



SHARANABASAVESHWAR COLLEGE OF SCIENCE

KALABURAGI-585103

(UNDER IQAC INITIATIVE)

DEPARTMENT OF PHYSICAL EDUCATION

A brief report on

ONE DAY NATIONAL WEBINAR

“Avenues for Wellness & Resilience”

Resource Person-I

Dr. Rajkumar P. Malipatil

DOS in Physical Education & Sports Sciences
Karnataka State Akkamahadevi
Women's University, Vijayapura

Resource Person -II

Mr. Chandrakant Biradar

Yoga Trainer
Department of Physical Education
Gulbarga University, Kalaburagi

Invitations



"All progress takes place outside the comfort zone".
"Success is walking from failure to failure with no loss of enthusiasm"

Centenary Celebrated Sharnabasaveshwar Vidhya Vardhak Sangha's

SHARANABASVESHWAR COLLEGE OF SCIENCE
(Affiliated to Gulbarga University, Diamond Jubilee Celebrated & ISO Certified)
Vidya Nagar, Kalaburagi-585103, Email Id: sbcssports@gmail.com

With the Divine Blessings of
Pooja Dr.Sharnbaswappa Appaji
(Mahadasoha Peetadhipati,Sharanabasveshwara Samasthana
President, Sharanabasveshwara Vidhya Vardhak Sangha
Chancellor, Sharnbasva University, Kalaburagi)

In the August presence of
Sri. Basawaraj S. Deshmukh
Secretary,Sharnbasveshwara Vidhya Vardhak Sangha,
Kalaburagi

Under IQAC Initiative
Department of Physical Education
organizes

ONE DAY NATIONAL WEBINAR ON

Avenues for Wellness & Resilience

Session-I:

Physical Competency and Health: A Road into Thyself

Resource Person

Dr. Rajkumar P. Malipatil
DOS in Physical Education & Sports Sciences
Karnataka State Akkamahadevi
Women's University, Vijayapura

Session-II:

Cues to Float: Perspectives into Yoga

Resource Person

Mr. Chandrakant Biradar
Yoga Trainer
Department of Physical Education
Gulbarga University, Kalaburagi

President

Dr. S. G. Dollegoudar Patil
Principal, Sharanabasaveshwara College of Science, Kalaburagi

Date: 13th June, 2020

Time: 12 noon

Registration link:

https://docs.google.com/forms/d/1qRvjRFIX1-yd17eK4Jtf_KzydXCmc8M-UitnzdYIMD0/edit

Join through link: <https://us04web.zoom.us/j/7092536011?pwd=NUFGamkvNVB4RFZbnhzR21pUUJjdz09>

Meeting ID: 7092536011 Password: 8055

(Note: E-Certificate will be issued to all Registered and Active Participants after the Submission of Feedback Form through their respective E-mail id)

Dr. Basavaraj S. Naraboli
Organizing Secretary

Dr. Omprakash Sonar
IQAC Co-ordinator

Dr. T. V. Biradar
Academic Activities Coordinator

Dr. S.G. Dollegoudar
Principal

Conveners:

1. Mr. Harshavardhan A.
2. Dr. Ramesh K. B.





Centenary Celebrated Sharnabasaveshwar Vidhya Vardhak Sangha's

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Vidya Nagar, Kalaburagi-585103, Email Id:
sbcssports@gmail.com

Under IQAC Initiative
Department of Physical Education
organizes

ONE DAY NATIONAL WEBINAR ON *"Avenues for Wellness & Resilience"*

Date: 13.06.2020

Resource Person's

Time: 12.00 Noon



Dr. Rajkumar P. Malipatil
DOS in Physical Education & Sports Sciences
Karnataka State Aikamahadevi
Women's University, Vijayapura



Mr. Chandrakant Biradar
Yoga Trainer
Department of Physical Education
Gulbarga University, Kalaburagi



Organizing secretary

Dr. Basavaraj S. Naraboli

Assistant Professor
Department of Chemistry


Conveners



Sri.Harshavardhan.A
Assistant Professor
Department of Chemistry




Dr.Ramesh K B
Assistant Professor
Department of Chemistry



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OF SCIENCE, GULBARGA

Curriculum vitae

CURRICULUM VITAE

❖ General Information:

a.	Name:	Dr. RAJKUMAR .P. MALIPATIL	
b.	Address:	Dos in Physical Education & Sports Sciences, Karanataka State Akkamahadevi Women's University, Jnanashakati Campus, Toravi, Athani Road, Vijayapura, Karnataka -586105	
	Contact:	Mob. 9945566411 Email: patilrajkumarp@gmail.com rajumahila@rediffmail.com	
c.	Designation:	Associate Professor	
d.	Institute	Karnataka State Akkamahadevi Women's University, Vijayapura	
e.	Department	Department of Studies in Physical Education and Sports Sciences.	
f.	Date of Joining	July 9 th , 2018	
g.	Date of Birth:	01-01-1970	
h.	Area of Specialization: Games	Basket Ball, cricket, Karate, Table Tennis, Badminton and Drill & March, Karate	
i.	Area of Specialization: Subjects	Sports Psychology and Sociology, yoga, Exercise Physiology, Test and Measurement and Evaluation, Bio-mechanics, Research methodology, foundation of physical education, Fitness and wellness.	


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❖ **Academic Qualification:**

S. No.	Degree/UGC	Year	University/UGC	Division	Position
1	Bachelor's degree	1994	Gulbarga University, Karnataka	2 nd	-
2	M.A (Psychology)	1996	Gulbarga University, Karnataka	2 nd	-
3	M.P.Ed	1999	Gulbarga University, Karnataka	1 st	Second Rank
4	M.Phil	2002	Gulbarga University,	1 st class	--
5	NET	2004	UGC, New Delhi	Qualified	-
6	PhD	2005	Gulbarga University, Karnataka	Awarded	-
7	PGDCE	2014	KSOU, Mysore, Karanataka	1 st	-

❖ **POSITION HELD**

S. No.	Designation	College / University	Duration	Scale of Pay
1	Lecturer (Guest Faculty)	Dept of Physical Education	2000-2004	Rs 8000
2	Served as Physical Education Teacher in Gove High School, Alanda Taluk,	Deputy Director of Public Instruction Gulbarga District	10-1-2004 to 13-7-2007	4575-8000
3	Assistant Professor	Dept of Physical Education and Sports Sciences, Karnataka state Women's University, Vijayapura	13-7-2007	15600-39100
4	Associate Professor	Dept of Physical Education and Sports Sciences, Karnataka State Women's University, Vijayapura	7-7-2018 till Date	37400-67000



ADMINISTRATIVE EXPERIENCE

1. Acted as **Principal in the** Dept of Physical Education, Karnataka State Women's University, Vijayapura from 2008 to 2011.
2. **Co-ordinator** for Competitive & UGC-NET -KSET Coaching cell, Karnataka State Women's University, Vijayapura 2009-2014
3. **Director of Distance Education** for Directorate of Distance Education, Karnataka State Women's University, Vijaypaua from 2014 to 2016.
4. **Director of Physical Education**, Directorate of Sports, Karnataka State Akkamahdevi Women's University, Vijayapura from 19-9-2016 to 2018.
5. **Deputy Registrar for Exam Section** (in charge) Karnataka State Women's University, Vijayapura from 2018 to till date.
6. **Nodal Officer for Red Cross Cell**, Karnataka state Women's University and Vijayapura from 2018 to 2019.



PROFESSIONAL COMPETENCY AND TEACHING EXPERIENCE

1. Served as BOE(UG) Chairman for three year that is academic year 2008.09.10,
2. Served as BOE (PG&UG) Member and Chairman for two year that is academic year 2007-2019.
3. BOE member of Physical Education PG and UG of all the Universities in Karnataka.
4. Serving as Coordinator for UGC/NET/SLET/Coaching center of Karnataka state women's University, Bijapur since 2012 to till date.
5. Acted as local observer for K-SET Exam conducted by Mysore university, Mysore and KPSC exam for FDC&SDC 2016 at KSWU center in year 2012.2013,2015
6. Acted as BOA member to appoint as Physical Education Director of affiliated a college of different university as nominated member by university and joint director of Collegiate Education and Vice Chancellor.
7. Acted as BOS member of Gulbarga University, Gulbarga 2016-17

8. BOS member and chairman of BOS committee at Davanagere University, Davanagere for the academic year 2017 to 2019
9. . BOS member and chairman of BOS committee at VSK University, Bellary for the academic year 2017 to 2019
10. Acted as Research committee member for the Gulbarga University, Kalburagi to recognize the as one of research center at Government college, Humanabada and Yadagere.
11. Acted as External member for PhD programmer at VTU Technical University, Belgaum for the academic year 2016-17
12. Chairman of BOS and BOE of our University and sister University of state.
13. Life membership for Indian science congress and national association of physical education and sports and psychology association and Karnataka state Viganana parishatth.
14. Editor member of national and international journal of physical education, sports Glimes, International journal of physical education published by international science congress.
15. Presented paper, participated and acted chairman of scientific session in international and national conference held at different part of across India in international conference.

❖ **SPORTS RELATED ACHIEVEMENT:**

1. Participated in All India Karnataka Open Karate Tournament held at Basket ball Court, Indra Nagar, Bangalore the Year 1997.
2. Passed NCC “B” certificate examination conducted in the Year 1995.
3. Passed Karnataka State Athletic Technical official Examinations to become a officials for Track and Field Events held at KSWU, Bijapur.
4. She served as a officials in Kabaddi 54th National Kabaddi Championship for School Boys and Girls on 8th to 12th –organized by District Administration, Zila punchayat and Deputy Director of Public Instructions Bijapur. Under the Auspices of School Games Federations of India.

5. Qualified in Volleyball and Athletic Referee examination conducted by Karnataka volleyball and Athletic federation



MEMBER OF BOA (Board of Appointment)

1. Acted as University nominee of Rani Channamma University, Belgaon for the selection committee to fill the post of Physical Education to Bandari college of arts and commerce, Golledaguda affiliated to RCU, Belgaum.
2. Acted as selection committee member of BLEDE Deemed University for the post of Physical Education Director in the year 2016-17.
3. Acted as University nominee member of Davanagere University, Davanagere to fill the post of Physical Education to Jagadaguru Panchamasali College of arts and commerce Harihara affiliated to Davanagere University.
4. Acted as selection committee member of BLEDE Deemed University for the post of Physical Education Director in the year 2019.



RESEARCH EXPERIENCE: THESES & DISSERTATION GUIDED (As Main Supervisor)

Research Guidance: Number of scholars who have been awarded M. Phil /Ph.D. degree under your supervision both as Guide and/or Co-guide:

Name of Degree	Submitted	Awarded to	API
(i) M. Phil. Degree			
Students have been awarded : 13			
1	Influence of Sports Participation on socio-Psychological factors of sportsperson she has been awarded	Reg:111143-2014-15 Miss Shobha Hadapad,Karnataka State Women's University, Vijayapur	3
2	Impact of sports training on psychological and motor variables of hockey players	Miss Shoba Wali	3
3	Effect of yogic and aerobic exercises on psychological and physiological variables of adolescence students	Miss Mahadevi Rajput	3

4	A Study on Anxiety Behavior and locus of control among wrestles and Kho-Kho players of Karnataka University.	Mr. Sudhakar.V.Pollakaapalli Reg. No-607023080157, Vijnayaka Mission University, Selam, TN	3
5	A comparative study on physical fitness of volleyball and Kho-Kho Players.	Mr.Sabugouda .E. Meti, Reg. No-607023080439, no 607023080157, Vijnayaka Mission University, Selam, TN	3
6	A construction of physical fitness norms in Gulbarga District	Mr.Prakasha.A.Gonasagi . Reg.No-607023080197, no 607023080157, Vijnayaka Mission University, Selam, TN	3
7	Comparative study of locus of control among the male and female	Mr.Shivananada .Teli ,Reg.No-607023080258, no 607023080157, Vijnayaka Mission University, Selam, TN	3
8	A study of sports competitive anxiety Of locus of control among athlete and non athlete	Mr.Santosha.Danadayagola , Reg,No- 607023070423, no 607023080157, Vijnayaka Mission University, Selam, TN	3
9	A Study on agility an predictive variables of performance	Mr,Basayya,.Mahantayya,Tegina matha , No 607023080182, Vijnayaka Mission University, Selam, TN	3
10	Assessment of physical fitness among the different level of sportsperson	Mr.Somashakahar,, No. 607023080157, Vijnayaka Mission University, Selam, TN	3
11	A study of selected physical fitness components of players	Smt.Jayashari.Matapathi ,Reg, No -607023080436, no 607023080157, Vijnayaka Mission University, Selam, TN	3
12	A Study of competitive anxiety between Kho-Kho players	Smt. Jyothi Uapadaya Reg,No- 607023070422	3
13	Socio-Psychological Correlation of Sports Women	Mahantesh.M.Layaladagune, Reg no 607023080186. no 607023080157, Vijnayaka Mission	3

		University, Selam, TN	
14	“Effect of Aerobic Exercises on Physical Fitness of Adults”	Shahid Bashir, Reg, No-041260300004, Bhagawant University, Ajamer, Rajasthan	3
(ii) Ph. D. Degree			
1	A study of personality traits, Emotional Intelligence and Aggressive behavior of Sports Persons	Mr. Gurudatta. G. Kori, Dravidian University, Kuppam Principal, Basaveshwar college of Physical Education.	10
2	Impact of Aerobic Exercises on selected Anthropometric, motor ability and Hematological variables among college women's	Miss. Kusuma. C. Shamanur, Dept of Physical Education, KSW University, Vijayapura	10
3	Impact of socio-economic status and sports participation on personality of sportsmen	Mr. Vishavanath. Nadakatti. Guest Lecture, Singhania University, KSW University, Vijayapur	10
4	Impact of socio-economic status on personality of sportsperson	Mr. Suresh. B. Patil, Singhania University Asst Prof, Horticulture university, Bagalkota	10
5	Impact of sports participation on socio-psychological variables of interuniversity sportsperson	Smt Kavita S Hagargi	10
6	A study of personality traits and attribution, anxiety variables of inter university players	Miss Paravati Kurhaatti	10
7	Influence of nature of school administration on teacher job satisfaction and Burnout variables of Secondary school Physical Education teacher	Smt Jayalaxami Sirasnagi	10
8	Influence of sports participation on socio-Psychological variables of interuniversity Players	Miss Shoba Hadapada	10
Total			75

Presently ongoing PhD /M.Phil in Dept Of Physical Education and sports sciences, KSW University, Vijaypaur under my supervision and candidate name as follows			
1	Effect of Yoga on Physiological and Motor Variables of Adolescence College Students	Annapurnamm a. H	
3	Construction of Basket skills and conforming norms for the age group 14 to 16 of school students	Smt Rajalaxami	
4	Effect of yoga on academic achievement and attention variables of secondary school students	Smt Shoba Birdar	
5	Influence of sports Participation and Motivational Techniques on Psycho-Social and Sports Performance Variables of Secondary School Children	Smt Uravasi Kodali	
6	“Impact of sports participation, physical activities, medium of instructions on psycho-social variables of different age groups”	Smt. Bhagyajyoti. Meti	
7	A Critical analyses of postural deformities and prevalence of school children’s of Hyderabad Karnataka	Miss Jyothi Gajare	
8	Effect of yogic and aerobic exercises on psychological-physiological variables of adolescence students	Mrs Ramesh Madar	

S, No,	Research experience -Thesis /Dissertation/ project	Awarded	Submitted	Under supervision	Enroll
1	PhD	08		4	2
2	M.Phil.	13		1	1
3	M.P.Ed.	21		3	--
4	UGC Major project “Impact of yogic and Physical exercises on physical, physiological and psychological variables of secondary school students in Vijayapura.”	01-2012	2016	Sanctioned by UGC	4.43 Lakh

❖ **PUBLICATIONS/RESEARCH /CONFERENCE /BOOK**

Research articles Published	National	International	Total
Articles published	10	75	85
Chapter contribution in books	21	40	61
Conference ,Seminar, Symposium Attended	30	38	68
Major Research Project completed (UGC Sanctioned)	2012-15	UGC	01
Research Articles' Published in Conference Proceedings	15	30	45
Books published s	01	02	03

❖ **PUBLICATIONS:**

Sl.	Published Papers in Journals in national and international Journal with No ISSN/ISBN
.	
1	Published articles entitled “Effect of selected Asana on Physical fitness and Anxiety level among post graduate female students. An interdisciplinary indexed Journal International journal of yoga and allied sciences ,Published by India Association of yoga .ISSN:2278-5159,Vol-3-issue:jul,Dec,2014
2	Published articles entitled “The Impact of Sports Participation on Emotional Intelligence on the Performance Between Athletic and Non athletics” ISSN:2394-7985, Volume-II August , pageno.1-5
1	Published articles entitled “Effect of Aerobic Exercises on Physical Fitness of Adults”. Academic sports scholar, VOL.2, ISSUE, 9.SEPT 2013 VolumeNo.9, ISSN 2277-3665.
2	Published articles entitled “The Influence of Age Maturity and Annual Income of Emotional Intelligence of volley ball official” in,International Journal on physical Education Recreation and Sports Sciences ssn:2278-5027,Nov-2013s, Pub-Physical Education, personnel Association (PEPA)
3	Published articles entitled “The influence of sex variables on academic anxiety behaviour of the sports participation” in Conflux journal of education_,ISSN 2320-9305,eISSN-2347-5706 volume 2,july 2014

	Published articles entitled “A Comparative study of Attitudes behaviour between sportsperson and Non sportsperson towards Physical Education and sports “International journal of Humanities and social sciences Research ,IISN: 2455-2070,Vol-issue 2; December 2015;page no 45-47
4	Published articles entitled “Effects of selected Asana on motor fitness variables among post graduate female students” International journal of health, physical education & computer sciences in sports, ISSN 2231-3265 vol-15 no-1 quarterly July 2014 to Sept 2014
5	Published articles entitled “Effect of aerobic exercises on motor qualities among college women” in Conflux journal of education,Vol-1 issue-12 may 2014,ISSN-2320-9305
6	Published articles entitled “Impact of aerobic exercise on anthropometric measurement among college women” inInternational Journal of physical Education, sports and health,ISSN:2394-1685.-2015,1(5) March
7	Published articles entitled “Impact of aerobic exercises on selected haematological variables among college women” international journal of Physical Education, Sports and Health, ISSN: 2394-1685.-2015, 1(3) February.
8	Published articles entitled “The influence of sports participation on social intelligence of the sportsperson and non sportsperson” international journal of physical education, sports and health,ISSN:2394-1685.-2015,1(3) February,Page,no,39-41
9	The Article Published entitled “Effect of selected physical exercise on speed among higher primary school students” in International journal of Health, Physical Education and computer science in sports, Vol.15, no.1 half yearly July-Sept 2014, ISSN 2231-3265.
10	The Article Published entitled “Effect of selected asana on motor fitness variables among post graduate female students” International journal of Health, Physical Education and computer science in sports, Vol.15, no.1 half yearly july-sept 2014, ISSN 2231-3265.
11	The Article Published entitled “ Effect of aerobic exercises on vital capacity and Body mass index of adults” in International journal of fitness, health, physical education and iron games, Vol.2,no.1 Quarterly Jan 2015,ISSN 2249-722X
12	The Article Published entitled “Research report: principles and procedures” in Indian streams Research journal, ISSN-2230-785

13	The Article Published entitled “The Impact Yogic and Physical Exercises Training on The Article Published entitled “Emotional Intelligence Among Secondary School Students” in Review Journal of Philosophy & Social Science” Vol. 42, No.1 March 2016, (P) ISSN: 0258-1701, (e) 2454-
14	The Article Published entitled “The influence of sex variables on academic anxiety behaviour of the sports participation” in Conflux journal of Education ,ISSN 2320-9305,eISSN-2347-5706 volume 2,july 2014 Page no 44-45-46.
15	The Article Published entitled “Socio-psychological correlates with will to win of sportsperson “page no-19-22, Indian journal of yoga exercise & Sports science and Physical Education, west Bengal, ISSN-0975-265X, Vol. No. II, May 2009
16	The Article Published entitled “Socio psychological trends and aggressive behavior of National Junior volleyball’s players”. Page no-97-100, Osmania Journal of Physical Education, Hyderabad, ISSN 0974-7109, Vol.5, Annual January-2011.
17	The Article Published entitled “Socio psychological factors-will to win concept of sportsperson.” In Osmania Journal of Physical Education, Hyderabad. ISSN 0974-7109. Vol.5, Annual January-2011
18	The Article Published entitled “vital capacity level among basketball and handball players” “Asian journal of physical education and computer science, ISSN 0975-7732. January-June 2010, page no-171-173
19	The Article Published entitled “Socio-cultural deprivation and achievement motivation level of the athletes”. Asian journal of physical education and computer science, ISSN 0975-7732. January-June 2010,
20	The Article Published entitled “Correlation study of socio-economic status and will to win of the sportsman” Asian journal of physical education and computer science,ISSN 0975-7732,January-June 2010
21	The Article Published entitled “Multi faces of talent identification of sports” in Asian journal of Physical Education and Computer Science, ISSN 0975-7732 January-June 2010.
22	The Article Published entitled “Influence of socio-economic status on locus of control” in Asian journal of Physical Education and computer science, page no-79-80,ISSN 0975-773 January-June 2010.

23	The Article Published entitled “Impact of socio-economic status on aggressive behavior of basket ball players” Asian journal of physical education and computer science in sports ,ISSN0975-7732, January-June 2010, page no-112-114
24	The Article Published entitled “The influence of sex variables on aggressive behavior of sportsperson in Asian journal of physical education and computer science,Volume 7,no,1 July 2012 to December 2012
25	The Article Published entitled “Research report: principles and procedures “in International Recognition Research Journal Indian streams Research journal , Associated 7 indexed by EBSCO,U.S.A,ISSN 2230-7850 , page no-40-43
26	The Article Published entitled “A comparative study of cardiovascular fitness between sportsperson and non sportsperson” in Indian science congress, International journal of Physical education ,ISSN 2320-9011,Vol-1(5) 11-13 October 2013
27	The Article Published entitled “The influence of sex variables on aggressive behavior of sportsperson”in International Indian streams Research Journal , ISSN 2230-1750 Volume -3,issue-8,sept-2013, page no-
28	The Article Published entitled “Effect of Aerobic exercises on physical fitness of adults” International Academic sports scholar journal of physical education, ISSSN.22773665, Vol-2,issue 9,sept 2013
29	The Article Published entitled “effect of socio-economic condition on aggressive behavior of junior volleyball players” in Asian journal of physical education and computer science in sports,ISSN 0975-7732 January-June 2012, Vol-9,no-1,
30	The Article Published entitled “The Influence of socio-economic status on locus of control of sportsperson” in Asian journal of physical education and computer science in sports, ISSN 0975-7732,January-July to December 2913
31	The Article Published entitled “The influence of sex variables on aggressive behavior of sportsperson “in Asian journal of physical education and computer science in sports, ISSN 0975-7732,January-July to December 2012,volume7,no,1
32	The Article Published entitled “Job satisfaction among Physical Education teachers in Bijapur Distract” inIndian streams Research journal , ISSN-2230-7850 page no.1, vol-4, Issue, April
33	The Article Published entitled “The Benefits of yoga on various Aspects” in Indian streams Research journal, ISSN-2230-7850 page no.1, vol-4, Issue-5 June
34	The Article Published entitled “Effect of Aerobic exercises on vital capacity among secondary school girls” in Academic sports scholar,Issn:2277-3665, vol-3,

	June -4 April 2014
35	The Article Published entitled “ Effect of socio-economic condition on aggressive behavior of all India inter university ball Badminton players “in International journal of physical education, sports and Health, ISSN:2394-1685.-2015,1(5) Oct.
36	The articles published entitled “ comparison in locus of control between individual and team game players ” in international journal of yoga,physiotherphy and physical education,
37	The Article Published entitled “ The Effect of Yoga and Physical Exercise on Leg Explosive Strength Variables of Secondary School Students ” International Journal of Yoga, Physiotherapy and Physical Education .ISSN:2456-5067 Vol-5, Issue-4 July.2017.
38	The Article Published entitled “ The Effect Of Yoga And Physical Exercise On Body Fat Variables Of Rural And Urban Secondary School Student ” Of Vijayapur Districts In Karnataka, International Journal of Physiology, Nutrition and Physical Education ,ISSN-2456-5056 Vol-2 Issue-4 ,Jul-Aug 2017 Impact Factor 5.24, UGC Listed Journal
39	The Article Published entitled “ Comparison in locus of control between individual and team Game players “ International Journal of Yoga, Physiotherapy and Physical Education,ISSN-2456-5067,Vol-2, Issue-4, Jul-Aug 2017 Impact Factor-5.24,UGC Listed Journal No 44415
40	The Article Published entitled “ Comparison in locus of control between individual and team game players ” International Journal of Yoga, Physiotherapy and Physical Education,ISSN-2456-5067,Vol-2, Issue-4, Jul-Aug 2017 Impact Factor-5.24,UGC Listed Journal No 44415.
41	The Article Published entitled “The Effect Of Yoga And Physical Exercises On Body Fat Variables Of Secondary School Students: International Journal of Health Physical Education &Computer Science in Sports ISSN-2231-3265, Impact Factor3.579, March 2017
42	The Article Published entitled “ <i>The Effect Of Demographical Variables On Achievement Motivational Behavior Of Women’s Athletes</i> ”, International Journal of Health Physical Education &Computer Science in Sports ,ISSN-2231-3265, Impact Factor,3.57
43	The Article Published entitled “ <i>Effect Of Aerobic Exercise Training On Selected Hematological Variables Among College Women’s</i> “International Journal of Yoga,

	Physiotherapy and Physical Education,ISSN:2456-5067,Impact Factor5.24, September 2017
44	The Article Published entitled “ Comparative Study Of Occupational Stress, Burnout, Job Satisfaction And Self-Efficacy Of Secondary School Physical Education Teachers In Relation To Demographical Features Karnataka State ” in International Journal Of Yogic Human Movement And Sports Sciences ,ISSN2456-4419,Impact Factor,5.18,2018UGC Listed Journal.
45	The Article Published entitled “ Effect Of Aerobic Training On Physical Fitness Components Of Hokey Players ” International Journal of Yoga, Physiotherapy and Physical EducationISSN:2456-5067,Impact Factor.5.24,September 2017
46	The Article Published entitled “ The Effect Of Yoga Physical Exercises On Resting Pulse Rate Variables Of Secondary School Students ” National Journal Of Multidisciplinary Research And Development ISSN:2455-9040Impact Factor,5.22, Sep-Dec 2017
47	The Article Published entitled “ Job Satisfaction On Elementary School Physical Education Teachers ” International Journal of Health Physical Education &Computer Science in Sports ,ISSN-2231-3265,Impact Factor,3.579,March 2017
48	The Article Published entitled “ A Study Of General Self Efficacy Of Sportsmen Karnataka University In Team And Individual Sports Events ” in International Journal Of Yogic Human Movement And Sports Sciences ,SSN2456-4419, Impact Factor,5.18,Dec 2017
49	The Influence Of Sex Variables On Aggressive Behavior Of The Sportsperson International Journal of Physiology, Nutrition and Physical Educationist 2456-0057,Impact Factor,5.24 Dec 2017
50	Effect Of Eight Weeks Aerobic Exercises On Physical And Physiological Variables Among College Men in International Journal of Yoga, Physiotherapy and Physical Education,ISSN:2456-5067,Impact Factor,5.24,January 2018,UGC Listed Journal.
51	The Effect Of Yoga, Physical Exercises And Demographical Factors On Vital Capacity Variables Of Secondary School Students International Journal Of Advanced Research And Development ,ISSN: 2455-4030, Impact Factor, 5.24, September 2017, UGC Listed Journal.
52	“ A Study On Assessment Of Sports Participation On Socio-Psychological Variables Of Social Intelligence For The Sports Person And Non Sportsperson ” InteruniversityStudents,ReviewOfLiterature,ISSN:2347-2723,Impact

	Factor,2.0269,July 2017.UGC Listed Journal
53	“A Study Of Job Satisfaction On Secondary School Physical Education Teachers in International Journal of Yoga, Physiotherapy and Physical Education” , ISSN: 2456-5067, Impact Factor, 5.24, January 2018, UGC Listed Journal.
54	A Comparative Study Of Individual Game Players And Team Game Players On Endurance And Strength Ability ,in Research Demagogue ,ISSN:2350-1081,Impact Factor,5.210,December ,2017UGC Listed Journal,44476
55	Effect Of Sports Participation On Personality Traits Among Inter University Sports Person International Journal Of Advanced Research And Development ,ISSN :2455-4030,Impact Factor, 5.24,January 2018,UGC Listed Journal
56	The Article Published entitled “Comparative Study Of Self Efficacy Between Individual And Team Game Players” in International Journal of Health Physical Education &Computer Science in Sports.ISSN:2231-3265, Impact Factor.
57	Effect Of Asana On Physical Fitness Variables Among Government Residential School Students International Journal of Physiology, Nutrition and Physical Education ,ISSN 2456-0057,Impact Factor5.24,Dec 2017,UGC Listed Journal
58	The Effect Of Yogic And Physical Exercise On Aggressive Nature Of Secondary School Students, International Journal Of Yogic Human Movement And Sports Sciences , ISSN2456-4419,Impact Factor,5.18, Dec 2017,UsGC Listed Journal
59	“The Comparative Study Of Aggressive Behavior Between Individual And Team Game Player Participated In Inter-Collegiate Tournament Of Gulbarga University” in International Journal Of Yogic Human Movement And Sports Sciences, ISSN2456-4419, Impact Factor, 5.18, Dec 2017, UGC Listed Journal.
60	“Effect Of Yoga On Selected Psychological Variables Among Cricket Players” in International Journal Of Advance Education And Research, ISSN: 2455-5746, Impact Factor, 5.34, June 2018, UGC Listed Journal.
61	Important of sports participation on Socio-Psychological Variables Of Sports Person And Non Sports Person ,National conference on importance of physical education &sports in institution Publication By K.S.Institute Of Technology College Bangalore May 2017, ISSN-978-81-929425-6-8

62	Comparative Study Of Motor Variables Between Of Batsmen And Bowler of Cricket Players International Journal Of Yogic Human Movement And Sports Sciences ,ISSN2456-4419,Impact Factor,5.18,Dec 2017, UGC Listed Journal,
63	A Comparative Study Of Attitude Behavior Towards Yoga Between The Education And Physical Education Discipline ,International Journal Of Multidisciplinary Education And Research ,ISSN:2455-4588,Impact Factor,5.12,Jan 2018,UGC Listed Journal
64	A Study On Assessment Of Sports Yoga And Psychological Participation On Sportsperson And Non Sports Person Students National Conference On Blissful Yoga ,Publication By Tumkur University Jul 2017,ISSN 978-93-82694-35-9
65	Role Of Locus Of Control Among Different Sports Categories ,National conference on importance of physical education & sports in institution Publication By K.S.Institute Of Technology College Bangalore May 2017,ISSN-978-81-929425-6-8
66	Effect Of Yogic On Selected Physical Fitness Variables Among College Level Women Kabaddi Players , National conference on the new horizons in social sciences ,March 2017, ISSN-2320-3285
67	Comparative Study On Personality Traits And Emotional Intelligence Between Individual And Team Athletes in international Conference On Focus On Mindfulness Glimpses Of Neuroscience Education Publication By Alagappa University Karaikudi Dec 2017,ISSN 978-81-836868-8-4
68	A Comparative Study Of Cardiovascular Endurance Between Government And Privet High School Girls On Vijayapur District, International Conference On Focus On Mindfulness Glimpses Of Neuroscience Education.
69	Benefits Of Endurance Training National Conference Of Emerging Trends Of Research In Higher Education Jan 2018, ISSN :978-93-5288-496-4
70	Effect Of Speed Training On Performance Of Female Hockey Players ,International Conference On Focus On Mindfulness Glimpses Of Neuroscience Education ,Publication By ,Alagappa University Karaikudi Dec 2017, ISSN 978-81-836868-8-4

71	Influence Of Aerobic Training On Vital Capacity Among Rural Area School Students in Proceeding of 4 th International conference of future prospective on physical education sports sciences and yogic practices, Publication by Aadhar publication Amravati. Dec 2017.ISSN-2278-9308
72	A Study Of Self Efficacy And Sportsmen Of Karnataka University In Team And Individual Sports Game in National Conference Of Emerging Trends Of Research In Higher Education Jan 2018, ISSN :978-93-5288-496-4.
73	Important of sports participation on Socio-Psychological Variables Of Sports Person And Non Sports Person ,National conference on importance of physical education &sports in institution Publication By K.S.Institute Of Technology College Bangalore May 2017,ISSN-978-81-929425-6-8
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75	Need Of Yoga Sports Performance National Conference Of Emerging Trends Of Research In Higher Education Jan 2018, ISSN :978-93-5288-496-4, Publication By Alagappa University Karaikudi Dec 2017, ISSN 978-81-836868-8-4s
76	A Study O Motor Fitness Variables Between Hockey Players of Vijayapur District In Karnataka Proceeding 4 th International conference of future prospective on physical education sports sciences and yogic practices .Publication by Aadhar publication Amravati. Dec 2017, ISSN-2278-9308
77	Effect Of Aerobic Exercise On Training Cessation In Physiological Parameters in Enter Research International Conference Proceedings Publication By Ramniranjan Jhunjhunwala College Of Arts, Science And Commerce Under The University Mumbai, Jan 2018. ISSN 0975-5020
78	The Impact Yogic And Physical Exercises Training On Emotional Intelligence

	Among Secondary School Students in Enter Research International Conference Proceedings Publication By Ramniranjan Jhunjunwala College Of Arts, Science And Commerce Under The University Mumbai Jan 2018, ISSN 0975-5020
79	The Effect Of Yoga, Physical Exercises On Anxiety Variables Of Secondary School Students Enter Research International Conference Proceedings Publication By Ramniranjan Jhunjunwala College Of Arts, Science And Commerce Under The University Mumbai Jan 2018, ISSN 0975-5020
80	Effect Of Yogic Asana On Physical And Mental Ability Of Sports Girls Enter Research International Conference Proceedings Publication By Ramniranjan Jhunjunwala College Of Arts, Science And Commerce Under The University Mumbai, Jan 2018, ISSN 0975-5020
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82	The research articles entoleted “ A Study on influence of Socio-Economic Status on Personality Traits of Sportsperson ” published in International Journal of Yogic, Human Movement and sports sciences 2019: 4 (1): 629-631 ,ISSN:2456-4419 31-12-2019
83	The research articles entoleted “ The influence of Gender on personality traits of sportsperson ” published in International Journal of yoga, physiology and physical Education , volume, 4: issue 3, May 2019. Page no. 13-15 on 5-3-2019
84	The research articles entitled “ A Study of personality traits among Different University volleyball players in relation to their playing ability ” published in International Journal of Research and Analytical Reviews (IJRAR) , MAY 2019 ,VOLUME 6, ISSUE 2,ISSN: 2349-5138. 2348-1269.

85	The entitled “ A Study of Achievement Motivation Among different volley ball players in relation to their plying ability ” Articles Published in Shanlax International Journal of Arts, Science and Humanities , vol.6 .special Issue 2 February, 2019 ,ISSN: 2321-788 X.. naas Score: 2;13 page no 14-17
86	The research articles entitled “ A Study of Playing Ability of volley ball players played with different play positions ” published in International Journal of Emerging and Innovative Research, (ISSN: 2349-5162} VOLUME 6,ISSUE 5, May 2019

❖ **ARTICLES PUBLISHER IN CONFERENCE, SOUVENIR PROCEEDINGS AND EDITED BOOKS**

1	The effect of Yoga practices on selected personality traits of professional college students”. Recent trends in yoga and physical education Vol.2, no.1 half and 13 th February - 2010. Vir dhunagar Hindu Nadar`s Senthikumara Nadar College (Tamilnadu) ISBN: 97881-910426-8-9
2	“Emotional intelligence among sports women “Recent trends in Yoga and Physical Education, Vol. 2. No.1 half and 13 th February -2010. Vir dhunagar Hindu Nadar`s Senthikumara Nadar College (Tamilnadu, ISBN: 97881-910426-8-9
	“Yoga and Its Different Approach& Yoga Therapy and Fitness –an Integrated Approach Algappa University (Tamilu Nadu) 2 th and 13 th February ISBN: 978-93-80400-00-6-A44-PP No: 39-40.
1.	“Mental health among sportsperson.”Recent trends in yoga and physical education Vol.2, no.1 half and 13 th February -2010. Vir dhunagar Hindu Nadar`s Senthikumara Nadar College (Tamil Nadu) ISBN: 97881-910426-8-9.
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3.	The role of sports in gender Equity: A Review in Gender and Human Rights’: The role media Prasangha K.S.W.Univrsity,Biapur, ISBN-978-81-924541-5-3
4.	“Socio psychological correlates with will to win of sportsperson” latest research and development in physical education and sports at local and global level From 31 st Jan & 1st Feb 2011 organized by M.S.M’s College of Physical Education Khadkeshwar, Aurangabad. ISBN No.978-93-80876-03-0 p

5.	The influence of sex variables on aggressive behavior of sportsperson". Recent trends in yoga and physical education, Vol.2, no.1 half and 13 th February -2010. Vir dhunagar Hindu Nadar`s Senthikumara Nadar College (Tamilnadu) ISBN: 97881-910426-8-9
6.	The effect of age maturity on emotional intelligence of national volleyball officials Physiotherapy in physical education and sports sciences, Govt college, Mandaya dated.22&23 of February proceedings of national conference
7.	To know the influence of sex variables on emotional intelligence of sportsmen Theme "vision 2020-global excellence in physical education & sports science, Manipal University, Under the aegis of NAPESS at Manipal, Karantaka, Indiaa on 8 th -11 th January, 20.
8.	The modern trend packages of sports training Role of latest gadgets in improving sports and games performance Organized SRI Padamavati mahila visvavidyalayaam, Andarapredaesh ISBN=978-93-81830-48-2
9.	The effect of yogic and physical exercises on anxiety And aggressive behavior variables of secondary school students in vijayapur districts of Karnataka International conference on :health indicators for physical and cognitive fitness education ,vol-II Organized by Faculty of Education Alagappa university, Karaikudi, TN
10	Stress and fitness, International conference on :health indicators for physical and cognitive fitness education ,Vol. II, Organized by Faculty of Education Alagappa university, Karaikudi, TN


❖ **PROJECT COMPLETED**

UGC has sanctioned major research project worth of 4.43 lakh on project entitled **"The impact of yogic and physical exercises on physical, physiological and psychological variables of secondary school students in Vijayapura"**.

❖ **ARTICLES PUBLISHED IN CONFERENCE, SOUVENIR PROCEEDINGS AND EDITED BOOKS**

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 PRINCIPAL
 SHARNBASVESHWAR COLLEGE
 OF SCIENCE, GULBARGA

DR.RAJKUMAR.P.MALIPATIL
(ASSOCIATE PROFESSOR)



Inaguration and Welcome speech	Dr. Basavaraj S. Naraboli
Introducing guests	Sri.Harshavardhan A
Speech by resourceperson	Dr. Rajkumar P. Malipatil
Speech by resourceperson	Mr. Chandrakant Biradar
Presidential remarks	Dr. S. G. Dollegoudar Patil
Vote of thanks	Dr. Jayaprakash D. Okaly



“Welcome to the one day national webinar on “Avenues for Wellness & Resilience””

With the blessings of Poojya Dr.sharanabasappa appa ji and in the August presence of Shri Basavaraj Deshmukh sirji Today Sharanabasaveshwar college of Science Kalaburagi. Under IQAC initiative and department of chemistry organized one day national webinar on “Avenues for Wellness & Resilience”.

Physical education is a course taught in school that focuses on developing physical fitness and the ability to perform and enjoy day-to-day physical activities with ease. Kids also develop skills necessary to participate in a wide range of activities, such as soccer, basketball, or swimming. Regular physical education classes prepare kids to be physically and mentally active, fit, and healthy into adulthood. An effective physical education program should include engaging lessons, trained P.E. teachers, adequate instructional periods, and student evaluation.

A Brief Introduction on Physical Activity and Yoga

Physical education, also known as Phys Ed., PE, gym, or gym class, and in some Commonwealth countries as physical training or PT, is a class that pupils are required to take at school. It is taken during primary and secondary education and encourages psychomotor learning in a play or movement exploration setting to promote health.

In addition, physical literacy is a 21st-century term that first emerged in the sport literature before also being applied to physical education. The concept of physical literacy covers a variety of conditions for a student. Whether its motivation, confidence, physical competence, knowledge and understanding for student. Teachers implement these different concepts into their lesson plans to teach and develop students accordingly and appropriately for their individual success and education.

Whether the class produces positive effects on students' health, behavior, and academic performance depends upon the kind of program that is taught. Physical Education programs vary all over the world. However, there are worldwide organizations that allow for a better understanding on how much exercise a child should be getting daily. Popular games in PE include football, netball, hockey, rounders, athletics and cricket.

Physical education trends have developed recently to incorporate a greater variety of activities besides the skills necessary to play typical team sports such as football or basketball. Introducing students to activities like bowling, walking/hiking, or Frisbee at an early age can help them develop good activity habits that will continue into adulthood.

Some teachers have begun to incorporate stress-reduction techniques such as yoga, deep breathing and tai chi. Tai chi, an ancient martial arts form focused on slow meditative movements, is a relaxation activity with many benefits. Studies have shown that it enhances muscular strength and endurance, as well as cardiovascular endurance. It also provides psychological benefits such as improving general mental health, concentration, awareness and positive mood. It can be taught to any age student with little or no equipment, making it ideal for mixed ability and age classes. Tai chi can easily be incorporated into a holistic learning body and mind unit.

Teaching non-traditional sports may also provide motivation for students to increase their activity, and can help them learn about different cultures. For example, while learning about lacrosse in the Southwestern United States, students might also learn about the Native American cultures of the Northeastern United States and Eastern Canada, where the sport originated. Teaching non-traditional (or non-native) sports provides an opportunity to integrate academic concepts from other subjects as well, which may now be required of many PE teachers. Non-traditional sports add benefits and challenges for those who often get easily distracted, are uncoordinated, or have less interest in traditional sports, which helps to make PE classes accessible to as wide a group of children as possible.

PE is very important to students' health and overall well-being. The Centers for Disease Control and Prevention stated that over the past three years obesity in children (ages 2–5) and adolescents (ages 12–19) has doubled because of diet and lack of activity. Since the 1970s the number of children who are obese has tripled.

Yoga is a group of physical, mental, and spiritual practices or disciplines which originated in ancient India. Yoga is one of the six Āstika (orthodox) schools of Hindu philosophical traditions.

There is a broad variety of yoga schools, practices, and goals in Hinduism, Buddhism, and Jainism. The term "Yoga" in the Western world often denotes a modern form of hatha yoga and yoga as exercise, consisting largely of the postures or asanas.

possibly in the Indus valley civilization around 3000 BCE. Yoga is mentioned in the Rigveda, and also referenced in the Upanishads,. Although, yoga most likely developed as a systematic study around the 5th and 6th centuries BCE, in ancient India's ascetic and Śramaṇa movements. The chronology of earliest texts describing yoga-practices is unclear, varyingly credited to the Upanishads. The *Yoga Sutras of Patanjali* date from the 2nd century BCE, and gained prominence in the west in the 20th century after being first introduced by Swami Vivekananda. Hatha yoga texts began to emerge sometime between the 9th and 11th century with origins in tantra.

Yoga gurus from India later introduced yoga to the West, following the success of Swami Vivekananda in the late 19th and early 20th century with his adaptation of yoga tradition, excluding asanas. Outside India, it has developed into a posture-based physical fitness, stress-relief and relaxation technique. Yoga in Indian traditions, however, is more than physical exercise; it has a meditative and spiritual core. One of the six major orthodox schools of Hinduism is also called Yoga, which has its own epistemology, ontology and metaphysics, and is closely related to Hindu Samkhya philosophy.

The Sanskrit noun *yoga* is derived from the sanskrit root *yuj* "to attach, join, harness, yoke". The word yoga is cognate with English "yoke".

he spiritual sense of the word *yoga* first arises in Epic Sanskrit, in the second half of the 1st millennium BCE, and is associated with the philosophical system presented in the *Yoga Sutras of Patanjali*, with the chief aim of "uniting" the human spirit with the Divine spirit. The term *kriyāyoga* has a technical meaning in the *Yoga Sutras*, designating the "practical" aspects of the philosophy, i.e. the "union with the supreme" through performance of duties in everyday life.

According to Pāṇini, the term yoga can be derived from either of two roots, *yujir yoga* (to yoke) or *yuj samādhau* ("to concentrate"). In the context of the *Yoga Sutras*, the root *yuj samādhau* (to concentrate) is considered by traditional commentators as the correct etymology. In accordance with Pāṇini, Vyasa who wrote the first commentary on the *Yoga Sutras*, states that yoga means *samādhi* (concentration).

Someone who practices yoga or follows the yoga philosophy with a high level of commitment is called a yogi (may be applied to a man or a woman) or yogini (a woman).

Screenshot of the webinar on Avenues for Wellness & Resilience dated 13.06.2020

The screenshot shows a Zoom webinar interface. The main window displays a Microsoft PowerPoint slide titled "Health and components". The slide content is as follows:

Health and components

Health

- **Definition** - Health is the state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity. - WHO 1948

Operational definition of health

Health can be seen as a condition or quality of human organism expressing the adequate functioning of the organism in a given conditions, genetic or environmental.

At the bottom of the slide, it says "Click to add notes".

The Zoom interface includes a top bar with "You are viewing admin's screen" and "View Options". The left sidebar shows a slide navigation pane with 5 slides. The bottom toolbar contains icons for Unmute, Start Video, Participants (31), Chat, Share Screen, Pause/Stop Recording, Reactions, and Leave.

The screenshot shows a Zoom webinar interface with a grid of participant video thumbnails. The top bar displays "You are viewing admin's screen" and "View Options". The left sidebar shows a slide navigation pane with 5 slides. The bottom toolbar contains icons for Unmute, Stop Video (Alt+V), Participants, Chat, Share Screen, Pause/Stop Recording, Reactions, and Leave.

The participant grid includes the following names and icons:

- admin (video)
- Dr. Basavaraj S. Nar...
- Galaxy J4
- Satinnabasanagoud...
- vivo Y51L
- Dayanajid Hodal
- Shilpa Javaji
- K
- Megha hb
- Ravindra Jatri
- Vijay Kumar
- kavitakva@gma...
- Bhagyashree s...
- Rahul Majagi
- Ramakrishna Re...
- Chandana E
- Kavya kulkarni
- Anusha.I.G
- V
- Vaidyanatha U
- Gayatri Savalagi
- Dr. C. B. Ranaga...
- CHIRANJIVI Chiru
- Bhagyashree M...
- Dakshayini chun...
- S
- sunanda V

At the bottom of the grid, it says "Connecting to audio -".

Zoom Meeting

Recording...

Regular Exercises For kids,

better mobility, god immunity, cadmic performance , aerobic exercises Better Teamwork.

- **Skipping-** function of brain ,concentration and memory, blood flow to the brain, gain problem solving skills , analytical and logical thinking capabilities
- **Cone drills-** power to increase overall agility, Better Balance. In .aging, provide lots of results in much less , Prevent injuries by balance
- **Ladder drills-** Strengthens body and mind,joints,tendon,ligamnet,memory. Coordination. Cognitive
- Coordination exercise with equipment's. E.g. Ball etc.
- Free hand exercises
- General strength exercises
- Balancing exercises
- Basic gymnastics exercises like front role, back role, side role etc.
- Mobility and Flexibility exercises
- Mind games like puzzle solving etc.

iPhone

Participants (29)

Find a participant

- Dr. Basavaraj S. ... (Host, me)
- admin
- Anusha.I.G
- Bhagyashree Mathapati
- Chandana E
- Chitralekha
- Dakshayani chunchoor
- Dayanand Hodal
- Dr.chaitali gosai
- Dr.Ramesh K B
- DrSrinivas Kolkur
- Galaxy J4
- Gayatri Savalagi
- Govind K Hulikal

12:45 PM



Own bodyweight exercises



Aerobic dance



Zoom Meeting 40-Minutes

You are viewing admin's screen

View Options

Participants (31)

Find a participant

- iPhone
- Kaushal Seema
- Mahammed Rafeek K
- Namrata Kulkarni
- Pooja Nagabhushan
- S Mahadevi
- Sannabasanagouda Dollegou...
- Shashank badiger
- Shilpa javaji
- Vaidyanatha U
- vivo 1606
- vivo Y51L
- CHERANJIVI Chiru
- Vijay Kumar

Unmute My Audio (Alt+A). Or you can simply press and hold the space bar to temporarily unmute.

Unmute Stop Video Participants Chat Share Screen Pause/Stop Recording Reactions Leave

12:57 PM

Participants (30)

Find a participant

- Dr. Ba... (Host, me)
- Vijay Kumar
- Galaxy J4
- admin
- Ashwini tugaon
- Bhagyashree Mathapati
- Chandana E
- Chitralekha
- Dakshayini chunchoor
- Dayanand Hodal
- Dr. Basavaraj S. Naraboli
- Dr.chaitali gosai
- Dr.Ramesh K. B
- Dr.Ravi Nayak
- DrSrinivas Kolkur

Remaining Meeting Time: 03:48

Stop Share

"Success is walking from failure to failure with no loss of enthusiasm"

Celebratory Celebrated Sharanbasavara Varaha Vardaha Saugha

SHARANABASVESHWAR COLLEGE OF SCIENCE
(Affiliated to Gulbarga University, Diamond Jubilee Celebrated & ISO Certified)
Vidya Nagar, Kalaburagi-585102, Email Id: sbcoeperts@gmail.com

With the Divine Blessings of
Poojya Dr. Sharanbasappa Appaji
(Mahadasha Prasadipatti, Sharanbasavara Samasthan
President, Sharanbasavara Vidya Vardaha Saugha
Chancellor, Sharanbaa University, Kalaburagi)

In the August presence of
Sri. Basavaraj S. Deshmukh
Secretary, Sharanbasavara Vidya Vardaha Saugha,
Kalaburagi

Under IQAC Initiative
Department of Physical Education
organizes
ONE DAY NATIONAL WEBINAR ON
Avenues for Wellness & Resilience

Session-I: Physical Competency and Health: A Road into Thyself
Resource Person
Dr. Rajkumar P. Malpatil
DOS in Physical Education & Sports Sciences
Karnataka State Akkamahadevi
Women's University, Vijayapura

Session-II: Cues to Float: Perspectives into Yoga
Resource Person
Mr. Chandrakant Biradar
Yoga Trainer
Department of Physical Education
Gulbarga University, Kalaburagi

President
Dr. S. G. Dollegoudar Patil
Principal, Sharanbasavara College of Science, Kalaburagi

Date: 13th June, 2020
Time: 12 noon

Registration link: https://docs.google.com/forms/d/1qRyR.FXV1-y87eK4Ht_KcydYcMkEM-UtncdVM/DQ/edit

Join through link: <https://us04web.zoom.us/j/7092536011?pwd=NUFGamkxNVB4RFRzbnhzR21pUjZz09>
Meeting ID: 7092536011 **Password:** 8095
(Note: Certificate will be issued to all registered and Active Participants after the Submission of Feedback Form through their respective Email ID)

Dr. Basavaraj S. Naraboli Organizing Secretary
Dr. Gopurank Sagar IQAC Co-ordinator
Dr. T. V. Biradar Academic Activities Coordinator
Dr. S.G. Dollegoudar Principal

COORDINATOR:
1. Mr. Harshavardhan A.
2. Dr. Ramesh K. B.

Dr. Basavaraj S. Naraboli
Galaxy J4
D
Mahammed Rafeek K.

Participants (29)

Find a participant

- Dr. Ba... (Host, me)
- VK Vijay Kumar
- GJ Galaxy J4
- A admin
- AT Ashwini tugaon
- BM Bhagyashree Mathapati
- CE Chandana E
- C Chitrlekha
- DC Dakshayini chunchoor
- DH Dayanand Hodal
- Dr. Basavaraj S. Naraboli
- Dr.chaitali gosai
- Dr.Ramesh K B
- DN Dr.Ravi Nayak

Ask to Unmute More >

Invite Mute All

Less than 1 minute Stop Share

Chitrlekha

Dr. Basavaraj S. Naraboli

Galaxy J4

Sannabasanagbud...

Pooja Nagabhus...

DrSrinivas Kolkur

Mahammed Rafeek K

Dr.chaitali gosai

Shilpa javaji

Vijay Kumar

Shashank badiger

Dr.Ramesh K B

Kaushal Seema

S Mahadevi

Namrata Kulkarni

Dakshayini chun...

Chandana E

Bhagyashree M...

1. Mr. Harshavardhan A.
2. Dr. Ramesh K. B.

Unmute Start Video Security Participants New Share Pause Share Annotate Remote Control More

2 people have entered the Waiting Room for this meeting

See Waiting Room

SCIENCE

In the August presence of
Sri. Basavaraj S. Deshmukh
Secretary, Bharatgasalwar Vidya Vardhak Sangha,
Kalyanpur

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DOE in Physical Education & Sports Sciences Yoga Trainer
Karnataka State Akkamahadevi Department of Physical Ed...
Women's University, Vijayapura Gulbarga University, Kal...

President
Dr. S. G. Dollegondar Patil
Principal, Sharanasubashreshwara College of Science, Kalyanpur

Date: 13th June, 2020 Registration link:
Time: 12 noon https://docs.google.com/forms/d/1q9yRFXI-yll7eK4hf_KrydXcmfM-Ultra4YMD0/edit

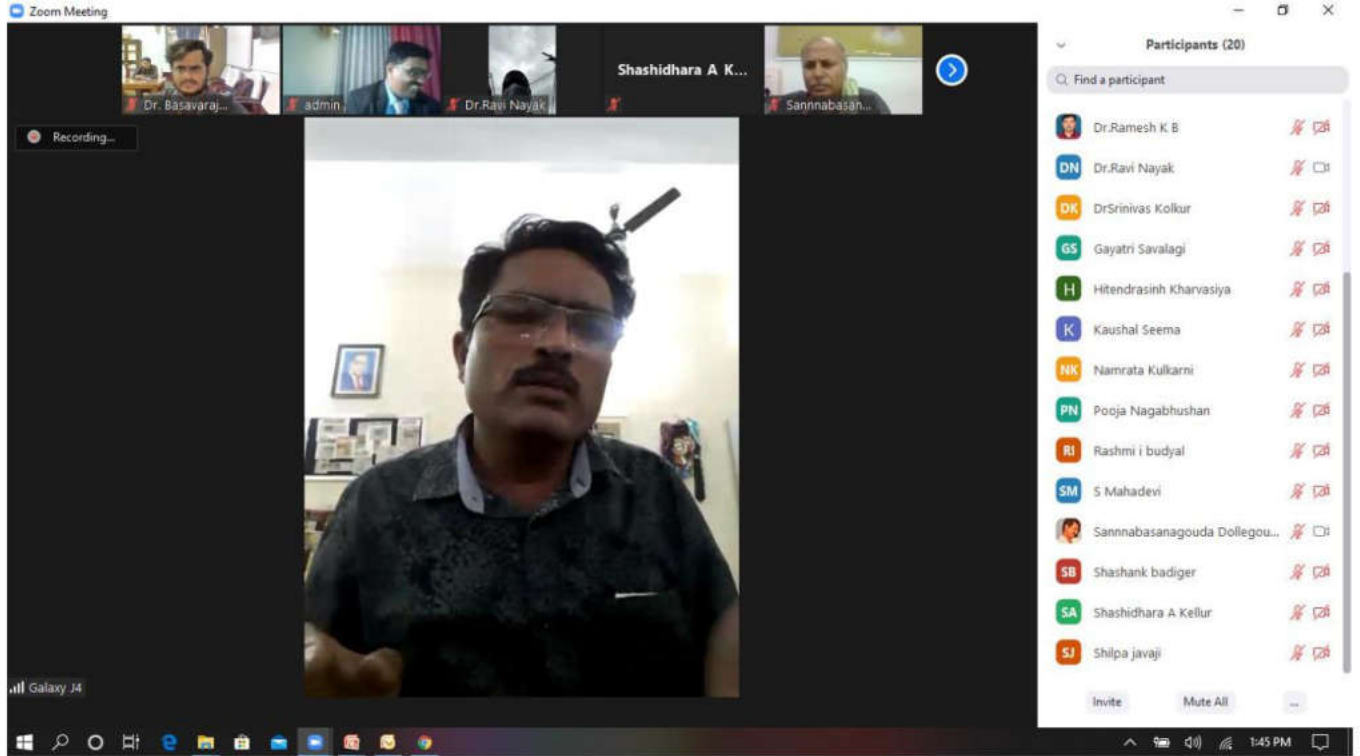
Join through link: <https://us04web.zoom.us/j/7092536011?pwd=NUFGamkxVVB4RFRtrbRzR21pUUJldz09>
Meeting ID: 7092536011 Password: 8055

(Note: Certificate will be issued to all Registered and Active Participants after the Submission of Feedback Form through their respective E-mail id)

Dr. Basavaraj S. Naraboli Dr. Osaprakash Swar Dr. T. V. Biradar Dr. S.G. Dollegondar
Organizing Secretary IQAC Co-ordinator Academic Activities Coordinator Principal


Cosponsors:
1. Mr. Harshavardhan A.
2. Dr. Ramesh K. B.

Shashank badiger




Certificate Format


Centenary Celebrated Sharanabasaveshwar Vidya Vardhak Sagha's





Sharanabasaveshwar College of Science
Kalaburagi - 585 103 Karnataka
Department of Physical Education
One Day National Webinar
On
Avenues for Wellness & Resilience
Certificate


This is to certify that Dr./Prof./Mr./Ms. **Dr. Sannabasanagouda G. Dollegouda patil**
of **Sharanabasaveshwar College of science, Kalaburagi**
has participated in **One Day National Webinar on Avenues for Wellness & Resilience** under IQAC initiative organized by Department of Physical Education on **13th June 2020** at Sharanabasaveshwar College of Science, Kalaburagi, Karanataka.





Dr. Basavaraj S. Naraboli
Organizing Secretary


Dr. Omprakash S.
IQAC Coordinator


Dr. T. V. Biradar
Academic Activities
Coordinator



PRINCIPAL
(Dr. S.G. Dollegoudar)


Centenary Celebrated Sharanabasaveshwar Vidya Vardhak Sagha's





Sharanabasaveshwar College of Science
Kalaburagi - 585 103 Karnataka
Department of Physical Education
One Day National Webinar
On
Avenues for Wellness & Resilience
Certificate


This is to certify that Dr./Prof./Mr./Ms. **Shankarappa N Kalburgi**
of **M S I Degree College Kalburgi**
has participated in **One Day National Webinar on Avenues for Wellness & Resilience** under IQAC initiative organized by Department of Physical Education on **13th June 2020** at Sharanabasaveshwar College of Science, Kalaburagi, Karanataka.




Dr. Basavaraj S. Naraboli
Organizing Secretary


Dr. Omprakash S.
IQAC Coordinator


Dr. T. V. Biradar
Academic Activities
Coordinator


PRINCIPAL
(Dr. S.G. Dollegoudar)

Powerpoint Presentation

Introduction

COVID-19: Avenues for Wellness and Resilience

Good Health and Fitness

- Dr. Malipatil

- Covid 19 lockdown period: Never thought of; utter uncertain; Chaos.
- Its Impact:
 - Social (distancing)
 - Economic (No production, only consumption)
 - Health and Fitness (Sedentary lifestyle)
- Promoting economy (inevitable) along with Health inevitable.
- Learn to live with Corona in Society (for few months to couple of years).

Good news is that everything is REVERSIBLE.

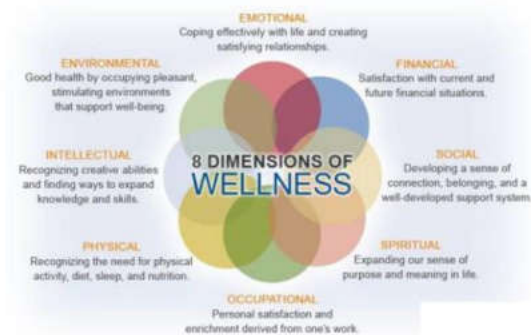
BUT HOW 

What is Wellness?

Wellness is an active process of becoming aware of and making choices toward a healthy and fulfilling life. Wellness is more than being free from illness, it is a dynamic process of change and growth.

"...a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity."
- **The World Health Organization**

"a conscious, self-directed and evolving process of achieving full potential."
- **The National Wellness Institute**



What is Resilience

Resilience is typically defined as the capacity to recover from difficult life events.

"It's your ability to withstand adversity and bounce back and grow despite life's downturns,"

There are other factors that can help you increase your resilience as well, including:

- Having a positive view of yourself (self-image) and confidence in your strengths and abilities (self-knowledge).
- Being able to regularly make realistic plans, and then being able to regularly carry out your plans.
- Being able to effectively and in a healthy manner manage your feelings and impulses.
- Having really good communication skills (or you're actively working to improve them).
- Having really good problem solving skills (or you're actively working to improve them).



RELATIONSHIP BETWEEN HEALTH AND COVID-19

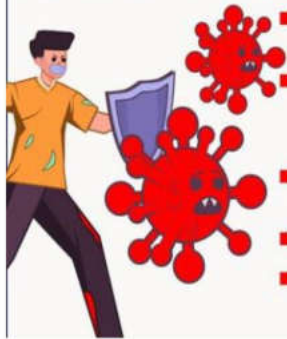
Taking Care of your Mental and Physical Health

 <p>Stay connected</p>	 <p>Maintain a healthy lifestyle</p>	 <p>Stay positive</p>
<p>Keep in touch with friends and family via email, social media, video conferencing or telephone</p>	<ul style="list-style-type: none"> Establish a regular daily routine Get plenty of sleep and eat nutritious meals Engage in exercise and physical activities that you like 	<p>Remember that this period of self-isolation or quarantine is temporary and follows expert advice to help contain the virus.</p>

How to Keep a healthy diet during the COVID-19 pandemic

1. Based on your metabolism, ensure you get an adequate daily calorie intake.
2. Eat the right proportion of protein (10%-35%), carbohydrates (45%-65%) and fats (20%-35%).
3. Try to drink 1.5 to 2 liters of water a day – about eight 8-ounce glasses.
4. Ensure adequate intake of fresh vegetables and fruits.

HOW TO FIGHT COVID-19 INFECTION?



- IMMUNITY IS YOUR BEST GUARD
- EAT PLENTY OF FRESH FRUITS, VEGETABLES & WHOLE GRAINS
- LIMIT JUNK FOOD IN THE HOUSEHOLD
- EXERCISE REGULARLY
- AVOID STRESSFUL SITUATIONS, SLEEP WELL

COVID-19: IMMUNE SYSTEM BOOSTERS

	<p>Zinc</p>		<p>Vitamin C</p>
<p>Lean meats, seafood, milk, whole grains, beans, seeds, and nuts • Important for wound healing</p>		<p>Broccoli, cantaloupe, kale, oranges, strawberries, tomatoes, guava, and lychee • Protect cells from oxidative stress, a product of infection or chronic inflammation</p>	
	<p>Iron</p>		<p>Vitamin E</p>
<p>Lentils, spinach, tofu, and white beans • Aids in non-specific immunity, the body's first line of defense</p>		<p>Nuts, seeds, wheat germ, green leafy vegetables, avocado, and shrimp • Helps protect cells from oxidative stress</p>	
	<p>Vitamin A</p>		<p>Vitamin B6</p>
<p>Sweet potatoes, carrots, red bell pepper, spinach, black-eye peas, and mango • Helps regulate our immune response</p>		<p>Green vegetables, chickpeas, cold-water fish such as tuna or salmon • Supports more efficient reactions between different parts of our immune system</p>	

Health

- **Definition** - Health is the state of complete physical, mental and social wellbeing and not merely an absence of disease or infirmity.

- WHO 1948

Operational definition of health

Health can be seen as a condition or quality of human organism expressing the adequate functioning of the organism in a given conditions, genetic or environmental.

Healthy Living

I wonder what being healthy means?




How People View Healthy Eating

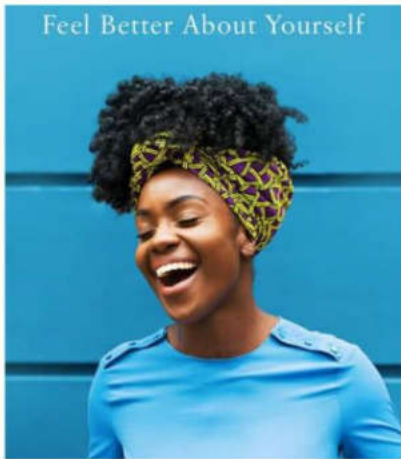
- 1) In terms of foods and nutrients
-fruit/vegetables, fiber, vit./minerals, protein etc.
- 2) How the food is processed
-natural, homemade, organic, has no additives, toxins
- 3) Ways of eating
-balance, variety, moderation, regular meals



Benefits of Positive Thinking on Body

- Makes body respond better.
- Keeps physically more relaxed.
- Makes you feel more active.
- More energetic.
- Leaves you in better control of your state of general health.


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Regular Exercises For kids



Regular Exercises For kids

- Skipping
- Cone drills
- Ladder drills
- Coordination exercise with equipment's. E.g. Ball etc.
- Free hand exercises
- General strength exercises
- Balancing exercises
- Basic gymnastics exercises like front role, back role, side role etc.
- Mobility and Flexibility exercises
- Mind games like puzzle solving etc.

Regular Exercises For Adults



Exercises For adults

- Skipping
- Stairs workout
- Treadmill
- Aerobics
- Strengthening exercises (own body / resistance band / free weights)
 - Lower body
 - Upper body
 - Core
 - Plyometric
 - Circuit training
- Mobility exercises
- Stability and balancing exercises
- Flexibility exercises
- Yoga asanas
- Breathing exercises, Pranayama and meditation

Regular Exercises For Old People



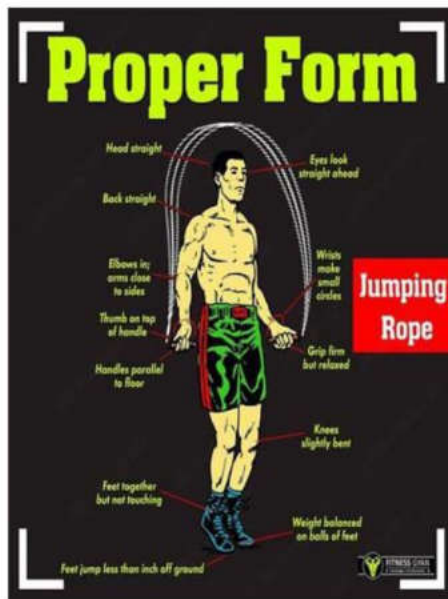
Exercises For Old age Peoples

- Walking on lawn
- Treadmill
- Low impact Aerobics in slow pace
- Strengthening exercises
 - own body strengthening exercises
 - Strengthening exercise with help of chair exercises. E.g. Half Squat on chair etc.
 - Strengthening exercises with water bottles
- Mobility exercises
- Balancing exercises
- Flexibility exercises
- Breathing exercises, pranayama and meditation

Tips for maintaining Health and Fitness

- Any indoor activity which increases heart rate (target).
- Yoga
- With family members
- Subscribe YouTube fitness channels
- Use Fitness apps to guide yourself.
- Google for online materials (books, pdfs, websites etc.)
- **Conducive activities during/after lockdown:** Skipping, Stair climbing, Own bodyweight exercises, Aerobic dance, External weights, Traditional games, Mind games, Fine motor activities, Treadmills/Cycles etc.

Skipping



Stair climbing



Own bodyweight exercises



Aerobic dance



External weight training



Traditional games



Mind games



$$\begin{aligned} \text{🐼} + \text{🐼} &= 30 \\ \text{🐼} + \text{🐼} &= 20 \\ \text{🐼} + \text{🐰} &= 25 \\ \text{🐰} + \text{🐼} &= ? \end{aligned}$$

9x9 Sudoku Mind Game

1		6	2	3				
		9		7				
2	3	1						9
8			1	9				
9	1	8						4
6				3				
9		2						8
	6	7						9
	2		5					6

Fine motor activities



Treadmills/ cycles




Conclusion

Healthy lifestyle blended with moderate exercise can not only boost immunity but also help in dealing undesirable effects of Covid 19.



THANK YOU


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- Stay Healthy and Fit


* Suggestion – “Do not perform any exercises with mark ON”.

REGISTRATION

LIST OF

PARTICIPANTS

Timestamp	Email Address	Name	Gender	Designation	Name of Organization
6/8/2020 20:14:07	bsnaraboli17@gmail.com	Raj	Male	Asst prof	Sb
6/9/2020 12:25:41	sgdologoudar@gmail.co	Dr. Sannabasanagouda	Male	Principal	Sharanabasaveshwar College of science, Kalaburagi
6/9/2020 13:10:06	dr.vitthalgore@gmail.com	Vitthal Gore	Male	Assistant Professor	Shri Havagiswami Mahavidyalaya Udgir
6/9/2020 13:13:50	sandipghatak59@gmail.c	Dr. Sandip Kumar Ghatak	Male	Vice-Principal	Asansol Girls' College.
6/9/2020 13:15:23	sharanudegoan@gmail.c	Ar Sharanabasappa C	Male	Dean	Faculty of Architecture sharnbasava University
6/9/2020 13:18:50	bssuntnoor@gmail.com	Basamma. S. Chincholi	Female	Principal	Sharnbasaveshwar Pre university College of arts kalaburagi
6/9/2020 13:21:03	gurunathnimbalkar@gma	Gurunath	Male	Phd scollar	Sharanbasava university
6/9/2020 13:23:35	omkarmahashetty@gmail	Omkar.j.mahashetty	Male	Physical director	Sharanabasaveshwar college of science
6/9/2020 13:24:14	sharankumardudhani09@	SHARANKUMAR SD	Male	Student (B.SC)	Sharaanbasaveshwar college of Science Kalaburgi
6/9/2020 13:31:04	kindu744@gmail.com	Indu	Female	No	No
6/9/2020 13:33:08	drashokpatil2000@gmail.	Dr.Ashok Patil	Male	Associate professor	Veerappa Nisty Engg college., Shorapur
6/9/2020 13:33:09	ambikaj9901@gmail.com	Ambika J	Female	Student	Avenues for wellness &resilience Sharanabasaveshwar college of science kalaburgi
6/9/2020 13:39:34	gayatrimsavalagi@gmail.	Gayatri. M. Savalagi	Female	Student	
6/9/2020 13:40:02	basavarajsulhali@gmail.	BHAGYASHREE	Female	Bsc	Sb college of science
6/9/2020 13:48:09	Siddubashetti96@gmail.c	Aishwarya S B	Female	Study..Bsc1st year	S B College of science
6/9/2020 13:50:29	rajshkekarchinchur123@	Dakshayini Rajashekhar	Female	Student	Sharanbasaveshwar college of science kalaburgi
6/9/2020 13:50:34	bhagyajyoti064@gmail.co	BHAGYAJYOTI	Female	Student	Sharnbasaweshwar college of science kalaburagi
6/9/2020 13:54:05	swarupa0123@gmail.com	Dr Swaruparani H	Female	Associate professor in Ch	Sharanabasaveshwar College of Science, Kalaburagi
6/9/2020 14:09:09	mohana.pravi@gmail.com	MOHANASUNDARI L	Female	Associate Professor	M. P. Nachimuthu M. Jaganathan Engineering College
6/9/2020 14:13:46	shankarnkalburgi@gmail.	Shankarappa N Kalburgi	Male	Physical Director	M S I Degree College Kalburgi
6/9/2020 14:20:03	raghavadlikes@gmail.co	Raghavendra	Male	Student	SB college of science
6/9/2020 14:28:14	khobaravi1@gmail.com	Ravindra khoba	Male	Asst.Proff	Physical Education
6/9/2020 14:33:19	prindrsbpatil0557@gmail.	Dr Sakharam Balu patil	Male	Associate professor	Hutatma Rajguru Mahavidyalaya Rajgurunagr Tal khed dist Pune Maharashtra India
6/9/2020 14:35:32	baluchalak@gmail.com	BALASUBRAMANIAM	Male	Physical Education Direct	Govt First Grade College bidar
6/9/2020 14:36:20	bheemshettyudamanalli@	Bheemashetty B Uduman	Male	Lecturer	Sharnbasaveshwar college of science kalaburagi
6/9/2020 14:53:27	prabhatksingh06@gmail.	Dr. Prabhat Kumar Singh	Male	Associate Professor	University Department of Sociology Ranchi University Ranchi Jharkhand
6/9/2020 15:09:26	rashmipanjiyara2@gmail.	Dr. Rashmi	Female	Assistant Professor	Radha Govind University, Ramgarh, Jharkhand
6/9/2020 15:18:11	chandrakalamalage99@g	Chandrakala Malage	Female	BSC	Physics
6/9/2020 15:18:31	rajnishkumar123abcd@g	RAJNISH KUMAR	Male	Student	ANUGRAH MEMORIAL COLLEGE GAYA BIHAR
6/9/2020 15:33:29	arunbiradar10@gmail.co	ARUNKUMAR BIRADAR	Male	Student	SB COLLEGE OF SCIENCE KALBURGI
6/9/2020 16:11:59	jagadish0233@gmail.com	Jagadish	Male	Lecture	SB college of science
6/9/2020 16:18:15	meghabelagumpi@gamil.	Megha	Female	Bsc	Sharanabasaveshwara college of science
6/9/2020 16:42:30	meenakshisaloke@gmail.	Meenakshi	Female	Bsc	Sharanabasaveshwar college of science
6/9/2020 16:43:58	lagashettyjm@gmail.com	Dr.LAGASHETTY JAGAN	Male	Principal & Asst.Professo	This is excellence
6/9/2020 16:54:04	shankaraling666@gmail.c	Shankaraling	Male	Student	Sharanbasaveswar college of science
6/9/2020 17:04:48	rkrreddy.glb@gmail.com	Dr.B.Ramakrishna Reddy	Male	Assistant Professor	Sharnbasaveshwar College of Science, Kalaburagi
6/9/2020 17:26:30	reddyakash489@gmail.co	Akash	Male	Chemistry	Biotechnology
6/9/2020 17:55:20	drmeenakumari1975@gm	Dr Meenakumari Patil	Female	Asst professor	Govt First grade college Bhalki
6/9/2020 18:07:29	majjirahul22@gmail.com	Rahul M	Male	Bsc student	SB College of Science, Kalaburagi Guru Nanak PG Centre Bidar
6/9/2020 18:25:02	nageshyemale@gmail.co	Dr Nagesh G Yemale	Male	Assistant Professor	
6/9/2020 18:51:31	drmeenakumari1975@gm	Dr Meenakumari Patil	Female	Assistant Professor	Collegiate Education
6/9/2020 18:52:26	raghavendrarb55@gmail.	Raghavendra R B	Male	One day National Webina	Sb college of science BSc
6/9/2020 20:09:55	gurunathdindure@gmail.c	Gurunath dindure	Male	Teacher	Junior college
6/9/2020 20:30:56	spharish1974@gmail.com	HARISHARANAPPA S.P	Male	Assistant Proffessor	Sharanabasaveshwar College of Science
6/9/2020 20:48:19	mahesh.marali@gmail.co	Mahesh Arali	Male	Lecturer	Muktambika PU Science College for Girls Kalaburagi
6/9/2020 21:20:34	bhagyaguttedar123@gma	Bhagyashree V Guttedar	Female	Kalaburagi	SB College
6/9/2020 21:21:42	kamaladhawale@gmail.c	Kamala Dhawale	Female	Principal	CSI College of Commerce, Dharwad
6/9/2020 21:23:36	anjushree.s.reddy@gmail	Anjushree	Female	Student	Gulbarga University kalaburgi
6/9/2020 21:36:44	amit.socio@rediffmail.co	Dr. Amit Bhowmick	Male	Assistant Professor	Nur Mohammad Smriti Mahavidyalaya
6/9/2020 21:48:05	drvaishalimeshram@gma	Dr. Vaishali Meshram	Female	Assistant Professor	Dr. M. K. Umathe College, Nagpur



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Timestamp	Email Address	Name	Gender	Designation	Name of Organization			
6/9/2020 22:03:03	shiv_math1984@rediffma	Dr. Shivaveerakumar S.	Male	Assistant Professor	Department of Microbiology Davanagere University			
6/9/2020 22:10:54	shailahiremath369@gmai	Shaila Hiremath	Female	Assistant professor	Sharanabasveshwar college of science kalaburagi			
6/9/2020 22:22:05	hitendrasinh166@gmail.c	Pri.dr.Pri.Dr.hitendrasinh	Male	PRINCIPAL	smt.r.p.chauhan arts and smt.j.k shah and shri.k.d.shah commerce college vyara dist.tapi gujarat.			
6/9/2020 22:40:03	drchaitailogasai74142@gm	DR.CHAITALI S GONSA	Female	Teacher	B R PARMAR HIGHSCHOOL			
6/9/2020 23:05:30	patilshakuntala85@gmai.	Shakuntala.B	Female	Associate professor	Smt. V G College for women Kalaburgi			
6/10/2020 0:58:31	pramodkhed@gmail.com	Pramod khed	Male	Physical director	Physical education			
6/10/2020 1:01:10	prasannagug@gmail.com	Dr Prasannakumar s	Male	Assistant professor	College of agricultural engineering Raichur Karnataka			
6/10/2020 1:32:30	prakash.eco9@gmail.com	Mr.Prakash Chougala	Male	Principal	SPM SGS Arts and Comm.College, Madabhavi			
6/10/2020 6:41:32	shreedevisajan172@gma	Shreedevi sajan	Female	Student	SB college of science kalaburgi			
6/10/2020 7:20:44	laxmikantshiroli@yahoo.c	DR LAXMIKANT B SHIR	Male	PHYSICAL DIRECTOR	GOVERNMENT FIRST GRADE COLLEGE CHITTAPUR			
6/10/2020 7:24:50	kellurhashidhara@gmail	SHASHIDHARA A KELLU	Male	Assistant Professor	VSK University Ballari			
6/10/2020 7:25:09	ksvarun_rb@rediffmail.co	VARUNA RAJA BASAVE	Male	Research Scholar	University College of Physical Education Bangalore University Bengaluru			
6/10/2020 7:26:07	dandyagol@gmail.com	Dr Santosh Dandyagol	Male	Physical Education Direct	SMYK GOVERNMENT FIRST GRADE COLLEGE TELSANG Physical education			
6/10/2020 7:27:10	muneshwarballary@gmai	Dr.Muneshwar P Ballary	Male	Mped M.phil PhD				
6/10/2020 7:28:13	sricrown@gmail.com	sreenivasa T	Male	Physical Education Direct	Sri Honnadevi Government First Grade College Dandinashivara			
6/10/2020 7:28:26	manjunvphd@gmail.com	Manjunatha N V	Male	Director of Physical Educ	K.L.E.Society's, S.S.M.S.College, Athani.			
6/10/2020 7:29:38	dchittampalle@gmail.com	Chittampalle Dnyaneshw	Male	Assistant professor	Shri chhatrapati shivaji college omerga			
6/10/2020 7:32:33	k.sudheer.rao@gmail.com	Sudheer Rao K	Male	Physical Education Teach	R.P.S's Secondary School Belse, Ankola			
6/10/2020 7:33:31	rangusrikstra@gmail.com	RANGAPPA	Male	P E Teacher	Saranabasavesaver college			
6/10/2020 7:36:08	saliansports@gmail.com	PRASAD SALIAN	Male	Assistant Director of Phys	Government Engineering College kushalnagara Karnataka			
6/10/2020 7:39:28	sudeep.aryan5@gmail.co	Sudeep Kumar. R	Male	Assistant Director of Phys	University College of Arts, Tumkur University			
6/10/2020 7:45:36	sujatha.kudum@gmail.co	Dr.K.Sujatha	Female	Assistant Professor of M	Government Degree College, Kukatpally , Hyderabad			
6/10/2020 7:48:19	akshaykamala@gmail.co	Dr.SHIVANNA R	Male	Physical education Direct	GOVT first grade College SIRA Tumkur DIST Karnataka			
6/10/2020 7:53:54	kmydhilenglish@gmail.c	K.MYDHILI	Female	Assistant Professor	D.R.W.College			
6/10/2020 8:00:11	pakalameghana11@gami	P.meghana	Female	Webinar registration form	DRw college			
6/10/2020 8:06:39	m.thirumaleswari@gmail.	M.Thirumaleswari	Female	Gudur	D.R.W Gudur			
6/10/2020 8:09:06	shaikkhaleefa8@gmail.c	Khaleefa Shaik	Female	Student	D.R.W college Gudur			
6/10/2020 8:12:15	Selvasportsmsu@gmail.c	Dr. C. Selvaraja	Male	Assistant professor	Manonmaniam sundaranar university			
6/10/2020 8:12:40	lavanyabatta88@gmail.co	B.lavanya	Female	Student	1st B.Sc.com sci (hons)			
6/10/2020 8:12:43	bhuvangagan@gmail.com	Prof P. K Shashirekha	Female	PED	Gfgc Paschapur belagavi			
6/10/2020 8:19:56	bsrinivasgowda@gmail.c	SRINIVASA B	Male	Physical education direct	SHANKARABASAVSHWAR COLLEGE			
6/10/2020 8:29:17	shubhakh8@gmail.com	SHUBHA K H	Female	Physical Education Direct	Government First Grade College, Mudipu			
6/10/2020 8:31:10	manimallekuppa64@gma	SUBRAMANI.N	Male	Physical Education Direct	Govt.Law College -Kolar			
6/10/2020 8:35:54	mreddy1972@gmail.com	MADHUSUDAN REDDY	Male	PHYSICAL EDUCATION MJP	Arts Degree College KALBURGI			
6/10/2020 8:42:53	sreelekhalekhi666@gmai	Sreelekha	Female	Student	D r w college in gudur			
6/10/2020 8:44:19	airshad314@gmail.com	Dr. I. M. Makkubhai	Male	Physical Education Direct	Nehru Arts, Science and Commerce Degree College Hubballi Karnataka India			
6/10/2020 8:50:17	khokhochandru@gmail.co	Dr. Chandrashekar C	Male	Physical Education Direct	Smt GBA Govt first grade college Shiggaon Dist -Haveri Karnataka			
6/10/2020 8:51:03	kshlseema@gmail.com	Seema kaushal	Female	Assistant.Professor	KRM DAV College Nakoder			
6/10/2020 8:56:20	Konchotashi442@gmail.c	Koncho Tashi	Male	District sports Incharge	Tawang			
6/10/2020 8:58:56	kamaljit70@gmail.com	Dr. Kamaljit Singh	Male	Associate Professor	KRM DAV College			
6/10/2020 9:02:04	shashankurs7114@gmail	SHASHANKA GP	Male	Physical Education Direct	Seshadripuram academy of business studies Kengeri			
6/10/2020 9:10:34	jayarammaraditot@gmail.	JAYARAM MARADITOT.	Male	physical education directo	physical education			
6/10/2020 9:20:14	dhshail9@gmail.com	Lt. Shailesh Kumar DH	Male	PED	GFGC Belthangady			
6/10/2020 9:24:20	rrgsunstar@rediffmail.co	Dr Ravi Gadadannavar	Male	Physical Education Direct	SSS Govt First grade College Mudalagi			
6/10/2020 9:31:50	bandeshivanand@gmail.c	Shivanand Bande Asst. P	Male	Assistant Professor	Seshdripuram Academy of Business Studies			
6/10/2020 9:32:12	parvathalavimala26@gm	P. Vimala	Female	Ok	1st Bsc mscs			
6/10/2020 9:36:28	likithagm2017@gmail.co	Guntamadugu Likitha Ska	Female	Student	D.R.W.Degree college			
6/10/2020 9:45:06	sanjups1@gmail.com	Dr.Sandhyarani.P.S	Female	Physical Education Direct	Government First Grade College, K R.Pet			
6/10/2020 9:47:29	jsscgsports@gmail.com	MALLUSWSMY.N	Male	Physical Education Direct	JSS COLLEGE OF ARTS AND COMMERCE ,GUNDLUPET,			
6/10/2020 9:48:34	kartarschawla@gmail.co	KARTAR SINGH	Male	ASSOCIATE PROFESSO	KRM DAV COLLEGE NAKODAR			

Timestamp	Email Address	Name	Gender	Designation	Name of Organization				
6/10/2020 9:50:10	narahatti123@yahoo.com	SHIVANAND NARAHATT	Male	Physical Education Direct	Government First Grade College Lingasagur				
6/10/2020 9:50:43	shashimdy26@gmail.com	SHASHIKANTH.T.C	Male	Assistant Professor (Cont	College of Agriculture, Chamarajanagar				
6/10/2020 9:54:08	venkateshp76@gmail.co	SRI VENKATESH P	Male	Physical Education Direct	MASC College Haunsbhavi Tq Hirekerur Dist Haveri				
6/10/2020 10:12:10	puchravi@gmail.com	Ravindranath C	Male	Physical Education Direct	Lal Bahadur Shastri Government First Grade College, Bengaluru				
6/10/2020 10:15:02	amudha11175@gmail.co	P.AMUDHA	Female	Assistant Professor in En	Annai Violet Arts and Science college				
6/10/2020 10:30:53	yarijavidyarani@gmail.co	Yarajarla.vidyarani	Female	Student	Drw collage gudur				
6/10/2020 10:37:26	harsimrankaur2983@gma	Dr.(Lt.)Harsimran kaur	Female	Assistant professor	KRM DAV College,Nakodar				
6/10/2020 10:40:42	satishkumarptl@gmail.co	SATISHKUMAR PATIL	Male	ASSISTANT PROFESSO	LINGARAJ APPA ENGINEERING COLLEGE , BIDAR				
6/10/2020 10:45:05	sahil.sahil213@gmail.com	Sahil Arora	Male	Assistant Prof	KRM DAV College Nakodar				
6/10/2020 10:45:31	nandakumara1439@gma	NANDAKUMARA A	Male	Physical education direct	East point college of higher education				
6/10/2020 10:51:05	kakasaheb.dhaygude@g	Kakasaheb Dhondiba Dh	Male	Assistant professor	Sant Ramdas college				
6/10/2020 10:58:38	pedumeshgowda@gmail.	UMESH S	Male	Physical Education Direct	K S Institute of Technology				
6/10/2020 11:01:18	pintoj65y@gmail.com	Dr John Pinto	Male	Physical education direct	Government first Grade college Kavoor Mangalore				
6/10/2020 11:05:01	kuttyesakki06@gmail.com	ESAKKIMUTHURAJ. M	Male	MPHIL SCHOLAR	MANONMANIAM SUNDARANAR UNIVERSITY				
6/10/2020 11:58:08	aaenamdar@gmail.com	Arif Hussian inamdar	Male	Physical Education Direct	Anjuman Arts Sci and comm college Bijapur				
6/10/2020 12:04:32	ragupathi.reddy3@gmail.	Dr.Raghupathi K	Male	Physical education lectur	Indian Academy college				
6/10/2020 12:15:14	haseebarafat@gmail.com	HASEEBA KHANAM	Female	Asst.professor	GFGCASC SIRA				
6/10/2020 12:30:42	vedvijayalakshmi@gmail.	Vijayalakshmi.B	Female	Assistant professor	Smt VHD Central institute of home science				
6/10/2020 12:32:10	ranagattimathc@gmail.co	Dr. C. B. Ranagattimath	Male	Physical Education Direct	K. L. E. Society's. S. A. Manvi Law College, Gadag.				
6/10/2020 12:40:29	profpankajverma@gmail.	Pankaj Verma	Male	Assistant Professor	KRM DAV COLLEGE NAKODAR				
6/10/2020 12:54:06	rajashekharbm3333@gm	Rajashekhar B	Male	Physical director	Gulbarga university				
6/10/2020 12:57:28	bhaskaradepudy@gmail.	Dr. A BHASKAR	Male	TGT PET	INDIAN SPACE RESEARCH ORGANISATION				
6/10/2020 12:59:54	tsridevi469@gmail.com	T.SRIDEVI	Female	1stB.B.C.(BIO-TECHNOL	D.R.w. College,GUDUR				
6/10/2020 13:00:28	sivananda.sku@gmail.co	Dr. SIVANANDA KAMAT	Male	Assistant Professor	Sri Krishnadevaraya University				
6/10/2020 13:08:08	ravikumardhokade12@g	Dhokade Ravikumar Shiv	Male	Assit.Prof.	Swami Vivekanand College Mukramabad Talbot Mukhed Dist Nanded				
6/10/2020 13:13:55	kavyar@nie.ac.in	Kavya R	Female	Physical Education Direct	The National Institute of Engineering				
6/10/2020 13:14:47	abidar74@yahoo.co.in	Dr.Abida Begum	Female	Physical Education Direct	Govt first grade college for women Ramanagara				
6/10/2020 14:23:29	girishkumaracm@gmail.c	GIRISH KUMARA CM	Male	Coach	P E T education trust				
6/10/2020 14:40:36	irannabudyal00@gmail.co	Rashmi i budyal	Female	Student	Sharanabasaveshwar college of science kalaburagi				
6/10/2020 16:02:52	dayanandhodai19@gmail	Prof.Dayanand. S .Hodal	Male	Asst.professor	S .B .College of Commerce,Kalaburgi				
6/10/2020 16:49:24	poojithamsh2198@gmail.	M.POOJITHA	Female	BSC	DUVVURU RAMANAMMA WOMENS COLLEGE IN GUDUR				
6/10/2020 17:06:15	siddunenga1234@gmail.	Dr siddaram	Male	Physical director	B V Bhoomaraddi Degree college Bidar				
6/10/2020 17:08:05	dr.klpatel233780@gmail.	Dr. KANAIYALAL L PATE	Male	Principal	Mahila Arts College Motipur Himatnagar				
6/10/2020 18:10:21	rakiblackbelt@gmail.com	RAKESH T M	Male	PED	SBMJC,KGF				
6/10/2020 18:16:04	kantiraki@gmail.com	Rakesh R	Male	Asst Prof of Physical Edu	University of Agricultural Sciences Bangalore, College of Sericulture Chintamani				
6/10/2020 18:50:31	sameer891@gmail.com	SAMEER SABHARWAL	Male	ASSISTANT PROFESSO	DAV COLLEGE NAKODAR				
6/10/2020 18:51:40	rjunbunny3@gmail.com	ARJUN NAYAKA M	Male	Physical Education Direct	Leaders' Pre University College				
6/10/2020 19:10:16	htskomala94@gmail.com	THIPPESWAMY.H	Male	PHYSICAL EDUCATION	VANI SAKKARE GOVT FIRST GRADE COLLEGE HIRIYUR				
6/10/2020 19:24:43	spksb12@gmail.com	Prakash B	Male	PED	BES College, Jayanagar, Bangalore.				
6/10/2020 19:30:31	copschandu@gmail.com	Chandrasahya P	Male	Physical Education Teach	Podar International School, Mangalore.				
6/10/2020 20:23:24	nanda.khede@gmail.com	Dr. Sunanda Vanjerkhede	Female	Assistant Professor	Sharnbasveshwar College of Commerce Kalaburagi				
6/10/2020 21:00:44	kdn1333@gmail.com	MUTHU S	Male	PHYSICAL EDUCATION	STPC				
6/10/2020 21:05:37	raghuhandball@gmail.co	Dr K.Raghavendra	Male	Physical Education direct	Government first grade college ..Ranibennur				
6/10/2020 22:25:26	rafeekped@gmail.com	Mahammed Rafeek K	Male	Physical Education Direct	Dr.P.D.Pai-P.S.Pai GFG College Mangalore, Carstreet.				
6/10/2020 23:20:39	prabhakararchavan7@gma	Dr. Prabhaker Walmik	Male	Assistant Professor	Sahyadri Sciences college, Shivamogga				
6/11/2020 4:03:57	bharathiannamgi11@gma	Mrs.A.Bharathi	Female	Lecturer	Duvvuru Ramanamma Women's (Autonomous)College				
6/11/2020 5:52:38	veenashrichandriki24@g	VEENASHRI	Female	Ug Student	Sharanabasveshwara college of science kalaburgi				
6/11/2020 7:48:42	vachanashree01@gmail.	Vachanashree	Female	Seminar	Inorganic class seminar				
6/11/2020 7:54:30	bhagya2652@gmail.com	Bhagyashree S Kalashett	Female	Seminar	Avenues for wellness & Reilience				
6/11/2020 10:45:04	jjavajshilpa@gmail.com	Shilpa javaji	Female	Student	Sb clg				
6/11/2020 10:48:48	malipatilsa@rediffmail.co	Dr S A Malipatil	Male	Asst.Professor	S B college of science kalaburagi				

Timestamp	Email Address	Name	Gender	Designation	Name of Organization			
6/11/2020 10:52:27	kavyakulkarni1999@gma	Kavya kulkarni	Female	Student	Sharanabasaveshwar college of science kalaburagi			
6/11/2020 11:04:49	anandkc2000@gmail.com	Anandakumar KC	Male	Physical education teach	Physical education			
6/11/2020 12:22:58	govindkhulikal@gmail.co	GOVINDAIAH. H. K	Male	Research Scholar	UCPE, Bangalore University, Bengaluru			
6/11/2020 12:36:42	biradar.renuka9@gmail.c	RENUKA	Female	Guest faculty	Gulbarga university			
6/11/2020 12:58:32	sharanammakuppi@gmai	Sharanamma	Female	Physical education direct	Smt veeramma gangsiri degree college for women kalaburagi			
6/11/2020 15:11:45	sahyadriamesh@gmail.c	Dr.Ramesh K B	Male	Assistant Professor	Sharanbasaveshwar College of Science Kalaburagi-585103			
6/11/2020 17:33:18	poojambajarangi@gmail.	POOJA M	Female	PHYSICAL EDUCATION	KLE's GUDLEPPA HALLIKERI COLLEGE .HAVERI			
6/11/2020 19:29:22	radhikamilli90@gmail.com	RADHIKA G MILLI	Female	RESEARCH SCHOLAR	AKKAMAHA DEVI KARNATAKA STATE WOMEN'S UNIVERSITY VIJAYAPUR			
6/11/2020 19:50:58	shobagouri@gmail.com	SHOBHA.K.S	Female	PHYSICAL EDUCATION	GOVERNMENT FIRST GRADE DEGREE COLLEGE KOPPAL			
6/11/2020 19:56:48	maheshneelegar.mn@gm	Mahesh G N	Male	Physical Director	Sharanabasaveshwar College of Commerce, Kalaburagi			
6/11/2020 20:21:16	shrideviss25@gmail.com	Shridevi S Sangolli	Female	Associate professor	KLESociety's Shri Mritunjaya College of Arts and commerce. Dharwad			
6/11/2020 21:42:51	cnSORatur@gmail.com	chanabasappa soratur	Male	physical directur	Priyadarsini college Rattihalli Haveri dist Karnataka university			
6/11/2020 22:01:19	shwethamanjurs@gmail.c	Shwetha HT	Female	Physical education teach	Sharada vidyalaya			
6/11/2020 22:50:48	vaidya.sagar3@gmail.co	VAIDYANATHA U	Male	Research scholar	University College of Physical Education Bangalore University Bangalore			
6/11/2020 23:01:09	jeganathan.krishnamani@	Mr.K.JEGANATHAN	Male	SPORTS TRAINER	SPORTSEED			
6/12/2020 0:48:57	jayalaxmi.havapgol@gma	Jayalaxmi S Havapgol	Female	Physical Cultural Instructo	Government college autonomous kalaburgi			
6/12/2020 7:55:36	sure.shankar4@gmail.co	SHANKAR SURE	Male	PHYSICAL DIRECTOR	SRI SHIVALINGESWAR GOVT FIRST GRADE COLLEGE MADANHIPARGA			
6/12/2020 8:17:15	shashankbadiger60@gm	K Shashank Badiger	Male	Student	Sharanabasaveshwar college of science kalaburagi			
6/12/2020 8:38:15	milindkumarsullad100@g	Milindkumar Sullad	Male	Research Scholar	Gulbarga University			
6/12/2020 8:49:18	ubsaidanor@gmail.com	UMESH SAIDANOR	Male	Guest lecturer	Gfgc Chitguppa			
6/12/2020 9:49:06	sbtatagar@gmail.com	Shabbeer Ahmad Tataga	Male	Physical Education Direct	Govt.Women's College, Belagavi			
6/12/2020 10:25:03	usharanihk@05gmail.com	Usharani	Female	Student	Xyz			
6/12/2020 10:46:15	mbksports17@gmail.com	Dr. Mahantesh Khanapur	Male	Assistant professor of Ph	College of community Science University of agricultural science Dharwad			
6/12/2020 10:57:34	www.kamalabaiallur98@g	Kamalabai S.Allur	Female	Student	Chemistry department GUK			
6/12/2020 11:11:58	jyothiBgajare91@gmail.co	Jyothi Baburao Gajare	Female	Scholar	KSAWU VIJAYAPURA			
6/12/2020 11:19:32	hgpujaru@gmail.com	Dr.Hanumanthayya pujari	Male	Asst Professor	Karnataka state Akkamahadevi women's university vijayapura			
6/12/2020 11:43:05	syedassabeen18@gmail.	Syeda sameena sabeen	Female	Student	Msc. Chemistry			
6/12/2020 12:19:27	pradeepkumar2sports@g	Dr. Pradeep Kumar U	Male	Physical Education Direct	Government First Grade Womens college Koppal			
6/12/2020 12:19:30	Shivashanth1980@yahoo	Dr shivakumar gaddi	Male	Assistant professor phy.e	Veterinary College bidar karnataka			
6/12/2020 12:44:42	bhagyaspatil9@gmail.co	Bhagyajoyti Meti	Female	Physical Director	kle			
6/12/2020 13:36:47	kavitakva@gmail.com	Kavita Shirwal	Female	Lecturer	S.B college of commerce			
6/12/2020 13:49:38	sportsraj62@gmail.com	Dr RAJAKUMAR MS	Male	Asst Director of Physical	Davangere University			
6/12/2020 13:52:14	ravinayakgr@gmail.com	Dr.Ravi Nayak	Male	Physical Director	Government First Grade College Humnabad Dist.Bidar			
6/12/2020 14:18:22	pramod031988@gmail.co	PRAMOD SUBHAS GAN	Male	Assistant professor	Shri.K.G.Nadgir college of physical education			
6/12/2020 14:19:31	sinuskolkur83@gmail.com	Dr.Srinivas Kolkur	Male	Guest Faculty	University college of Physical Education Gulbarga University Kalaburagi, Karnataka			
6/12/2020 14:37:47	vijay.cri2020@gmail.com	Vijaykumar.S.D	Male	Phd research scholar	Department of physical education Gulbarga university Gulbarga			
6/12/2020 15:32:09	chiranjivichirums@gmail.	CHIRANJIVI M S	Male	Physical Education	RV Institute of Legal Studies			
6/12/2020 15:57:33	varshbir26@gmail.com	Varsha Birajdar Patil	Female	Lecturer	Shranbasveshwar college of commerce			
6/12/2020 16:00:51	dmehty@gmail.com	Dasharath Mehtry	Male	Asst. Professor	Sharanabasaveshwar College of Commerce Kalaburagi			
6/12/2020 16:06:42	saliandsandeep72@gmail.	Sandeep U	Male	Assistant Professor in Ph	School of Social Work Roshni Nilaya (Autonomous) Mangalore			
6/12/2020 18:04:48	kanthareddy17c@gmail.c	KANTHAREDDY. C	Male	Physical Education Direct	SJR College Of Law			
6/12/2020 18:37:21	raghuglubbi1990@gmail	Raghavendra G L	Male	Research Scholar	UCPE,Bangalore university			
6/12/2020 18:38:08	chandanedep@gmail.com	Dr Chandana Eswar	Female	Guest Faculty	University College of Physical Education, Bangalore University			
6/12/2020 19:09:07	pramilaku111@gmail.com	Dr. Pramila kumari	Female	Guest faculty	University college of physical education			
6/12/2020 19:20:21	ashokayadav12@gmail.c	ASHOKA. C	Male	PHYSICAL EDUCATION	KARNATAKA PUBLIC SCHOOL			
6/12/2020 19:21:28	manoj10.koparde@gmail.	Manoj Koparde	Male	Physical Education Direct	K R Bellad Arts and Commerce College Mundargi			
6/12/2020 20:24:35	aravind.varma.av@gmail.	ARAVIND VARMA M HU	Male	Teacher	KNE Trust Institutions Bangalore			
6/12/2020 20:43:32	gangadhara.r8@gmail.co	Gangadhara R	Male	Physical Education Direct	Ramaiah institute of business studies			
6/12/2020 20:54:44	khushalpw@gmail.com	Dr. KHUSHAL PANDUR	Male	Ass. Lecturer	Ujwal Garmin Collage, Ghonsi Tq. Jalkot Dist. Latur Maharashtra			
6/12/2020 23:10:01	l.pasodi@gmail.com	Lakshmiputra P	Male	Physical Education Direct	GFGC Aland			

Timestamp	Email Address	Name	Gender	Designation	Name of Organization				
6/12/2020 23:10:26	chitrachitralekha1@gmail	Chitralekha	Female	Student	Sharanbasaveshwar College of Science				
6/13/2020 6:00:53	deepapik@gmail.com	Dr. Deepa jahagirdar	Female	Teacher	KSAWU Vijayapura				
6/13/2020 10:54:59	abhipatil472@gmail.com	ABHISHEK	Male	Lecture	SB college of science				
6/13/2020 11:14:11	rajeshwari.phy@gmail.co	T Rajeshwari	Female	Assistant professor	KLE'S GH College Haveri				
6/13/2020 11:40:25	meghabelagumpi@gamil.	Megha	Female	Bsc	Sharanabasaveshwara college of science				
6/13/2020 11:45:43	cpk221173@gmail.com	PRAKASH KUMAR .C	Male	PHYSICAL EDUCATION	GFGC, UDAYAPURA.				
6/13/2020 12:02:07	appi23chand@gmail.com	Chandrakant	Male	Professor	Sb college of COMMERCE kalaburagi				
6/13/2020 12:14:42	chitraalur19@gmail.com	Dr Chitralekha Alur	Female	Ass professor	S B college of Science Kalburgi				
6/13/2020 13:08:57	shivahiremath5072@gma	Shivashankarayya g hire	Male	Lecturer	Sharanbasaveshwar college of science				
6/13/2020 14:39:57	bhagyaspatil9@gmail.co	Bhagyajyoti Meti	Female	Physical director	Karnatak university				


PRINCIPAL
SHARNBASVESHWAR COLLEGE
OF SCIENCE, GULBARGA

FEEDBACK

Timestamp	Email Address	Name of the Participant	Name of the Institution (a Department)	District	STATE	How to you rate the overa	Rate Session - 1	Rate Session - 2	ANY OTHER COMMENTS / SUGGESTIONS TO H
6/21/2020 16:59:31	gayatrimavalagi@gmail.com	Gayatri. M. Savalagi	Sharanabasaveshwar col Chemistry	Kalaburgi	Karnataka	Excellent	Excellent	Excellent	No
6/21/2020 17:02:43	kmydhillienglish@gmail.com	K.MYDHILI	D.R.W.College English	SPSR Nellore	Andhra Pradesh	Excellent	Excellent	Excellent	Best of luck for future activities.
6/21/2020 18:47:25	diwanjisonali16@gmail.com	Sonali C.Divanji	S.B. college of science k PGM	Kalaburgi	Karnataka	Very Good	Excellent	Excellent	Good session
6/21/2020 21:53:16	pramilaku111@gmail.com	Dr. Pramila kumari	University college of phys U c p e physical educatio	Bangalore	Karnataka	Excellent	Excellent	Excellent	Continue these types of webinar
6/21/2020 23:40:31	sportsraj62@gmail.com	Dr RAJAKUMAR MS	Davangere University Physical Education	Davangere	Karnataka	Very Good	Excellent	Very Good	Try to improve
6/22/2020 0:58:04	biradar_renuka9@gmail.c	RENUKA	Gulbarga University Chemistry	Kalaburagi	Karnataka	Very Good	Very Good	Very Good	Webinar was good
6/22/2020 9:28:15	htskomala94@gmail.com	THIPPESWAMY.H	THIPPESWAMY.H PHYSICAL EDUCATION	CHITRADURGA	KARNATAKA	Very Good	Very Good	Very Good	Informative and helpful
6/22/2020 15:38:14	propfpankajverma@gmail.com	Pankaj Verma	KRMDAV COLLEGE NAK Physics	Jalandhar	Punjab	Very Good	Very Good	Very Good	Great work
6/22/2020 20:49:57	Konchotashi442@gmail.c	Koncho Tashi	Koncho Tashi district sports office	Tawang	Arunachal Pradesh	Excellent	Excellent	Excellent	no
6/22/2020 22:24:00	geetayargal1999@gmail.	Puttamma.Basavaraj.Yar	S.B.college of Science CBZ	Gulbarga	Karnataka	Very Good	Good	Very Good	Nothing
6/23/2020 12:07:29	itech9457@gmail.com	Mohan n pujari	Sharanbasvehwar college Computer science	Kalaburgi	Karnataka	Very Good	Very Good	Very Good	The present seminar was over-all good!
6/23/2020 12:49:02	sushilyakapur@gmail.com	Sushil S Yakapur	SB College of Science Chemistry	Kalaburagi	Karnataka	Excellent	Very Good	Excellent	No comments
6/23/2020 13:32:34	poojaharsoor9@gmail.co	Pooja Nagabhushan	Sharnbasveshwar college Pcm(combination)	Gulbarga	Karnataka	Very Good	Very Good	Very Good	It was useful and very informative
6/24/2020 10:32:28	nandakumara1439@gma	NANDAKUMARA A	East point college of high Physical Education Direct	Tum'ru	Karnataka	Excellent	Excellent	Excellent	Very informative sessions
6/24/2020 12:22:32	prabhatksingh06@gmail.	Dr. Prabhat Kumar Singh	University Department of Sociology	Ranchi	Jharkhand	Excellent	Excellent	Excellent	New innovative ideas
6/24/2020 16:08:45	prakash.eco9@gmail.com	MR.PRAKASH CHOUGA	SPM SGS ARTS AND CO ECONOMICS	BELAGAVI	KARNATAKA	Excellent	Excellent	Excellent	Thank you very much Sir
6/24/2020 16:09:10	copschandu@gmail.com	Chandrarhasa. P	Podar International Schoo Physical Education	Dakshina Kannada	Karnataka	Very Good	Very Good	Very Good	No
6/24/2020 16:11:21	anjushree.s.reddy@gmail	Anjushree	Gulbarga University kalab Chemistry	Kalaburgi	Karnataka	Very Good	Very Good	Very Good	It's very useful [5]
6/24/2020 16:10:03	govindkhuikal@gmail.co	GOVINDIAIAH. H. K	Seshadripuram Composit Physical Education	Bengaluru	Karnataka	Excellent	Excellent	Excellent	Its really fruitful and informative sessions.
6/24/2020 16:10:23	pdumeshgowda@gmail.c	Umesh S	K S Institute of Technology Physical Education	Bangalore	Karnataka	Very Good	Good	Excellent	yes
6/24/2020 16:13:10	kellurshashidhara@gmail	SHASHIDHARA A KELLU	Vijayanagara Sri Krishnad Physical Education	Ballari	Karnataka	Excellent	Excellent	Excellent	it was good [6]
6/24/2020 16:12:45	dayanandhodlal19@gmail	Prof. Dayanand . S . Hod S . B .	College of Comme Dept of Economics	Kalaburgi	Karnataka	Excellent	Very Good	Very Good	We expect many more webinars like this. Thank you
6/28/2020 12:17:59	spksb12@gmail.com	Prakash B.	BES College, Jayanagara Dept of Physical Educatio	Bangalore Urban. [7]	Karnataka	Excellent	Excellent	Excellent	Very useful and Informative session
6/24/2020 16:24:40	kantiraki@gmail.com	Rakesh R	College of Sericulture Chi Physical Education	Chikkaballapura	Karnataka	Very Good	Very Good	Very Good	Quality of video
6/24/2020 16:27:02	ravikumardhokade12@g	Dhokade Ravikumar Shiv	Swami Vivekanand Colle English	Nanded	Maharashtra	Excellent	Excellent	Excellent	Best wishes to next webinar
6/24/2020 16:28:24	likithagm2017@gmail.co	Guntamadugu Likitha Ska	D.R.W.Degree college.Gu BSc computer science	Ho Nellore	Andhra Pradesh	Good	Good	Good	Good
6/24/2020 16:33:52	prasannagug@gmail.com	Dr PRASANNAKUMAR S Dr PRASANNAKUMAR S	Department of Physical E Raichur		Karnataka	Excellent	Excellent	Excellent	Super
6/24/2020 16:50:20	kakasaheb.dhaygude@g	Kakasaheb Dhondiba Dh	Sant Ramdas college English	Jalna	Maharashtra	Excellent	Excellent	Excellent	..
6/24/2020 17:16:52	akshaykamata@gmail.co	Dr.SHIVANNA R	GfGC-SIRA Physical education	Tumkur	Karnataka	Excellent	Excellent	Excellent	No
6/24/2020 17:17:43	shubhakh8@gmail.com	SHUBHA K H	GFGC MUDIPU Physical Education	Dakshina Kannada	Karnataka	Very Good	Very Good	Very Good	Good [8]
6/24/2020 17:36:11	amit.socio@rediffmail.co	Dr. Amit Bhowmick	Nur Mohammad Smriti M Sociology	Murshidabad	West Bengal	Excellent	Excellent	Excellent	No
6/24/2020 17:37:53	dhshail9@gmail.com	Lt.Shailesh Kumar DH	GFGC Belthangady Physical Education	DK	KA	Excellent	Excellent	Excellent	Good
6/24/2020 18:18:37	aaenamdar@gmail.com	Arif Hussian inamdar	Anjuman Arts Sci and co Physical Education	Vijayapur	Karnataka	Excellent	Excellent	Very Good	Good organisation and good knowledge from by the
6/24/2020 18:34:16	shashankurs7114@gmail	SHASHANKA GP	Seshadripuram academy Physical Education and a	Bangalore	Karnataka	Excellent	Excellent	Excellent	NA
6/24/2020 18:50:23	chandananped@gmail.c	Dr Chandana Eswar	University College of Phy Physical Education	Bangalore	Karnataka	Excellent	Very Good	Very Good	Informative sessions
6/24/2020 18:55:53	deepaplk@gmail.com	Dr. Deepa Jahagirdar	KSAWU Vijayapura Physical education	vijayapura	Karnataka	Excellent	Very Good	Good	It was very good session
6/24/2020 18:58:39	Selvasportsmsu@gmail.c	Dr. C. Selvaraja	Manonmianiam sundaran Physical education	Tirunelveli	Tamilnadu	Excellent	Excellent	Excellent	Valuable webinar
6/24/2020 21:17:00	saliansports@gmail.com	PRASAD SALIAN	Government Engineering Physical Education and S	Kodagu	KARNATAKA	Excellent	Excellent	Excellent	Informative ,
6/24/2020 21:50:42	bhagyaspatil9@gmail.co	Bhagyajyoti Meti	Karnatak University Dhar Physical Education	Dharwad	Karnataka	Very Good	Very Good	Very Good	_
6/24/2020 22:28:52	kamalabaiallur98@gmail.	Kamalabai Allur	Gulbarga University Karn Chemistry	Kalaburagi	Karnataka	Very Good	Good	Good	Good webinar
6/24/2020 23:05:07	raghuhandball@gmail.co	Dr K.Raghavendra	Government first grade co Department of physical	E Haveri	Karnataka	Very Good	Good	Very Good	Voice modulation signal should be able to get a nice
6/24/2020 23:10:09	pramod031988@gmail.co	PRAMOD SUBHAS GAN	Shri.K.G.Nadgir college o Physical Education	Dharwad	Karnataka	Very Good	Good	Good	Our all good.
6/24/2020 23:33:04	shankaraling666@gmail.c	Shankaraling	Sharanbasaveswar colleg Physical education	Kalaburgi	Karnataka	Excellent	Excellent	Excellent	Nothing
6/25/2020 14:17:41	abhjpatil472@gmail.com	ABHISHEK SANGOLLI	SB COLLEGE OF SCIEN Physics	Kalaburagi	Karnataka	Excellent	Very Good	Excellent
6/25/2020 14:22:55	sreelekheki666@gmai	SREELEKHA	D r w college Commerce	Nellore	Andra Pradesh	Excellent	Excellent	Very Good	Super
6/25/2020 14:42:59	khokhochandru@gmail.co	Dr. Chandrashekar C	Smt GBA Govt first grade Physical Education	Haveri	Karnataka	Excellent	Very Good	Excellent	Nothing
6/25/2020 16:26:01	sgdologoudar@gmail.co	Dr. Sannabasanagouda	Sharanabasaveshwar Co English	Kalaburagi	Karnataka	Excellent	Excellent	Excellent	Excellent presentation and organized well
6/25/2020 16:26:52	kavitakva@gmail.com	Kavita Shirwal	S B College of commerce Commerce	Kalaburagi	Karnataka	Excellent	Excellent	Excellent	Excellent seminar sir
6/25/2020 19:03:16	patilshakuntala85@gmail	Shakuntala B .	Smt.V.G.Degree college f English	Kalaburgi	Karnataka	Excellent	Excellent	Excellent	Neatly organized
6/30/2020 17:14:09	ashokayadav12@gmail.c	ASHOKA. C	KARNATAKA PUBLIC SC PHYSICAL EDUCATION	Bangalore	Karnataka	Excellent	Excellent	Excellent	No comments
7/1/2020 11:24:33	harkemanju014@gmail.c	Manjunath	Sharanbasveshwar colleg Physical education [9]	Kalaburagi	Karnataka	Excellent	Excellent	Excellent	Nothing
7/1/2020 19:45:00	cuteyay11@gmail.com	Ayub Khan.P	The Landmark School, R Physical Education Direct	Bangalore	Karnataka	Very Good	Very Good	Excellent	Learnt many new things
7/2/2020 22:04:00	raghugubbi1990@gmail	RAGHAVENDRA G L	Bangalore University University College of Phy	Bangalore	Karnataka	Excellent	Excellent	Excellent	Very good sessions, good organization

THANK YOU