

## Dr. Nagaraja Y. M.P.Ed., Ph.D., NET., K-SET.

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### Personal Details

Name : **Nagaraja Y.**  
Father's Name : Late Chandrappa Y.  
Caste : Hindu Valmiki (ST)  
Sex : Male  
Marital Status : Unmarried  
Nationality : Indian  
Address : S/O late Chandrappa Y., G. Dadapura Village,  
Chirastahalli Post, Harapanahalli Taluku,  
Vijayanagara District, Karnataka – 583137

### Academic Profile

Course(s)	Year of Passing	Institution/ University	% obtained
<i>Ph.D. completed Regular mode with Course Work (Physical Education)</i>	2021	Department of P.G Studies and Research in Education Jnanasahyadri, Kuvempu University	73.14%
<i>NET (34007675)</i>	2017	University Grants Commission (UGC) National Educational Testing Bureau.	45.14%
<i>KSET</i>	2015	Mysore University, Mysore (UGC)	53.14%
<i>MPED</i>	2017	Kuvempu University	76.42% with 1st Rank
<i>BPED</i>	2015	Kuvempu University	84.66% with 5 <sup>th</sup> Rank
<i>PGD YOGA</i>	2015	Kuvempu University	68.92%
<i>B.A</i>	2014	GFGC Shimoga, Kuvempu University	77.65%
<i>D.Ed</i>	2010	V.Y.T.T.I. Hadadi Davanagere	84.00%
<i>PUC</i>	2008	DVS (Ind), Pu College Shimoga	72.83%
<i>SSLC</i>	2006	GHS, Gadikoppa Shimoga	52.00%

**Ph.D., degree Research Supervisor: Dr. Gajanana Prabhu B.** *Associate Professor & Chairman,*  
Department of P.G Studies and Research in Physical Education, Jnanasahyadri, Kuvempu University.

<b>Title of Research Work</b>	“A STUDY ON REPERCUSSIONS AND APPREHENSIONS OF SPORTS RETIREMENT IN SPORTSPERSONS OF KARNATAKA STATE”
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#### **TEACHING EXPERIENCE**

Now I am working as **Assistant Professor** in **Department of Physical Education and Sports** on **23/06/2023** to till date in **School of Education and Training**, in **Central University of Tamil Nadu** Thiruvarur, Tamil Nadu. Previously worked As Guest Faculty in the Department of Physical Education, Sahydri Science College Shimoga and Department of P.G Studies and Research in Physical Education, Kuvempu University, Shimoga.

#### **SPECIALIZATION GAMES**

**Kho-Kho**, Volleyball, Table Tennis, Badminton, Softball, Basketball.

#### **SPECIALIZATION SUBJECTS**

1. Sports Training.
2. Physical Fitness and Wellness
3. Computer Applications in Physical Education.
4. Educational Technology and Methods of Teaching in Physical Education.

#### **QUALIFIED EXAMS**

- ❖ “Karnataka State Eligibility Test Center Mysore” (**KSET**), For Lectureship **2015**.
- ❖ “National Eligibility Test” (**NET**), University grants commission (UGC) National educational testing bureau **2017**.
- ❖ Karnataka Teachers Eligibility Test (**KAR-TET**), Government of Karnataka **2015**.

#### **AWARDS AND HONOURS**

- ❖ **5<sup>th</sup> Rank in BPED** degree exam Kuvempu University 2015.
- ❖ **1<sup>st</sup> Rank in MPED** post-graduation Kuvempu University 2017.
- ❖ “Award for National fellowship and scholarship for higher education of ST students” 2018 June.

## MEMBERSHIP OF PROFESSIONAL SOCIETIES

- ❖ Life Member of Indian Federation of Computer Science in Sports from the year-2017.

## SPORTS ACHIEVEMENTS

- ❖ Represented Kuvempu University in the “**Kho-Kho**” South zone Inter-University Competition in the years of 2011-12, 2012-13,
- ❖ Represented Kuvempu University in the “**SOFTBALL**” All India Inter-University Competition in the year of 2016-2017 Held at Kerala.
- ❖ Kuvempu University Inter-Collegiate “**CRICKET**” Competition 2nd place in the year of 2012-13.
- ❖ State level “**SUVARNA NEWS CUP**” runner-up in the year 2012.
- ❖ Kuvempu University Inter-Collegiate “**KHO-KHO**” Competition 3rd place in the years of 2015-16, 2016-17.
- ❖ Kuvempu University Inter-Collegiate “**SOFTBALL**” Competition 1st place in the year of 2015-16.
- ❖ Shimoga district level youth sports “**KHO-KHO**” Competition 1st place in the year of 2016.
- ❖ Shimoga taluk “**DASARA SPORTS**” Kho-Kho competition 2nd place in the year of 2013-14.
- ❖ G.F.G.C INTRAMURAL COMPETITION Cricket, Kho-Kho, 5000mtr run, 1st place, 4x100mtr run, 2nd place

## Research Papers Published in National /International Journals

First Author = 11

Co- author = 07

First Author = 11

1. **Nagaraja, Y.** and Gajanana Prabhu B. (2021). “A comparative study on physical fitness, body composition and psychological aspects of male retired sportspersons and non-sportspersons”. *Shodh Sarita UGC care listed* peer reviewed refereed research journal, Vol No: 08, Issue No: 29 Page No: 31-35.
2. **Nagaraja, Y.** and Gajanana Prabhu B. (2021). “A study on apprehensions about sports retirement in male and female sportspersons of Karnataka state”. *Shodh Sarita UGC care listed* peer reviewed refereed research journal, Vol No: 08, Issue No: 29 Page No: 26-30.
3. **Nagaraja, Y.** and Gajanana Prabhu B. (2020). “A study on socio-economic status of retired male and female sportspersons”. International Journal of Movement Education and Social Science, *Peer Reviewed and Indexed Journal*. Vol No: 09, Issue No: 02.
4. **Nagaraja, Y.** and Gajanana Prabhu B. (2021). “Health profiles of retired male and female sports persons of Karnataka state”. International Journal of Health, Physical Education and Computer Science in Sports, *A Peer Reviewed (Refereed) International Research Journal*, Vol No: 40, Issue No: 1.
5. **Nagaraja, Y.** and Lohith Y. (2020). “Effect of Plyometric training on aqua surface”. Journal of Emerging Technologies and Innovative Research, Vol No: 07, Issue No: 02, Page No: 507-512.
6. **Nagaraja, Y.** and Gajanana Prabhu B. (2017). “Effect of eight weeks land and sand based plyometric training on selected physical and physiological variables”. International Journal of physical education, fitness and sports Vol. 6(2) pp 40-45.

7. <b>Nagaraja Y</b> and Pooja M (2018). “An assessment on level of sports competition anxiety among intercollegiate female Kho-Kho players”, International Journal of Yogic, Human Movement and Sports Sciences; 3(1): 1162-1163.
8. <b>Nagaraja Y</b> (2018). “Discovering the benefits of yoga and improve quality of life”. International Journal of Physiology, Nutrition and Physical Education; 3(2): 822-823.
9. <b>Nagaraja Y</b> and Nagaraja D (2018). “Comparative study on physical fitness components between residential and non-residential high school boys”. International Journal of Physiology, Nutrition and Physical Education; 3(2): 818-821.
10. <b>Nagaraja Y</b> (2018). “An assessment of sports achievement motivation among intercollegiate women volleyball players of Kuvempu University”. International Journal of Physiology, Nutrition and Physical Education; 3(2): 1174-1175.
11. <b>Nagaraja Y</b> and Suresh Kumar N (2019). “A study on balancing ability among Kuvempu University sports persons in deferent game players”. International Journal of Physiology, Nutrition and Physical Education; 4(2): 410-412.
<b>Co-author = 07</b>
12. Pooja M, <b>Nagaraja Y</b> and Nagarjuna S. (2018). “Assessment and compare the physical education and sports conveniences in government and aided high schools of Tarikere Taluk Karnataka state”, International Journal of Yogic, Human Movement and Sports Sciences; 3(1): 716-718.
13. Satyanarayana LH, Pooja M and <b>Nagraja Y</b> (2018). “A comparative study on aggression between individual and team game inter-collegiate men players of Kuvempu University”. International Journal of Physiology, Nutrition and Physical Education; 3(1): 1002-1003.
14. Khalid Khan, <b>Nagaraja Y</b> and Gajanana Prabhu B. (2018). “Joint Re-Position sense in sportspersons participating in different sports”. International Journal of Yogic, Human Movement and Sports Sciences; 3(1): 891-894.
15. Pooja M, <b>Nagaraja Y</b> and Yathesh SK. (2018). “A study on socio-economic status of Kuvempu university intercollegiate volleyball and Kabaddi players”, International Journal of Physical Education, Sports and Health; 5(2): 126-127.
16. Pooja M, Satyanarayana L. H, <b>Nagaraja Y</b> (2018). “A Comparative Study on Physical Fitness Components between Residential and Non Residential High School Boys of Channagiri Taluk Davanagere District”. Online International Interdisciplinary Research Journal, {Bi-Monthly}, ISSN 2249-9598, Volume-08: 173-177.
17. Pooja M, <b>Nagaraja Y</b> (2018). “A Proportional Study on Shoulder Strength and Leg Strength of Kuvempu University Feminine Volleyball and Handball Players of Inter-Collegiate level”, International Journal of Science and Research (IJSR);7(3) pp 1403-1404.
18. Satyanarayana LH, Pooja M and <b>Nagraja Y</b> (2018). “Compare the competitive state anxiety of handball and volleyball Kuvempu University inter-collegiate men players”, International Journal of Physiology, Nutrition and Physical Education; 3(1): 1119-1121.

**INTERNATIONAL / NATIONAL CONFERENCES / SEMINARS / SYMPOSIA / WORKSHOPS PARTICIPATED / PRESENTED**

<b>Paper Presented International Conferences = 05</b>	
1.	<p><b>Title of the Paper: “A STUDY ON BLOOD PRESSURE OF RETIRED SPORTSPERSONS OF KARNATAKA STATE”</b></p> <p>The Scientific International Conference on Physical Education and Allied Sciences, on the theme of “Holistic Development for Excellence in Sport Performance, Health &amp; Well Being”, From 27<sup>th</sup> to 29<sup>th</sup> February, 2020.</p>
2.	<p><b>Title of the Paper: “A STUDY ON FLEXIBILITY OF HIGH SCHOOL STUDENTS IN MALNAD REGION”.</b></p> <p>Two Day International Conferences on “Yoga for Harmony of Body and Mind” held at Alagappa University college of Physical Education Alagappa University Karaikudi, Tamilnadu On 3<sup>rd</sup> March 2018.24<sup>th</sup> and 25<sup>th</sup> October 2019.</p>
3.	<p><b>Title of the Paper: “NOTICING THE BENEFITS OF YOGA”.</b></p> <p>Two Days International Conferences on “Reaching the Unreached through Education” held at Department of Education, Kuvempu University Shimoga Karnataka on 15<sup>th</sup> and 16<sup>th</sup> March 2019.</p>
4.	<p><b>Title of the Paper: “A CRITICAL REVIEW ON POST-CAREER SUPPORT FOR SPORTSPERSONS PROPOSED IN KARNATAKA STATE SPORTS POLICY”.</b> Three Days International Conferences on “Awareness on Sports for Youth Empowerment” held at UCPESS Acharya Nagarjuna University, Guntur on 11<sup>th</sup> – 13<sup>th</sup> October 2018.</p>
5.	<p><b>Title of the Paper: “A REVIEW ON EFFECTIVENESS OF PLYOMETRIC TRAINING ON DIFFERENT SURFACES”.</b></p> <p>Two days International Conference on “Physical Education, Yoga and Sports Science” (ICPEYSS) held at Gulbarga University, kalaburagi, Karnataka. On 24th-25th March 2017 (ISSN2231-3265).</p>
<b>Paper Presented in National Conferences = 07</b>	
1.	<p><b>Title of the Paper: “A STUDY ON FLEXIBILITY OF RETIRED SPORTSPERSONS OF KARNATAKA STATE”.</b></p> <p>Two days National Conference on “Recent Advances in Physical Education and Sports”. Held on 30<sup>th</sup> to 31<sup>st</sup> March, 2022, organized by Department of P.G. Studies and Research in Physical Education , Kuvempu University, Jnanashyadri, Shankaraghatta, Karnataka.</p>
2.	<p><b>Title of the Paper: “PHYSICAL ACTIVITIES FOR HEALTHY AGEING IN WOMEN”.</b></p> <p>Two days National Conference on “Postmodern Feminist Paradigm: Indian Experience and Strategies for Development”. Held on 12<sup>th</sup> to 13<sup>th</sup> March, 2020, organized by Women’s Study Center, Kuvempu University, Jnanashyadri, Shankaraghatta, Karnataka.</p>
3.	<p><b>Title of the Paper: “COMPARSION OF MOTIVES FOR PARTICIPATION IN PHYSICAL ACTIVITES IN HIGH SCHOOL BOYS ATTENDING C.B.S.E AND STATE SCHOOLS”.</b></p> <p>One Day National Conference on “Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance” held at Ganesar College of arts and science Melaisivapuri, Pudukkottai Tamilnadu On 3<sup>rd</sup> March 2018.</p>

<p>4. <b>Title of the Paper: “COMPUTER APPLICATION IN PHYSICAL EDUCATION”.</b> One Day National Conference On “Research Renaissance in Physical Education” held at Department of Physical Education, University college of Science, Tumkur University Tumkur On 09<sup>th</sup> February 2018.</p>
<p>5. <b>Title of the Paper: “EXPLORING THE BENEFITS OF YOGIC PRACTICE IN SPORTS PERSONS”.</b> One Day National Conference On “Health &amp; Fitness in Modern Society” held at Department of Physical Education, University college of Science, Tumkur University Tumkur 22<sup>nd</sup> July 2017.</p>
<p>6. <b>Title of the Paper: “WELLNESS IN MODREN SOCIETY”.</b> One Day National Conference On “Health &amp; Fitness in Modern Society” held at Department of Physical Education, University college of Science, Tumkur University Tumkur 13th April 2017.</p>
<p>7. <b>Title of the Paper: “GENDER DISPARITY IN COVERAGE MARGINALIZATION OF WOMEN SPORTS PERSONS”.</b> U.G.C Sponsored Two days National Conferences on “The Role of Women’s Participation in Sports for Women Empowerment” held at Sri Padmavati mahila visvavidyalam tirupati Andhra Pradesh on 22<sup>nd</sup> and 3<sup>rd</sup> March 2017.</p>
<p><b>National / International Workshops / Orientation Programme = 05</b></p>
<p>1. One day state level Orientation Programme on <b>NEP 2019, Integrated Teachers Education Programme (ITEP)</b> held at Al-Mahmood BED College, Shimoga on 26<sup>th</sup> July 2019.</p>
<p>2. 18<sup>th</sup> Faculty Development Programme “<b>STRUCTURAL EQUATION MODELING IN RESEARCH DEVELOPMENT</b>” held at Bapuji B-Schools Davanagere on 30<sup>th</sup> and 31<sup>st</sup> August 2019.</p>
<p>3. <b>U.G.C Sponsored</b> National Two days’ Workshop on “<b>SPORTS INJURIES, TREATMENT MODALITIES, SPORTS MASSAGE AND CPR</b>”- 25th February 2017 Belagavi.</p>
<p>4. Youth Red Cross Unit One Day Workshop on “<b>FIRST-AID AND AWARENESS OF ROAD SAFETY</b>”- 23rd November 2015 Kuvempu University.</p>
<p>5. Youth Red Cross Unit One Day Workshop on “<b>Disaster Management</b>”- 21st October 2014 Kuvempu University.</p>
<p><b>SHORT TERM COURSE = 01</b></p>
<p>1. <b>SHORT TERM COURSE ON EMPOWERING PHYSICAL EDUCATION AND SPORTS FRATERNITY WITH ONLINE TEACHING AND CREATING E-CONTENT.</b> Organized by Bapu Degree College, Department of Physical Education, Yeshwanthpur, Bengaluru, In Association with Directorate of Physical Education, Bengaluru Central University. Held on 25<sup>th</sup> August 2020 to 31<sup>st</sup> August 2020.</p>
<p><b>Book chapters, Conferences Proceedings = 02</b></p>
<p>1. National level seminar on Issues and Challenges in Implementation of Physical Education and Sports Science in Under graduate level paper publish ISBN:978-93-84044-93-0 the paper on “<b>A SHORT SUMMARY OF REVIEWS ON EFFECTS OF YOGA ON MENTAL HEATH</b>” Held at Tipatur on march 23 to 24, 2016.</p>

2. Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance. *Title of the Paper: Elucidating the Benefits of Yogic Practice on Sports Persons.* ISBN:978-93-5300-491-0

**PARTICIPATED NATIONAL INTERNATIONAL CONFERENCES / WORKSHOPS = 05**

1. Participated National conference on *“Physical Education and Sports in National Education Policy and Karnataka State Sports Policy”*. Held on 19<sup>th</sup> March 2021 at Sri Jagadguru Renukacharya College, Anand Rao Circle, Gandhinagar, Bangalore, Karnataka.
2. Participated National Seminar on *“SPORTS FOR HUMANISUM”* held at Alva’s college of Physical Education Moodbidri, Mangalore Karnataka 13<sup>th</sup> – 15<sup>th</sup> October 2017.
3. Participated Two Day International Conferences on *“Physical Education, Fitness and Sports Science”* held at Osmania University, Hyderabad, Telangana 19<sup>th</sup> – 20<sup>th</sup> August 2017.
4. Participated in U.G.C Sponsored National Seminar on *“PHYSICAL EDUCATION AND YOGIC SCIENCE”*- 30th January 2016 Davanagere.
5. Participated in U.G.C Sponsored National Seminar on *“THE IMPORTANCE OF MEDITATION IN YOGA AND OUR LIVES”*- 8th January 2015 Chithradurga.

**Information given above is correct and best to my knowledge and belief**

Sd/-  
Dr. Nagaraja Y.