

KUMARA SWAMY A R



CONTACT DETAILS



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#00 Rice Mill, Kallahalli (Post),
Kanakapura (Taluk),
Ramanagara (Dist.)-562117

ACHIEVEMENTS

Academic and Technical Achievements during the Course

- Represented Bangalore University (Inter-University Cricket Team - 2015).
- Inter Collegiate Cricket Tournament Winners Captain (2015).
- Participated in All-India Tennis Ball Cricket Championship (2017) at Goa.
- NCC-A Certificate.
- Conducted State-level Cricket Tournaments during the Course (Lions Club & State Auditors Association).
- Conducted Athletic meet for Bangalore South Zone Higher Primary School organized by Vijay Nagar Rotary Club Bangalore.
- Conducted Workshop related to Injuries and Rehabilitation.
- Nominated as BUB Men's Cricket Team Selection Committee member and Coach in the year – 2021 held at Hindustan University, Chennai.
- Presently Working as Physical Education Director at Rural College Kanakapura.

DECLARATION

I hereby declare that all the above-mentioned personal profile of mine is true to the best of my knowledge.

Date:

Place:

CAREER OBJECTIVE

Seeking a position where I can utilize my knowledge, abilities and personal skills while being resourceful, innovative and flexible that offers professional growth along with the Institution.

EDUCATION

MASTER

M.P. Ed (Honors' Class 1 Distinction – 84.56%)
Bangalore University
Graduated - 2020

BACHELOR

B.P. Ed (Honors' Class 1 Distinction – 84.15%)
Bangalore University
Graduated – 2018
B. Com (Honors' Class 2 – 57%)
Rural Degree College
Graduated - 2013

COMPETENCIES

Specializations

Athletics, Cricket, Football, Badminton, Volleyball, throw ball, Hockey, Kabaddi, Basketball, Table Tennis, Wrestling, Judo, Kho-Kho and Swimming

Technical and Proficient Skills

- Operating Systems: MS Office, Word, Excel
- Yoga, Meditation, Relaxation techniques and all Yogic practices

PROJECT WORKS AND SEMINARS

Academic Projects

The Effective Steps to Improve Fast Bowling in Cricket

National Level Seminars, Conferences and Workshops

- One-day National Seminar on “Psychology for Gen-Z”
Presented paper entitled “Psychological & Physiological Effects of Anabolic Steroids on Athletics (Sports Men)”
- Organized Heart Fullness Meditation Workshop for 3 days
- Organized CPR (Cardio Pulmonary Resuscitation) Workshop (Sparsha Hospital).

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