



CURRICULUM VITAE

Lt. Rani M.S. BSc., B.P.Ed., M.P.Ed., UGC-SET, (Ph.D.)

Additional Director & Head, Physical Education/Associate NCC Officer, Mob: 9945591009

BMS Institute of Technology & Management, Bengaluru-64. E-mail: rani_sports@bmsit.in

CARRER HIGHLIGHTS:

- ❖ Winner of Prestigious State Sports Award “EKALAVYA” in 2001 received from Honorable Governor Sri.T.N.Chaturvedi for Kho-Kho.



- ❖ “KITTUR RANI CHENNAMMA” Award given by State Government on World Women’s Day in 2005 received from Chief Minister Sri. Dharam Singh



- ❖ “KARNATAKA VIBHUSHANA” Award with Bangalore Police Commissioner, Sri. Jyothi Prakash Mirji from J.D.S in 2005



- ❖ “Sri H.D. CHOWDAIAH SPORTS AWARD” from P.E.S Institute in 2006”



❖ **“UGADI PURASKAR” from Social and Cultural service organization in 2006**



❖ **“KRIDA RATNA” Award from Vijaya Bimba Publishers in 2006**

❖ **“KANNADA RAJYOTHSAVA” Award from Mandya District in 1997**

❖ **SECURED 16 GOLD, 03 SILVER AND 04 BRONZE MEDALS AT NATIONAL LEVEL KHO-KHO CHAMPIONSHIP IN MY CAREER.**

❖ Secured Best Player Award 4 times at National level & All India tournaments and 13 times at State Level Championships.

❖ Represented University of Mysore twice in the Inter-University Kho-Kho tournaments.

❖ Represented in Dasara state level Sports and won 2 Gold, 6 Silver medals.

❖ Represented several State level championships and won many more medals.

❖ Represented Athletic Meets in 100mts, 200mts & Long jump at State level, Dasara sports & women’s sports.

❖ Won Individual Championships in Athletic Meets - 100mts, 200mts & Long jump at Cluster, Taluk, District levels, Dasara Sports and Women sports from 1992-1997.

❖ **GAME SPECIALIZATION:**

Kho-Kho, Yoga, Athletics, Badminton, Table Tennis.

❖ **KNOWN GAMES:**

Throw ball, Volleyball, Kabaddi, Handball, Basketball.

❖ **DETAILS OF ACHIEVEMENTS AT NATIONAL LEVEL KHO-KHO CHAMPIONSHIPS**

Sl.No.	REPRESENTATION	DATE	VENUE	Secured
1	SUB-JUNIOR NATIONAL	18.10.92 - 22.10.92	PATIALA	GOLD
2	SCHOOL NATIONAL	23.12.94 - 28.12.94	DELHI	BRONZE
3	JUNIOR NATIONAL	22.08.95 - 27.08.95	TIRUCHANAPALLI	--
4	SCHOOL NATIONAL	16.01.96 - 21.01.96	AGARTHALA	FOURTH
5	SOUTH ZONE	11.10.96 - 13.10.96	MYSORE	GOLD
6	32 ND SENIOR NATIONAL	31.10.96 - 05.11.96	NASIK	GOLD

7	JUNIOR NATIONAL	07.02.97 - 11.02.97	WARANGAL	SILVER
8	10 TH OPEN NATIONAL	19.04.97 - 23.04.97	SILIGURI	FOURTH
9	4 TH NATIONAL GAMES	31.05.97 - 11.06.97	BANGALORE	GOLD
10	ALL INDIA KK TOURNAMENT	20.10.97 - 25.10.97	PUNE	GOLD
11	33 RD SENIOR NATIONAL	22.12.97 - 27.12.97	PAYANNUR	GOLD
12	34 TH SENIOR NATIONAL	26.12.98 - 30.12.98	INDOOR	GOLD
13	11 TH OPEN NATIONAL	24.01.99 - 28.01.99	HYDRABAD	GOLD
14	5 TH NATIONAL GAMES	14.02.99 - 25.02.99	IMPHAL	GOLD
15	35 TH SENIOR NATIONAL	15.11.99 - 19.11.99	DHULE	GOLD
16	WOMEN NATIONAL	20.01.00 - 23.01.00	DAVANAGERE	GOLD
17	ALL INDIA KK TOURNAMENT	21.02.00 - 24.02.00	PUNE	SILVER
18	12 TH OPEN NATIONAL	03.07.00 - 05.07.00	KOLKATTA	GOLD
19	WOMEN NATIONAL (Captain)	01.02.01 - 04.02.01	WEST BENGAL	GOLD
20	MYSORE UNIVERSITY (Inter.Uni)	07.10.00 – 11.10.00	ANNAMALAI UNI.	----
21	36 TH SENIOR NATIONAL	04.02.01 - 08.02.01	LATHORE	GOLD
22	13 TH OPEN NATIONAL (Captain)	25.05.01 - 27.05.01	ICHALKARANJI	BRONZE
23	31 ST NATIONAL GAMES	19.11.01 - 01.12.01	PATIALA	BRONZE
24	ALL INDIA KK TOURNAMENT (Capt.)	27.12.01 - 30.12.01	NAGPUR	GOLD
25	37 TH SENIOR NATIONAL (Captain)	19.11.01 - 23.12.01	BHARAMATHI	GOLD
26	SOUTH ZONE (Captain)	31.01.02 - 02.02.02	GUNTHUR	SILVER
27	MYSORE UNIVERSITY (Inter.Uni) (Capt.)	15.11.02 - 20.11.02	PUNE UNIVERSITY	----
28	32 ND NATIONAL GAMES (Captain)	12.12.02 - 24.12.02	HYDERABAD	BRONZE
29	38 TH SENIOR NATIONAL	01.01.03 - 05.01.03	ROTHAK	FOURTH

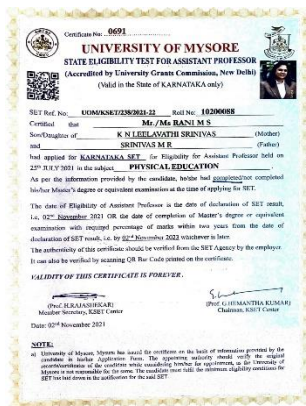
❖ **Commissioned Associate NCC Officer with the Rank of Lieutenant (Lt.) No.06130089 in 2018**

❖ **Recipient of NCC Deputy Director General Commendation Card with Badge in 2021.**



❖ **ACADEMIC QUALIFICATION:**

❖ **Cleared, Karnataka State Eligibility Test (K-SET) for Assistant Professorship-2021**



Cleared, Karnataka State Eligibility Test for Assistant Professor in 2021

Degree	Specialization	Institution	University
Doctor of Philosophy (Pursuing)	Kho-Kho	Topic: "A Study on Anthropometric Variables & Motor abilities among different zones of Indian Women Kho-Kho Players"	Bangalore University
Master of Physical Education	Yoga, Athletics, Wrestling, Kho-Kho, Table Tennis, Badminton	University College of Physical Education, Bangalore Secured 3rd Rank from the Bangalore University	Bangalore University
Bachelor of Physical Education	All sports & Games, Formal & Rhythmic Activities	BVN College for Physical Education, Kolar First class	Bangalore University
Bachelor of Science	Physics, Mathematics, Computer Science	PES College of Science, Mandya.	Mysore University

WORK EXPERIENCE:

❖ **BMSIT&M, Bangalore**

Additional Director & Head, Physical Education from 1st April 2024 to till date.

Additional Director, Physical Education from 25th November 2022 to 31st March 2024.

Associate NCC Officer from 1st August 2017 to till date.

Asst. Director, Physical Education in the department of Sports from 1st Jan 2013 to 23rd Nov 2022.

❖ **BMSIT&M and BMSSA, Bangalore**

Asst. Director, Physical Education in the department of Sports from 1st Jan 2013 to July 2015.

❖ **BMSCE, Bangalore**

Asst. Physical Director, department of Sports from August 23rd, 2010 to December 31st, 2012.

❖ **PESCE, Mandya**

Instructor in the department of Computer Science and Engineering from November 2004 to August 2010.

PAPER PRESENTATION AND PUBLISHED:

International Conference:

- ❖ “A study on Biomechanics in Sports: Selected Anthropometric Variables and Motor Abilities Among Different Zones of Indian Women Kho-Kho Players” organized by National College, Trichy from 8th to 10th of February 2024.
- ❖ “Wrist and Fingers Sprain, Strain and Strapping”, organized by Don Bosco Institute of Technology, Bangalore on 5th January 2017.
- ❖ “Stress and Anxiety management through Yoga”, organized by Bapu Degree College, Bangalore from 9th to 11th of August 2021.

National Conference/Seminar

- ❖ “Muscle Cramp and its Rehabilitation”, organized by BMSCE, Bangalore on 20th & 21st January 2017.
- ❖ “Health and Fitness an index of well-being” organized by GFGC, Tiptur on 23rd & 24th of March 2016.
- ❖ “Kapalabhati Pranayama for well-being-A Review” organized by center for Human Consciousness & yogic Science Yoga Center, Bangalore on 12th & 13th of March 2016.
- ❖ “Fitness and Performance of Sports Person” at yavanika youth Center, organized by GFGC, HSR layout, Bangalore, on 11th April 2016.
- ❖ “The Myths of Fitness”, organized by GFGC, Sheshadripuram College, Bangalore.

PERSONAL DETAILS:

Father Name : Late Sri. M.R. Srinivas
Mother Name : Late Smt. K.N. Leelavathi
SrinivasDate of Birth : 15.08.1980
Sex : Female
Marital Status : Married
Nationality : Indian
Languages Known : Kannada, English and Hindi
Permanent Address : W/o Mr. Kiran T.R
#363, B-sector, 10th B-Main Road, 13th B-Cross, New Town,
Yelahanka-560064.
Contact Number : 9945591009/9880435659

I hereby declare that all the information stated above is true to the best of my knowledge and belief.

Place: Bengaluru

Date:

Sd/-
Lt. Rani Mysore Srinivas.