference** organized by Manonmaniam Sundarnar University, Tirunelveli, during August 16th -18th 2007.
- I have been awarded Ph.D from Bangalore University in year April 2009 (in the area of **Analysis of Health Related Physical Fitness Variables and Kinesthetic Perception of Rural and Urban High School Boys**).
- My Scientific Paper titled “**A Study on Cardio-Vascular Endurance between Rural and Urban high school boys of 13-15 years age group**” has been accepted to present at **Inter National Conference** to be organized by Manonmaniam Sundarnar University, Tirunelveli, Tamilnadu on 20th-22nd August 2009.
- Presented a paper titled “**Effect of Yogic, Aerobic and Laughter exercise on self-concept**” at **Inter National seminar** on Physical Education, Recreation and Yogic Sciences organized by Department of Physical Education, Banaras Hindu University, Varanasi, from 19th to 21st January 2012.
- Presented a poster titled “**Effect of Yogic, Aerobic and Laughter exercise on self concept**” at **Inter National seminar** on Physical Education, Recreation and Yogic Sciences organized by Department of Physical Education, Banaras Hindu University, Varanasi, from 19th to 21st January 2012.
- Presented a paper titled “**Effect of Yogic exercise on Body composition**” at **Inter National seminar** on Physical Education, Recreation and Yogic Sciences, organized by Department of Yoga, Tamil Nadu Physical Education and Sports University, Tamil Nadu, from 16th to 18th February 2012.
- Presented a paper titled “**Effects of Selected Yogic, Aerobic Exercise and Combined Yogic and Aerobic Practices on Resting Pulse Rate**” at **Inter National seminar** on Sports economics and vision of London Olympics organized by Delhi University, Sports Council from 17th -19th April 2012 at New Delhi.
- Presented a paper titled “**A study on shoulder muscular strength between rural and urban high school boys of 13-15 years age group**” during the **Inter National conference** on Physical Education and Sports

Science on 9th – 11th January 2014 organized by Manipal University, Manipal, Karnataka from 8th to 11th January 2014.

- **Presented a Paper titled “E-yoga Prescription Designed for Computer Users using E-yoga Environment for Posture”** held at Lisbon, Portugal from 15th to 17th of November 2015 organized by International congress on sport sciences research and technology support (icSPORTS 2015)
- Presented A Paper Titled “EFFECT OF YOGIC ACTIVITIES ON BODY COMPOSITION” during the **Inter National conference** on advent of technology & Its Implication on Sports and Physical Education (ICTISPE-2017) on 5th – 7th January 2016 organized by Don Bosco Institute of Technology, Bengaluru, Karnataka.

RESEARCH PAPERS PRESENTED AT NATIONAL CONFERENCE/SEMINAR:

- Presented a paper titled “**UGC/MHRD as the financing agency in the development of Universities and Colleges in sports**” at National Seminar held at Academic staff college of LINIPE Gwalior, from 8th and 9th, April 2004.
- Presented a paper titled “**Aging and Health Risk Factors**” at **National Conference** organized by LNCPE Thiruvananthapuram, from 4th to 5th January 2008
- Presented a paper titled “**A Study on Body Composition between Rural and Urban high school boys of 13-15 years age group**” at **National Conference** organized by University college of Physical Education Jnanabharathi, Bangalore University, from 4th to 6th April 2009.
- Presented a paper titled “**Stress Management is an index of well-being**” at **National Seminar** on Technological advancement in physical education and sports sciences organized by department of physical education, Govt. Sanskrit college Thiruvanthapuram, Kerala, University of Kerala, from 3rd to 4th May 2010.

TRAINING ATTENDED:

- **3-Day Workshop** on “**Application of SPSS for Data Analysis**” from 15th to 17th July 2008 at Bangalore, organized by “Everonn Systems India Limited”.

Organization/Administration:

- Member of the Sub Committee in the National Games held at Bangalore/Mysore during 1997
- Qualified referee from Karnataka Amateur Athletic Federation, Karnataka Kho-Kho Federation and Karnataka Kabaddi Federation.

- Joined as a Cadet in the year 1984 at II Karnataka Battalion. Attended 7 CATC NCC camps, 2 combined all India NCC Camps, and selected for Horse riding camp. Worked as an Under Officer and Senior under Officer in II Karnataka Battalion about 3 years and qualified B & C examinations securing 'A' grade. Only person selected from Karnataka for all India Trucking Camp held at Srinagar in the year 1985.
- **Member of the Sports & Cultural Committee of Visvesvaraya Technological University**
- **All India South Zone Table Tennis Inter University Competition** (Men & Women) - 2006.
- Bangalore University Table Tennis Tournament (Men & Women)-2006
- VTU Basketball Tournament Boys-2007.
- Bangalore University Badminton Tournament and Selections (Men & Women)-2006
- I have been nominated as Team Manager for Youth Festival team through AIU to participate at **3rd SOUTH ASIAN UNIVERSITY FEST, held at Katmandu University, Katmandu, Nepal.** From 7th to 11th February 2008.
- The **world Yoga Day** was organized on 21st of June 2014 in association with S-VYASA University.

I accompanied the following teams to various places to represent VTU and Bangalore University at All India Inter University Competitions.

- Bangalore University Athletics team-All India Inter University Competitions at Thirunalveli-1998 as Coach.
- VTU Basketball Team-South Zone Inter University Competition at Chidambaram-1999 as Coach.
- VTU Basketball Teams (Women) - South-West Zone Inter University Competition at Bhanastalli-Rajasthan-2001 as Manager.
- VTU Swimming Team – All India Inter University Competitions at Chandigarh-2002 as Coach and **we were all India Champions.**
- VTU Swimming Team- All India Inter University Competitions at Chandigarh-2003 as Coach and **we were all India Champions.**
- VTU Volleyball Team- South Zone Inter University Competition at Hyderabad-2004- as Manager
- VTU Table Tennis Team- South Zone Inter University Competition at and All India Inter University Competitions at Tamilnadu-2005 as Coach and **we secured III place.**
- Bangalore Table Tennis Team- South Zone Inter University Competition at –Tamilnadu-2006 as Coach
- VTU Cultural Team- South Zone Inter University Competition at Vishaka patnam-2007 as Manager and **won two gold medals in Clasical solo and Skit competitions.**
- VTU Table Tennis Team- South Zone Inter University Competition at VIT Vellore-2008 as Manager.

- VTU Cultural Team- South Zone Inter University Competition at Thirupathi-2008 as Manager. **We were the Champions of quiz competition and qualified for all India Competitions.**
- VTU Cultural Team- All India Inter University Competition at Kurukshethra-2008 as Manager and **we were all India Champions of quiz competition.**
- VTU Cultural Team- at **3rd SAUFEST, held at Katmandu University, Katmandu, Nepal.** From 7th to 11th February 2008. as Manager.
- VTU Volleyball Team (Men)- South Zone Inter University Competition at Mangalore-2009 as Manager.
- VTU Cultural Team- South Zone Inter University Competition at University of Mysore-2009 as Manager.
- VTU Cultural Team- South Zone Inter University Competition at Sastra University, Thanjavur-2010 as Manager. **Won Two Gold, One Silver and Two Bronze in Debate, Western solo, percussion and Tribal dance respectively.**
- He is also the recipient of “**LIFETIME ACHIEVEMENT AWARD**” by V J International Studio in the year 2016.

Dr. M Shivarama Reddy