

Name : M.Elango
 Designation : Associate Professor & Head, Vice Principal (Admin)
 Department : Department of Physical Edn, Health Edn & Sports,
 The M.D.T.Hindu College, Tirunelveli -10
 Date of Birth : 10.12.1961
 Date of Appointment : 22.01.1991
 Address : 797/1 – 9th North Street
 Thiyagarajanagar
 Tirunelveli-627 011
 Phone : 0462 – 2530184
 Moblie : 9443178548
 E-mail : elangohari@rediffmail.com

Research Projects

Major Research Project funded by University Grants Commission (UGC) for Rs 6,22,200/-
 F.No 5-197-2009 (HRP)

- Construction of HRPF Norms for Various Age Groups in Tamilnadu State and Analyze the Influence of Fitness Equipments on Selected Variables among High Fitness Boys

* It is the First and one only Major Project for our college till date

Submitted on November 2012

Minor Research Project funded by University Grants Commission (UGC) for Rs 30,000/- F
 5-1/2005 (MRP –SEM –2166/06 dated 15-03-2006)

- Relative Effect of Yoga and Aerobic Training on Bio Chemical variables for Middle Aged Diabetic patients. Submitted on December 2008

Conferences / Seminars / Workshops Organized

1. U.G.C. Sponsored National Workshop on SPSS on Research Scholars and Research Supervisors – January 4-6, 2017
2. College Management sponsored State Level workshop on Sports Injuries – Physiotherapy Protocol – March 9th 2016.
3. U.G.C. Sponsored National Seminar on Practical Approaches and Applications in Sports medicine – January 29, 2010

4. National Seminar on Prospective Approaches and Applications in Sports Science February 4, 2011

Papers Presentation in Inter – National seminars

1. Effect of Yoga and Aerobic Training on Bio Chemical variables in middle aged Diabetic patients- International Conference on Sports, health and Sports economics - Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab – March 03-04, 2015. (Acted as Chair Person)
2. An analysis of the impact and influence of fitness equipment's on Speed and Muscular Strength among high fitness boys – 25th Pan Asian Conference of Sports and Physical Education-2014 – Osmania University, Hyderabad, Telangana –8th-10th August 2014.
3. Effect of Fartlek Training on Cardio Respiratory Endurance among College Men Foot Ball Players - Honing Managerial Skills in Sports -International Conference – M.S.University, Tirunelveli – 2009
4. Efficacy of Various Methods of Periodisation on Explosive Power - Honing Managerial Skills in Sports -International Conference – M.S.University, Tirunelveli – 2009
5. Effect of Visual Practice on Performance of Shot Putters - Honing Managerial Skills in Sports -International Conference – M.S.University, Tirunelveli – 2009
6. Physical Education – A Situational Analysis – Honing Managerial Skills in Sports - International Conference – M.S.University, Tirunelveli – 2009
7. Prevention and Treatment of Achilles Tendonitis – International Conference for Sports Administrators – M.S.University, Tirunelveli – 2007
8. Effect of Technique Training with and without strength training on selected performance variables among Hockey Players - International Conference on Physical Education and Sports Sciences – Kasturba Medical College, Manipal -2006
9. Using Multimedia in Teaching Physical Education – International Conference on Learning Centered Education – St Ignatius College of Education, Palayamkottai -2005
10. Relative Effective of Yoga and Aerobic Training on Breath Holding Time – ASIA – SPECIFIC International Conference for Sports Administrators – M.S. University – 2003

11. Sports performance and Erogenous – International Conference on Sports Management – M.S.University, Tirunelveli – 2001
12. Relationship of joint movements and body measurements on flexibility – International Conference on Sports Management – M.S.University, Tirunelveli – 1999
13. International Conference on Environmental Security for Food and health - The M.D.T.Hindu College, Tirunelveli – February 16-18, 2012 (Attended only)

Papers Presentation in the National/State level seminars

1. Effect of Rhythmic Exercises on flexibility, agility and reaction time of school students – UGC sponsored national Seminar on Sports medicine: Applications and Recent Trends – Department of Physical Education – V.O Chidambaram College – Thoothukudi– 3rd and 4th March 2017. (**Acted as Chair person**)
2. Need of Physical Education in schools in India – National Conference on Physical Education & Sports in India – Christian College of Physical Education – Nagercoil – 10th and 11th march 2017. (**Acted as Chair person**)
3. Presented a paper "" in the NAAC Sponsored National Conference on "Modern Perspectives and Strategies in Teaching, Learning and Evaluation" Organized by IQAC, The M.D.T. Hindu College, Tirunelveli from 30.09.2016 to 01.10.2016. **ISBN: 978-81-932645-2-2**
4. Effect of Yoga and Aerobic training on Total Cholesterol and Triglycerides in middle aged Diabetic patients – UGC sponsored national Seminar on Role of Yoga and Technology in Enhancing Sports Performance and Populace health – Department of Physical Education – Urumu Dhanalakshmi College – Tiruchirappalai – 28th and 29th Jan 2016.
5. Effect of Yoga and Aerobic training on oral glucose Tolerance and Hemoglobin in middle aged Diabetic patients – UGC sponsored national level conference on the Concept of health Fitness and Wellness – Department of Physical Education & Yoga – Bharathidasan University – Tiruchirappalai – 4th and 5th February 2016.
6. Need of Women Fitness in Modern Era – organized by the Research Department of Physical Education and Sports Sciences, Annamalai University Chidambaram on 28th and 29th march 2016. (**Acted as Chair person**)
7. Women in Sports Journalism – UGC Sponsored National Conference on Prospects and Challenges of Women Entrepreneurs in the Indian Scenario – Post graduate and

Research Department of Commerce –The M.D.T.Hindu College, Tirunelveli – 12th & 13th March 2015.

8. Presented a paper "" in the UGC Sponsored National Seminar on "Contribution of Allied Sciences to Sports Performance" Organized by Research Department of Physical Education and Sports Sciences, Annamalai University, Chidambaram on 25th & 26th March, 2014.
9. Yoga for Sports – UGC Sponsored One Day National Conference on Physical Activity, Sports, Fitness and Dietetics – The Elixir Quartet of Health organized by the Research Department of Physical Education, Bishop Heber College, Tiruchirappalli – 15th February 2014.
10. Effect of Plyometric Training on Speed and Explosive Power performance of College Soccer players - UGC Sponsored One Day National Conference on Physical Activity, Sports, Fitness and Dietetics – The Elixir Quartet of Health organized by the Research Department of Physical Education, Bishop Heber College, Tiruchirappalli – 15th February 2014.
11. Role of Teachers of Early Childhood Adopted Physical Education – National Conference on Challenges and Rehabilitation Practices for Differently Abled – Faculty of Disability management and Special Education and Faculty of General and Adapted Physical Education and Yoga of Ramakrishna Mission Vivekananda University (RKMVU) – 4-6 February 2013
12. Construction of HRPF Norms for 12-13 age group in Tamilnadu – UGC Sponsored National Seminar on Innovative Concepts in Physical Education and Yoga - Department of Physical Education – Arul Anander College, Karumathur – February 1st and 2nd 2013
13. Effect of High and Low intensity Interval Training on Endurance Parameters among inter collegiate athletes – National Conference on Emerging Trends in Physical education and Sports Sciences – Bharathidasan University – Tiruchirappalli – March 12, 2011
14. Sports and Indian Economy – State level Seminar on Economic Policy of Pandit Jawaharlal Nehru - The M.D.T.Hindu College, Tirunelveli – September 28th 2012
15. A Study of Maximum Resistance and Plyometric Training on selected Physiological Parameters among College Women Players - UGC Sponsored National Conference

- on Doping in Sports – Invigoration, Prerequisites and Misapprehensions – research Department of Physical Education – National College – Tiruchirappalli 28th July 2012
16. UGC Sponsored National Seminar on Modern Trends in Sports Management – Ayyanadar Janaki Ammal College, Sivakasi – 21st and 22nd March 2012
 17. Effect of Yoga and Aerobic Training on LDL among middle aged Diabetic Patients - UGC Sponsored National Seminar on Recent Trends in yoga and Physical Education – VHNSN College Virudunagar August 11th and 12th 2011.
 18. Periodisation - A Systematic Way To Avoid Sports Injuries - National seminar on Practical Approaches and applications in Sports Science – Department of Physical Education, Health Education and Sports – The M.D.T.Hindu College, Tirunelveli – February 4,2011
 19. Causes and Rehabilitation Exercises Top Ten Sports Injuries - National seminar on Practical Approaches and applications in Sports Science – Department of Physical Education, Health Education and Sports – The M.D.T.Hindu College, Tirunelveli – February 4,2011
 20. Shoulder Injuries – National seminar on Practical Approaches and applications in Sports Science – Department of Physical Education, Health Education and Sports – The M.D.T.Hindu Collegfe, Tirunelveli – February 4,2011
 21. Application of Recent Technology in Sports –National Conference on use of Modern Technology in Physical Education , sports and Health Sciences – Vinayaka Mission’s College of Physical Education – Salem – February 2011
 22. Combined Effect of Selected Yogic Practices and Yogic Diet on Stress Management of Obese Females – national Seminar on Social Aspects of Sports in Indian Context - Tamilnadu Physical education and Sports University- Chennai-2010
 23. How to Avoid Childhood Obesity- National Seminar on Role of Fitness Enhancing the Quality Life – Pondicherry University – 2009
 24. Strength Training – National conference on Role of Sports Sciences and Technology in Enhancing Sports Performance - – Bharathidasan University, Tiruchirappalli- 2009
 25. Effect of Yoga Training and Aerobic Training on HDL and LDL – UGC Sponsored National Conference on Physical Education, Sports and the Art of Well Being – Bishop Heber College, Tiruchirappalli – 2009

26. Indian Higher Education – Challenges & Strategies – State Level Conference on Higher Education and Students Participation in Quality Assurance – M.D.T.Hindu College – Tirunelveli – 2008
27. Yoga for Obesity – National Seminar on Professional and Scientific Approach in Physical Education and Sports Sciences – Pondicherry University- 2008
28. Control Competition Anxiety – National Seminar on Multidimensional Futuristic Approach to Excellence in Physical Education and Sports- Tamilnadu Physical education and Sports University- Chennai-2007
29. Yoga to control Diabetics – national Conference on Modern trends developments in India - Bharathidasan University – Tiruchrapalli – 2007
30. Effect of Jump Rope Training on Speed, Power, agility, Flexibility and Balance – National seminar on contribution of Scientific Findings of allied Subjects for the promotion of Physical Education and Competitive Sports – Annamalai University - 2006.
31. Success in Sports – Believe Scientific Principles – Second all India Conference of SRF – Scott Christian College – Nagercoil – 2005
32. How to Win- national Seminar on Scientific approach for the promotion physical Education Sports and Fitness -2004
33. Gender Differences in Coaching Occupational Choice - National seminar cum Workshop on Physical Education and Sports Sciences – Dr S.A.C.P.E – Tiruchendur 2004
34. Creation – Performance Enhancing Supplement – National Conference on Physical Education and Sports Sciences – Christ College – Bangalore -2004.
35. Information Technology and Sports Performance – Multi disiplinary approach for Promoting Quality in Physical Education and Sports – Annamalai University – 2004
36. Get Fit with Exercise and Yoga- National seminar on Modern Trends in Physical Education – Govt Sanskrit College, Trivandram – 2004.
37. It is time to prevent Cardio – Vascular Disease (CVD) – National seminar on Emerging Trends in Physical Education and Sports Sciences – Annamalai University -2003

38. Technology Development for Performance Management – National Conference on Sports Management – Osmania University – Hyderabad – 2003
39. Relative Effective of Yoga and Aerobic Training on Maximum Expiratory Pressure – National Seminar on Role of Yoga on Health and Fitness - Bharathidasan University – 2002
40. Aerobic: A way to Fitness: Health related Fitness – National seminar on training aspect of Health Fitness and excellence in Sports and Games – Annamalai University – 2002
41. Relative Effective of Yoga and Aerobic Training on Vital Capacity – National seminar on Physical Education and Sports in the new millennium – Annamalai University – 2001
42. Sports Sponsorship and Current challenges – National seminar on Role of Science In Physical Education and Sports – Alagappa University, Karaikudi-1999
43. Planning and Decision Making- First National Conference on Sports management – M.S.University, Tirunelveli-1995

Participation in the National / State Level Seminar

1. Marine Resources (NSMR16) organized by the Department of Zoology, The M.D.T.Hindu College, Tirunelveli on 3rd and 4th March 2016.
2. State Level Seminar on Foreign University Bill -2010 – AIFUCTO – Francis Xavier Engineering College, Tirunelveli – 26th August 2012.
3. National Conference on Higher Education in India: Emerging Needs and Challenges – V.O.C.College, Thoothukudi – 26-27, March 2015.

Paper Published in Journals

1. Design and Development of Skill Tests in Women Hockey Players, International Journal of Recent Research and Applied Studies, (Multidisciplinary Open Access Refereed e-Journal) (ISSN 2349 – 4891) Volume 3, Issue 8 (2), August 2016, pp 7-9
2. International Journal of Recent Research and Applied Studies, (Multidisciplinary Open Access Refereed e-Journal) (ISSN 2349 – 4891) Volume 3, Issue 8 (2), August 2016, pp 7-9

3. Relative Effect of Functional and Weight Training on Speed among Engineering Graduates – **Thematic Journal of Physical Education – (ISSN 2250 – 3811)** , Vol 3, Issue 3, May 2014, PP 11-16.
4. An Analysis of the Impact and Influence of Fitness Equipment on Speed and Muscular Strength among High Fitness Boys - **International Journal of Health, Physical Education and Computer Science in Sports** - Volume No.14, No.1. April 2014 - Impact Factor 0.624 (**ISSN 2231-3265**) - pp47-49
5. A relationship study between playing ability and selected anthropometrical and physical variables among Kabaddi players “ **Journal of Physical Education and Allied Health Sciences**’ Vol 3 No 2 Jul-Dec 2013 (**ISSN 2249-2380**) P-50
6. Analysis of Physical and Physiological variables among Forward, Mid field and Defense Hockey players “ **Journal of Physical Education and Allied Health Sciences**’ Vol 3 No 2 Jul-Dec 2013 (**ISSN 2249-2380**) P -45
7. Effect of Ladder training on performance related fitness variables among Kho-Kho players “ **Journal of Physical Education and Allied Health Sciences**’ Vol 3 No 2 Jul-Dec 2013 (**ISSN 2249-2380**) P -24
8. Post-Training Significance of Plyometric Exercises Combined With Weight Training on Explosive Power Among Women Basketball Players **Indian Journal of Research** Volume : 2 , Issue : 1 , January 2013 (ISSN - 2250-1991) **Impact factor 0.3208 – pp 52-53**
9. Influence of Yoga and Aerobic training on Blood Sugar among Diabetic patients, **Journal of adapted Physical Education and Yoga**, Vol 1- Issue 1- June 2011 (**ISSN 2229-4821**) – pp 45-50
10. Effect of Fartlek Training and Interval running on Cardio Respiratory Endurance among College men athlete, **Journal of adapted Physical Education and Yoga**, Vol 1- Issue 1- June 2011 (**ISSN 2229-4821**) – pp 22-28
11. Efficacy of various methods of Periodisation on selected strength parameters, **Indian Journal for research in Physical Education and Sports Sciences**, Vol 6 - Number 1 April 2011 (**ISSN 0973-9025**) – pp 50

12. Various methods of Periodisation on Strength Endurance, **Research Journal on Physical Education and Sports, Voice of Sports** (Volume V, Issue II) March 2011
(ISSN 0975-4687) –pp 68-73
13. Effecting of walking and Aerobic Training on Cardio Respiratory Endurance, **Bharathiar National Journal of Physical Education and Exercise Science** (BNJPEE) (Vol 2, No 2) December 2010 (ISSN 0976 – 3678) - pp12
14. Effect of Interval Training Combined Interval Training with pranayama Practices and Detraining on Cardio vascular Endurance , **Journal of Physical Education Sports and Allied Disciplines**, Vol 1- NO 2- July 2010 (ISSN 0974-343X)- pp 5
15. Developing Multimedia Courseware In Teaching Exercise Physiology For Physical Education Major, **Impact of Sports Technology II** , Franz Konstantin Fuss, Aleksandar Subic, Sadayuki Ujihashi, Taylor & Francis Books India Pvt Ltd 2008 (ISBN: 978-0-415-45695-1) PP 921-924
16. Effect of Technique Training with and without strength training on selected performance variables among Hockey Players, **Indian Journal for Research in Physical Education and Sports Sciences (IJRPES)** (Volume 3, Number 1 Sep 2008) (ISSN – 0973-9025)
17. Effect of 12 Weeks Brisk walking on Body weight and Blood sugar in Diabetic patients, **Journal of Studies in Physical Education and Sports Sciences**, (Volume 1, Number 2 June 2005)
18. Relative Effect of Yoga and Aerobic Training on Breath Holding Time on Low and High Physical Fitness Group – **Journal of Physical Education and Exercise Sciences**, (Vol 1: No1 March 2004)
19. Sports Performance and Ergogenics, **Vyayam-Vidnyan**, (Vol 35, February & May 2002, No 1 & 2)
20. Planning and Decision Making, **Journal of Physical Education and Sports** , (Volume 11, January 2002)
21. Prevention of Injuries in Sports, **Journal of Physical Education and Sports**, (Volume 10, October 2001)

Orientation – Refresher Courses attended

1. Refresher Course
From 13.5.99 to 2.6.99 at Academic Staff College University of Madras
2. Refresher Course
From 25-11-98 to 16-12-98 at Annamalai University
3. Refresher Course
From 05-08-98 to 01-09-98 at Academic Staff College Bharathidasan University
4. Refresher Course
From 04-07-1996 to 24-07-1996 at Academic Staff College Pondicherry University

Books Published

1. Facts of Sports Sciences, Krishna Publications , January 2011
(ISBN No 978-81-967252-4-8)
2. Facts of Sports Medicine, Krishna Publications, January 2010
(ISBN No 978-81-967252-3-1)
3. Research Methods in Physical Education, Krishna Publications, November 2007
(ISBN No 978-81-967252-01)
4. Fundamentals of Sports Training, Krishna Publications October 2007
(ISBN No 978-81-967252-1-7)
5. Basic Gymnastics, Krishna Publications, October 2007
(ISBN No 978-81-967252-0-0)

Workshops Attended

1. National Workshop on Basic Statistics using SPSS and EXCEL
(BASSE 2016) – Sadakathullah Appa College – Palayamkottai –
January 5-6, 2016.
2. Workshop on Developing Mental Strength: Application on Positive Psychology in
Sports –Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab – March
03-04, 2015.
3. U.G.C Sponsored National Workshop on Principal of Athletic Training and Coaching –
Department of Physical Education and Sports, Manonmaniam Sundaranar university,
Tirunelveli in collaboration with Athletic Federation of India (AFI) – September – 11-
12,2014

4. Workshop on Latest Trends in Sports Sciences - Research Department of Physical Education and Sports Sciences – National College Tiruchirapalli – April 10th 2013
5. U.G.C Sponsored National Workshop on Athletics and Training – Department of Physical Education and Sports, Manonmaniam Sundaranar university, Tirunelveli in collaboration with Athletic Federation of India (AFI) – March 4-5 , 2011.
6. State level Workshop on “Application of SPSS for data Analysis” – P.G and Research Department of Economics – The M.D.T.Hindu College, Tirunelveli December 27, 2010
7. Workshop on Application of SPSS for Data analysis - Johnsons School of Business – Coimbatore –August 1,-3 2008
8. Workshop on Application of SPSS for Data analysis - Everonn Learning Academy – Chennai, 5-7 September 2007
9. National workshop on Research Designs and Related Computerized Statistical Applications – Y.M.C.A.College of Physical Education , 18 – 20 October 2006

Ph.D Guidance

Awarded	: 09
Submitted	: Nil
Under Progress	: Nil

M. Phil Guidance

Awarded	: 17
Submitted	: 02
Under Progress	: 04

Participation in Academic / Research Bodies

- Member, Board of Studies in Physical Education, HH The Raja's College , Pudukottai (2015)
- Editor-in-chief - "International Journal of Physical Education, Sports and Health" (Online Journal) 2014
- Member, Board of Studies in Physical Education, AVVM Sri Pushpam College , Poondi, (2013)
- Chairman, Question Paper Setting Board in Physical Education , Periyar University, Salem (May 2011 & nov 2011) nov 2013

- Chairman, Board of Studies in Physical Education, Manonmaniam Sundaranar University, (2012 -15)
- Member, SCAA, Manonmaniam Sundaranar University (2012-15)
- Member, Board of Studies in Physical Education, Bharathidasan University, Thiruchirappalli-24 (2009-2011)
- Chairman, Board of Studies in Physical Education, Manonmaniam Sundaranar University, (2006 -08)
- Member, SCAA, Manonmaniam Sundaranar University (2006-08)
- Member, Board of Studies in Physical Education, Scott Christian College , Nagercoil , (2008)
- Member, Board of Studies in Physical Education, HH The Raja's College , Pudukottai (2008)
- Member, Board of Studies in Physical Education, Manonmaniam Sundaranar University , U.G & P.G.Board (1997-98)
- Member, Board of Studies in Physical Education, Manonmaniam Sundaranar University , M.Phil Board
- Visiting faculty, Dept of Physical Education, Manonmaniam Sundaranar University and Annamalai University

Extra-Curricular Activities

Activity	Position	Year
National Integration Smith	Coordinator	1998-1999
National Integration Smith	Coordinator	1999-2000
National Integration Smith	Coordinator	2000-2001
National Integration Smith	Coordinator	2001-2002
National Integration Smith	Coordinator	2002-2003
National Integration Smith	Coordinator	2003-2004
National Integration Smith	Coordinator	2004-2005
National Integration Smith	Coordinator	2005-2006
National Integration Smith	Coordinator	2006-2007
National Integration Smith	Coordinator	2007-2008

National Social Service N.S.S	Programme Officer	From 06-01-2000
National Social Service N.S.S	Programme Officer	2000-2001
National Social Service N.S.S	Programme Officer	2001-2002
National Social Service N.S.S	Programme Officer	2002-2003
National Social Service N.S.S	Programme Officer	Upto 01-08-2003

Social Service League	Coordinator	1996-1997
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N.C.C	Care Taker
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Member for Various Committees in the College

Committee	Position	Year
College Function Committee	Member	2007-2008
College Function Committee	Member	2006-2007
College Function Committee	Member	2005-2006
College Function Committee	Member	2004-2005
College Function Committee	Member	2003-2004
College Function Committee	Member	2002-2003
Sport and Game Committee	Member	2014-2015
Sport and Game Committee	Member	2013-2014
Sport and Game Committee	Member	2012-2013
Sport and Game Committee	Member	2011-2012
Sport and Game Committee	Member	2010-2011
Sport and Game Committee	Member	2009-2010
Sport and Game Committee	Member	2008-2009
Sport and Game Committee	Member	2007-2008
Sport and Game Committee	Member	2006-2007
Sport and Game Committee	Member	2005-2006
Sport and Game Committee	Member	2004-2005
Sport and Game Committee	Member	2003-2004
Sport and Game Committee	Member	2002-2003
Govt Scholarship Committee	Member	2007-2008
Govt Scholarship Committee	Member	2006-2007
Govt Scholarship Committee	Member	2005-2006
Govt Scholarship Committee	Member	2004-2005
Govt Scholarship Committee	Member	2003-2004
Govt Scholarship Committee	Member	2002-2003
Student Guidance and Counseling Committee	Member	2014-2015

Student Guidance and Counseling Committee	Member	2013-2014
Student Guidance and Counseling Committee	Member	2012-2013
Student Guidance and Counseling Committee	Member	2011-2012
Student Guidance and Counseling Committee	Member	2010-2011
Student Guidance and Counseling Committee	Member	2009-2010
Student Guidance and Counseling Committee	Member	2008-2009

Convocation Committee	Member	2014-2015
Convocation Committee	Member	2013-2014
Convocation Committee	Member	2012-2013
Convocation Committee	Member	2011-2012
Convocation Committee	Member	2010-2011
Convocation Committee	Member	2009-2010
Convocation Committee	Member	2008-2009

Sports Administration

- Technical Committee Member - Vice President, TDWLA
- Organising committee member for Inter University Tournaments organized by M.S.University

University Assignments

- **Observer** for April 2007 Examination by **M.S.University, Tirunelveli**
Ramakrishna College of Education, Kulasekaram
- Member of the **Flying Squad** to inspect the conduct of November 2007 examination by M.S.University, Tirunelveli on 05-11-2007
- **External Expert for academic audit** at Ayya Nadir Janaki Ammal College, Sivakasi on January 2014
- **Selection Committee member** to select **Director of Physical Education** for the following institutions
 - V.V.College of Engineering on 14-04-2010
 - S.T.Hindu College, Nagercoil on 17-06-2010
 - T.D.M.N.S.College on 13-07-2010
 - V.O.C.College,Thoothukudi on 15-07-2010
 - M.S.U. Contituent College, Sathankulam on 12-08-2010
 - Sri Parasakthi College for Women on 21-09-2010
 - St.Johns College, Palayamkottai on 02-11-2010
 - Arignar Anna College, Aralvaymoli on 30-11-2010
 - V.O.C.College,Thoothukudi on 05-02-2011

- **Inspection committee member** appointed by **M.S.University**

- Thai Traditential Medical school –Virudunagar to start Diploma in Yogic Science and Education on 29-09-2000
- Prarav Yog Kendra trust-Mandavali-Chennai to start Diploma in Yogic Science and Education on 03-11-2006
- Rohini Institute of Alternative medicine Thanjavur to start Diploma in Yogic Science and Education on 20-08-2007
- Govindammal Aditanar College for women Tiruchendur to start Certificate Course in Yoga on 28-01-2008

5. Inspection committee member appointed by **Tamilnadu Physical Education and Sports University, Chennai** to start University Study Centre

- Tuticorin Study Centre- Tuticorin on 05-04-2007
- Dr.Sivanthi Aditanar College of Physical Education, Tiruchendur on 11-08-2007
- Mictropoint Industrial School- Kovilpatti on 15-12-2007

Question Paper setter / Examiner for Practical and Theory for various Institutions

- H.H.The Rajas College-Pudukottai
- A.V.V.M.sri Puspam College - Poondi
- Ayyanadar Janaki Ammal College –Sivakasi
- Manonmaniam Sundaranar University- Tirunelveli
- Periyar University –Salem
- Madurai Kamaraj University –Madurai 21
- Bharathiyar University – Coimbatore 641 046
- Alagappa University – Karaikudi 630 003
- Annamalai University- Annamalainagar 608 002
- Scott Christian College – Nagercoil
- Arul Anander College –Karumathur 625 51

Service Rendered to Manonmaniam Sundaranar University

Acted as Team Manager for the Manonmaniam Sundaranar University Teams for the following games

M.S.University Teams

Game	Year	Date	Venue
Weight Lifting	2012	25-01-2012	Gurunanal Dav University , Amirtsar.
Hockey	2002	27-11-2002	Charansingh University – Meerat
Hockey	2002	22-10-2002	Bharthidasan University – Trichy
Hockey	2000	02-12-2000	Madurai Kamaraj University – Madurai
Hockey	1999	09-01-99	Venkdeswara University – Thirupathi
Hockey	1997	24-11-97	Bangalore University – Bangalore
Hockey	1996	23-12-96	University of Madras – Chennai
Hockey	1992	24-12-92	Annamalai University
Chess	2008	15-10-2008	Visvesvaraya Tech University Belgaum
Chess	2006	23-10-2006	Chhatrapati Shahu Ji Maharaj University, Kanpur
Chess	2005	10	VIT Velloor
Chess	2004	06-09-2004	Magadh University – Buda Gaya

- **As Selection Committee Member to select Men Hockey Team to participate**

Inter University Tournaments

Year	Date	Venue
2012	7-9 September	K.R.Arts College ,Kovilpatti
2011	19-21 September	K.R.Arts College ,Kovilpatti
2010	22-24 September	K.R.Arts College ,Kovilpatti
2009	22-24 September	K.R.Arts College ,Kovilpatti
2008	23-25 September	Tharuvai Stadium –Tuttucorin.
2007	25-28 September	K.R.Arts College, Kovilpatti.
2004	9-11 October	Dr Sivanthi Adithanar College of Physical Education , Thiruchendur
2003	8-10 October	Anna Stadium, Palayamkottai.
2002	5-7 September	Anna Stadium, Palayamkottai.
2001	17-19 September	V.O.C Stadium – Palayamkottai.

2000	11-13 October	Govt College of Engineering –Tirunelveli.
1998	15-17 October	St Johns College, Palayamkottai
1997	8 th & 9 th October	Govt College of Engineering –Tirunelveli.

- **As Selection Committee Member for Women Hockey Team to participate Inter University Tournaments**

Year	Date	Venue
2012	6 th October	Govindammal Adithanar College,Tiruchendur
2010	20-22 September	St Johns College of Arts and Science, Ammandivelai.
2009	3 rd September	Govindammal Adithanar College,Tiruchendur

As Selection Committee Member for Women Weight Lifting Team to participate Inter University Tournaments

Year	Date	Venue
2012	29 th October	TDMNS College , Kallilulam
2011	10 th September	Sri K.G.S.Arts College, Srivaikundam.
2010	31 st August	Sri K.G.S.Arts College, Srivaikundam.
2007	8 th October	Thiruvalluvar College, Pabanasam
2001	20 October 2001	St Johns College , Palayamkottai

As Selection Committee Member for Women Chess Team to participate Inter University Tournaments

Year	Date	Venue
2011	28-31 July	The M.D.T.Hindu College,Tirunelveli
2005	2-3 August	Govt College of Engineering - Tirunelveli
2004	3-4 August 2004	Schaffter Hall, Palayamkottai.

Orientation and Refresher courses Attended in NSS

- Training at Rajiv Gandhi National Institute of Youth Development – RENIYD-Sriperumputhur for NSS Programme Officers , 13-15 Dec 2002

- Refresher Course 27-09-2002 to 01-10-2002 Training and Orientation Centre NSS - Sri Avinashilingam Educational Trust institution
- Orientation Course 26-07-2000 to 04-08-2000 Training and Orientation Centre NSS - Sri Avinshilingam Educational Trust Institutions

Chief Guest for Sports Day for various Institutions

- SERVITE Matriculation School-Palayamkottai – 15th November 2014
- The Indian Engineering College – Vadakankulam – 18th March 2014
- Puspaltha Met Hr Sec School – Palayamkottai – 15th August 2013
- A.U.P.E.T.Chinmaya Vidyalya Met Hr Sec School, Palayamkottai - 18th August 2012
- Dr.Savinthi Adithanar College of Physical Education – Tiruchwendur – 24th march 2011
- Puspaltha Met Hr Sec School – Palayamkottai – Swimming Day- 5th March 2011
- Thiruvalluvar College, Papanasam - 18th March 2006
- Our own Modern Matric Hr.Sec School Pettai – 10th January 2006

All India radio – Talks / Interview

- Indhiya Hockey in Inaiyillaa valarchi nilaikkumaa – 1st July 2001
- Udalai valapaduthum udar payirchigal – Interview – 30th September 2000
- Indhiya Hockey meendum sarithiram padikkm – Interview – 10th January 2000
- Hockey game in India – Interview - 28th June 1998