

PERSONAL PROFILE

1. Name : **Smt. K. ANITHA**
2. Husband's Name : Dr. N. Rajkumar
3. DOB : 15-09-1970
4. Nativity : Hyderabad City
5. Mobile No. : 9440697737
6. Email Id : anitharajvalli12@gmail.com
7. Educational Qualifications : **M.A., M.P.Ed, N.I.S., Bangalore**
(Diploma in Volley ball – Regular),
APSET(2012), (Ph.D)
8. Designation : **Physical Director**
9. Presently working at : Govt. Degree College, Ramannapet,
Yadadri-Bhuvanagiri Dist.
10. Date of Joining Service : 11-04-1997 (16 Years at Govt. Jr.
College)
11. Date of Promotion to GDC : 21 - 08 - 2013
12. Service Experience : **8 Years (Govt. Degree College)**
 - 1) **Eight Years in Govt. Degree College, Ramannapet, Yadadri-Bhuvanagiri Dist.**
13. Additional Responsibilities :
 - 1) NSS Programme Officer (4 years from 2013-2018)
 - 2) Library Incharge (2 years from 2015-2017)
14. Training in OC/RC/Other :
 - 1) **“Online Short Term Course in Science and Technology of Yoga & Meditation”** from 25-02-2021 to 27-02-2021.
 - 2) **“Online FDP on Research Methodology: Tools & Techniques”** organized by M.V.

Muthaiah Govt. Arts College for Women, Dindigal from 18-6-2020 to 24-6-2020.

- 3) **“Online Short Term Course on ICT Tools in Higher Education, UGC-HRDC, RUSA** from 12-08-2020 to 19-08-2020.
- 4) **“Online FDP on Physical Education and Sports”** held from 22-5-2020 to 26-5-2020.
- 5) **3-Day Training Programme on Health Initiatives and Adolescence – BHAGYA** from 10th to 12th May, 2016 at Indian Institute of Health & Family Welfare, Hyderabad.
- 6) Two-day training programme on **“NIPUNA - Nurturing Young Leaders in Higher Education”** held on 19th & 20th April, 2016.
- 7) **Orientation Course** from 12th May 2016 to 8th June 2016 at HRDC-UGC-ASC, University of Hyderabad, and obtained ‘A’ Grade.
- 8) **Orientation/Training Course for NSS Programme Officers** from 6-2-2015 to 12-2-2015 at Empanelled Training Institute, Mahatma Gandhi University, Nalgonda, sponsored by Ministry of Youth Affairs and Sports, GOI.
- 9) **Refresher Course in Physical Education** from ASC, O.U., Hyderabad, during 5-3-14 to 26-3-14 and obtained ‘A’ Grade.

15. Awards/Honours Received : Received “**Best Physical Director Award at District Level**” by District Collector, Nalgonda for the year 2008.
16. Certificates of Appreciation : 1) Received **Certificate of Appreciation** in recognition of Outstanding Support provided to “**Impact Assessment Study of Adolescent Health and Nutrition Education (Bhagya)**” conducted by Administrative Staff College of India, Hyderabad on 7th May, 2018.
- 2) Received **Certificate of Appreciation** in recognition of Outstanding Role as State Level Sports and Games Events Coordinator for Yuvatarangam - 2017 by CCE, Govt. of Telangana.
- 3) Received **Certificate of Excellence** for conducting State Level Sports and Games Events Coordinator for Yuvatarangam - 2016 by CCE, Govt. of Telangana.
17. Research Publications : Research papers Published and Presented - **8.**
- & No. of Presentations :
- i) Kariga Anitha and L.B. Laxmikanth Rathod: “**Configuration of mind frame through motivational techniques in sports: A review**”. International Journal of Health, Physical Education and Computer Science in Sports; ISSN 2231-3265; Vol. 37, Issue 1: 43-44 (2020).
- ii) Kariga Anitha, Dr. N. Rajkumar, Prof. L.B. Laxmikanth Rathod: “**Rejuvenation and Redirection of Energy Circuits through**

- yoga mudras: A Review**". Physical Education and Sports Sciences (Vol.2), ISBN 978-81-944149-8-8: 234-237(2020).
- iii) Kariga Anitha and L.B. Laxmikanth Rathod: "**Role of athleticism in becoming a Soccer dynamo: A Review**". International Journal of Health, Physical Education and Computer Science in Sports, ISSN 2231-3265; Vol. 27: 243-244 (2017).
- iv) Kariga Anitha and Dr. N. Rajkumar: "**Yoga – An effective stress buster: A Review**". Indian Journal of Physical Education and Allied Sciences, IJPEAAS ISSN: 2395-6895; Vol. 2, No.2: 54-55 (2017).
- v) Kariga Anitha: "**Behaviour modification in Weight-Reduction Programmes**". *Journal of Physical Education and Sports Science, NAPESS ISSN 2229-7049; Vol. II: 448-451(2014).*
- vi) Dr. Palle Bhaskar Reddy, K. Anitha, M. Swamy: "**Biomechanics – Sporting performances**". *Journal of Physical Education and Sports Science, NAPESS ISSN 2229-7049; Vol. II: 33-37(2014).*
- vii) Dr. Palle Bhaskar Reddy, K. Anitha: "**The Role of Technology in Sports: An overview**". *Journal of Physical Education and Sports Science, NAPESS ISSN 2229-7049; Vol. I: 390-394(2014).*
- viii) K. Anitha, B. Rajitha: "**Impact of non-farm sector on women empowerment**". 121-123(2014).

18. Workshops Attended : Ten (10)

- 1) **International workshop on "Yoga"**, Manipal University, Jaipur, from 9-11th January, 2020.

- 2) **International workshop on “Yoga, Physical Education & Sports Science - 2019”**, held at Nizam College, Osmania University, Hyderabad, T.S., India, on 29th and 30th June, 2019.
- 3) **International workshop on “Physical Education & Sports Science - 2018”**, held at Nizam College, Osmania University, Hyderabad, T.S., India, on 10th October, 2018.
- 4) Workshop on **“Anti-Doping Awareness”** at Prof. G. Ram Reddy Centre for Distance Education, Osmania University, Hyderabad, on 7th June, 2018.
- 5) **International Workshop on “Physical Activities in Schools and Exercise Science-2017”** at ICSSR Conference Hall, Osmania University, Hyderabad, on 15th January, 2017.
- 6) One day workshop on **Individual Fitness** held at Kakatiya Medical College, KNR University of Health Sciences, Warangal, on 26th January, 2017.
- 7) **International Workshop on “Recent Trends in Physical Education and Sports Industry-2016”** at FTAPCCI Bhavan, Red Hills, Hyderabad, on 26th & 27th June, 2016.
- 8) National workshop on **“Physical Education, Yoga & Sports Management – 2015”** at Osmania University, Hyderabad, on 27th & 28th December, 2015.

- 9) **National workshop on “Sports... Need of the Nation, Multidisciplinary Approach for enhancing performance of a Player”** held on 4th September, 2014.
- 10) **International workshop on “Health, Physical Education and Computer Science in Sports 2012”**, Osmania University, Hyderabad on 11 and 12th of August 2012.

19. Seminars/Conferences Attended: **Nine (09)**

- a) **International Conference on Physical Education and Sports Science (ICPESS 20)”** held at Manipal University, Jaipur, from 9th to 11th January 2020.
- b) **International Conference on “Psychology: The path ahead in Education, Health & Sports”** held at P.G. Department of Psychology, Shailabala Women’s Autonomous College, Cuttack on 31st January & 1st February, 2020.
- c) **International Conference on Physical Education, Fitness and Sports Science - 2017”** held at Osmania University, Hyderabad, Telangana on 19th & 20th August 2017.
- d) **International Conference on “Physical Education, Sports & Fitness”** held at Kakatiya Medical College, Warangal, on 26th January, 2017.
- e) **International Conference on “Physical Education, Sports &**

Fitness” held at Kakatiya Medical College, Warangal, from 27th to 29th January, 2017.

f) **International Conference** entitled “**25th Pan Asian Conference on Sports & Physical Education - 2014**” held at Osmania University, Hyderabad, Telangana from 8 to 10th August 2014.

g) National Seminars – 03

i) National Conference on “**Emerging trends in Physical Education and Sports Sciences**” held at NAPESS, Acharya Nagarjuna University, Guntur, during 11 & 12th February 2014.

ii) National Conference on “**Physical Education & Allied Sciences**” held at Kakatiya Medical College, Warangal during 5 & 6th October 2014.

iii) National Seminar entitled “**The Growth of Non-Farm Sector in India: Opportunities and Challenges**” organized at GDC, Khairtabad, Hyderabad on 10th January 2014.

20. Membership in Professional bodies:

1) **Joint Secretary**,
Telangana Physical
Directors Association,
Hyderabad.

2) **Joint Secretary** in A.P.
Sports Hostlers Welfare
Association, Hyderabad.

21. Sports Profile:

- 1) **Organizing Secretary** for Late L. Venkatram Reddy (Former Secretary, AP Olympic & Volleyball Association) Volleyball Invitational Tournament held from 30-4-2015 to 3-5-2015 at L.B. Stadium, Hyderabad.
- 2) **Assistant Coach** for 44th Senior National Volleyball Championship for women Team held at Jammu & Kashmir.
- 3) **Coach** for 19th Sub Junior National Volleyball Championships for Girls held at Haldia (West Bengal).
- 4) **Manager** for 54th State Level Kho Kho Tournament cum Selections for 19 years Boys and Girls held at Hanamkonda, Warangal District.
- 5) **Secured III place** in All India Inter-University Volleyball Tournament held at Amaravati University, Pune sponsored by **Association of Indian Universities**.
- 6) **Captain** for Osmania University Volleyball Team which participated at South West Zone Inter-University Volleyball Tournament for Women

at Mangalore University,
Karnataka.

- 7) **Secured IV** place in X Federation Cup Tournament for Women held at Rajpura Dariba Mines, Udaipur, Rajasthan, sponsored by Volleyball Federation of India.
- 8) **Participated** in 40th Senior Nationals Volleyball Championship for men and women held at Calicut, Kerala State.
- 10) **Participated** in 9th Subjunior Nationals Volleyball Championships held at Hanamkonda, AP and secured 3rd place.

11) **Participated** in Senior and Youth South Zone Nationals in Volleyball several times and secured places.