

## *Personal profile*

Name :	RAVINDRANATH C.
Present Designation	Physical Education Director
Address	Lal Bahdur Shastri Govt. First Grade College, Dinnur Main Road, RT Nagara, Bengaluru 32
Office	
Residence	#44, II Main, Amarajyoti Layout, Cholanayakanahalli, R.T.Nagara Post, Bengaluru 32
Phone	09902026640
E-mail	puchravi@gmail.com
Department	Physical Education
Education Qualification	B.Sc., M.Sc. (Yoga), M.P.Ed., SLET, NET.
Date of birth	28.03.1972
Date of Entry in to Service	08.02.2008
Experience	13 Years
Orientation Course	03.03.2009 to 01.04.2009 At ASC, Bangalore university Bangalore,
Refresher course	1. 23.11.2012 to 13.12.2012 at ASC, University of Madras, Chennai, TN. 2. 26.02.2018 to 17.03.2018 at UGC-HRDC Sri Venkateshwara University, Tirupati. 3. 04.03.2020 to 17.03.2020 at UGC-HRDC Bangalore University
Faculty Development Program	1. 8 Weeks FDP- Developing Soft Skills & Personality by NPTEL-AICTE Aug – Oct 2019 2. One Week Online FDP on Covid19: Issues, Challenges and Interventions in the Contemporary Crisis by GFGC, HSR Layout, Bengaluru from 30 <sup>th</sup> April to 6 <sup>th</sup> May 2020 3. One Week Online FDP on Impact of Covid 19 on Higher Education & Society by GFGC, Hosakote from 27 <sup>th</sup> May to 2 <sup>nd</sup> June 2020 4. Six Day International FDP on Perspective and Strategies on Contemporary Issues in Physical Education & Sports by Besant Women's

	<p>College, Mangaluru from 17 to 22 August 2020</p> <p>5. 2 Weeks FDP on Enhancing Psychological Skills for Teaching &amp; Practice by Training Learning Center, Ramanujan College, University of Delhi from 15 to 29<sup>th</sup> September 2020</p>
Trainings:	<ol style="list-style-type: none"> <li>1. Two Days Training Program for Youth Red Cross Officers at Vijaya College on 26<sup>th</sup> and 27<sup>th</sup> February 2015</li> <li>2. Seven Days Basic Training Course for Rover Scout Leaders from 22.08.2016 to 28.07.2016 at Doddaballapura.</li> <li>3. Re-orientation Course on Scouting &amp; Guiding on 02.05.2017 at State Headquarters, BSG, Bengaluru.</li> <li>4. Three Days River Rafting Camp at Barpole, Virajpet, Kodugu from 10.07.2018 to 12.07.2018</li> </ol>
Paper Presentation - Seminar / Conference/ Workshop.	<ol style="list-style-type: none"> <li>1. "School Health Programme &amp; Government Initiation" - National Conference on Life Style Management by MLA FGC on 14<sup>th</sup> &amp; 15<sup>th</sup> February 2014</li> <li>2. Co-Chair Person of technical session and Scrutiny Committee member of National Conference on Life Style Management by MLA FGC on 14<sup>th</sup> &amp; 15<sup>th</sup> February 2014</li> <li>3. "A study on Economical empowerment of women participating in Sports" – National Seminar on "Women empowerment" at GFGC, Ramanagara.</li> <li>4. "A study of Most common Sports injuries and First Aid" – International Journal ISSN- 2321-5488</li> <li>5. "Role of Yogic Practices in Enhancing Sports Performance" – International Online Phy. Edn. and Sports Research Journal ISSN 2277-3665</li> <li>6. "A study on quality management of higher</li> </ol>

	<p>education in rural India” – National Seminar by</p> <ol style="list-style-type: none"> <li>7. “Influence of Media on Sports and society” – National seminar by GFGC, HSR layout, Bengaluru.</li> <li>8. “Know Injuries for No Injuries” – National Seminar by Shesadripuram College, Bengaluru.</li> <li>9. Chair-Person for National Conference on “Blissful Yoga” on 22<sup>nd</sup> July 2017 at Tumkur University, Tumkur.</li> <li>10. “Benefits of Yoga for Geriatrics” – National Conference on “Blissful Yoga” on 22<sup>nd</sup> July 2017 at Tumkur University, Tumkur.</li> <li>11. “Importance of Fitness in Womens’ Life” – National Conference on 13<sup>th</sup> April 2017 at Tumkur University, Tumkur.</li> <li>12. “Issues, Callenges Controversies, Opportunities &amp; Responsibilities of Sports Medicine – 6t International Multidisciplinary Conference on “Educationl Development and Social Welfare” on 27<sup>th</sup> Jan 2018 at St. Philomina FGC, Hassan</li> <li>13. “Influence of Technological Advancements in Cricket” – National Conference on Higher Education in Digital Era on 17<sup>th</sup> April 2018 by Dr.S.GopalRaju GFGC, Anekal, Bengaluru.</li> <li>14. “ Career Opportunities for Women in Sports Industry” – International Multi Disciplinary Seminar on Paradigm Shift in Polity, Society, Culture,Science,Economy,Language,Sports and Management in Contemporary India on 30<sup>th</sup> December 2018 by GFGC, HSR Layout.</li> <li>15. “Sports-A great way to Relieve Stress” – National Conference on reformation in Higher education: Challenges, Concerns &amp; New Directions by LBSGFGC</li> <li>16. “Benefits of Technology in Enhancing Athletic Performance” – International Conference on Going Global in Higher</li> </ol>
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	<p>Education by Govt. Arts &amp; Science College, Karwar</p> <p>17. “Right way to happy and meaningful living” – National Seminar on Women in Transition: Achievements, Issues &amp; Challenges by GFGC, Devanahalli</p> <p>18. Effect of Globalisation- Sports industry and Women, National Conference on Sustainable Education in the Era of Globalisation by LBSGFGC</p> <p>19. “Effect of Yogic Practices on Risk Factors among Hypertensive Men” – International Virtual Conference on Digital teaching ,Training and Coaching by GFGC, K.G.F.</p>
<p>Participaton - Seminar / Conference/ Workshop</p>	<ol style="list-style-type: none"> <li>1. National Seminar by Govt. college Mandya, on 20.11.2008</li> <li>2. National Seminar by Vijaya College Mulki on 21 &amp; 22-11-2008</li> <li>3. International Conference by Saint Mary’s Syrian College, Bramhavara on 29 &amp; 30-01-2010</li> <li>4. State level Workshop by maharani’s Sci. College, Bengaluru on</li> <li>5. State level seminar by The National Degree College, Bengaluru, on 31-08-10</li> <li>6. National Seminar by Gulbarga Uni. on 29 &amp; 30 – 01- 2011</li> <li>7. National Seminar by GFGC. K.R.Pura,Bengaluru, on 18 &amp; 19-03-11</li> <li>8. National Seminar by L.B.S.G.F.G.C, Bengaluru on 19.03.2012</li> <li>9. International Seminar at Poornaprajna College, Udupi. On 22 &amp; 23 Aug 2014</li> <li>10. International Conference at Government College, Mandya 22 &amp; 23 February 2014</li> <li>11. National Level Workshop on Digital</li> </ol>

	<p>Knowledge Sharing at GFGC Hosakote.</p> <p>12. Two day Training Program for officers of Youth Red Cross at Vijaya College on 26<sup>th</sup> &amp; 27<sup>th</sup> feb 2015</p> <p>13. National Conference on Holistic Sports by Prajapita Bramha Kumari Ishwariya Vishwa Vidyalaya, Chennai, TN.</p> <p>14. National Workshop on Yoga your life and your choice at TNPESU, chennai.</p> <p>15. Dr.B.R. Ambedkar International Conference 2017</p> <p>20. National Conference on “Blissful Yoga” on 22<sup>nd</sup> July 2017 at Tumkur University, Tumkur.</p> <p>16. Faculty Development Programme on E-Resources in Reasearc &amp; Guidance for NAAC Re-Accreditation on 10.02.2017 at LBSGFGC</p> <p>17. State level Faculty Development Program on “Re-Inventing Ethical Environment in Higher Education” at GFGC Devanahalli on 23<sup>rd</sup> March 2018</p> <p>18. Workshop on IPR Awareness in Academia on 25t April 2018 at LBSGFGC</p> <p>19. One Day FDP on Faculty Participation in NAAC Process by LBSGFGC, Bengaluru</p>
Membership	<ol style="list-style-type: none"> <li>1. K.G.C.T.A.</li> <li>2. N.A.P.E.S.S.</li> <li>3. K.G.C.T.H.B.</li> </ol>
	<ol style="list-style-type: none"> <li>1. Organizing Secretary Of the Bangalore University Inter Collegiate Chess Tournament – 2012, Conducted at L.B.S.G.F.G.C.</li> </ol>

Achivements /  
Responsibilities at  
Various Levels

2. Worked as Deputy Coordinator for Bangalore University U.G. Semester Exams-October 2011.
3. Working as 'Liaison Officer' of LBSGFGC from 02.01.2012 till date.
4. Worked as Manager of Bangalore University Table Tennis Team in the South Zone & All-India championship at N.T.R. University, AP.
5. Worked as Manager of Bangalore University Badminton Team in the South Zone & All-India championship at N.T.R. University, AP.
6. Worked as Manager of Bangalore University Chess Team in the South Zone championship at V.I.T. University, Vellore, T.N.
7. Worked as Manager of Bangalore University Fencing (Men) Team in the All-India championship at Punjabi University, Patiala, Punjab.
8. N.S.S. Co-Camp Officer in the years 2010-11 and 2012-13 and conducted Yoga classes for the camp students.
9. Authorized to collect the question papers for the Bangalore University U.G. Semester Exams in the following years :
  - a. May - June 2010- G.F.G.C. Varthuru
  - b. April - May 2012- LBSGFGC
  - c. Oct - Nov 2012 – LBSGFGC and till December 2018.
10. Conducted "Business Quiz" for Vaibhav-2012, an intercollegiate Commerce fest.
11. Conducted a Quiz on 'Swami Vivekananda'

on his 150<sup>th</sup> Birth Anniversary.

12. Coach & Manager of Staff Women Throw ball team took part in Inter Collegiate tournament

13. Coach & Manager of LBSGFGC Weight Lifting Men team – Champions B.U. I/C Weight Lifting Competition

14. Coach & Manager of LBSGFGC Weight Lifting / Power Lifting Women team – Champions B.U. I/C Power Lifting Competition

15. Worked / working in different Committees of LBSGFGC

- a. Convener - Sports Committee
- b. Convener - Red Cross Unit
- c. Convener - Rovers' Unit
- d. Convener - Discipline Committee
- e. Convener – Adventure Sports Committee
- f. N.A.A.C. Committee
- g. I.Q.A.C Committee
- h. Examination Committee
- i. Admission Committee
- j. Cultural Committee
- k. Purchase Committee
- l. N.S.S. Committee
- m. Human Rights Committee
- n. Scholarship Committee
- o. Community Health Committee

16. Conducting Inter class competitions: Cricket, Badminton, Volleyball, Throw ball, Best Physique, Chess, Carom and Athletic Events for Boys and Girls.

17. Nodal Officer for Student Bus Pass Issuance 2019-20

Any other Information	<ol style="list-style-type: none"><li>1) Donated Blood on 07.03.2017</li><li>2) Eye Donor – Dr. Rajkumar Eye Bank</li><li>3) Winner of Singles and Doubles in the Inter College Carrom Competition for Staff at MLA College for Women for the year 2015</li><li>4) Winner of Singles and Doubles in the Inter College Carrom Competition for Staff at MLA College for Women for the year 2015</li><li>5) Winner of Doubles in the Inter College Carrom Competition for Staff at MLA College for Women for the year 2018</li><li>6) Donated Blood on 17.02.2018</li></ol>
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## **“Responsibilities and Services rendered to Bangalore University at All India and South Zone Inter University Competitions”**

<b>S. N</b>	<b>Game / Event</b>	<b>Year</b>	<b>Organising university of South Zone / All India Inter University Tournament</b>	<b>Date of the Tournament</b>	<b>Responsibility</b>
01	South Zone Inter University Hockey (Men)	2009	Bangalore University Bengaluru, Karnataka	19 <sup>th</sup> to 25 <sup>th</sup> October 2009	Organising Committee Member
02	South Zone Inter University Table Tennis (Men)	2009	Dr. N.T.R. University of Health Sciences Vijayawada, Andhra Pradesh	21 <sup>st</sup> to 24 January 2010	Manager
03	All India Inter University Table Tennis (Men)	2009	Dr. N.T.R. University of Health Sciences Vijayawada, Andhra Pradesh	25 <sup>th</sup> to 28 <sup>th</sup> January 2010	Manager
04	South Zone Inter University Badminton (Men)	2010	Dr. N.T.R. University of Health Sciences Vijayawada, Andhra Pradesh	26 <sup>th</sup> to 31 <sup>st</sup> October 2010	Manager
05	All India Inter University Badminton (Men)	2010	Dr. N.T.R. University of Health Sciences Vijayawada, Andhra Pradesh	01 <sup>st</sup> to 05 <sup>th</sup> November 2010	Manager
06	South Zone Inter University Chess (Men)	2012	Vellur Institute of Technology, Chennai, Tamilnadu	07 <sup>th</sup> to 13 <sup>th</sup> February 2012	Manager
07	All India Inter University Fencing (Men)	2013	Punjabi University, Patiala, Punjab	4 <sup>th</sup> to 7 <sup>th</sup> February 2013	Manager
08	South Zone Inter University Cricket (Men)	2016	Hindustani University, Chennai, Tamilnadu	1 <sup>st</sup> to 9 <sup>th</sup> January 2017	Coach
09	South Zone Inter University Cricket (Men)	2017	Andhra University, Vizag, Andhra Pradesh	1 <sup>st</sup> to 9 <sup>th</sup> January 2017	Coach
10	Cricket (Women)	2017-18	Bangalore University, Bengaluru	02.11.2017 To 07.11.2017	Organising & Technical Committee Member
11	Hockey (Men)	2017-18	Bangalore University, Bengaluru	22.01.2018 To 28.01.2018	Organising & Technical Committee Member
12	South Zone Inter University Cricket (Men)	2019	V.I.T. Shivamogga, Karnataka	14 <sup>th</sup> to 22 <sup>nd</sup> January 2019	Coach
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**“Responsibilities and Services rendered for Bangalore University at Inter Collegiate Competitions”**

<b>Sl. No.</b>	<b>Year</b>	<b>Events</b>	<b>Nature of Work</b>
01	2009	Athletics	Recording Committee Member
02	2009	Cricket (Men)	Selection Committee Member
03	2010	Athletics	Record Committee Member
04	2010	Cricket (Men)	Selection Committee Member
05	2010	Chess (Men & Women)	Organising / Technical Committee Member
06	2011	Athletics	Record Committee Member
07	2011	Cricket (Men)	Selection Committee Member
08	2012	Athletics	Record Committee Member
09	2012	Cricket (Men)	Selection Committee Member
10	2012	Chess (Men & Women)	Organising Secretary*
11	2013	Athletics	Record Committee Member
12	2013	Cricket (Men)	Selection Committee Member
13	2014	Athletics	Record Committee Member and Compere
14	2014	Cricket (Men)	Selection Committee Member
15	2014	Throw Ball (Women)	Organising Secretary*
16	2015	Athletics	Record Committee Member and Compere
17	2015	All India & Inter University Medal Winners Felicitation Ceremony	Compere
18	2015	Cricket (Men)	Selection Committee Member
19	2015	Taekwondo (Men & Women)	Organising Secretary*
20	2016	All India & Inter University Medal Winners Felicitation Ceremony	Compere
21	2016	Athletics	Record Committee Member and Compere
22	2016	Cricket (Men)	Selection Committee Member
23	2016	Cricket (Men)	Coach*
24	2017	All India & Inter University Medal Winners Felicitation Ceremony	Compere
25	2017	Athletics	Record Committee Member and Compere
26	2017	Cricket (Men & Women)	Selection Committee Member
27	2017	Cricket (Men)	Coach*
28	2018	Athletics	Record Committee Member and

			<b>Compere</b>
29	2018	Cricket (Men & Women)	<b>Selection Committee Member</b>
30	2018	Cricket (Men)	<b>Coach*</b>
31	2019	Cricket (Men & Women)	<b>Selection Committee Member</b>
32	2019	B.U. Inter Collegiate Athletic Meet	<b>Technical Committee Member</b>

### **“Responsibilities and Services rendered to Bengaluru North University at All India and South Zone Inter University Competitions”**

<b>Sl. No</b>	<b>Year</b>	<b>Event</b>	<b>Nature of Work</b>
1	2018	South Zone Inter University Women Kabaddi Championship 2018 from 09 to 15 November 2018 at GFGC, Devanahalli.	<b>Organising Committee Member</b>
2	2019	South Zone Inter University Handball Championship for Men from 21 to 24 December at New Horizon College, Bengaluru.	<b>Organising Committee Member</b>
3	2019	Cricket (Men) 01 to 04 December 2019 at University of Mysuru	<b>Coach</b>

### **“Responsibilities and Services rendered for Bengaluru North University at Inter Collegiate Competitions”**

<b>Sl. No</b>	<b>Year</b>	<b>Event</b>	<b>Nature of Work</b>
1	2019	BNU – Inter Collegiate Athletic Meet 6 <sup>th</sup> & 7 <sup>th</sup> November 2019	<b>Technical Committee Member</b>