

## Detailed CV



Name : Gerald Santhosh D'Souza

Educational Qualification : BCom, MPEd, PhD, NIS Diploma (Hockey)  
PGDSM, PGDYS,

Designation : Director of Physical Education

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Mangalore University  
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Karnataka

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Research Areas

Professional Teaching Experience: 24 years

### RESEARCH GUIDANCE (PH.D.)

COMPLETED PHD				
Sl. No.	Name	Place of Work	Phone	Email
1	Mrs. Hemalatha	Physical Education Director, AVK College for Women, Hassan	9964020799	Hemagowda83@gmail.com
2	Mrs. Aparna Alva N	Physical Education Director, Government FG College, Bantwal	9633953905	aparnaalvan@gmail.com
3	Mr. Nithin	Physical Education Director, Dr. NSAM FG College, Nitte	9964281718	snithin10@gmail.com
4	Mr. Abhay Prakash	Physical Education Director, Basaveshwara Medical College, Chitradurga	9844777952	snakeabhaya@gmail.com
5	Mr. Jayaprakash	Physical Education Director, Sri. Gokarnatheswara College, Mangalore	9900903802	prakash5279@gmail.com
ONGOING PHD				

6	Mr. Ganesh Poojary	Physical Education Director, NMAM institute of Technology, Nitte	9964319830	ganpoojary@gmail.com
7	Mr. Prakash D'Souza	Physical Education Director, St. Philomena College, Puttur	9886104771	pdprakashdsouza@gmail.com
8	Mr. Sheleme Gofe	Ethiopia		gofesheleme@gmail.com
9	Mr. Sandeepa	Guest Lecturer, Dept. of PG Studies in Physical Education, Mangalore University	9880718918	sandeepdevadiga193@gmail.com
10	Ms. Shamily B B	Physical Education Teacher, Dr. B R Ambedkar School, Napoklu, Kodagu	9008633949	shyamlybb3@gmail.com
11	Mrs. Meenakshi	Physical Education Director, Alvas College, Moodbidri	9741613404	meenakshibaleguni@gmail.com
12	Mrs. Shubha K H	Physical Education Director, Government FG College, Mudipu	9110860082	shubhakh8@gmail.com

## RESEARCH JOURNAL PUBLICATIONS

Sl. No.	Publication details	ISSN No.	National/ International
1	Sport Excellence – A Retrograde Practice: A Look Into The Realities Of Sport Management In Colleges.	Indian Journal of Sports Studies, Vol. 9, Jan to June 2009, pp. 18-21. ISSS – RNI – No11222/Eng./2001	National
2	Coaching and Technology – A Study on its Application in Hockey at the University Level.	Asian Journal of Physical Education and Computer Science in Sports, Dec. 2009 pp. 302-304 ISSN – 0975 – 7732 Impact Factor 2.113	International
3	Infrastructure available in the South Indian Universities And Its Influence On Sports Performance.	Asian Journal of Physical Education and Computer Science in Sports, Dec.2009, pp. 305. ISSN – 0975 – 7732 Impact Factor 2.113	International
4	Perspectives on enhancement of Wellness through Movement – Perceptions on Aerobics as a Means.	Asian Journal of Physical Education and Computer Science in Sports, Vol. 2, No. 1, Jan-June 2010, pp. 24-28 ISSN – 0975 – 7732I mpact Factor 2.113	International
5	Designing of a Model of Talent Identification and	International Journal of Health, Physical Education and Computer Science in Sports	International

	Development - An Indian Perspective.	Oct to Dec 2013 ISSN- 2231 – 3265 Impact Factor 3.579	
6	The Role of Technical Colleges in Promoting Sports Ethos.	International Journal of Engineering Research and Sports Science, Volume 1, Issue XI, November 2014 ISSN 2348-1404 Impact Factor 2.621	International
7	Impact of Sports on the Academic Performance of Medical Students	Global Journal of Multidisciplinary Studies, Volume 4, Issue 7 - June 2015 ISSN 2348-0459 Impact Factor 3.987	International
8	Comparative Study of Anthropometric Indices among Swimmers and non-swimmers	International Journal of Physical Education, Sports and Health 2016; 3(2): 182-83 ISSN 2394-1693 Impact Factor 4.69	International
9	Impact of Information and Communication Technology in Physical Education and Sports. Page nos. 241-245	ICT in Education: Recent Trends Edited by Dr. S S Patil, Dr. Jagannath K Dange, Dr. Geetha C, Prateeksha Publications, Jaipur, 2012. ISBN – 978-93-80626-65-9	National
10	Contributed to Karnataka State Government High School Physical Education text books for classes 6 <sup>th</sup> to 9 <sup>th</sup> standard in the chapter Health Education, Hockey and Aerobics. Translation for 8th and 9th standard books from Kannada to English.	Physical Education text book 6 <sup>th</sup> to 9 <sup>th</sup> standard, Directorate of State Education Research & Training and Karnataka Text Book Society © 2012	National
11	An Enquiry into the sports promotion measures and potential for sports excellence at grass root levels.	Full paper published in conference proceedings of International Conference on Physical Education and Sports Science conducted by Manipal University from January 8-11, 2014	International
12	Nutrition awareness among type-2 diabetics attaining a tertiary care hospital – an observational study.	International Journal of Health, Physical Education & Computer Science in Sports, V-15, I-01, Quarterly July 2014 to September 2014, pp 512 & 513 ISSN: 2231- 3265 Impact Factor: 0.624	International
13	A pragmatic approach towards creation of a sports policy for technical colleges in Karnataka state.	Full paper published in conference proceedings of National conference on Broad base Sports and Physical Education Structure at universities held at University	National

		College of Arts, Tumkur on September 18 and 19, 2014.	
14	A Comparative Study of Nutritional Practices of Football and Track and Field athletes	RAMA Journal of Physical Education and Allied Sciences Vol. 3, Issue 1, March-August 2015 ISSN 2320-8937	National
15	The Effect of Yogic Practices on Selected Physical Fitness Variables of Collegiate Women.	Living Sociology, Vol. 3, Issue 4, Oct-Dec 2015 ISSN: 2320-6357	National
16	A Comparative study of anthropometric indices among swimmers and non-swimmers.	International Journal of Physical Education, Sports and Health 2016; 3(2): Part D, 182-183 ISSN 2394-1685	International
17	Perception of weight and BMI among high school athletes.	International journal of Physical Education, Sports and Health” (IJPESH)., www.kheljournal.com July-Aug 2016: V-3(I-04 ) Part:E, pp-258-259, Impact Factor (ISRA):5.38 P-ISSN: 2394-1685, E-ISSN: 2394-1693	International
18	The Study of Sports Injuries and Rehabilitation for Engineering students in Karnataka state.	International Journal of Physical Education and Sports Sciences Vol.11 No.18 January 2017 E-ISSN – 2231-3745 Impact factor 0.908	International
19	The effect of yogic practices on psychological variables of college women hockey and basket ball players.	International Journal of Physiology, Nutrition and Physical Education 2017; 2(2): 87-89 ISSN:2456-0057	International
20	The Effect Of Yogic Practices On Selected Motor Related Physical Variables Of College Women Hockey Players published in	Asian Journal of Physical Education and Computer Science in Sports Jan 2017 to June 2017. ISSN 0975-7732 Impact Factor 3.441	International
21	The Effect Of Yogic Practices On Selected Psychological, Skill and motor Related Physical Variables Of College Women Hockey And Basket Ball Players.	International Journal of Health, Physical Education and computer science in sports Volume No.26,No.1 Journal Impact factor 3.579 April - June 2017. ISSN 2231-3265	International

22	A Study On Status For Women In Sports In Colleges Of Karnataka State.	Asian Journal of Physical Education and Computer Science in Sports January 2017 to June 2017. ISSN 0975-7732	International
23	The Study of Sports Injuries and Rehabilitation for Engineering students in Karnataka state.	International Journal of Physical Education and Sports Sciences Vol.11 No.18 January 2017E-ISSN – 2231-3745 Impact factor 0.908	International
24	Comparative Study of Self Confidence among sportswomen of Individual and Team sports.	International Journal of Health, Physical Education and computer science in sports Volume No.27,No.1 Journal Impact factor 3.579. July 2017 to September 2017 ISSN 2231-3265 Impact Factor 3.579	International
25	Effect of Imagery on Bowling accuracy skill performance of cricket players at the Zonal and University level.	International Journal of Health, Physical Education and Computer Science in Sports, October 2018 to December 2018 ISSN 2231-3265 Publication Impact Factor 4.005	International
26	Effects of Imagery on Batting skill performance of cricket players at the Zonal and University level.	International Journal of Fitness, Health, Physical Education and Iron Games, Vol 6, Jan-June 2019 ISSN 2349-722x	International
27	Concepts in Exercise Dynamics for Fitness and Health Essentials.	Full Conference Proceedings of International Conference on ‘Sports: An Integral Component of Nation Building’, Mount Carmel College, Bengaluru in Association with Karnataka State Higher Education Council and Concordia College, New York. February 19, 20, 2019	International
28	Effect of Imagery Intervention on Throwing skill performance of Cricket players’ at International e-conference on ‘Future Road Map for Health, Fitness and Wellness.	Vidyabharathi International Interdisciplinary Research Journal (Special Issue), July 30 and 31, 2020 ISSN: 2319-4979. UGC CARE Journal	International

**PAPERS / POSTER PRESENTATIONS IN CONFERENCES / SEMINARS / SYMPOSIA**

<b>Sl. No.</b>	<b>Presentation details</b>	<b>Date</b>	<b>Organisers</b>
1	“Competence of Sports Personnel”	March 25 and 26, 1999	University Level seminar on “Identification and Mode of Promotion of Area Based Sports and Games .....Competitions” organized by the Department of Physical Education, Mangalore University.
2	“The Making of a Profession – Physical Education”	February 27, 28, 2002	National seminar on "New Challenges in the World of Physical Education and Sports", conducted by the Department of Physical Education, Mangalore University.
3	“Significance of gender in the state universities of Karnataka – A Performance Scenario of Contemporary Society.” – co author	February 27, 28, 2002	Paper presented at the national seminar on "New Challenges in the World of Physical Education and Sports", conducted by the Department of Physical Education, Mangalore University.
4	The Making of a Profession – Physical Education	February 27, 28, 2002	New Challenges in the World of Physical Education and Sports by Department of Phy. Ed., Mangalore University
5	Relationship between Intelligence and Motor Educability among High School Students of Mangalore taluk	April 28-30, 2006	Paper presented at the International Conference on Physical Education and Sports Sciences at Manipal University, Manipal.
6	Obesity and Exercise	March 26, 27, 2007	National Seminar on Phy. Ed., Sports Medicine, Exercise and Yogic Science at LNIPE, Gwalior
7	Sport Excellence - A Retrograde Practice: A look into the realities of Sport Management in Colleges.	August 16-18, 2007	International Conference for Sports Administrators, conduction by Madurai Kamaraj University, Kanyakumari.
8	A Survey into the Possibilities of Sports Promotion in Context with the Existent Sports Infrastructure in Colleges.	April 4-6, 2009	National Conference in Physical Education and Sports at University College of Physical Education, Bangalore University
9	Dynamics of Sports Talent Identification & Development and Potentialities in its Implementation – An Indian Perspective	January 29-30, 2010	International Conference on Talent Identification and Development in Physical Education and Sports at St. Mary’s Syrian College, Brahmavar

10	The Availability of Sports Infrastructure and its Influence on Sports Performance in the Colleges of South India	January 29-30, 2010	International Conference on Talent Identification and Development in Physical Education and Sports at St. Mary's Syrian College, Brahmavar
11	Coaching and Technology – A Study on its Applications in Hockey at the University Level	May 7-9, 2010	Asian Conference on Physical Education and Computer Science in Sports by Indian Federation of Computer Science in Sports, Osmania University, Hyderabad
12	Impact of Information and Communication Technology in Physical Education and Sports	October 8,9, 2010	Assimilating Recent Development of ICT in Education at Department of PG Studies & Research in Education, Kuvempu University
13	Development of Sports	Feb 24-27, 2011	Participated in Mangalore – Yesterday, Today and Tomorrow, Seminar organised by St. Aloysius College, and Mangalore Sociology Association at St. Aloysius College, Mangalore and presented a paper.
14	BMI and Body fat distribution among school children at areas of high altitude and low altitude.	January 6,7, 2012	Department of Physical Education, Kuvempu University
15	Coaching - Facets of an Enduring Profession	March 18, 19, 2012	The Importance of Research for the Development of Physical Education, Sports and Yoga at Cauvery College, Virajpet.
16	An Enquiry into the Sports Promotion Measures and Potential for Sports Excellence at Grass Root Levels	January 9-11, 2014	International Conference on Physical Education and Sports Science at Manipal University, Manipal
17	A Study on Sports Policies of Rural Based Technical Colleges of Karnataka State	February 13-14, 2015	National Conference on “ISSUES AND CHALLENGES FOR SUSTAINABLE RURAL DEVELOPMENT” at Alvas Institute of Engineering and Technology, Department of Business Administration.
18	A Study on Sports Policies of Rural based Technical colleges of Karnataka State.	February 13, 14, 2015	National Conference on “Issues And Challenges for Sustainable Rural Development” at Alvas Institute of Engineering and Technology, Department of Business Administration.

19	A view of Sports Infrastructure at Rural Technical Colleges of Karnataka State	28-30 April, 2016	National Conference on “Rural Entrepreneurship” at Alvas Institute of Engineering and Technology, Department of Business Administration.
20	presented paper titled ‘Sport activities for rural technical colleges of Karnataka state’.	April 28-30, 2016	National Conference on “Rural Entrepreneurship” at Alvas Institute of Engineering and Technology, Department of Business Administration.
21	Presented Paper - The study of sports injuries and rehabilitation for engineering students in Karnataka state.	January 20 and 21, 2017	National conference on Innovation in Physical Education conducted by BMS college of Engineering, Bengaluru.
22	Presented a paper Concepts in Exercise Dynamics for Fitness and Health Essentials’ and published in Proceedings	February 19, 20, 2019	International Conference on ‘Sports: An Integral Component of Nation Building’, Mount Carmel College, Bengaluru in Association with Karnataka State Higher Education Council and Concordia College, New York.
23	Presented paper titled ‘Effect of Imagery Intervention on Throwing skill performance of Cricket players’ at International e-conference on ‘Future Road Map for Health, Fitness and Wellness’.	July 30 and 31 <sup>st</sup> , 2020	Organised by Department of Physical Education, SGB University, Amravati.

### **INVITED / PLENARY TALKS DELIVERED**

<b>Sl. No.</b>	<b>Lecture details</b>	<b>Date</b>	<b>Organisers</b>
1	Resource person for Aerobics class	January 2002	Refresher Course in Physical Education conducted at Mangalore University
2	Resource person for Workshop for PETs regarding Hockey rules and officiating and Aerobics.	April 2005	at Government Junior College, Vittla,
3	Co-Chairperson for International Conference on Physical Education and Sports Sciences	April 28 - 30, 2006	International Conference on Physical Education and Sports Sciences at KMC, Manipal



4	Resource person for the State High School Text Book Committee in Physical Education and attended workshops in connection with the same	February 29, March 1, 2008	Conducted by Department of state Education and Research Training, Bangalore
5	Certification on Aerobics – Resource person and valuer	April 17-19, 2008	Crash Course in Aerobics for Physical Education Students at Kuvempu University, Shimoga
6	Aerobics workshop	April 17-19, 2008	Certification in theory and practical of Aerobics at Department of Phy. Education, Kuvempu University
7	Guest Lecture on Fitness	May 20, 2008	For physical education teachers of All India Navodaya Schools at Navodaya School, Mudipu
8	Resource person for Special Lecture	May 24, 2008	For PGDSM students at Kuvempu
9	Aerobics workshop	April 19-21, 2009	Certification in theory and practical of Aerobics at Department of Physical Education, Kuvempu University
10	Aerobics workshop	April 10-12, 2010	Certification in theory and practical of Aerobics at Department of Physical Education, Kuvempu University
11	Special Lecture on aerobics	Feb, 02, 2011 - Lecture	Workshop of Puttur Taluk Physical Education Teachers' Association by Puttur Taluk Physical Education Teachers' Association
12	Theory of Aerobics	May 4-6, 2011 - Lecture	Series of special Lectures at Department of Physical Education, Karnataka State Womens University, Bijapur
13	Aerobics, Physical fitness and Aerobics	05-May-11	Series of special Lectures at Department of Physical Education, Karnataka State Womens University, Bijapur
14	Methodology and dynamics of Aerobics	06-May-11	Series of special Lectures at Department of Physical Education, Karnataka State Womens University, Bijapur

15	Chairperson for National Seminar	January 6 and 7, 2012	National Seminar on Revelation of Current trends and Issues in Physical Education at Kuvempu University
16	Co-Chairperson for National Conference	March 30 and 31, 2012	UGC sponsored national conference on "Issues and Trends in the modern system of Physical Education and Sports Sciences" at Karnataka State Women's University, Bijapur.
17	Resource person for National workshop on Nutrition in Physical Education, Kuvempu University, Shivamogga	20-May-12	Department of Physical Education, Kuvempu University
18	Chairperson for two day International Workshop on Physical Education, Sports and Computer at Osmania University, Hyderabad	August 11,12, 2012	International Federation of Physical Education, Sports and Computer Science, Osmania University, Hyderabad
19	Resource person and Chairperson for National Workshop	February 3 and 4, 2012	UGC sponsored national workshop on "Understanding and Managing the Injured athlete" at KSS College, Subrahmanya
20	Resource person for Two day national seminar on the importance of research for the development of physical education, sports and yoga.	March 18, 19, 2012	Department of Physical Education, Kuvempu University
21	Resource person for International workshop on Health, Physical Education and Computer Science in Sports	August 11 and 12, 2012	Indian Federation of Computer Science in Sports.
22	Lead speaker presented a paper titled 'Aerobics for Fitness and wellness'.	February 22-23, 2013	"Aerobic Exercises and Yoga Science for Health and Fitness" at Government First Grade College, Alnavar and Dept. of Physical Ed. , Karnatak University, Dharwad.
23	Technology in Sports	April 4, 2013 - Lecture	UGC sponsored Refresher Course at Academic Staff College, Bangalore
24	Obesity and Aerobics	April 4, 2013 - Lecture	UGC Sponsored Refresher Course at Academic Staff College, Bangalore
25	Chairperson	January 9 to 11, 2014	International Conference on Physical Education and Sports Science at Manipal University

26	Resource person	October 3,10,13,20, 27, 2014	Resource person for aerobic workshops at Soundarya Central School, Bangalore (5 x 5)
27	A Grassroots Sports Development Plan – A Practical and Theoretical Approach	March 26 and 27, 2015	Two days National Workshop on “The Role of Sports Manager and Management Challenges in the University Set Up” at Karnataka State Women’s University, Vijayapura
28	Resource person - Presented a paper titled ‘Managing Stress in Technical colleges – an outlook on sports students’.	January 8,9 2015	UGC sponsored one day national conference on “The Importance of Meditation in Yoga and our lives” at SJM Arts College for Women, Chitradurga.
29	Aerobics	February 27 and 28, 2015	National Conference on Interdisciplinary Approach in Physical Education and Sports at Soundarya Institute of Management and Science, Bangalore
30	Resource person at National Workshop	March 26 and 27, 2015	Two days National Workshop on “The Role of Sports Manager and Management Challenges in the University Set Up” at Karnataka State Women’s University, Vijayapura
31	Health and Wellness through Physical Activities	July 7-9, 2015	Train the trainer on Teaching, Learning and Innovation at School of Information Technology, AIMIT, St. Aloysius College in association with Computer Society of India, AIMIT Branch.
32	Lead speaker and Chairperson at National Seminar	September 9, 2015	UGC sponsored one day national seminar on Integrated Approach towards Fitness and Wellness at Cauvery College, Gonikoppal
33	Sports Development at Grass root level – A theoretical and practical approach.	October 14, 15, 2015	UGC sponsored two day national seminar on Harmony of Physical activity, Sports and Education at JSS College of Arts and Commerce, Gundlupet
34	Resource person - A study on the infrastructure and facilities for sports	January 30, 2016	UGC sponsored one day national seminar on Physical Education and Yogic Science organized by

	persons at colleges across Dakshina Kannada District		Department of Physical Education, Government FG college, Davangere
35	Resource person at National Level Conference on theme 'Sports for Humanism' – 'The Aerobic System and Nutrition - A Practical Approach to Optimum Health'.	October 13 – 15, 2017	Organised by Alvas College of Physical Education, Moodbidre
36	Presented a paper as a resource person 'GOAL FOCUSSED APPROACH TO TRAINING: A Discussion on Specificity of training with regard to type of sport and energy systems involved'.	March 17, 2018	One Day National Conference on Application of Sports Sciences in Physical Education, at Government First Grade College, Kavoov
37	Resource person for webinar– Lecture titled 'Sports and Physical Education in the present scenario'.	July 8, 2020	Organised by St. Aloysius College, Mangalore
38	Physical Activities for Health Enhancement' - National level Webinar	July 24, 2020	University College, Mangalore
39	Resource person at National Level Webinar – 'Energy Metabolism and Sports Performance'.	August 2, 2020	Organised by Sri S R Kanthi Arts, Science And Commerce College, Bagalkot
40	Resource person at National Webinar at 8 Days National Level Faculty Development Programme On Physical Education In The Digital Era: Innovative Tools, Techniques and Approaches for Effective Sports Education - 'Computers and Physical Education'	August 21, 2020	Organised by Soundarya Institute of Management and Science, Bengaluru.
41	Resource person for National Level Webinar on Challenges of Physical Education during COVID-19 - 'Challenges for Physical Education and Sports Activities in Institutes of Higher Education'.	September 8 and 9, 2020	Organised by Department of Physical Education, Kuvempu University
42	Resource person at GFGC, Kavoov – 'Fitness for U'.	September 22, 2020	Organised by Government First Grade College, Kavoov
43	Resource person for webinar conducted by St. Aloysius Pre University College, Mangalore	November 26, 2020	Organised by St. Aloysius PU College, Mangalore

44	Online Resource person for Refresher Course at HRDC, Mysore University - 1. Energy Systems at Play 2. Environmental Factors in Sports Performance	November 28, 2020	Organised by HRDC, Mysore University
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### CONFERENCES / SEMINARS / WORKSHOPS / SYMPOSIA ORGANIZED

Sl. No.	Programme	Date	Sanctioning agency	Amount
1	Major Research Project - An Investigation into the Potentialities of Execution of a Structural Development Plan for Hockey in the Districts of Dakshina Kannada and Udupi.	2011-2014	UGC, New Delhi	460300/-
2	One Week Course - GIAN (Global Initiative for Academic Networks) Course in Physical Education – ‘Implementation of a Biomechanical Framework in the Development of Sports Studies and Performance’.	February 2 – 8, 2019	Approved, Sanctioned and Funded by Ministry of Human Resource Development, Government of India.	600000/-
3	Academic Webinars Conducted 8 days – 24 lectures - Academic Webinar Series	August 24 – September 1, 2020.	NA	
4	International Webinar on ‘Electromyography – Application in Sports’	October 17, 2020	NA	
5	Conducted online workshop on EMG analysis using Labchart 8.	November 21, 2020	NA	

### AWARDS / FELLOWSHIP / RECOGNITION

Sl. No.	Details	Year	Sponsored agency	Amount
1	District Level Rajyotsava Award	1995	DK District Administration	
2	Recipient of Research Equipment - donated a EMG System by De Luca Foundation and Delsys Inc. USA	01-May-20	De Luca Foundation and Delsys Inc. USA	550000/-

## **MEMBERSHIP OF PROFESSIONAL BODIES**

- 1 Life Member and Honorary Secretary of the Dakshina Kannada Hockey Association
- 2 Life Member of the Indian Federation of Computer Science in Physical Education and Sports (IFCSS)
- 3 Life Member of National Association of Physical Education and Sports Science (NAPESS)
- 4 Life Member of Mangalore University Teachers Association.
- 5 Life Member of Mangalore University Physical Education Teachers Association