

Curriculum Vitae

Name &Address	PRAMILA RANI .GUMMALLA Lecturer in Physical Education A.S.D. Govt Degree College for Women [A] Kakinada
Educational Qualifications	M.A , M.PEd.,M.Phil., SET.
Area of Expertise	Physical Education
Teaching Experience	16+5=21years
Research Experience	-
Present Post & Responsibilities held	Lecturer in Physical Education Selection board member in various games. Associated NCC Officer (Lt Rank) Student Union Convener Board of Studies member ANUR, Rajamahendravaram
Professional Training Programs attended	1.CCE Sponsored Refresher Course at Osmania University Department of Physical Education on 05/03/2014 to 26/03/2014 Attended. 2.CCE Sponsored Refresher Course at Sri Venkateswara University on 02/02/2016 to 22/03/2016 Attended. 3. CCE Sponsored HRDC Orientation Course at Andhra University on 28/08/2017 to 23/09/2017 Attended.
Publications in Journals	<p>1.International</p> <p>1.25 Pan Asian Conference of Sport and Physical Education-2014 held at Osmania University Hyderabad on 08/08/2014.</p> <p>2. International Conference on Physical Education and Sports Sciences at S.V'S Sridora Caculo College of Commerce and management Studies in Association with NAPESS , SAG & GENO, Goa on 02/06/2016 to 04/06/2016.</p> <p>3. International Seminar on "Role of Physical Education and Yoga in Human Development" at SKSD Mahila Degree Kalasala, Tanuku on 19/06/2017 to 20/06/2017.</p> <p>2.National</p> <p>1.UGC Sponsored National Seminar on Better Life Sports Performance Management through Physical Education & Sports Sciences at JNTU(K) Vijayanagaram on 25/04/2014 to 26/04/2014.</p> <p>2. UGC Sponsored IQAC National Seminar on "The Branch mark for Quality Sustainance and Quality Enhancement" at ASDGDC(W) (A) Kakinada on 18/12/2014.</p> <p>3. UGC Sponsored National Seminar on "Role of Sports & Nutrition: Its Impact on Personality Development" held at Kasireddy Venkatareddy Govt</p>

	<p>College (W) Karnool. On 18/02/2015 to 19/02/2015..</p> <p>4. UGC Sponsored Department of Physical Education National Conference on “Current Fitness Trends” held at Sri Padmavathi Mahila Viswa Vidyalayam, Tirupathi on 26/02/2015 to 27/02/2015.</p> <p>5. UGC Sponsored 2day National Seminar on “Physical Education on health & Sports Sciences held at SKSD Mahila Kalasala Tanuku on 29/03/2015 to 30/03/2015.</p> <p>6. UGC Sponsored Department of Physical Education National Seminar on “Fitness a way of life” held at GDC, Nidadhavolu on 03/02/2016 to 04/02/2016.</p> <p>7. UGC Sponsored National Seminar on “Holistic approach to health & wellness “held at ASDGDC (W) (A) Kakinada 23/09/2016 to 24/09/2016.</p> <p>8. UGC Sponsored 2day National Seminar on “Yoga for health & Wellness” held at P.B. Siddardha College,Vijayawada. On 07/07/2017 to 08/07/2017.</p>
<p>Paper Presentations in Seminars &Conferences</p>	<p>1.International</p> <p>1.”Effect of varied packages of Yogic practice on physical Education Responses among Women college Students.” ISSN No: 2231-3265.</p> <p>2.”Effect of Swiss ball training and core board training on Selected physical fitness Components of batsman of Cricket”.</p> <p>3. Roll of Physical Education in Human Development” ISSN No: 2231-3265.</p> <p>2.National</p> <p>1.”Over injuries in Female athlets”.</p> <p>2. “Quality Education through value Education”</p> <p>3.” Dietary Supplements and Sport Performance Minerals. ISBN No: 978-93-80528-25-0.</p> <p>4. “Yoga and Meditation” ISBN No: 978-81-921580-6-8.</p> <p>5. “Common Causes of Sport & Exercises injuries and prevention of injuries.”</p> <p>6. “The Conceptual Understanding about Physical Education & Sports among the Govt College Students.” ISSN No:2229-7049.</p> <p>7.”The Effect of Anaerobic Exercises on BMI of Adolescents and young girls.” ISSN No:2348-7666.</p> <p>8. “Yoga for Health”</p>
<p>Wokshops attended</p>	<p>-</p>
<p>National /International Seminars attended</p>	<p>3 International Seminars Attended. 8 National Seminars Attended.</p>

Awards /Honours	-
Research Guideship details	-
Membership in Professional Organisations	Physical Education Association.
MOOCS Enrolled/Completed	-
Any other Information	