

Name : Dr.M.Kandasamy  
Designation : Director of Physical Education  
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### **Projects received**

Minor Research Project (UGC) for Rs 1,07,000/-

Analysis the influence of Multi Media in Teaching Basketball

-----Submitted on February 2013

### **Papers presented in the international/National Seminars/Conferences**

#### **Paper Presentation in Inter – National seminars**

1. Participated in the International Conference on Sports Management – Manonmaniam Sundaranar University, Tirunelveli – 2001.
2. Participated in the International Conference ASIA –SPECIFIC International Conference for Sports Administrators – Manonmaniam Sundaranar University – 2003.
3. Presented a Paper - Physical Education a Learning Process – International Conference on Learning Centered Education – St Ignatius College of Education, Palayamkottai -2005.
4. Presented a Paper – Flexibility Training for Improving Performance and Reducing Injury – International Conference for Sports Administrators - Manonmaniam Sundaranar University, Tirunelveli – 2007.
5. Presented a Paper - Physical Education A Situational Analysis – Honing Managerial Skills in Sports -International Conference – M.S.University, Tirunelveli – 2009.
6. Participated in the International Conference on Environmental Security for Food and health - The M.D.T.Hindu College, Tirunelveli – February 16-18, 2012.
7. Presented a paper in the International Conference on “25th Pan Asian Conference of Sports and Physical Education” Organized by Indian Federation of Computer Science in Sports Pan-

Asian society of sports & Physical Education, Osmania University, Hyderabad Telangana, India from 8th to 10th August 2014.

### **Seminars – Paper Presentation in National seminars**

1. Participated - National Seminar on Sports Medicine – Sri Ramakrishna Mission Vidyalaya – Maurthi college of Physical Education – Coimbatore, March 1999.
2. Peresented - How to Win – National Seminar on scientific approach for the Promotion of Physical Education, Sports and Fitness – Pondicherry University 2004.
3. Yoga for Arthritis –National Conference on Modern Trends Developments in India – Bharathidasan University, Tiruchirappalli- 2007.
4. Control Competition Anxiety – National Seminar on Multidimensional Futuristic Approach to Excellence in Physical Education and Sports- Tamilnadu Physical education and Sports University- Chennai-2007.
5. Yoga for Arthritis –National Conference on Modern Trends Developments in India – Bharathidasan University, Tiruchirappalli- 2007.
6. Yoga for Obesity – National Seminar on Professional and Scientific Approach in Physical Education and Sports Sciences – Pondicherry University- 2008.
7. Indian Higher Education – Challenges & Strategies – State Level Conference on Higher Education and Students Participation in Quality Assurance – M.D.T.Hindu College – Tirunelveli – 2008 .
8. Knee Injuries and Rehabilitation – National Seminar on Professional and Scientific Approach in Physical Education and Sports Sciences – Pondicherry University- 2008.
9. 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.
- 10 Yoga and Arthritis– National conference on Role of Sports Sciences and Technology in Enhancing Sports Performance - – Bharathidasan University, Tiruchirappalli- 2009.
- 11 Common Sports Injuries and Injury Prevention - National seminar on Practical Approaches and applications in Sports Medicine – Department of Physical Education, Health Education and Sports – The M.D.T.Hindu College, Tirunelveli – 2010.
- 12 Presented a paper “Effect of Extensive and Intensive Interval Training on hemoglobin among School Boys” in the National Seminar on “Prospective Approaches and Applications in Sports Science” Organized by Department of Physical Education, Health Education and Sports, The M.D.T. Hindu College, Tirunelveli. On 4th February 2011. ISBN: 978-81-90-7252-4-8

- 13 Effect of Videotape Instruction on performance of shot-putters –National Conference on use of Modern Technology in Physical Education , sports and Health Sciences – Vinayaka Mission’s College of Physical Education – Salem – February 2011.
- 14 Participated – National Conference on Emerging Trends in Physical education and Sports Sciences – Bharathidasan University – Tiruchirappalli – March 12, 2011.
- 15 Participated – State Level Seminar on Foreign Universities Bill-2010 – organised by MUTA in Commemoration with Golden Jubilee Celebrations of All India Federation of University and College Teachers Organisations– Francis Xavier Engineering College - Tirunelveli –2012.
- 16 Participated in the International Conference on Environmental Security for Food and health - The M.D.T.Hindu College, Tirunelveli – February 16-18, 2012.
- 17 Presented a paper in the UGC Sponsored National Seminar on “ Modern Trends in Sports Management” Organized by Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi on 21st and 22nd March 2012. ISBN: 978-93-80487-18-2
- 18 Presented a paper in the UGC Sponsored National Seminar on “ Innovative Concepts in Physical Education and Yoga” Organized by Department of Physical Education, Arul Anandar College, Karumathur on 1 & 2 February 2013. ISBN: 978-93-80686-07-3
- 19 Presented a paper in the UGC Sponsored National Seminar on “ Physical Activities, Sports, Fitness and Dietetics - The Elixir Quartet of Health” Organized by Research Department of Physical Education, Bishop Heber College, Tiruchirappalli on 15th February 2014.
- 20 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.
- 21 Presented a paper in the UGC Sponsored National Seminar on “Promotion of Yoga, Health Awareness and Physical Fitness –A Multi Dimensional Approach ” Organized by Department of Physical Education, Aditanar College of Arts and Science, Tirucendur on 30th September & 1st October, 2014. ISBN: 978-93-84734-02-2
- 22 Presented a paper in the UGC Sponsored National Seminar on “Prospects and Challenges of Women Entrepreneurs in the Indian Scenario” Organized by P.G. and Research Department of Commerce, The M.D.T. Hindu College, Tirunelveli. On 12th & 13th March 2015. ISBN: 978-93-84-7340-9-1
- 23 Presented a paper in the UGC Sponsored National Seminar on “ Role of Yoga and Technology in Enhancing Sports Performance and Populace Health ” Organized by Department of Physical Education, Urumu Dhanalakshmi College, Tiruchirappalli on 28th and 29th January 2016.

- 24 Presented a paper in the UGC Sponsored National Seminar on “ Concept of Health, Fitness and Wellness ” Organized by Department of Physical Education & Yoga, Bharathidasan University Tiruchirappalli on 04th and 05th February 2016.
- 25 Presented a paper in the UGC Sponsored National Seminar on “Need of Women Fitness in Modern Era” Organized by Research Department of Physical Education and Sports Sciences, Annamalai University, Chidambaram on 28th & 29th March, 2016.
- 26 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. On 30.09.2016 and 01.10.2016.ISBN: 978-81-932645-2-2
- 27 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.

**Papers published in the Journals (With ISSN)**

An Analysis of the Impact and Influence Of Fitness Equipments On Speed And Muscular Strength among High Fitness Boys” International Journal of Health, Physical Education and Computer Science in sports ISSN 2231-3265 (On-line and Print) Journal Impact factor is 0.624. IJHPECSS is refereed Journal. Volume -14 No.1, April 2014 – June 2014

**Papers published in the Journals (With ISBN)**

Papers published in the Journals in the UGC Sponsored National Seminar on “Practical Approaches and Applications in Sports Medicine” Organized by Department of Physical Education, Health Education and Sports, The M.D.T. Hindu College, Tirunelveli. On 29<sup>th</sup> January 2010. ISBN: 978-81-90-7252-3-1

Papers published in the Journals in the National Seminar on “Prospective Approaches and Applications in Sports Science” Organized by Department of Physical Education, Health Education and Sports, The M.D.T. Hindu College, Tirunelveli. On 4<sup>th</sup> February 2011. ISBN: 978-81-90-7252-4-8

Papers published in the Journals in the UGC Sponsored National Seminar on “Innovative Concepts in Physical Education and Yoga” Organized by Department of Physical Education, Arul Anandar College, Karumathur on 1 & 2 February 2013.ISBN: 978-93-80686-07-3

### **Papers published in the Journals (Without ISSN/ISBN)**

1. Papers published in the Journals in the UGC Sponsored National Conference on “Physical Education, Sports and the Art of Well-Being” Organized by the Department of Physical Education, Bishop Heber College, Tiruchirappalli on 20<sup>th</sup> March 2009.
2. Papers published in the Journals in the UGC Sponsored National Conference on “Role of Sports Sciences and Technology in Enhancing Sports Performance” Organized by the Department of Physical Education, Bharathidasan University, Tiruchirappalli on 21st March 2009.
3. Papers published in the Journals in the “National Seminar on Role of Fitness Enhancing the Quality Life” Organized by the Students Welfare Council, Pondicherry University on 03<sup>rd</sup> & 04<sup>th</sup> April, 2009.
4. Papers published in the Journals in the UGC Sponsored National Conference on “ physical activities, sports, fitness and dietetics – The elixir quartet of health” Organized by the Department of Physical Education, Bishop Heber College, Tiruchirappalli on 15<sup>th</sup> February 2010.
5. Papers published in the Journals in the State level Seminar on “Economic Policies of Pandit Jawaharlal Nehru” Organized by PG and Research Department of Economics, The M.D.T. Hindu College, Tirunelveli. On 28<sup>th</sup> September, 2012.

### **Orientation/ Refresher Courses attended**

#### **Orientation Course**

From 11-11-2004 to 28-11-2004 at UGC Academic Staff College, Bharathidasan University, Tiruchirappalli.

#### **Refresher Course**

From 24-04-2006 to 15-05-2006 at UGC Academic Staff College, University of Kerala, Thiruvananthapuram.

From 09-04-2007 to 30-04-2007 at UGC Academic Staff College, University of Kerala, Thiruvananthapuram.

From 11-11-2008 to 01-12-2008 at UGC Academic Staff College, University of Madras, Chennai.

### **International/National Seminar/Conference attended**

#### **Workshops attended**

- 1 State level workshop on Features of Sports Training for College Men and Women – St.John’s College, Palayamkottai – 1997.
- 2 National workshop on Research Designs and Related Computerized Statistical Applications – Y.M.C.A.College of Physical Education , 18 – 20 October 2006.

- 3 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.
- 4 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.
- 5 Attended in the State level Seminar on “Economic Policies of Pandit Jawaharlal Nehru” Organized by PG and Research Department of Economics, The M.D.T. Hindu College, Tirunelveli. On 28th September, 2012.
- 6 Presented a paper in the U.G.C Sponsored State level Seminar on “HUMAN RIGHTS” Organized by Department of Economics, The M.D.T. Hindu College, Tirunelveli. On 18th and 19th February, 2011.
- 7 Participated in the State Level Workshop on “State level workshop on Sports injuries – Physiotherapy Protocol” organized by the Department of Physical Education, Health Education and Sports, The M.D.T.Hindu College, Tirunelveli on 9th March 2016.
- 8 Participated in the UGC sponsored National Workshop on “SPSS for Research Supervisors and Research Scholars” organized by the Department of Physical Education, Health Education and Sports, The M.D.T.Hindu College, Tirunelveli from 4th - 6th January,2017.

#### **Books Published (With ISBN)**

I. Basic Gymnastics, Krishna Publications , October 2007 ( ISBN No 978-81-967252-0-0).

II.Fundamentals of Sports Training, Krishna Publications October 2007  
(ISBN No 978-81-967252-1-7).

III.Research Methods in Physical Education, Krishna Publications, November 2007  
(ISBN No 978-81-967252-01).

#### **Other Activities**

- 1 Organising committee member for Inter University Tournaments organized by M.S.University.
- 2 Organising committee for International Conference organized by M.S.University.
- 3 Selection Committee Member for Manonmaniam Sundaranar University Basketball Men team selection for the past 13 years and women team for 11 years.
- 4 Selection Committee Member for Manonmaniam Sundaranar University Chess team for 4 Years.
- 5 Team Manager for Manonmaniam Sundaranar University Basketball Men team for 5 times.

### **Organizing Activities**

Organizing committee member of the UGC sponsored National Workshop on “**SPSS for Research Supervisors and Research Scholars**” organized by the Department of Physical Education, Health Education and Sports, The M.D.T.Hindu College, Tirunelveli from 4 - 6 January 2017.

Organizing committee member of the **State level workshop on Sports injuries – Physiotherapy Protocol** organized by the Department of Physical Education, Health Education and Sports, The M.D.T.Hindu College, Tirunelveli on 9th March 2016.

Organizing committee member of the **National Conference on Prospective Approaches and Applications in Sports Science (PASS – 2011)** organized by the Department of Physical Education, Health Education and Sports, The M.D.T.Hindu College, Tirunelveli on February 2011.

Organizing committee member of the **National Conference on Practical Approaches and Applications in Sports Medicine(PASS – 2010)** organized by the Department of Physical Education, Health Education and Sports, The M.D.T.Hindu College, Tirunelveli on January 2010.

### **Editorial Board in the Reputed Journals**

- Associate Editor in the “International Journal of Yoga, Physiotherapy and Physical Education” **e-ISSN Number: 24565067, Impact Factor RJIF 5.24.**
- Associate Editor in the “International Journal of Academic Research and Development” **ISSN: 2455-4197, Impact Factor RJIF 5.12.**
- Associate Editor in the “International Journal of Applied Research” **ISSN Print: 2394-7500 | ISSN Online: 2394-5869 | CODEN: IJARPF, Impact Factor: RJIF 5.2.**

### **Editorial Board**

- Editorial Board member in the UGC sponsored National Workshop on “SPSS for Research Supervisors and Research Scholars” organized by the Department of Physical Education, Health Education and Sports, The M.D.T.Hindu College, Tirunelveli from 4 - 6 January 2017.
- Editorial Board member 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. on 30.09.2016 and 01.10.2016.