

GOVERNMENT OF KARNATAKA



DEPARTMENT OF COLLEGIATE EDUCATION

GOVERNMENT FIRST GRADE COLLEGE AND P.G. CENTER YELAHANKA
BANGALORE -560064 NAAC GRADE 'B'

DEPARTMENT OF PHYSICAL EDUCATION

FACULTY PROFILE

ACADEMIC YEAR 2020-21



1	NAME	USHANANDINI
2	AGE (Date of Birth)	46years, 08- 03-1974
3	OFFICE ADDRESS	Physical education director. Government First Grade College, Yelahanka Bangalore North District.- 560064
4	PERMANENT ADDRESS E-MAIL ID	#3324, 11nd cross, Nandagokula layout, Thanisandra main road, S.R.K. Nager PostNagawara, Bangalore- 560077 krushanandini@gmail.com
5	PAN NO.	ABYPU3386Q

6	KGID NOS.	a) 1955337 b) 2354612 c)
7	DESIGNATION	PHYSICAL EDUCATION DIRECTOR
8	DATE OF JOINING	28-06-2010
9	PROBATIONARY PERIOD COMPLETED	19-07-2012
10	AREA OF SPECIALIZATION	KHO KHO,VOLLEY BAL L,
11	PRAN (NPS)/G.P.F- No.	G.P.F.- EDN426924
12	AADHAR CARD NO. (UIDAI)	NO- 262422521078

13. EDUCATIONAL/PROFESSIONAL QUALIFICATION:

Degree/Diploma	Institution/University	State	Year
B.A.	Bangalore university	Karnataka	1997
B.P.Ed.,	Bangalore university	Karnataka	1998-1999
M.P.Ed.,	bangalore university	Karnataka	1999-2000
M.A.	Kuvempu University	Karnataka	2007
M.Phil.,	Vinayaka Mission University, Salem.	Tamilnadu	2008

14.ADISSIONAL QUALIFICATION:

Degree/diploma/certificate programme	Year of passing	Institution/university
Athletic state qualifying referee exam	2000	K.V. College, Chikkaballapur
CCA(computer course in Computer application)	2001	T.M.C.Computer Education
Yoga Training	10 days	K.V. College, Chikkaballapur
Unnata Sahayak	10 days	Sevadal Camp Thanisandra
ORIENTATION PROGRAMME	22-06-2012 TO 19-07-2012	U.G.C. academic staff college Mysore
RANGERS TRAINING	05-12-2012 TO 11-12-2012	ANIBESANT TRAINING CAMP DODDABALLAPUR
REFRESHER COURSE	19-03-2014	UGC –ACADEMIC STAFF COLLEGE BANGALORE

15.PROFESSIONAL EXPERIENCE:

Name of the college/corporate/institution	No of years	Teching
Govt. Girls' Junior college (High School Section)	03years	Physical education.
Govt. High school Chikkabanavara,	03years	Physical education.
G.F.G.C. Magadi	28-06-2010 TO 15-07-2013 03years 6 months	Physical education.
G.F.G.C. Yelahanka	FROM 15-07-2013 TO till now	Physical education.

16.Membership(professional bodies/ board of exams):

T.B.F.	2004	Govt Teachers Association
K.G.C.T.A	07-12-2010	G.F.G..C. Faculty members(LIFETIME MEMBER)
NAPESS(NATIONAL ASSOCIATION OF PHYSICAL EDUCATION AND SPORTS SCIENCE)	11-01-2014	Physical Education Teachers,Directors. And Experts.(LIFETIME MEMBER)
K.G.C.T.SC.ST. ASSOCIATION	2015	G.F.G..C. Faculty members(LIFETIME MEMBER)
PEFI (PHYSICAL EDUCATION FOUNDATION OF INDIA)	19-07-2020	ACTIVE MEMBER

17.Departmental examination details:

Title of the papers	Year of passing with reg.no.	Conduct by KPSC	RESULT
General law-I	2005,Reg No.83639	Yes	Pass
General law-II	2005,Reg No.83639	Yes	Pass
Accounts Higher	2007, Reg. No.35479	Yes	First Class

19.Workshop/FDP/training programmes attended:

Name of the programme	duration dates	Organized by
Introduction of physical education and yoga as a curricular subject as collegiate level	Two days 11,12mar 2010	Maharani's Science College for Women, Bangalore.
Participated in one day 'convention for college teachers '	31-08-2013	RAMAKRISHNA MATH BULL TEMPLE ROAD, BANGALORE

Participated in one day workshop on personality development & communication skill programme.	11-03-2014	At G F G C YELAHANKA BANGALORE
PARTICIPATED IN 7 DAYS INTERNATIONAL FDP ON “MENTAL HEALTH AND PHYSICAL WELL BEING DURING COVID -19”.	SEVEN DAYS ONLINE FDP 08-06-2020 15-06-2020	AT GFGC CHANNAPATANA
PARTICIPATED IN ONE DAY NATIONAL WEBINAR ON	ONE DAY NATIONAL WEBINAR 06-08- 2020	GFGC BIDADI
PARTICIPATED IN ONE DAY NATIONAL WEBINAR ON “SPORTS INJURY MANAGEMENT - A SCIENTIFIC OVERVIEW”.	ONE DAY 07-08-2020	INDIAN ACCADEMY DEGREE COLLEGE BENGALURU
PARTICIPATED IN ONE DAY ONLINE NATIONAL WEBINAR ON “STRESS & TENSSION FREE THROUGH YOGA PRACTICES”.	ONE DAY 04-09-2020	GOVT R C COLLEGE BENGALURU
PARTICIPATED IN ONLINE WEBINAR ON “LIFESTYLE MANAGEMENT AIMIDST COVID PANDAMIC “.	30-09-2020	Smt. GOWRAMMA AND Sri.DK KEMPEGOWDA GOVT DEGREE COLLEGE KODIHALLI
PARTICIPATED IN 7 DAYS SHORT TURM COURSE ON EMPOWERING PHYSICAL EDUCATION AND SPORTS FRATERNITY WITH ONLINE TEACHING AND CREATING E-CONTENT.	25-08-2020 TO 31-08-2020	BAPU DEGREE COLLEGE ,BENGALURU CENTAL UNIVERSITY AND PEFI KARNATAKA

20.SEMINARS/CONFERENCES /WEBINARS /ATTENDED:

NAME OF THE PROGRAMME	DURATION	ORGANIZED BY	DATES
PROFESSIONAL APPROACH TO PHYSICAL EDUCATION AND SPORTS MANEGEMENT.	ONE DAY STATE LEVEL SEMINOR.	NATIONAL DEGREE COLLEGE JAYANAGAR,BANGA LORE.	31 ST AUG 2010

ROLE OF COLLEGES AND UNIVERSITIES TOWARDS THE PROGRESSIVITY OOF SPORTS IN INDIA.	TWO DAYS NATIONAL LEVEL CONFERENCE.	G.F.G.C. K.R. PURAM.BANGALOR E.	18,19-MAR2011
“PHYSICAL EDUCATION AND SPORTS A CHALLENGING FUTURE IN INDIA”	TWO DAYS NATIONAL LEVEL CONFERENCE.	G.F.G.C. KUVEMPU NAGAR, MYSORE.	23 rd and 24 th august 2013
INTER NATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORTS SCIENCE(INCPRESS)	THREE DAYS INTERNATIONAL CONFERENCE.	DEPARTMENT OF SPORTS SCINCE MANIPAL UNIVERSITY,UDUPI	. 09,10, 11,Jan 2014
“NATIONAL CONFERENCE ON “LIFESTYLE MANAGEMENT AND WELLNESS THROUGH PHYSICAL ACTIVITY,YOGA,RECREATION,AND SPORTS “.	TWO DAYS NATIONAL LEVEL CONFERENCE.	M.L.A.F.G.C.FOR WOMEN MALLESHWARAM BANGALORE	14-02-2014 TO 15-02-2014
INTERNATIONAL CONFERENCE ON “PHYSIOTHERAPY IN PHYSICAL EDUCATION AND SPORTS SCIENCES”ICPPESC-2014	TWO DAYS INTERNATIONAL CONFERENCE	GOVERNMENT FIRSTGRADE COLLEGE ATOUNOUMOUS MANDYA	22 ND & 23-02-2014
“NATIONAL CONFERENCE ON INTERDISCIPLINARY APPROCH IN PHISICAL EDUCATION AND SPORTS”	ONE DAY NATIONAL SEMINAR	SOUNDARYA COLLEGE BANGALORE	27-02-15
“THE ROLE OF TEACHERS IN ACADEMIC ADMINISTRATION”	ONE DAY NATIONAL SEMINAR	GOVERNMENT R.C. COLLEGE BANGALORE	29-09-2015
“ UNNATHA SHIKSHANADALLI SAAMAJIKA NYAYADA SAVAALUGALU”	ONE DAY NATIONAL SEMINAR (PARTICIPATED AS RESOURCE PERSON)	KGCT SC ST ASSOCIATION & BANGALORE UNIVERSITY SC ST TEACHERS	19-10-2015

		ASSOCIATION	
ISSUES AND CHALLENGES IN IMPLIMENTATION OF PHYSICAL EDUCATION AND SPORTS SCIENCES IN UNDER GRADUATE LEVEL.	TWO DAY NATIONAL SEMINAR	AT GOVERNMENT FIRST GRADE COLLEGE TIPTUR	23-03-2016 TO 24-03-2016
NATIONAL SEMINAR ON “CHALLENGES AND OPPORTUNITIES IN HIGHER EDUCATION”	ONE DAY NATIONAL SEMINAR	AT GOVERNMENT FIRST GRADE COLLEGE YELAHANKA BANGALORE	12-04-2016
NATIONAL SEMINAR ON CORPORATION FREE INDIA	ONE DAY NATIONAL SEMINAR	GOVERNMENT FIRST GRADE COLLEGE C.S.PURA GUBBI	21-01-2017
INTERNATIONAL CONFERENCE ON “SPORTS:AN INTIGRAL COMPONENT OF NATION BUILDING”.	TWO DAY INTERNATIONAL CONFERENCE	MOUNT CARMEL COLLEGE BANGALORE	19-03-2019 TO 20-03-2019
MULTIDISCIPLINARY INTERNATIONAL CONFERENCE ON “INNOVATION AND HUMAN VALUES THRIVING IN VUCA WORLD”.	TWO DAY INTERNATIONAL CONFERENCE	SHESHADRIPURAM COMERCE AND MANAGEMENT COLLEGE BANGALORE	15 TH AND 16 TH MARCH 2019
“STRATTERGIES OF SPORTS TRAINING AIMIDST COVID PANDAMIC “.	ONE DAY NATIONAL WEBINAR	ST. CLARET COLLEGE AND PEFI KARNATAKA	13-07-2020

22.PAPER PRESENTED IN NATIONAL/ INTERNATIONAL CONFERENCES:

NAME OF THE PROGRAMME	TITLE OF THE PAPER	DATES	ORGANIZED BY UNIVERSITY
ANNUAL NATIONAL RESEARCH CONGRESS	PAPER PRESENTED ON “AWARENESS ABOUT SOCIOL SIGNIFICANCE OF PHYSICAL	102012	KARPAGAM KOIMBATOR

	EDUCATION AMONG PARENTS OF BANGALORE URBAN".		
INTER NATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORTS SCIENCE(INCPRESS)	PAPER PRESENTED ON "YOGA IN SPORTS"	09,10, 11,Jan 2014	DEPARTMENT OF SPORTS SCINCE MANIPAL UNIVERSITY,UDUPI.
INTER NATIONAL CONFERENCE ON " PHYSIOTHERAPY IN PHYSICAL EDUCATION AND SPORTS SCIENCES"ICPPESC-2014	PAPER PRESENTED ON "GENERAL AND SPECIFIC PHYSICAL FITNESS IN AVOIDING INJURIES"	22 ND & 23 RD FEBRUARY-2014	GOVERNMENT FIRST GRADE COLLEGE AOUTONOMUS MANDYA
NATIONAL CONFERENCE ON INTERDISCIPLINARY APPROCH IN PHISICAL EDUCATION AND SPORTS	PAPER PRESENTED ON "PHISICAL EDUCATION AND HEALTH AMONG YOUTHS"	27-02-15	SOUNDARYA COLLEGE BANGALORE UNIVERSITY
TWO DAY NATIONAL SEMINAR ON ISSUES AND CHALLENGES IN IMPLIMENTATION OF PHYSICAL EDUCATION AND SPORTS SCIENCES IN UNDER GRADUATE LEVEL.	"PAPER PRESENTED ON CHALLENGES FACED BY PHYSICAL EDUCATERS".	23-03-2016 TO 24-03-2016	AT GOVERNMENT FIRST GRADE COLLEGE TIPTUR
NATIONAL SEMINAR ON "CHALLENGES AND OPPORTUNITIES IN HIGHER EDUCATION"	"CHALLENGES AND ISSUES TOWARDS QUALITY MANAGEMENT IN HIGHER EDUCATION ".	12-04-2016	AT GOVERNMENT FIRST GRADE COLLEGE YELAHANKA BANGALORE
NATIONAL SEMINAR ON CHALLENGES AND OPPORTUNITIES IN HIGHER EDUCATION	ONE DAY NATIONAL SEMINAR	12-04-2016	AT GOVERNMENT FIRST GRADE COLLEGE YELAHANKA BANGALORE
PARTICIPATED AND PRESENTED PAPER ON "SPORTS JURNALISM IN INDIA". PUBLISHED IN INTERNATIONAL	TWO DAYS MULTIDSCIPLINARY INTERNATIONAL CONFERENCE ON "INNOVATION AND HUMAN	15 TH AND 16 TH MARCH 2019	SHESHADRIPURAM COMERCE AND MANAGEMENT COLLEGE

JURNAL IMPACT FACTOR-7.119	VALUES THRIVING IN VUCA WORLD".		BENGALURU
PARTICIPATED AND PUBLISHED PAPER IN INTER NATIONAL JURNAL ON“ GENERAL AND SPECIFIC PHYSICAL FITNESS IN AVOIDING INJURIE”. IMPACT FACTOR-7.217	TWO DAYS INTERNATIONAL VIRTUAL CONFERENCE	22-08-2020 AND 23-08-2020	GOVERNMENT FIRST GRADE COLLEGE KOLAR GOLD FIELDS KOLAR.

23. Committees Members for Activities: Sports/ Cultural/ NSS/Scouts and Guides:

NAME OF THE PROGRAMME	DATES AND DURATION	DESIGNATION
MAANAVATHE	ONE MONTH	COORDINATER
NSS SPECIAL CAMP AT ADRANGI VILLEGE	01-02-2011 TO 07-02-2011	ASSOCIATE CAMP OFFICER
NATIONAL FESTIVEL ORGANIZING COMMITEE.	AUG 15 TH AND JAN 26 TH 2010,2011,2012.2013,2014,2015,2016,201 7,2018,2019,2020,	COORDINATER
SCOUTS AND GUIDS	2012-2013	COORDINATING SECRETORY
VICE PRESIDENT ‘ADVENTURE CLUB’ G.F.G.C. YELAHANKA	FEB 2015	VICE PRESIDENT

24. Achivements/awards:

NAME OF THE PROGRAMMEE	DATE AND DURATION	DESIGNATION
ORGANIZED INTER COLLEGIATE KABADDI AND THROW BALL TOURNAMENT.	29-10-210 (SILVER JUBILEE SPORTS) AT GOVERNMENT P U COLLEGE	COORDINATER/ ORGANIZING SECRETARY.

	GROUND MAGADI RAMANAGAR DISTRICT	
STATE QUALIFYING REFEREE FOR ATHLETICS	25-07-1999	REFEREE
ORGANIZED BANGALORE UNIVERSITY INTER COLLEGIATE WEIGHT LIFTING CHAMPIONSHIP - 2015-16	13 TH 1ND 14 TH JAN AT GOVERNMENT FIRSTGRADE COLLEGE YELAHANKA VIVEKANANDA AODITORIOUM BANGALORE -64	COORDINATER ORGANIZING SECRETARY.
ORGANIZED STATELEVEL INTER COLLEGIATE MAT KABADDI TOURNAMENT.	17-03-17 to 18-03-17 AT GOVERNMENT FIRSTGRADE COLLEGE YELAHANKA VIVEKANANDA AODITORIOUM BANGALORE -64	COORDINATER/ ORGANIZING SECRETARY.
ORGANIZED BANGALORE UNIVERSITY INTER COLLEGIATE TAEKWONDOCHAMPIONSHIP-2016-17 ON 01-09-2017	AT GOVERNMENT FIRSTGRADE COLLEGE YELAHANKA VIVEKANANDA AODITORIOUM BANGALORE -64	COORDINATER/ ORGANIZING SECRETARY.
ORGANIZED STATE LEVEL INTERCOLLEGIATE MAT KABADDI TOURNAMENT -2017 ON 17-03-2017 AND 18-03-2017	AT GOVERNMENT FIRSTGRADE COLLEGE YELAHANKA VIVEKANANDA AODITORIOUM BANGALORE -64	COORDINATER/ ORGANIZING SECRETARY.
11 TH SENIOR TUG OF WAR NATIONAL CHAMPIONSHIP 2018 HELD ON 30-03-2018 TO 31-03-2018	AT KASHI COLLEGE BHATINDA PUNJAB.	PARTICIPATED AS TEAM COACH
31 ST SENIOR TUG-OF-WAR NATIONAL CHAMPIONSHIP-2018	HELD AT CHINCHANI BEACH PALGHAR MAHARASHTRA	PARTICIPATED AS TEAM MANAGER

20 TH SUB JUNIOR TUG-OF-WAR NATIONAL CHAMPIONSHIP-2018	HELD AT SHOLINGER VELLUR TAMILNADU	PARTICIPATED AS TEAM COACH
ADVENTURE SPORTS TRAINING RIVER RAFFTING CAMP-2018	HELD AT BARPOLE VIRAJPET KODAGU	PARTICIPATED AS PARTICIPANT AND TEAM MANAGER
ORGANIZED BENGALURU CENTRAL UNIVERSITY 1 ST INTER COLLEGIATE WRESTLING CHAMPIONSHIP-2019 HELD ON 10-03-2019	AT GOVERNMENT FIRSTGRADE COLLEGE YELAHANKA VIVEKANANDA AUDITORIUM BANGALORE -64	COORDINATOR/ ORGANIZING SECRETARY. UNIVERSITY TEAM SELECTION COMMITTEE MEMBER
ORGANIZED BENGALURU CENTRAL UNIVERSITY INTER COLLEGIATE WRESTLING CHAMPIONSHIP FOR MEN AND WOMEN -2019-20 26-10-2019	AT GOVERNMENT FIRSTGRADE COLLEGE YELAHANKA VIVEKANANDA AUDITORIUM BANGALORE -64	COORDINATOR/ ORGANIZING SECRETARY AND <i>UNIVERSITY TEAM SELECTION COMMITTEE MEMBER</i>
ORGANIZED BENGALURU CENTRAL UNIVERSITY 1 ST INTER COLLEGIATE TAEKWONDO CHAMPIONSHIP-2019-2020 04-03-2019	AT GOVERNMENT FIRSTGRADE COLLEGE YELAHANKA VIVEKANANDA AUDITORIUM BANGALORE -64	COORDINATOR/ ORGANIZING SECRETARY. UNIVERSITY TEAM SELECTION COMMITTEE MEMBER

Signature of the Faculty

(USHANANDINI)

PRINCIPAL

