

Detailed CV



Name **RAMESHA H.N.**
Educational Qualification M.P.Ed, NIS (Diploma in Hockey)
Designation Asst. Director of Physical Education

Address for Correspondence
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Assistant Director
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Research Areas:

1. Sports Psychology
2. Sports Training
3. Anatomy and Physiology
4. Officiating and Coaching

Professional Teaching Experience

1. P.G. classes in Dept. of Physical Education : 7 Years
2. U.G. classes in Dept. of Physical Education : 7 Years
3. Research: Pursuing Ph.D. in Dept. of Physical Education from the last 5 years

Research Journal Publications (list):

International:

1. International Journal of Health, Physical Education & Computer Science in Sports. A peer reviewed (Refereed) International Research Journal. Volume-30 no 1 June 2018, **Title of the paper** - Effect of exercise on human body. Page No- 46-47.
2. Asian Journal of Physical Education & Computer Science in Sports. A peer reviewed (Refereed) International Research Journal. Journal Impact Factor 4.171 index journal volume 18 no 1 June 2018, **Title of the paper** - A study on the camp site wellness of players. Page No- 73- 75.

National:

1. **Participated** at one day user Awareness programme on Shodhganga and Anti-Plagiarism Software iThenticate / Turnitin.
2. Participated in Two Days Workshop.

Papers / poster presentations in Conferences / Seminars / Symposia (list)

International:

1. **Participated and paper presented** at 25th Pan Asian Conference of Sports and Physical Education 2014. International Journal of Health, Physical Education & Computer Science in Sports. Volume -15 No -1, From 8th to 10th August 2014. Venue - Osmania University, Hyderabad. **Title of the paper** -Common Injuries of Hockey Players and Its Rehabilitation Measures. Pag. No- 348.
2. **Participated and paper presented** at Multidisciplinary International-Conference on Innovation and Human Values : Thriving in the VUCA World **Venue** - Seshadripuram College, Bangalore on 15th & 16th March 2019) **Title of the paper** - A Study on Contribution of Kodagu in the field of hockey in Karnataka. International Journal of Research in Social Sciences **Vol. 9** Issue 4, April 2019 (Special Issue).

National:

1. **Participated, paper presented and Chairperson, Title of the paper** – A study of campsite wellness of players and coaches
2. **Participated** at ICSSR Sponsored two days National Seminar.
3. **Participated, paper presented and Chairperson at National Seminar Title of the paper** – “Physical Education Sports and Youth”.
4. **Participated and paper presented** at Two days National Conference **Title of the paper** – Effect of Exercise on human body.

5. **Participated, paper presented and Co-Chairperson at National Conference.**
Title of the paper – “Relaxation Techniques in Sports”.

Membership of Professional Bodies

1. Member of Sports Scholarship Screening Committee.
2. Member of University Advisory Committee.
3. Mangalore University Selection Committee member for various Sports and Games.
4. Member of Annual Convocation committee.
5. Member of Departmental Board of Studies.
6. Member for Departmental council.
7. Member of Board of Examination.
8. Member of B.P.Ed and M.P.Ed Admission selection committee.

Any other Information:

1. Special Officer in Registrar Evaluation office from 05-10-2018 to till date
2. Qualified Hockey Umpire
3. Qualified Volleyball Official
4. Qualified Athletics Official
5. Working as a hockey Coach to Mangalore University men team
6. Working as a hockey Coach to Mangalore University women's team
7. Convener of the Two Days Workshop on “Evaluation of Physical Education Programmes in Colleges Affiliated to Mangalore University” Organised by Dept. of Physical Education, Mangalore University, on 24th and 25th March 2017 at Mangalore University Campus
8. Appointed as a committee member of Local Inquiry Committee (LIC) to visit various affiliated colleges of Mangalore university
9. Convener of the Mangalore University Campus sports Committee 2 years (2016-17 and 2017-18)
10. Coaching and Training of Mangalore University Campus Teams for Inter - collegiate level competitions

11. Observer for various Sports and Games of Mangalore University Inter-Collegiate competitions.
12. Attending the Examination and Evaluation duties assigned by the University.
13. Organized Mangalore University Inter-collegiate Football Tournament for men
14. Organized Mangalore University Inter-collegiate Softball Tournament for women
15. Organized Mangalore University Inter-collegiate Badminton Tournament for staff
16. Organized Mangalore University Inter-collegiate Tennis Tournament for staff
17. Organizing committee member of All India Inter-University Ball Badminton tournament for men held at Alva's College Campus, Moodabidri
18. Organizing committee member of All India Inter-University Ball Badminton tournament for men held at Mangalore University Campus, Mangalagangothri.
19. Organizing committee member of South Zone Inter-University Kho-Kho tournament for men held at Mangalore University Campus, Mangalagangothri.
20. Organizing committee member of All India Inter-University Athletics Championship for men and women held at Alva's College Campus, Moodabidri
21. Organizing committee member of All India Inter-University Cross-Country Championship for men and women held at Alva's College Campus, Moodabidri
22. Organizing committee member of All India Inter-University Netball Championship for men held at SDM College Campus, Ujire
23. Organizing committee member of All India Inter-University Netball Championship for women held at PPC College Campus, Udupi
24. Organizing committee member of South Zone Inter-University Kabaddi Championship for women held at Alva's College Campus, Moodabidri