



<b>NAME</b>	VASUDHA S
<b>DESIGNATION</b>	PHYSICAL EDUCATION DIRECTRESS
<b>QUALIFICATION</b>	B.COM, BPED, MPED
<b>EMAIL</b>	vasudha@stagnescollege.edu.in
<b>WORK EXPERIENCE (IN YEARS)</b>	13
<b>EDUCATIONAL DETAILS</b>	M.PED FROM MANGALORE UNIVERSITY
<b>OVERALL TEACHING EXPERIENCE</b>	<b>PREVIOUS WORK EXPERIENCE</b> <b>Institution: St Agnes College (Autonomous) Mangalore</b> Period:13 years Designation: Physical Culture Instructor
<b>SUBJECTS TAUGHT AT UG/PG</b>	Physical Education-Yoga, Health And Wellness, Physical Education-Sports. Health And Fitness
<b>SKILL SETS</b>	Adaptability, communication, creativity, time management and critical thinking

**PARTICIPATION IN CONFERENCES/ SEMINARS/ WORKSHOPS**

<b>DATE</b>	<b>NATIONAL/ INTERNATIONAL LEVEL</b>	<b>TITLE</b>	<b>DETAILS OF ORGANISERS</b>	<b>PLACE</b>	<b>TITLE OF PAPER PRESENTED</b>
22-8-2014 & 23-8-2014	International Seminar	Health Related Physical Fitness and Wellness	Poornaprajna College Udupi	Udupi	“A Comparative Study on Sensoral and Muscular Relation time of Women Volleyball Players and Women Basketball Players in Dakshina Kannada”
22-12-2014 & 23-12-2014	National Seminar	Effective Implementation of Sports and Games in Educational institutions	Davala College Moodbidre	Moodbidre	“Participation of Women in Sports and Games”
13-10-2017 & 14-10-2017	National Conference	Physical Education and Sports	Alva’s College Moodbidre	Moodbidre	“A Study on Women’s Sports and Games”

**PUBLICATIONS**

<b>YEAR</b>	<b>TITLE OF THE JOURNAL</b>	<b>TITLE OF THE PAPER</b>	<b>VOLUME NO. / ISSUE NO. / PAGE</b>	<b>UGC/ SCOPUS</b>
2021	An International Journal for Innovation Multidisciplinary Field (Scope Database Indexed)	“An Investigation of the Factors Associated with Weight lifting participation in Dakshina Kannada Womens”	ISSN:2455-0620, Vol.7, Issue 11, Impact Factor 6.719	-
2021	International Journal of Physiology, Nutrition and Physical Education	“The Comparative study on Occupational adjustment between government and private college Physical Education Directores”	ISSN:2456-0057, Vol.6, Issue 2, 01-07-2021	-

2022	UGC Care approved , peer reviewed and referred Journal International	“The Effects of Dynamic balance Training on the balance of College Women Players”	ISSN:2277-7067, Vol.9, Issue 2, July-December 2022	UGC Care
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**CHIEF GUEST/ RESOURCE PERSON/ MODERATOR/ CHAIRPERSON/ CO-ORDINATOR/ ANY OTHER**

DATE	POSITION HELD	TITLE OF THE PROGRAM ORGANISED	PLACE
14/03/2022	Resource Person	NSS Annual Camp	Amruth Lalaji High School, Kelrai
10/03/2023	Chief Guest	Graduation Ceremony	St Agnes CBSE School, Mangalore
29/03/2023	Inaugurator	Annual Sports Meet	Government First Grade Women’s College, Balmatta
25/04/2023	Chief Guest	Annual Sports Meet	St Ann’s College of Education, Mangalore
29/04/2023	Chief Guest	Annual Sports Meet	School of Social work Roshni Nilaya Mangalore

**AWARDS AND ACHIEVEMENTS**

DATE	DETAILS
12 and 13 March 2022	Won 2 Gold medals in Hammer Throw and Discus Throw event in the 3 <sup>rd</sup> Karnataka State Masters Athletics held at Udupi
20 and 21 May 2022	Won 2 Gold medals and 1 Silver Medal in Hammer Throw and Discus Throw event in the 3 <sup>rd</sup> Karnataka State Masters Athletics held at Udupi
9 and 10 January 2022	Won 2 Gold medal in Hammer Throw and Shot Put and 1 Silver Medal in Discus Throw event in the 1 <sup>st</sup> South India Masters Athletics held at Udupi
10 to 19 January 2023	Srilanka Master Championship 2023 secured First in Hammer Throw and Second place in Shot Put event held at Colombo stadium Sri Lanka

<b>DETAILS OF MEMBERSHIP IN ACADEMIC BODIES</b>	Member- Criteria V (NAAC) Coordinator- Sports Association
<b>ADMINISTRATIVE RESPONSIBILITIES</b>	Head Department of Physical Education

**NPTEL/FDP/COURSERA/ CERTIFICATE COURSES COMPLETED**

<b>TYPE</b>	<b>YEAR</b>	<b>TITLE</b>	<b>DETAILS OF THE SPONSORS/ORGANISERS</b>	<b>DURATION</b>
NPTEL	2023	Yoga and Positive Psychology for managing career and life	AICTE	8Weeks
FDP	2023	Research Methodology using chatGPT & ai tools and Funding Opportunities for Research	Marian College, Kuttikanam	8 days
Certificate	2023	Ebglsh Fluency Course	Fluent Life	3 Months
Coursera	2022	Sports and Society	Duke University	8 weeks
Coursera	2021	The Science of Exercise	Yale University	8 weeks

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