

Faculty Profile

UMESH S

Physical Education Director

Dept of Physical Education and Sports

JSS College for Women, Chamarajanara

E-Mail: umesh746@gmail.com



Qualification:

Programme

Specialization

Institution/ University

Master of Physical Education	Cricket, Badminton Volleyball,	Mysore University
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Seminars /Conferences/Workshops/Webinar:

01	Name of the Conferences/ Workshops/Webinar	Type of program	Role	Venue/ place
02	Fitness Challenges During Covid-19 lockdown	Webinar	Participated	Seshadripuram Degree college, Mysore
03	Rules and inter predations of Track event	Webinar	Participated	Kongu Arts and Science college Nanjanpurm, Erode
04	National level Online Sports e-Quiz	Webinar	Participated	JSS Arts and Commerce college, Gundlupet
05	The Quiz on International day	Webinar	Participated	Govt, College of Women, Maddur
06	National level Quiz On International yoga day	Webinar	Participated	Govt, First Grade College Nelemangla, Bangalore
07	National level webinar health fitness wellness training load parameters and research method	Webinar	Participated	JSS S&TU Mysore
08	International day of yoga	Webinar	Participated	Bangalore
09	Yoga and health On the occasion of International yoga day	Webinar	Participated	JSS College, Nanjangud
10	National level Online Sports e-Quiz	Webinar	Organizing Secretary	JSS College for Women Chamarajanara
11	Yoga for Health	Webinar	Organizing Secretary	JSS College for Women Chamarajanara
12	Health Education – Personal hygiene	Webinar	Resource person	JSS Arts and Commerce College, Gundlupet
13	National Virtual Seminar on Physical Fitness and Yoga	Webinar	Participated	Govt, First Grade College for Women, Raichur

14	Food and Health	Webinar	Organizing Secretary	JSS College for Women Chamarajanara
15	International Yoga Day	Webinar	Organizing Secretary	JSS College for Women Chamarajanara
16	National Virtual Seminar On Deliberation on 3 rd Wave of Covid-19 Pandemic	Webinar	Participated	Govt, First Grade College, Holenarsipura
17	Mental health and physical well-being	workshop	Participated	Soundarya Institute of Management and Science, Bangalore
18	International Day Yoga	Webinar	Participated	Govt, First Grade College for Women, Ramanagara
19	Physical fitness at home – a stress buster during covid -19 pandemic	Webinar	Participated	Bangurnagar Arts, Science and commerce college, Dandeli (UK)
20	Best practice in online teaching	Webinar	Participated	JSS College of Arts, Commerce & Science Mysore
21	Obesity causes and consequences	Webinar	Participated	Govt, First Grade College Nelemangla, Bangalore
22	7 th International Day of Yoga	Online quiz	Participated	Govt, First Grade College, Rajajinagar, Bangalore
23	Developing interpersonal skills a key for effective communication	Webinar	Participated	JSS College of arts, commerce and science. Nanjangud

Staff profile

1. Umesh S
Physical Education Director
2. Veeranna
Attender

Sports Committee

Sl	Name	Designation	Department
01	Sri Siddaraju G	Principal	Chemistry
02	Sri Mallesh B S	Superintendent	Office
03	Sri Umesh S	Physical Education Director	Physical Education
04	Sri Shiva V	Ass. professor	Geography
05	Sri Ravishankar H.S	Ass. professor	Maths
06	Sri Mallesha R	Ass. professor	CS
07	Sri Mahesh J.S	Ass. professor	History
08	Smt Nirmala A.C	Ass. professor	Commerce
09	Kum Shwetha Nandini	Ass. professor	CS