

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

Assistant Professor

Department of Physical Education and Sports

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Personal Details

Name : **Nagaraja Y.**
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Address : S/O Chandrappa Y, G. Dadapura Village,
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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 Jnana Sahyadri, 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	1st Rank
<i>BPED</i>	2015	Kuvempu University	5 th Rank
<i>PGD YOGA</i>	2015	Kuvempu University	First Class
<i>B. A</i>	2014	GFGC Shimoga, Kuvempu University	First Class

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

Title of Ph.D. Research Work: “A STUDY ON REPERCUSSIONS AND APPREHENSIONS OF SPORTS RETIREMENT IN SPORTSPERSONS OF KARNATAKA STATE”.

Ph.D. Guidance: Currently supervising **three Ph.D. scholars**, comprising **two full-time scholars and one part-time scholar**.

SPECIALIZATION GAMES: Kho-Kho, Cricket.

SPECIALIZATION SUBJECTS:

1. History, Principles and Foundation of Physical Education.
2. Test Measurement and Evaluation in Physical Education.
3. Methods of Teaching in Physical Education.
4. Physical Fitness and Wellness.

QUALIFIED EXAMS

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

AWARDS AND HONOURS

1. 5th Rank in BPED degree exam Kuvempu University 2015.
2. 1st Rank in MPED post-graduation Kuvempu University 2017.
3. “Award for National fellowship and scholarship for higher education of ST students” 2018 June.

PROFESSIONAL DEVELOPMENT / FACULTY TRAINING

1. Guru Daksha (Faculty Induction Programme), Organised under Malaviya Mission Teacher Training Programme (MM-TTC) Programme period: 06 November 2024 – 05 December 2024, Mode: Online. Organised by Iswar Saran P.G college, Prayagraj. Grade obtained: A+. Certificate No.: **ISDC/MMC/FIP/2024/20**
2. Refresher Course – Education, Psychology, Physical Education, Organised under Malaviya Mission Teacher Training Programme (MM-TTC). Programme period: 08 December 2025

to 22 December 2025, Mode: Online. Organised by University of Lucknow. Grade obtained: A+.

Research Papers

1. **Dr. Nagaraja Y** (2026). Socio-Economic Status: A Comparative Study Between Athletes and Non-Athletes: EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal, VOL-12, ISSUE-03, PP136-136.
2. **Dr. Nagaraja Y** (2026). Physical Education and Sports as Pathways to Life Skill Development in Youth: A Research Perspective. Scholarly Research Journal for Interdisciplinary Studies JAN-Feb, VOL-13, ISSUE-90, PP136-136.
3. Prathap K. K, Basavaraju, Durugeshappa and **Dr. Nagaraja Y** (2026). Effect Of Post-Training Limbering-Down Sessions on Flexibility and Explosive Power Among Physical Education Trainees. Academe Journal of Education & Psychology, Volume-11, PP105-111.
4. Basavaraju, and **Dr. Nagaraja Y** (2026). Multimodal Artificial Intelligence Framework for Biomechanical Injury Risk Prediction in Youth Volleyball Athletes: A Systematic Review and Meta Analysis. Academe Journal of Education & Psychology, Volume-16, PP14-23.
5. Suresh Kumar N, Basavaraju and **Dr. Nagaraja Y** (2026). Biohacking In Sports Science: Ethical, Physiological, and Technological Perspectives. Academe Journal of Education & Psychology, Volume-16, PP210-216.
6. **Dr. Nagaraja Y** (2026). Socio-Economic Status: A Comparative Study Between Athletes and Non-Athletes: EPRA International Journal of Multidisciplinary Research (IJMR) - Peer Reviewed Journal, VOL-12, ISSUE-03, PP136-136.
7. **Dr. Nagaraja Y**, Gajanana Prabhu B and Gangadhara Magalda (2025). Post-Retirement Physical Fitness and Health Outcomes: An Analytical Study of Male and Female Athletes. International Journal of Physiology, Nutrition and Physical Education Volume-10, Issue-2, PP162-164.
8. Suresh Kumar N, Priyam Patel, **Dr. Nagaraja Y** and Dr. Manjunatha B.C (2025). The Role of Artificial Intelligence in Sports Performance: A Critical Review. International Journal of Academic Research. Volume-12, Issue-3(2).

9. Bhimappa R and **Nagaraja Y** (2024). Kannada Journal Bharathadalli Kridiya Avasyakathi, Kridapatugala Sthanamana mathu Avakashagalau-Ondhu Avalokana. Shikshana Soudha (Kannada) Aquarterly Education and Research Journal UGC care list, 13 (4) 2024. PP:8-10.
10. **Dr. Nagaraja Y**, Dr. Nagaraja S, Dr. Gajanana Prabhu B, Dr. Bhimappa Rangannavar and Dr. S. Jayaraman (2024). Relationship Between Level of Achievement and Health Related Physical Fitness, Physiological Functioning, Psychological Aspects and Socio-Economic Status of Male Retired Sportspersons of Karnataka State. Educational Administration: Theory and Practice 2024, 30(1) 3043-3046, ISSN: 2148-2403, PP:3043-3046
11. Supritha G, **Nagaraja Y.** and Manjunatha B. C. (2024). Effect of Eight Weeks Aerobic Dance Training on Body Composition Among Adult Women. Proceedings of The National Conference on “Impact of National Education Policy on Sports Yoga and Wellness”. ISBN 978-93-82694-60-1
12. **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.
13. **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.
14. **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.
15. **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.

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

1. **Resource Person:** Guest Lecture on KHO-KHO-Rules, Regulations and Tournament Organization. Organised by Bapuji College of Physical Education, Affiliated with Davanagere University, Davanagere Karnataka.
2. **Co-Chairperson** - Two Days National Conference on Indian Sports Renaissance: Bridging Indigenous Games and Scientific Excellence for India's Sporting Future, Organized by Department of Physical Education and Sports, Central University of Tamil Nadu, on 12 and 13th February 2026.
3. **Dr. Nagaraja Y** (2025). Long-Term Consequences of Sports Retirement: Psychological, Social, And Physical Perspectives. International Seminar Proceedings on Reframing the Paradigms: Policy, Practice and Research in Health and Fitness. Organized by Department of Physical Education, All Saints' College, Trivandrum, Kerala, India. ISBN:978-93-5469-893-4.
4. **Dr. Nagaraja Y.** participated Workshop on "Yoga Sadhana for Holistic Heal and Mindful Living", is organized by Department of Physical Education and Sports, Central University of Tamil Nadu, Tamil Nadu, India on 23rd, May 2025.
5. **Co-Chairperson** - Two Days National Seminar on Artificial Intelligence (AI) in Transforming Indian Education, Organized by Department of Education, Central University of Tamil Nadu, on 20 and 21st March 2025.

BOOKS

1. **Dr. Nagaraja Y & Sampath Angadi V** (2026). Teaching Methodology in Physical Education and Sports: Principles and practices. San International Scientific Publications, Chennai, Tamil Nadu, India. ISBN-978-81-69297-06-6.
2. Dr. Manjunatha B. C and **Dr. Nagaraja Y** (2026). Modern Approaches to Physical Education. Transstellar Journal Publications & Research Consultancy (P) Ltd., Chennai. ISBN-978-81-687634-8-7.
3. **Dr. Nagaraja Y** and Dr. Manjunatha B. C (2026). Youth Development Through Movement. Transstellar Journal Publications & Research Consultancy (P) Ltd., Chennai. ISBN- 978-81-687634-7-0.

CONFERENCES / SPORTS EVENT ORGANIZED & ACADEMIC COMMITTEE RESPONSIBILITIES

1. **BOS & DRC:** Member -Board of Studies and Department Research Committee of the Department of Physical Education and Sports, CUTN.
2. Preparation of the Curriculum Design and Development work for the Ph.D. in Physical Education. (Test, Measurement and Evaluation in Physical Education).
3. Preparation of the Curriculum Design and Development work for the Post Graduate Diploma in Fitness Management (PGDFM) program (Facility and Weight Management, Yoga and Meditation).
4. Preparation of the Curriculum Design and Development work for the Value -added Course (VAC) and Skill Enhancement Course (SEC).
5. **Joint-Secretary:** National Conference “Indian Sports Renaissance: Bridging Indigenous Games and Scientific Excellence for India’s Sporting Future”. is organized by Department of Physical Education and Sports, Central University of Tamil Nadu, Tamil Nadu, India on February 12th & 13th 2026.
6. **Technical Official:** South-Zone Inter University KH-KHO Women Tournament 2026, at Davanagere University, Davanagere, Karnataka.
7. **Organized Committee Member:** South-Zone Inter University KH-KHO Women Tournament 2023-2024 at CUTN and South-Zone Inter University KH-KHO Men Tournament 2024-2025 at CUTN.
8. **IUT Selection Committee Member (CUTN Team):** 2023-24, 2024-2025 (Kho-Kho, Cricket, Volleyball, Table Tennis, Badminton) at CUTN.