

## Department Profile



**Smt. Janaki. Hosur** M.P.Ed

**Physical Director (Associate Professor)**

Godutai Doddappa Appa Arts and Commerce College for Women

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### 1. Academic Qualification

Exams passed	Subjects	Board/University	Year of Passing	Division/Grade
S.S.L.C	1. Kannada 2. English 3. Hindi 4. Mathematics 5. Science 6. Social Studies	Karnataka Secondary Examination Board, Bangalore	April 1980	Second Class
P.U.C	1. Kannada 2. English 3. physics 4. Chemistry 5. Mathematics 6. Biology	Board of Pre-university Education, Bangalore	April.1982	Second Class
B.A.	1. History Paper III & IV 2. Economics. Paper III & IV 3. Political Science Paper III & IV	Gulbarga University, Gulbarga	April.1985	Second Class
B.P.Ed	Part I	Bangalore University	April 1986	First class

	<p>1. Principles of Physical education and Educational Psychology.</p> <p>2. Methods of Physical Education</p> <p>3. Recreation, Camping and History of Physical Education.</p> <p>4. Organisation, Administration and Supervision of Physical Education.</p> <p>5. Anatomy, Physiology, Physiology of Exercise and Health Education.</p> <p>6. Principles of Officiating and coaching.</p> <p><b>Part II</b> Teaching Ability.</p> <p><b>Part III</b> Skills</p>			
M.P.Ed	<p><b>Part I Compulsory</b></p> <p>1. Research Methods in Physical Education, Health Education.</p> <p>2. Philosophical and Scientific Bases of Physical Education.</p> <p>3. Tests and Measurements including elementary Statistics.</p> <p>4. Supervision and Curriculum designs in Physical Education.</p> <p><b>Electives</b></p> <p>1. Principles and Administration of Recreation.</p> <p>2. Health Education.</p> <p><b>Part II Dissertation</b></p> <p>1. Sports Management.</p> <p><b>Part III</b></p>	Bangalore University	April 1987	2 <sup>nd</sup> Rank

	<b>Specialisation</b> Kho-Kho			
Ph.D	Impact of Physiological and Psycho motor components on the performance of Interuniversity Kho Kho Women players	Dravidian University Kuppam (A.P.)		Under Progress

## II. Curricular Activities

### Academic Staff College Orientation/Refresher courses attended

SI No	Name of the course	Name of the Academic staff College	Name of the University	Duration	Sponsoring Agency, if any
1	Refresher Course	UGC Academic Staff College	University of Pune	03/03/1999 to 30/03/1999	UGC
2	Orientation Course	UGC Academic Staff College	LNCPE Gwalior[M.P.]	02/01/2001 to 29/01/2001	UGC
3	Refresher Course	UGC Academic Staff College	LNCPE Gwalior[M.P.]	02/03/2005 to 22/03/2005	UGC
4	Refresher Course	UGC Academic Staff College	Dr.Babasaheb Ambedkar Marathwad University Aurangabad [Maharashtra]	21/09/2009 to 10/10/2009	UGC

## III. Training and Capacity Building Workshops attended

SI No	Name of the Training Programme	Place where held	Name of the organizing body	Duration
1	First Aid Training	Gulbarga	Basaveshwar Teaching & General Hospital Gulbarga	02/01/1996 to 09/01/1996 [One Week]
2	Karnataka State Universities & College Physical Education Teachers Convention	Gulbarga	Gulbarga University	09/02/1996 to 10/02/1996
3	TQM-HRD in Higher Education	Gulbarga	Sharnbasaveshwara Commerce College Gulbarga	15/03/2003 to 17/03/2003

4	NSS Training & Orientation	NSS Training & Orientation Centre Mysore	NSS Training and Orientation Centre for Karnataka University of Mysore. Dept. of Youth Affairs and Sports. Govt. of India New Delhi.	05/11/2005 to 14/11/2005 [10 Days]
5	District Disaster Response team Training	Indian Red cross Society District Branch Gulbarga	SDRT IRCS Bangalore	13/10/2012 & 14/10/2012 [2 Days]
6	SVEEP Programme	Godutai Doddappa Appa Arts & Commerce for women Gulbarga	District Election SVEEP Committee	March & April 2014

#### IV. Coaching & Participating duties

Sl.No.	Particulars
01	Engaged extra coaching classes Coaching Classes in Chess, Basketball Volleyball and Athletics
02	Reading/Instructional material provided, used additional knowledge resources for subjects enrichment through Smart Board Chess coaching for Karnataka State Womens University team through Smart Board for 10 days. 17/12/2012 to 24/12/2012
03	Participated in Inter Collegiate and Inter University Competitions [Indoor and Outdoor Games] Participated in Inter Collegiate and Inter University Competitions in Indoor and Out Door Games.

#### V. Co-Curricular, Extension and professional Development Activities

SI No	Name of the Activity
1	Extension & Co-curricular & Field based activities.
	<p>1] Working as NAAC Member</p> <p>2] Working as Camp Officer for NSS Leadership Camp in Karnataka State Women's University Bijapur.</p> <p>3] NSS: Attended 10 days Training &amp; Orientation for NSS programme officer at Mysore.</p> <p>4] Worked as NSS programme officer for 3 years ( from 2005 to 2007) , organised 3 Annual special camps at Narona, Korwar and Savalagi,</p> <p>5] Conducted Yoga training course in association with sports department and Viveka Jagruta Yoga Vidyapeeth, Gulbarga.</p> <p>6] NSS State level Youth Festival was organised in association with Karnataka State Women's University, from 2<sup>nd</sup> March to 8<sup>th</sup> March 2009-10.</p> <p>7] Worked as a Committee member in NSS State Level Youth Festival</p>

- 8] Literacy week organised at Rajiv Gandhi slum area.
- 9] Literacy week organised at Nagenahalli Tanda slum area
- 10] Women's Health Survey was conducted at Narana Korwar, Savalagi NSS special Camp in association with MYRADA, CDC Members.
- 11] Under Women's Health awareness programme - Blood Test & Grouping was organised in association with Pooja Diagnostic Gulbarga.
- 12] Bone Density Test Camp was conducted for students and faculty in collaboration with Devta Hospital Gulbarga.
- 13] Conducted Rally's of NSS volunteers based on literacy programme & Anti – Terrorism at Rural Areas – Korwar, Savalagi and also in the Gulbarga city.
- 14] Organised 100 mango saplings Plantation programme in association with District Forest Office under NSS Annual Special camp held at Savalagi.
- 15] Delivered lecture at Akhila Bharat Anubhav Mantap, Sharnbasveshwar Samsthan,
- 16] Organised one day workshop on First Aid on 10<sup>th</sup> Feb.2013.
- 17] Organised one day workshop on Arthritis on 30<sup>th</sup> Sep.2013.
- 18] Organised the Certificate Course of Yoga for 15 days along with Vivek Jagruta Yoga Vidya Peeth Kalaburagi.
- 19] Organised the Certificate Course of Self Defence Skill Karate along with Yoga Science, Pranayam & Self Defence School of Indian Karate Kalaburagi
- 20] Organised Blood Donation Camp in our college on the eve of Pooja Doddappa Appa Punyatithi collaboration with NSS.
- 21] Acted as a Chief Guest for Inter National Yoga Day on June 21<sup>st</sup> 2015 in Government First Grade Womens' College Kalaburagi.
- 22] Working as a member for Women Study Centre, Youth Red Cross, and Green Team etc in our college.
- 23] Organised ten days Chess coaching for Karnataka State Women's' University Bijapur team.
- 24] Member for Sports Advisory committee for Karnataka State Women's' University Vijayapur.
- 25] Organised one day workshop on Nutrition.
- 26] Organised Blood Donation camp on 16<sup>th</sup> March 2016

## VI. Co-Curricular, Extension and Professional Development Activities

SI No	Member of Academic/Administrative committees, Member of NGOs. Chamber of Commerce, On Deputation to Various Educational Institutes, On Deputation to Education Department
1	<p>1. Member of the private College Teachers Association.</p> <p>2. Member of the private College Physical Education Teachers Association</p> <p>3. Member of Pan Asian Society of Sports and physical Education.[India Member]</p> <p>4. Member of Advisory Committee of Karnataka State Women's University Vijayapur</p> <p>5. Member for Kannada Sahitya Parishad.</p> <p>6. member for Gulbarga District Olympic Association(R)</p> <p>7. Member for Hyderabad Karnataka Chess Association.</p> <p>8. Member for Jnana Dasoha Patrike</p>

### 02. Professional development activities such as participation/organization of Seminars/Workshop, Job fairs, Talks, Field visits, Study tours, Zonal /State/District level Co-ordination of Higher Education initiatives.

#### 1. Inter National Conference & Seminars

SI No	Year	Title	Presented	Participated	Venue
1	1.29/01/2010 to 30/01/2010	Talent Identification & Development in Physical Education[INC]	----	01	Saint Mary's Syrin College Brahmavar [Karnataka]
2	2.07/05/2010 to 09/05/2010	Asian Conference on Physical Education & Computer Sciences in Sports [INC]	---	01	Osmania University Hyderabad.
3	3.25/03/2011 to 27/02 2011	Impact of Psychological factors on the Performance of Sports Persons[INC]	01	--	NIO, Dona Paula, Panaji Goa
4	4.16/02/2012 & 17/02/2012	Sports Sociology [INC] ISSN NO 2229-7040	01	---	Dept of YogaTamilNadu Physical Education &

					Sports University Chennai
5	5.08/07/2014 to 10/07/2014	Sports History[INC] ISSN NO 2231-3265	01	--	Osmania University Hyderabad.Telangan
6	6.22/07/2014 & 23/07/2014	Health Related Physical Fitness & Wellness[INS]	---	01	PoornaPrajna College Udupi

## 2. National Conference, Seminars & Workshop

SI No	Year	Title	Presented	Participated	Venue
1	1.02/07/2001	Physical Education & Sports in 21 <sup>st</sup> century[NS]	---	01	LNCPE Gwalior
2	2.09/10/2004 & 10/10/2004	Women in Third World[NS]	---	01	Godutai Doddappa appa Arts & Commerce for women Gulbarga
3	3.16/10/2004 & 17/10/2004	Physical Education & Sports Sciences[NC]	---	01	Christ College Bangalore
4	4.21/03/2005 & 22/03/2005	Role of Media Sponsors in Promotion Of University Sports[NS]	01	--	LNCPE Gwalior [M. P.]
5	5.09/12/2006 & 10/12/2006	Rural Infrastructure Problems & prospects in 21 <sup>st</sup> Century[NS]	---	01	Godutai Doddappa appa Arts & Commerce for women Gulbarga
6	6. 01/02/2007 to 03/02/2007	Research in the Development of Physical Education & Sports[NW]	--	01	Gulbarga University Gulbarga
7	7. 30/03/2010 & 31/03/2010	Emergence of Excellence in Indigenous Sports – The Need of the Day[NS]	---	01	Gulbarga University Gulbarga
8	8.29/01/2011 & 30/01/2011	Emergence of Excellence in Indigenous Sports at Grass Root Level[NS]	---	01	Gulbarga University Gulbarga
9	9.18/03/2012 & 19/03/2012	Yoga & Exercise for Healthy Society[NS]	01	---	Cauvery College Virajapet kodagu

10	10. 19/02/2013	Protection of Women's & Human Right's[NS]	---	01	Government Women's First Grade College Gulbarga
11	11.21/02/2014 & 22/02/2014	Role of Parents & Society in promoting Consciousness & Culture in Students [NS]	01	--	V.G. Degree College for Women Gulbarga
12	12.26/02/2014 & 27/02/2014	Physical Education & Value Education [Relevance of Physical Education in the present day Curriculum Scenario –an Indian Perspective] [NC] ISBN No978-1-330-46200-7	01	---	Maharani's Arts and Commerce College for Women Mysore
13	13.26/03/2015& 27/03/2015	The role of sports & management challenges in the University set up[NW]	---	01	Karnataka State Women's University Vijayapur

### 3. State Level Conference, Seminars & Workshop

SI No	Year	Title	Presented	Participated	Venue
01	10/09/2003 to 12/09.2003	Physical Fitness/health Consciousness/Yoga Studies[SS]	--	01	Gulbarga University Gulbarga
02	15/ 07/ 2005 to 16/07/2005	Physical Education[SC]	--	01	Mysore
03	03/08/2009	Quality Improvement of Physical Education 04& Sports Activities in Degree Colleges[SW]	---	01	Karnataka State Women's University Bijapur
04	21/04/2010 to 22/04/2010	Kabaddi-Rules & regulations [SW]	---	01	A.S.M Women's College Bellary [Karnataka]
05	06/03.2012	Introduction Physical Education As an Optional Subject at UG Level[SW]	---	01	Gulbarga University Gulbarga
06	20/03/2013	Dimensions of Economic Philosophy of Nobel Laureate Amartyasen [SS]	---	01	Sharnbasves hwar Vidya Vardhaka Sangha's Colleges



07	18 <sup>th</sup> & 19 <sup>th</sup> June 2016	Sports Policy[SW]	---	01	Gulbarga Karnataka State Women's University Bijapur
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**4. Research and Academic Contribution**  
**Publication papers in journals (International, National and Regional Journals)**

SI No	Title of the Paper with page No	Volume	Issue	ISSN	ISBN	Impact Factor	Year
1	Health Education [International Recognition multidisciplinary Research Journal by Godutai Degree College for Women Kalabuaragi Shodha Journal P No- 21	1	1	2454-7255	--	--	Mar 2013
2	Sports in Mythology [International Recognition multidisciplinary Research Journal by Godutai Degree College for Women Kalabuaragi Shodha Journal P No- 21	2	2	2454-7255	--	--	Nov 2013
3	Indian Women achievers in Sports [International Recognition multidisciplinary Research Journal by Godutai Degree College for Women Kalabuaragi Shodha Journal P No- 32	3	3	2454-7255	--	--	Mar 2014
4	Food habits for sports persons [International Journal of Health, Physical	14	1	2231-3265	--	0.624	April to June 2014 Quarterly

	Education & Computer Science in sports Hyderabad] P No-07						
5	A Bird Eye view of Ancient Olympic Games [International Recognition multidisciplinary Research Journal by Godutai Degree College for Women Kalabuaragi Shodha Journal] P No- 19	4	4	2454-7255	--	--	Nov 2014
6	Hyderabad Karnataka Rural Games [Review of Research [International Recognition multidisciplinary Research Journal Sholapur] P No-01	4	5	2249-894X	--	3.1402	Feb 2015
7	Impact of Physiological & Psycho motor components on the performance of Kho Kho Women players[Contemporary Research India Sholapur] P No- 115	5	1	2231-2137	--	--	Jan to Mar 2015 Quarterly
8.	Indian Women athletes from South India[International Recognition multidisciplinary Research Journal by Godutai Degree College for Women Kalabuaragi Shodha Journal] P No- 33	5	5	2454-7255	--	--	Mar 2015
9	QæÄqÉUÄ¼ÄÄ[	1	1	2454-5813	--	--	Aug 2015

	International Journal of Kannada Research New Delhi] P No- 19						
10	PA <sup>a</sup> AA <sup>o</sup> ÄiE/ÆAV[ ±ÄgÄt ÄzsÄ£É PA <sup>a</sup> Ä£Ä ÄAPÄ®£Ä] [karma yogi] shri Sharana Basaveshwar Vidya Vardhak Sangha Kalaburagi] P No- 88	--	--	--	--	--	2015
11	Teaching & Learning trends in Sports[State Faculty Development Programs by Appa Institute of Engineering & Technology Kalaburagi] P No- 81	--	--	--	978-2-312-4262-6	--	Jan 2016
12	Learn a Lesson while you play[Indian Stream of Research Sholapur] P No- 73	6	1	2230-7850	---	4.1625[UIF]	Feb 2016
13	Sports Management [International Recognition multidisciplinary Research Journal by Godutai Degree College for Women Kalabuaragi Shodha Journal] P No- 25	6	6	2454-7255	--	--	Nov 2015
14	Sports and Gender Social Growth [International Registered & Recognised Research Journal	2	9	2229-6190	---	2.03	May2015 to October 2015

	to Higher Education for Social Sciences] P No- 06						
15	Major Dhyanchand [International Recognition multidisciplinary Research Journal by Godutai Degree College for Women Kalabuaragi Shodha Journal] P No- 22	6	6	2454-7255	--	--	Mar 2016
16	How Yoga effects on women Body WITAC[Women In Text And Context] P No- 18	3	--	--	978-81-923455-7-4	--	2015
17	Sports & Media						
18	Fitness training for Female Athletes P No- 21						
19	gĒÆnÖ-UAnÖ Rotti –Gatti [°ÉâzÁæ~Ázi PÀ£ÁðIPÀzÀ ªÄÄ°Á£i ,ÁzsÀQ] [Achiever of Hyderabad Karnataka Region] P No- 21						
20	National Games of Few Countries						
21	£Á£Áß PÁxE-£Á£Áß ªÁâxÉ [Nanna kathe-Nanna vyathe] [International Journal of Kannada Research New Delhi] P No- 21						
22	gÁPAÜ zÁ,ÉÆÄ°À Blood Donation						
22							

### 5. Book's Books Published as single Author or as Editor

Sl.No.	Title with page No.	Type of Book and Author ship	Publisher ISSN/ISBN No.	Whether peer Reviewed	No. of Co-author
1	Hyderabad Karnataka Rural Games	single	Laxmi Publication Sholapur ISBN No 978-1-312-85490-9	yes	Single
2	Women & Sports	Single	Prasaranga Gulbarga University	yes	Single

### 6. Ongoing and completer Research projects and Consultancies (Including State Research Projects)

Category	Title	Agency	Period	Grant Mobilized Rs
Minor Research Project	Indigenou Games of Karnataka	UGC	1 year	Rs.82,000 Sanctioned

### 5. AIR talks

SI No	Venue	Date	Title
1	AIR Gulbarga	13-01-2009	Muluguttiruva Mahila kreedegalu [Direct Relay]
2	AIR Gulbarga	26-09-2011	Mareyaguttiruva Gramina Kreedegalu
3	AIR Gulbarga	31-11-2011	Women and Sports
4	AIR Gulbarga	9-02-2012	Kreedegalu Mattu Olympic.
5	AIR Gulbarga	9-02-2015	Janapada Kreedegalu

### 6. FM Programmes

SI No	Venue	Date	Title
1	F.M. 90.8 Antaravani Gulbarga	05-03-2011	Gramina kreedegalu
2	F.M. 90.8 Antaravani Gulbarga	05-04-2011	Importance of Sports & Games
3	F.M. 90.8 Antaravani Gulbarga	05-04-2013	Health Talk Vitamins, Minerals, Proteins
4	F.M. 90.8 Antaravani Gulbarga		Riddles programmes in F M [Direct Broadcast
5	F.M. 90.8 Antaravani Gulbarga		Women & Sports
6	F.M. 90.8 Antaravani kalaburgi	06-04-2016	kavana Vaachana on Jeevanada Artha[Ugadi]

### 7. Special Lecture

SI No	Date	Particular	Venue
1	25-02-2012	Lecture delivered at NSS Annual Special Camp	Sharnbasveshwar Arts College Gulbarga
2		Lecture delivered on Santa Jnanadev	Akhil Bharat Anubhav Mantap Sharnbasveshwar Samsthan Gulbarga
3	29-08-2015	Lecture delivered on National Sports Day	Sharnbasveshwar Commerce College on Kalaburagi
4	21-06-2015	] Lecture delivered at International Yoga Day	Govt Women's First Grade College Kalaburagi
5	13-03-2016	Lecture delivered at NSS Special Camp	Govt Women's First Grade College Kalaburagi held at Udnor

### 8. Study Tour & Picnics

SI No	Particular
1	Attended Historical Study Tour to Surapur organised by the History Dept.
2	Attended Historical Study Picnic to Gulbarga Fort organised by the History Dept twice
3	Attended Chakur Trip

### 9. Corporate life

SI No	Particular
1	worked in different committees like literary, Cultural, Sports, General Knowledge Test, Time Table, Students Academy, Youth Red Cross, Green Team, RUSA, NAAC Committee Member, Women Study Centre, Library Committee, Health Centre, and also worked as a Editor for college Magazine Muttaide.
2	Served under organising committee for the week end lecture programme and also delivered lectures based on values of life at Akhil Bharat Anubhav Mantap Sharnbasveshwar Samsthan, Gulbarga.