

## CURRICULUM VITAE

**Dr. K. VISHNUVARDHAN REDDY**

**Assistant Professor**

Department of Physical Education and Sports

Central University of Tamil Nadu, TN, India.

Email id: [vishnuvardhanreddy939@gmail.com](mailto:vishnuvardhanreddy939@gmail.com)

Mobile: 9052857543



### **1. Educational Qualifications:**

<b>Qualification</b>	<b>Year of passing</b>	<b>College / University</b>	<b>Percentage /Grade</b>
<b>PG Diploma in Yoga</b>	2022	Annamalai University, Tamil Nadu	<b>66.25 %</b>
<b>Ph. D.</b>	2021	Osmania University, Hyderabad, Telangana.	<b>71.5%</b>
<b>M. Phil.</b> <b><u>(Gold Medalist)</u></b>	2016	Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu.	<b>8.23 (CGPA)</b>
<b>M.P.Ed</b>	2014	Yogi Vemana University, Kadapa, Andhra Pradesh	<b>8.1 (CGPA)</b>
<b>B.P.Ed</b>	2012	Solapur University, Solapur, Maharashtra.	<b>80.17%</b>
<b>B.SC (M.P.C)</b>	2011	Osmania University, Hyderabad, TS	<b>57.89%</b>
<b>Intermediate (M.P.C)</b>	2008	Government Junior College, Maddur, Mahabubnagar, TS	<b>56.5%</b>
<b>S.S.C</b>	2006	ZPHS-Nidijintha	<b>78.0%</b>

### **2. Other Qualification:**

1. **Six Weeks Certificate Course in Yoga** from Sports Authority of India, NS NIS, Patiala, Punjab.
2. Qualified **Telangana State Eligibility Test** for Lecturer and Assistant Professor in Colleges/University's in Telangana.
3. **NCC -"C & B"** Certificate Holder

### 3. Academic Achievements:

1. Received [Gold Medal, Certificate and Cash Prize](#) from Sri. C. Vidyasagar Rao, Hon'ble Governor of Tamil Nadu for the 1st Rank in M.Phil for the Academic year 2015–16 from Tamil Nadu Physical Education and Sports University, Chennai, India.



### 4. Sports Achievements:

- Participated in [38th National Yogasana Championship – 2019](#) in Senior Boys Category as a Competitor on 27<sup>th</sup> to 29<sup>th</sup> December, 2019 at Omkar Ashram, Omkar Hills, Srinivaspuram, Dr. Vishnuvardha Road, Bangaluru, India.
- Participated in [6th Telangana Inter District Yogaasana Championship 2019-2020](#) in Senior Category as a competitor on 14<sup>th</sup> and 15<sup>th</sup> December, 2019 held at Town Hall, Siddipet, Telangana, India.
- [Secured 4th Place in 33rd District Level Yogasana Championship 2019-20,](#) in Senior Category as a Competitor on 8<sup>th</sup> December, 2019 held at Namaste Yoga Center, CPN, House 13, Malakpet Gunj, Hyderabad, Telangana, India.
- Participated as a Player in [State Level Soft Ball Tournament](#) at Nirmal District, Telangana State, 2019.
- Participated in [30th Senior National Korfbal Championship](#) held at Sports Complex, MD University, Rohtak from 30-03-2019 to 02-04-2019.
- Participated as Player in [Divisional Level Kho-Kho Tournament](#), Narayanpet Division, Mahabubnagar District on 15<sup>th</sup> & 16<sup>th</sup> September, 2004.

## **5. Awards: 01**

1. Received [Young Researcher Award](#) from International Federation of Physical Education, Fitness and Sports Science (IFPEFSSA-2021) India, for my great contribution in the field of Physical Education in India on 5<sup>th</sup> December, 2021 at Hotel Green Park, Begumpet, Hyderabad.

## **6. Conference Organized: 01**

1. As an Organized Secretary, I have Organized Two Days [“International Conference on Recent Advances in Physical Education, Fitness and Sports Science 2022”](#) on 7<sup>th</sup> and 8<sup>th</sup> January, 2023 at Palamuru University, Mahabubnagar, Telangana, India

## **7. Patents: 01**

1. Prof.L.B. Laxmikanth Rathod, Prof. Pindi Pavan Kumar, Prof. M. Madhavi, Dr. DasiahSrinivasulu& Dr. K. Vishnuvardhan Reddy (2023). [“Method to Extract and Identify Immunity Boosting Properties in Plants”](#). Application No. 202341029922A, Date of Filing of Application: 25/04/2023 and Publication Date: 26/05/2023.

## **8. Books Publications: 02**

1. Dr. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2021) [“Application of Isolated and Combined Effects of Plyometric and SAQ Training Combined with Skill Training on Performance Parameters of Osmania University Male Football Players”](#), Lulu Publication, 3101 Hillsborough St, Raleigh, NC 27607, United States, ISBN- 978-1-716-07029-7.
2. Kondapuram Vishnuvardhan Reddy. (2019). [“Consequence of Strength Trainings on Special Body Compositions Significance of Muscle Training on Unusual Body Concertos”](#), LAP LAMBERT Academic Publishing International Book Market Service Ltd., 17 Meldrum Street, Beau Bassin 71504, Mauritius, ISBN: 978-613-9-99665-0.

## **9. Articles/Research Papers Published in International and National Journals: 18**

1. Dr. Srinivas Nallella & Dr. K. Vishnuvardhan Reddy (2023) “Study on Health and Fitness for Healthy Modern Lifestyle” International Journal of Health Physical Education & Computer Science in Sports, ISBN No: ISSN 2231-3265, Vol No:47, Issue: 1, Quarterly Oct 2022 to Dec 2022, pg. no: 54 to 61.

2. Dr. K. Vishnuvardhan Reddy (2022) "Influence of Low Intensity Aerobic Exercise Training on the Vo2 Max in 11 to 14 Years School Girls in Hyderabad District" Asian Journal of Applied Science and Technology (AJAST) Volume 6, Issue 3, Pages 22-24, July-September 2022.
3. Dr. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2021) "Difference Between Inter College Female Basketball Players and Handball Players in Motor Fitness and Health Related Parameters". International Journal of Health, Physical Education & Computer Science in Sports, A Peer Reviewed (Refereed) International Research Journal, ISSN: 2231-3265, ISRA Journal Impact Factor 7.217, Volume-43 No-2, Quarterly, July 2021 to September 2021, Page No: 24-26.
4. Dr. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2021) "Impact of Yogasana Training on Physiological Parameters of Interscholastic Boys" Asian Journal of Physical Education and Computer Science in Sports, A Peer Reviewed (Refereed) International Research Journal, ISSN: 0975 7732, Volume-24, Issue-1, ISRA Journal Impact Factor: 5.011, Page No: 26-38.
5. Dr.K. Vishnuvardhan Reddy (2021) "A Critical Analysis Of Anxiety And Stress Levels Between Inter Collegiate Men Football And Hockey Players" International Journal Of Research Culture Society ISSN: 2456-6683 Volume - 5, Issue - 4, Apr – 2021, Monthly Peer-Reviewed, Refereed, Indexed Journal Scientific Journal Impact Factor: 5.743, Page No: 59-62. Doi:10.2017/ijrcs.2456.6683/202104014.
6. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2020) "Effect of SAQ Training and Own Body Resistance Training on Selected physical fitness Parameters of Intercollege Male Foot Ball Players". International Journal of Health, Physical Education & Computer Science in Sports, A Peer Reviewed (Refereed) International Research Journal, ISSN: 2231-3265, ISRA Journal Impact Factor 7.217, Volume-40 No-1, Quarterly, October 2020 to December 2020, Page No: 19-22.
7. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2020) "Combined Effect of Plyometric Training and Skill Training on Leg Explosive Power and Shooting Ability of Intercollegiate Male Football Players", International Journal of Multidisciplinary Educational Research, ISSN: 2277-7881; Impact Factor: 6.514(2020); IC Value: 5.16; ISI Value: 2.286, Peer Reviewed Volume: 9, Issue: 5(2), May: 2020, Pg. No: 75 to 79.
8. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2020) "Combined Effect of SAQ Training and Skill Training on Speed and Dribbling ability of inter College Male Football Players". International Journal of Multidisciplinary Educational Research, ISSN: 2277-7881; Impact Factor: 6.514(2020); IC Value:

- 5.16; ISI Value: 2.286, Peer Reviewed Volume: 9, Issue: 5(1), May: 2020, Pg. No: 24 to 28.
9. K. Vishnuvardhan Reddy (2020) “Effect of SAQ Training and Yogic Practices on Selected Performance Parameters of Male Football Players”, International Journal of Multidisciplinary Educational Research, ISSN: 2277-7881; Impact Factor: 6.514(2020); IC Value: 5.16; ISI Value: 2.286, Peer Reviewed and UGC Approved SR. No: 41602, Volume: 9, Issue: 3(10), March: 2020, Pg. No: 73 to 79.
  10. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2020) “Combined Effect of Two Different Training Methods on Selected Performance Parameters among Inter College Male Football Players”, International Journal of Multidisciplinary Educational Research, ISSN:2277-7881; Impact Factor:6.514(2020); IC Value:5.16; ISI Value:2.286, Peer Reviewed and UGC Approved SR. No: 41602, Volume: 9, Issue:3(9), March:2020, Pg. No: 1 to 6.
  11. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2018) “Comparative Analysis of Selected Performance Parameters between intercollegiate men Basketball and Handball Players of Osmania University”, Research Journey’ International Multidisciplinary E- Research Journal, Impact Factor - (CIF) - 3.452, (SJIF) – 6.261, (GIF) –0.676 (2013), Special Issue 76 : Self Employability Skills Development in Physical Education and Sports Sciences, UGC Approved No. 40107 & 44117, ISSN : 2348-7143 December 2018. Page No: 459-463.
  12. K. Vishnuvardhan Reddy. (2018) “Analysis Of Endurance Between Intercollegiate Kabaddi And Kho- Kho Players – A Study”, Asian journal of Multidimensional Research, Published by <http://www.tarj.in>, ISSN- 2278-4853, Volume 7, Issue 2, February 2018. Spl-1, Impact Factor: SJIF =4.708, Page No- 948 to 951.
  13. K. Vishnuvardhan Reddy & Prof. L. B. Laxmikanth Rathod (2017) “Consequence Of Different Sets Of Strength Training On Selected Physiological Variable Of Interscholastic Boys”, Research Demagogue An International Refereed, Indexed & Peer Reviewed Bi-Annual Journal in Education, ISSN 2350-1081, Impact Factor 5.210, DOI PREFIX: 10.22183, JOURNAL DOI: 10.22183/23501081, UGC Approved Journal SR.NO.44476, Page No: 419 to 422.
  14. K. Vishnuvardhan Reddy. (2017) “Consequence of Two Different Strength Trainings Impact On Selected Motor Fitness Variables Of Inter Scholastic Boys”, UGC Approved, International Journal of Health, Physical Education & Computer Science in Sports, Publication Impact Factor I2OR 3.565, ISRA Journal Impact Factor 4.005, ISSN 2231-3265, Published by Indian Federation of Computer Science in Sports, Volume – 28 No. 2 Quarterly October 2017 to December 2017, Page No 101 to 104.

15. K. Vishnuvardhan Reddy. (2017) “The Effect of Two Variant Strength Training Packages on Selected Body Composition Variables of Inter Scholastic Boys”, UGC Approved International Journal of Health, Physical Education & Computer Science in Sports, Publication Impact Factor I2OR 3.565, ISRA Journal Impact Factor 3.579, ISSN 2231-3265, Published by Indian Federation of Computer Science in Sports, Volume – 27 No. 2 Quarterly July 2017 to September 2017, Page No 608 to 610.
16. K. Vishnuvardhan Reddy. (2017) “Effect of Plyometric Training on Explosive Strength and Agility in Soccer Players of Inter Collegiate forward players of Osmania University, Hyderabad”, Journal of Physical Education & Sports Science, Under the Agies of National Association of Physical Education and Sports Science, ISSN: 2229-7049, Volume-II, 2017 (October), Page No 84 to 87.
17. K. Vishnuvardhan Reddy. (2017) “The Role of Yoga in Physical Education and Sports”, International Journal of Health, Physical Education & Computer Science in Sports, Publication Impact Factor I2OR 3.565, ISRA Journal Impact Factor 3.579,ISSN 2231-3265, Published by Indian Federation of Computer Science in Sports, Volume – 25, No. 2,Quarterly January 2017 to March 2017March 2017, Page No 55.
18. K. Vishnuvardhan Reddy. (2015) “Effects of Cross Training On Selected Physical Fitness, Physiological And Skill Performance Of School Football Players”, International Journal of Law, Education, Social and Sports Studies (IJLESS) Multidisciplinary, an Open Access, Peer-Reviewed and Refereed Journal, KY Publications, ISSN: 2394-9724, Volume. 2, Supplementary Issue 3. 2015 (October), Page No 47 to 49.

#### **10. Paper Presented in International and National Conferences and Seminars: 14**

1. Dr. K. Vishnuvardhan Reddy (2022) “Influence of Swiss Ball Training On Physical Fitness Variables In Interscholastic Boys Aged 12 To 15 Years In Zphs Boys Jadcherla”, International Conference on Education 5.0 Role of Institution, Industry and Society (ERIIS-2022) October 14-15, 2022, at NIT Warangal, Telangana.
2. K Vishnuvardhan Reddy (2020) “Combined Effect of Plyometric Training and Skill Training on Leg Explosive Power and Passing Ability of Intercollege Male Football Players”, International Conference on Enhancing Skills in Physical Education and Sport Science 2020, ISBN 978-1-913482-91-6, Editon:1<sup>st</sup> Pg. No: 244 to 247, Published by: Rubicon Publications, London, WCIA 2RP, England. Organized by Department of Physical Education, Osmania University, Hyderabad.

3. K Vishnuvardhan Reddy (2020) “Effect of Moderate Volume Plyometric Training on Leg Explosive Power among Intercollegiate Football Players of Osmania University, Hyderabad”, International Conference on Enhancing Skills in Physical Education and Sport Science 2020, ISBN 978-1-913482-91-6, Editon:1<sup>st</sup>Pg. No: 248 & 249, Published by: Rubicon Publications, London, WCIA 2RP, England. Organized by Department of Physical Education, Osmania University, Hyderabad.
4. K. Vishnuvardhan Reddy (2020) “Effects SAQ Training on Speed of Intercollegiate Male Foot Ball Players of Osmania University Hyderabad”. International Conference on ICAL Education and Sports Sciences – ICPESS – 2020, at Manipal University Jaipur on January 9 – 11, 2020. ISBN: 978-81-944149-8-8, Pg. No: 107 to 109.
5. K Vishnuvardhan Reddy (2019) “Combined Effect of Plyometric and SAQ Training on Leg Explosive power and Speed of intercollegiate male Football Players”, International Seminar on Utility, Physical Education, Fitness, Wellness and Health in Present Scenario Organized by Department of Physical Education, University of Lucknow, UP, India on 18<sup>th</sup> – 20<sup>th</sup> October 2019.
6. K Vishnuvardhan Reddy (2019) “Effect of Different Yogic Exercises on Selected Performance Parameters of Interscholastic Boys”, Paper has presented in Digi Sports Conference 2019 at Hotel Sea View, Kanyakumari to be held on August 2-3, 2019, ISSN: 2278-1315. Organized by International Association of Sports and ICT.
7. K Vishnuvardhan Reddy (2019) “Comparative Analysis of Explosive power between intercollegiate men Basketball and Handball Players of Osmania University”, 29<sup>th</sup> National Conference of Sports and Exercise Psychology Practices, Pursuits and Promises, 29-31st March 2019, ISBN No: 978-81-8360-281-5, Page No: 59-61, organized by department of physical Education National Institute of Technology Warangal in Association with Sports Psychology Association of India.
8. K Vishnuvardhan Reddy (2019) “Effect of own body Resistance Training for the Development of Abdominal muscular strength endurance among Interscholastic Boys”, International conference on exercise physiology and nutrition for enhancing health, fitness and sports performance, March 5<sup>th</sup> to 7<sup>th</sup> 2019, published by Chandru Publications Kodanbakkam, Chennai, India ISBN No: 978-81-937479-1-9, Page No: 345 & 346, organized by department of exercise physiology and biomechanics Tamilnadu Physical Education and Sports University.

9. K Vishnuvardhan Reddy (2019) “Effect of Plyometric Training on Selected Performance Parameters among the Intercollegiate Male Football players of Osmania University Hyderabad”, International Conference Sports: An Integral Component of Nation Building, 19<sup>th</sup> to 20<sup>th</sup> February 2019, Bengaluru, India, ISBN No: 978-93-5335-279-0, Page No: 45, Organized by Mount Carmel College Autonomous.
10. K Vishnuvardhan Reddy (2017) “Role of Yoga in Human Health: A Review” Paper Presented in UGC Sponsored National Conference on the Role of Women’s Participation in Sports for Women Empowerment, 22<sup>nd</sup>& 23<sup>rd</sup> March 2017, Published by MSK Publication, Salem, ISBN No: 978-93-80528-26-7, Page No: 224 & 225, Organized by Department of Physical Education Sri Padmavati MahilaVisva – Vidyalayam (Womens University) Tirupati.
11. K Vishnuvardhan Reddy (2017) “Effect Of Swiss Ball And Own Body Conflict Training On Selected Upper Body Strength And Endurance Of Inter Scholastic Boys”, International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE -2017 December) ISBN: 978-8192-8690-87, Volume I, Page No: 211 to 213, Organized by Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamil Nadu.
12. K Vishnuvardhan Reddy (2017) “Effect of Two Packages Of Strength Training Via Fat, Water, Visceral Fat Percentage Variable Of Inter Scholastic Boys” International Multidisciplinary Conference 2017, Hyderabad, Telangana, India, Organized by Department of Education, IASE, Osmania University, Hyderabad, Published by Canadian Academic Publishing 81, Woodlot Crescent, Etobicoke, Toronto, Ontario, Canada. ISBN: 978-1-926-488-59-2, Page No: 165-169.
13. K Vishnuvardhan Reddy (2016) “Comparative analysis of selected physical and psychomotor variables between inter collegiate men volleyball and hockey players of Tamil Nadu physical education and sports university”, International Conference on Health indicators for Physical and Cognitive Fitness Education2016, ISBN: 978-81-836868-8-4, Volume I, Page No: 316 to 318, Organized by Faculty of Education, Alagappa University, Karaikudi, Tamil Nadu.



14. K Vishnuvardhan Reddy (2015) “Effect of Yoga Practices On Diabetic” International Conference on Prospective Approaches and Application of Yoga and Physical Activity for Better Life November 19<sup>th</sup>& 20<sup>th</sup> 2015, Organized by department of Physical Education All Saint College, Trivandrum, Kerala, India, ISBN No: 978-81-910811-4-5, Page No: 284 to 286.

**11. International and National Conferences/Seminars Attended: 05**

1. Attended the International Webinar on “Physical Culture and Social Well-Being” held on 17<sup>th</sup> April 2021, Organized by DPES, ManonmaniamSundarana University in association with IFPEFSSA.
2. Participated International Webinar on Commercialization in Sports held on 7<sup>th</sup> February, 2021.
3. Participated in the “International E-Conference “Promoting A Bright Active Future for Tomorrows youth” held on 11<sup>th</sup> October 2020.
4. Attended the national webinar series on “Holistic wellness in combating the covid-19 pandemic” organized by department of Physical Education Padmavati MahilaVishavavidyalayam Tirupati from 17-06-2020 to 21-06-2020.
5. Attended the UGC- Sponsored National Conference on Emerging Trends In Physical Education and Sports Science’s On 11th & 12<sup>th</sup> Feb-2014 At ANU – Guntur.

**12. International/National/State level Work Shops attended: 05**

1. Participated as a delegate in the International Workshop on Yoga Physical Education & Sports Science – 2019 held at Nizam College, Osmania University, Hyderabad. Organized by Nizam College and IFPEFSS on 29<sup>th</sup> and 30<sup>th</sup> Jun, 2019.
2. Participated in International Workshop on Physical Education & Sports Science – 2018. Organized by Nizam College, Osmania University Hyderabad. In Association with Indian Federation of Computer Science in Sports International Federation of Physical Education, Fitness and Sports Science Associations.
3. Participated Workshop on Anti-Doping Awareness Under the aegis of National Anti-Doping Agency, New Delhi, Jointly Organized by Indian Federation of Computer Science in Sports and Physical Education foundation of India.
4. Participated International Workshop on Recent Trends in Physical Education and Sports Industry – 2016 organized by Indian Federation of Computer Science in Sports under the Auspices of International Association of Computer Science in Sports.

5. Participated State level workshop on archery, carom, chess, taekwondo and Tennikoit organized by Ramakrishna Mission Vivekananda University Faculty of General & Adapted Physical Education and Yoga, on 15<sup>th</sup> & 16<sup>th</sup> September 2015.

### **13. Memberships:**

1. Executive Member in “**Narayanpet District Cricket Association**”, Narayanpet District, Telangana State, India
2. **Joint Secretary** in “**Physical Education and Sports Sciences**” Reg. No: 493 of 2018, Telangana, India.
3. Member in “**Telangana Qwan Ki Do Association**”, Hyderabad, Telangana, India.

### **14. Experience**

1. Presently I am working as Assistant Professor in Department of Physical Education and Sports, Central University of Tamil Nadu, Thiruvarur, Tamil Nadu from 22nd June, 2023 to till date.
2. Worked as Assistant Professor in Department of Physical Education, Palamuru University, Mahabubnagar, Telangana, India since 18<sup>th</sup> February, 2022 to 21<sup>st</sup> June, 2023.

Date: 07-08-2023.

[ **Dr. K.Vishnuvardhan Reddy** ]