



01. PERSONAL PROFILE

Name	R. Ramesha
Designation	Physical Education Director
Qualification	B.A., M.P.Ed., NIS (Diploma in Wrestling), (PhD)
Specialization	Wrestling, Koko, Weight Lifting
Research experience	4 years
Official Address	Physical Education Director P.E.S. College of Science, Arts and Commerce, Mandya Karnataka State
Residential Address	R. Ramesha KL -1282, 12 th Cross, V.V. Nagar Mandya
Date of Birth	22.07.1978
Contact Number	9900665370/7019909528
E-Mail	rramesha69@gmail.com

02. EDUCATIONAL QUALIFICATION

SL.NO.	DEGREE	BOARD/UNIVERSITY	YEAR OF PASSING	GRADE
1.	Bachelor of Arts	University of Mysore	2000	First Class
2.	Bachelor of Physical	University of Mysore	2001	First Class

	Education			
3.	Master of Physical Education	University of Mysore	2003	Distinction
4.	PhD	University of Mysore	Pursuing	

03. TEACHING EXPERIENCE

SL.NO.	COLLEGE	DESIGNATION	CLASSES TAUGHT	YEAR
1.	Govt. High School, Maddur Taluk	Physical Education Teacher	Physical Education And Sports	2005-2014 8 years
2.	P.E.S. College of Science, Arts and Commerce, Mandya	Physical Education Director	Physical Education And Sports	2014 to till date 7 years

04. RESEARCH PAPER PRESENTATIONS

1. UGC Sponsored National Level Seminar on “Integrated Approach Towards Fitness and Wellness” On Cauvery College, Gonikoppal - 09-09-2015.

2. UGC Sponsored National Level Seminar on “Harmony of Physical Activity Sports and Education. On JSS College, Gundlupet - 14-10-2015.

3. 25th plan Asian Conference of Sports and Physical Education – 2014 Poster Presentation on “Exercise and Physical Activity: A mode for improving health and physical fitness for optimum life. On Osmania University, Hyderabad, Telangana - 2014

4.National Level Multidisciplinary Seminar on “Exploring the Gateways in Higher Education:Culture, Transition and Transformations” On Government First Grade College, Saligrama KR Nagar, Mysore – 28-02-2019.

05. WORKSHOP PARTICIPATION

1. Department of Physical Education, UNIVERSITY OF MYSORE ORGANISED Two days Workshop on “Physical Education: Teaching Methodology” – 28th and 29th Oct 2020.

06. SEMINAR/ SYMPOSIUM/ CONFERENCE PARTICIPATION

1.UGC Sponsored Two days International Conference on “Physiotherapy in Physical Education and Sports Science-ICPPESc-2014

07. FDP/Orientation Programme/Refresher Course

- 1.. 113th Orientation Programme Organised by UGC- HRDC Centre , University of Mysore, Mysore – 23rd Nov 2017 to 20/12/2017.
2. 11th Refresher Course in Physical Education (Online) from 24.11.2020 to 07.12.2020 Organised by UGC-HRDC, University of Mysore, Mysore, Karnataka

08. GUEST LECTURE AND RESOURCE PERSON

1.Worked as a Guest Faculty – Dept. of Physical Education at Kuvempu University, Shankaragahatta, Shimoga District for Six Months in 2004

09. Achievements and Honours

SL.NO.	TITLE
1.	4 times got First Place in Mysore City Inter-Collegiate Wrestling Competitions.
2.	4 times got First Place in Mysore University Inter-Collegiate Wrestling Competitions.
3.	5 times represented All India Inter-University Wrestling Tournaments.