



Captain Dr PRAMILA RANI GUMMALLA
PHYSICAL DIRECTOR
M.A,M.PEd,M.Phil,PhD,SET

Employment Experience

- ❖ Physical Director
 - School Education Service 17 Years
 - A.S.D.Govt Degree College for Women(A),Kakinada
2013 – Till Date

Education History

- M.A (Politics) From Andhra University 1994
- B.PED., (Physical Education) Osmania University 1995
- M.PED (Physical Education) Nagarjuna University 1996
- M.Phil. (Physical Education) Annamalai University 2008
- SET (Physical Education) Osmania University 2012
- PhD (Physical Education & Sports Science) Andhra University 2023

CONTACT

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❖ **Hobbies**

Having a helping hand toward the poor and needy Exploring New places and Tourist places gardening

Rangoli

Games & Sports

Clean & Green

Adventures

Hard Work

❖ **Strengths**

A self-motivated and organized professional skilled in achieving project goals.

A dedicated team player, committed to provide support and full dedication to the organization.

❖ **Personal Qualities**

Excellent planning, organizational and negotiation strengths. Excellent interpersonal skills.

Excellent communication skills in written and verbal both. Ability in clarifying the doubts.

Ability to lead, reach consensus, establish goals and attain results

❖ **Career Summary**

Started career as a PET in S.D.B.Z.P.P High School, Anaparthi in the year 1996.

Joined as Physical Director on Direct recruitment APPSC in the year 2013, gave all my support to the students till to date.

As An innovative and knowledgeable professional person i have 17years' School Education service, College Education 12years' experience as a Physical Director in Degree College.

Proficient in developing Games & Sports activities to expand learning opportunities. Extensive participation on committees and extra-curricular activities.

❖ *Key Responsibilities Handled*

Organizing sports activities

Managing budgets

Maintaining inventories

Supervising staff

Reporting

Campus beautification

Eco-friendly events

Monitoring student activities

❖ *Job Summary*

To assist the Physical Education Director in organizing Inter-Collegiate/ Inter class Sports Championships.

- To assist in preparation of proposals and estimates for organizing Sports Championships.
- To assist in booking of sports facilities for the conduct of Inter-Collegiate/ inter class - Championships/Coaching Camps.
- To assist in planning, executing and scheduling selection trials and coaching camps for college students.
- To coordinate the sports activities for Students/Staff.
- To accompany the students team as manager for the Inter-Collegiate Championship.
- To monitor the work of the department and activities in absence of the Physical Education Director.
- To issue sports material to the students.
- To carry out administrative work like documentation, typing work, maintaining dead stock register, etc.
- To make arrangement of equipment's for training purpose with the help of MTS.
- To respect staff and students while speaking to them and cooperate with the authorities with the dignity of the profession;
- To perform any such duties when allotted by the higher authorities or Principal.

Research Publications

❖ **Seminars/ Workshops/ FDPS & Quiz programmes attended**

1.International

1.25 Pan Asian Conference of Sport and Physical Education-2014 held at Osmania University Hyderabad on 08/08/2014.

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.

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.

2.National

- **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.**
- **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.**
- 3. UGC Sponsored National Seminar on "Role of Sports & Nutrition: Its Impact on Personality Development" held at Kasireddy Venkatareddy Govt College (W) Karnool. On 18/02/2015 to 19/02/2015..**
- **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.**
- 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.**
- 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.**

❖ Paper Presentations in Seminars & Conferences

1. International

- "Effect of varied packages of Yogic practice on physical Education Responses among Women college Students." ISSN No: 2231-326
- "Effect of Swiss ball training and core board training on Selected physical fitness Components of batsman of Cricket".
- Roll of Physical Education in Human Development" ISSN No: 2231-3265

2. National

- "Over injuries in Female athletes".
- "Quality Education through value Education"
- "Dietary Supplements and Sport Performance Minerals. ISBN No: 978-93-80528-25-0.
- "Yoga and Meditation" ISBN No: 978-81-921580-6-8.
- "Common Causes of Sport & Exercises injuries and prevention of injuries."
- "The Conceptual Understanding about Physical Education & Sports among the Govt College Students." ISSN No: 2229-7049.
- "The Effect of Anaerobic Exercises on BMI of Adolescents and young girls." ISSN No: 2348-7666.
- "Yoga for Health"