

Name : Dr.J.KARTHIKEYAN  
Designation : Assistant Professor and Head  
Department : Physical Education, Health Education and Sports  
Date of Birth : 29.07.1982  
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### **Achievements**

One Day State Level Workshop on Volleyball, organized by Department of Physical Education, Health Education & Sports, The M.D.T. Hindu College, Tirunelveli on 27<sup>th</sup> March 2023.

### **Research Contributions**

Ph.D: - Approved Guide for Ph.D in Manonmaniam Sundaranar University, Tirunelveli – from 2018.

### **Ph.D Scholars**

Four - Doing

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

1. Presented a paper International Multidisciplinary Conference on TECH BIZ SINERGY 2K25: REDEFINING GLOBAL TRENDS “ Influence of Muscular Work on Division of Attention among Kho Kho Players” Organized by Nesamony Memorial Christian College, Marthandam, Department of Physical Education, in Collaboration with Scientific Multidisciplinary Association of Research Task (SMART) on 20.01.2025 and 21.01.2025.

**ISBN: 978-81-973684-0-0**

2. Presented a paper International Multidisciplinary Conference on TECH BIZ SINERGY 2K25: REDEFINING GLOBAL TRENDS “ Impact of Speed Agility and Quickenes Training on Speed and Reaction Time among Kabaddi Players” Organized by Nesamony Memorial Christian College, Marthandam, Department of Physical Education, in Collaboration with Scientific Multidisciplinary Association of Research Task (SMART) on 20.01.2025 and 21.01.2025. **ISBN: 978-81-973684-0-0**
3. Presented a paper “Influence of Varied Intensity of Walking on Selected Physical Physiological and Psychological Variables among Middle Aged Men” 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.
4. Presented a paper “ Brian and Breathing “in the International Conference on “Yoga Therapy and Fitness – An Integrated Approach” Organized by School of Physical Education, Alagappa University, Karaikudi on 12<sup>th</sup>& 13<sup>th</sup> February 2010.
5. Presented a paper “Effect of Weight Training and Game Specific Exercise on Selected Resting Pulse Rate Variables of Men Football Players” in the UGC Sponsored National Seminar on “Sports Medicine: Applications and Recent Trends” Organized by Department of Physical Education, V.O.Chidambaram College, Thoothukudi on 03.03.2017 and 04.03.2017. **P-ISSN: 0975 1246, O-ISSN: 2321 8835 Impact Factor (ISRA) 7.011**

6. Presented a paper “ Importance of Teaching Physical Education using ICT in Modern Era” 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**
7. Presented a paper “Influence of Varied Intensity of Walking on Selected Muscular Strength Variables among Middle Aged Men” 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. **ISBN: 978-93-83213-10-8**
8. Presented a paper “ Effect of Surya Namaskar and Brisk Walking on Selected Strength Variable among College Men” 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. **ISBN: 978-93-80622-03-3**
9. Presented a paper “Women in Sports Journalism” 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**
10. Presented a paper “[y;ypf;fl;L; tuyhW” in the Aynth Tamil Aayvalar Mandaram, Madurai 14th National Seminar Organized by Hotel Green Fort Inn Firs Estate in Vellakadai, Yercaud from 07. 02.2015 to 08.02.2015. **ISBN: 978-81-923792-9-6**
11. Published an article about the “Computer Use in Physical Education and Sports Teaching “in the Quality of Education in the Age of Globalization in First Edition 2015 **ISBN: 978-93-81208-56-4**

12. Presented a paper “ Influence of Varied Intensity of Walking on Selected Muscular Strength Variable among Middle Aged Men” 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**

13. Presented a paper “fpuhkpa tpisahL;Lfs;”; in the Aynth Tamil Aayvalar Mandaram, Madurai 13th National Seminar Organized by Department of Tamil, Kongunadu Arts and Science College, Coimbatore on 24 May 2014.

**ISBN: 978-81-923792-8-9**

14. Presented a paper “VWjOTjy;” in the Aynth Tamil Aayvalar Mandaram, Madurai 12th National Seminar Organized by Department of Tamil, M.S.S.Wakf Board College, Madurai on 08 June 2013.

**ISBN: 978-81-923792-6-5**

15. Presented a paper “ Effects of Plyometric exercises and Suryanamaskar on Selected Motor Fitness, Physiological and Psychological variables on College Men” in the UGC Sponsored National Seminar on “ Physiological Aspects of Training Nutrition Recovery and Performance” Organized by Department of Physical Education, Mannar Thirumalai Naicker College, Madurai on 10th August 2012.

**ISBN: 978-93-80657-73-8**

16. Presented a paper “Mlth; tpisahL;Lfs;”; in the Aynth Tamil Aayvalar Mandaram, Madurai 11th National Seminar Organized by Department of Tamil, Tamil University, Thanjavur on 27 & 28.04.2012.

**ISBN: 978-81-923792-3-49**

17. Presented a paper "Effect of Plyometric Training on Strength and Strength Endurance of Sedentary College Men" 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**

18. Presented a paper "Effect of Yogic Practice on Blood Pressure " 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**

19. Presented a paper "goe;jkpoh; tpisahl;Lfs;" in the Aynth Tamil Aayvalar Mandaram, Madurai 10<sup>th</sup> National Seminar Organized by Department of Tamil, The M.D.T Hindu Collage, Tirunelveli on 11.12.2010.

**ISBN: 978-93-80312-06-4**

20. Presented a paper "Common Sports Injuries & Injury Prevention" 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**

21. Presented a paper "Childhood Obesity" in the National Seminar on "Life Span Motor Development" A Scheme under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) (an MHRD project, Govt. of India) Organized by the Centre for Special and Movement Education, Manonmaniam Sundaranar University, Tirunelveli-12 on 07 – 08 th February, 2020.

22. Presented a paper "Effect of Yogic Practices and Stress reducing Exercises on Skill related Physical Fitness components variables among Hockey Players "in the National Conference on "Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance " Organized by Department of Physical Education, Ganesar College of Arts and Science, Melaisivapuri on 3<sup>rd</sup> March 2018
  
23. Presented a paper "Need Physical Education in Schools in India" in the National Seminar on "Physical Education & Sports in India" Organized by Christian College of Physical Education, Nagercoil, at YMCA Centre, Kanyakumari on 10.03.2017 and 11.03.2017.
  
24. Presented a paper "A Study of Physical Fitness and Influence of Physical Exercise, Circuit Training and Yogic Practice on Endurance among College Girls" 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.
  
25. Participated in the National Seminar on "Art and Ideology of Manonmaniam Sundaranar" Organized by Va.Pa.Su Tamil Research Centre, Department of Tamil, The M.D.T Hindu Collage, Tirunelveli on 10.10.2014.
  
26. Presented a paper "Effect of Plyometric Training on Agility of Sedentary College Men" 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.

27. Presented a paper "Effect of Plyometric Training on Speed of Sedentary College Men" 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.
28. Participated in the National Seminar on " jkpo;fhtyHr.Nt.R.tpd; gilg;Gyfk;" Organized by Va.Pa.Su Tamil Research Centre, Department of Tamil, The M.D.T Hindu Collage, Tirunelveli on 26.02.2013 – 28.02.2013.
29. Presented a paper " Effect of Surya Namaskar and Brisk Walking on Selected Motor Fitness Component and Physiological Variables among College Men" in the National Conference on " Physical Education and Sports-An Inter – Disciplinary Approach" Organized by Department of Physical Education, H.H.The Rajah's College, Pudukkottai on 23rd February 2013.
30. Presented a paper " Effect of Asaana on Selected Physiological Variables among Middle Aged Men" 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.
31. Presented a paper "Effect of Walking Programme on Blood Pressure and Percentage of Body fat among Middle Aged Men" 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.
32. Presented a paper "Effect of Circadian Rhythm on Selected Bio-Motor

and Skill Performance of Inter Collegiate Volleyball Players” 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.

33. Presented a paper “Effect of Plyometric Training on Selected Speed Parameters” 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.

#### **STATE LEVEL SEMINAR**

1. Presented a paper “Sports and Indian Economy” 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
2. Presented a paper “Human Rights in India” 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.

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

1. Effects of Circuit Training and Plyometric Training on Selected Motor Components of College Students” – Purakala (UGC Care Journal), Vol 32 Issue 1, 2023, **ISSN: 0971 – 2143**, 24<sup>th</sup> January 2023.
2. "Effect of various intensities of aerobic training on resting pulse rate".- International Journal of Yogic, Human Movement and Sports Sciences (IJYHMSS) Volume 3; Issue 1; Part – H, March 2018; Page No. 431-432 Online **UGC Approved Journal ISSN: 2456-4419; Impact Factor: RJIF 5.18**



3. "Effect of SAQ Training on Selected Physiological Parameters among College Men Students" - Indian Journal of Applied Research (IJAR) Volume 8 , Issue 2 February 2018, ISSN - 2249-555X **Journal impact factor is 5.397. IC Value 86.18**
4. "Effect of yoga practices on achievement motivation among back pain patients".- International Journal of Yoga, Physiotherapy and Physical Education (IJYPPE) Volume 3; Issue 1; January 2018; Page No. 202-203 **UGC Approved Journal ISSN: 2456-5067; Impact Factor: RJIF 5.24**
5. "Impact of core stability exercises on vital capacity and VO2 Max of Sedentary Men" ".- International Journal of Physiology, Nutrition and Physical Education (IJPNPE) 2018, Vol. 3 Issue 1, Part E Page No. 255-258 Online **UGC Approved Journal ISSN: 2456-0057; Impact Factor: RJIF 5.43**
6. " r;q;f fhyj; jkpo; ngz;fs; tpisah;l;Lfs;"-. Shanlax International Journal of Tamil Studies Volume 2; SPL Issue 1; December 2017; Page No. 49-50 **UGC Approved Journal Number : 40729 ISSN: 2454-3993; Impact Factor: 2.045**
7. "Effect of yogic practices and stress reducing exercises on selected psychological variables among hockey players".- International Journal of Yogic, Human Movement and Sports Sciences (IJYHMSS) Volume 2; Issue 2; July 2017; Page No. 68-70 Online **UGC Approved Journal ISSN: 2456-4419; Impact Factor: RJIF 5.18**
8. "Effect of Weight Training and Game Specific Exercises on Selected Resting Pulse Rate, Vital Capacity variables of Men Football Players".- International Journal of Physiology, Nutrition and Physical Education (IJPNPE) Volume 2; Issue 2; July 2017; Page No. 210 – 213 Online **UGC Approved Journal ISSN: 2456-0057; Impact Factor: RJIF 5.43**

9. "Influence of varied intensity of walking on selected muscular strength and cardio respiratory endurance variables among middle aged men".- International Journal of Yoga, Physiotherapy and Physical Education (IJYPPE) Volume 2; Issue 3; May 2017; Page No. 18-20 Online **UGC Approved Journal ISSN: 2456-5067; Impact Factor: RJIF 5.24**
10. "Influence of varied intensity of walking on selected muscular strength, muscular endurance variables among middle aged men" - International Journal of Physical Education, Sports and Health (IJPESH) May - June, 2017 Volume 4, Issue 3 Part A, **UGC Approved Journal P-ISSN: 2394-1685, E-ISSN: 2394-1693 Impact Factor (ISRA) 5.38**
11. "Effect of Weight Training and Game Specific Exercise on Selected Resting Pulse Rate Variables of Men Football Players" in the Outreach ISRA Journal on "Sports Medicine: Applications and Recent Trends" (SMART 2017) March, 2017 Volume X, Special Issue – 1, **P-ISSN: 0975 1246, O-ISSN: 2321 8835 Impact Factor (ISRA) 7.011**
12. "Effect of Yoga and Aerobic Training on Bio Chemical Variables in Middle aged Diabetic Patients" - International Journal of Science Culture and Sport (IntJSCS) June 2015:3(2) **ISSN: 2148 – 1148 Doi: 10.14486/IJSCS244.**
13. "Influence of Varied Intensity of Walking on Selected Cardio Respiratory Endurance Variable Among Middle Aged Men" - International Journal of Interdisciplinary and Multidisciplinary Studies (IJIMS), 2015, Vol 2, No.3, January 2015, **ISSN: 2348 – 0343, Impact Factor: 1.36.**
14. "Influence of Varied Intensity of Walking on Selected Physical Variables Among Middle Aged Men" - International Federation for Fitness, Health, Physical Education & Iron Games (IJFHPEIG) Volume 2 No 1, January 2015 To June 2015, **ISSN 2349 – 722X.**

15. "Influence of Varied Intensity of Walking on Selected Body Fat Variable Among Middle Aged Men" - International Journal of Physical Education, Sports and Health (IJPESH) January, 2015 Volume 1, Issue.3 Part A, **UGC Approved Journal P-ISSN: 2394-1685, E-ISSN: 2394-1693 Impact Factor (ISRA) 5.38**
16. "Influence of Varied Intensity of Walking on Selected Muscular Endurance and Cardio Respiratory Endurance Variables Among Middle Aged Men" - International Journal of Scientific Research (IJSR) 1st December, 2014 **ISSN - 2277-8179 Journal Impact Factor is 1.8651**
17. "Influence of Varied Intensity of Walking on Selected Physiological Variables Among Middle Aged Men" - Indian Journal of Applied Research (IJAR) 1st December, 2014. **ISSN - 2249-555X Journal impact factor is 2.1652**
18. "Influence of Varied Intensity of Walking on Selected Physical, Physiological and Psychological Variables among Middle Aged Men" – International Journal of Health, Physical Education and Computer Science in Sports (IJHPECSS). Aug. 14. **ISSN 2231-3265 Journal Impact factor is 0.624.**
19. "Effect of Yoga and Walking Training on Selected Bio Chemical Variables among Middle Aged Men" – Indian Journal for Research in Physical Education and Sports Sciences (IJRPES). Oct. 12. **ISSN 0973-9025**
20. "Effect of Walking Programme on Blood Pressure and Percentage of Body Fat among Middle Aged Men" – Indian Journal for Research in Physical Education and Sports Sciences (IJRPES). Oct. 10. **ISSN 0973-9025**

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

1. Orientation Course From 12-11-2019 to 02-12-2019 at UGC HRDC, Bharathidasan University, Tiruchirappalli
2. Participated in the Online 86th Refresher Course (Physical Education) Organized by UGC – HRDC L.N.I.P.E., Gwalior, From 08/12/2020 to 21/12/2020
3. 128th Online Short Term Course on E - Content Development” during 31/05/2021 to 06/06/2021 organized by UGC – Human Resource Development Centre, GUJARAT UNIVERSITY, Ahmedabad.
4. participated in 10 Hours of Faculty Development Program on Creative Thinking (Online Live FDP) conducted by ICT Academy on 07 Jun 2021 to 11 Jun 2021
5. Participated in the Online 95th Refresher Course (Physical Education) Organized by UGC – HRDC L.N.I.P.E., Gwalior, From 05/07/2022 to 18/07/2022
6. Participated in the One day Orientation Programme for NSS Programme Officers Conducted by Regional Directorate of NSS and Tamilnadu State NSS Cell, Chennai at Manonmaniam Sundaranar University, Tirunelveli on 31<sup>st</sup> January 2023
7. Participated in the Online 104th Refresher Course (Physical Education) Organized by UGC – MMTTC, L.N.I.P.E., Gwalior, From 06/02/2024 to 19/02/2024

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

1. Participated in the MUTA XXVI General Conference “Towards Democratic Scientific Inclusive Higher Education” held on 4<sup>th</sup> & 5<sup>th</sup> January 2025 at Amohaa Palace Kalyana Mandapam, Tirunelveli.

2. Participated in the MUTA VII Academic Conference and Seminar “The Impact of Foreign and Private Universities on Indian Higher Education” held on 06<sup>th</sup> January 2024 at Sree Ayyappa College for Women, Nagercoil, Kanyakumari.
3. Participated in the MUTA XXV General Conference “Save Higher Education” held on 07<sup>th</sup> January 2023 at Dwarka Place, Madurai.
4. Participated in the MUTA VI Academic Conference and Seminar “Blended Mode of Learning and Teaching: An Impact on Quality and Equity” held on 26<sup>th</sup> December 2021 at Sri SRNM College, Sattur, Virudhunagar.

#### **Workshops attended**

1. Participated in the National Workshop on “Modern Ethics in Research Methodology” Organized by the P.G & Research Department of Commerce, The M.D.T.Hindu College, Tirunelveli -12<sup>th</sup> February 2020.
2. Participated in the National Workshop on “Procedure of Evaluations and Scoring in Artistic Gymnastics” Organized by the department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-12 on 13<sup>th</sup> February 2020.
3. Participated in the National Symposium on “Ecological Task Analysis Model for Movement Assessment” A Scheme under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) (an MHRD project, Govt. of India) Organized by the Centre for Special and Movement Education, Manonmaniam Sundaranar University, Tirunelveli-12 on 10 &11 January 2020.
4. Participated in the National Workshop on “Capacity Building in e-Governance for Physical Education Leaders and administrations” A Scheme under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) (an MHRD project, Govt. of India) Organized by the Centre for Special and Movement Education,

Manonmaniam Sundaranar University, Tirunelveli-12 on 14th December, 2019.

5. Participated in the National Workshop on “Neuro physiological Basis of Human Movement” A Scheme under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) (an MHRD project, Govt. of India) Organized by the Centre for Special and Movement Education, Manonmaniam Sundaranar University, Tirunelveli-12 on 21<sup>th</sup> September, 2019.
6. Participated in the National Workshop on “Science of Yoga” A Scheme under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT) (an MHRD project, Govt. of India) Organized by the Centre for Special and Movement Education, Manonmaniam Sundaranar University, Tirunelveli-12 on 14<sup>th</sup> September, 2019.
7. Participated in the National Workshop on “System Base Technical Training, Talent Identification and Sports Ethical Values” Organized by the department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-12 on 10<sup>th</sup> December, 2018.
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.
9. Participated in the Workshop on “Modern Trends in Coaching Football” Organized by the department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-12 on 30<sup>th</sup> September, 2016.
10. Participated in the Workshop on “Principles of Techniques and Tactics in Hockey” Organized by the department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-12 on 23<sup>rd</sup> September, 2016.

11. Participated in the National Level Workshop on Yoga “Own Yoga – Own the Life” Organized by the Department of Yoga, Tamilnadu Physical Education and Sports University, Chennai on 7<sup>th</sup> April, 2011.
12. Participated in the National Level Workshop on “Athletics and Training” Organized by the department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-12 on 4<sup>th</sup> – 5<sup>th</sup> March, 2011.
13. Participated in the National Level Workshop on “Research Methodology and Statistics in Physical Education” organized by Department of Physical Education, Bharathiar University on 16<sup>th</sup> & 17<sup>th</sup> March 2009.

#### **STATE LEVEL WORKSHOP**

14. Participated in the State Level Workshop on “The Mind – An Integrated Functional Fitness In Sports Performance ” organized by the Department of Physical Education and Sports, & Alumni Association of Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli on 8<sup>th</sup> April 2024.
15. Participated in the State Level Workshop on “Sports Injuries And Management” organized by the Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi on 5<sup>th</sup> March, 2024.
16. 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 9<sup>th</sup> March, 2016.
17. Participated in the State Level Workshop on “Application of SPSS for Data Analysis” Organized by PG and Research Department of Economics, The M.D.T Hindu Collage, Tirunelveli on 27<sup>th</sup> December, 2010.

## **NATIONAL WEBINAR**

18. Participated in the webinar on “Exercise and Cognition ”Organized by Department of Physical Education, SCAD College of Education, Cheranmahadevi, Tirunelveli. On 30.06.2020  
Certificate No: IETYNI-CE000013

## **Extension and Extra Curricular Activities**

### **ADDITIONAL QUALIFICATION**

- First class in Post Graduate Diploma in Computer Application(PGDC)
- Type Writing Higher (English)

### **BESIDES SPORTS**

- The best N.S.S Volunteer at The M.D.T Hindu College in the year 2002 - 2003.
- The best N.S.S Volunteer at Manonmaniam Sundaranar University in the year 2001 - 2002.
- Volunteer in N.S.S in the year of 1998 - 2000 at Schaffter Higher Secondary School, Tirunelveli.
- Participated in National Integration Camp which was organized by Ministry of Youth Affairs and Sports in Mudumalai from 30-09-2000 to 06-10-2000.

## **Other Activities**

### **PROFICIENCY AND REPRESENTATIONS**

- Volley ball winner in 1994 - 1995 at Tenkasi Educational District Level
- Represented in Manonmaniam Sundaranar University Mini-Marathon at the years of 2000, 2001, 2002.
- Represented for The M.D.T.Hindu College Hockey team in the Manonmaniam Sundaranar University ‘B’ Zone inter - collegiate tournament during the academic year 2002 – 2003.



- Represented for The M.D.T.Hindu College Ball badminton team in the Manonmaniam Sundaranar University 'B' Zone inter - collegiate tournament during the academic year 2002 – 2003.
- Represented for the Tirunelveli District dodgeball team in the First State dodgeball championship held at Erode from 01-06-2007 to 02-06-2007.n 1st Senior State dodge ball Championship at Ingur in Erode District for the team of Tirunelveli District at 2007.

### **ADDITIONAL QUALIFICATION**

#### **PROFESSIONAL**

- Passed State Level Referee Exam in Kho-Kho(2003)
- Attended a 20 days certificate swimming course organized by Sports Authority of Tamilnadu, Tirunelveli from 14-10-2008 to 03-11-2008.

#### **BOOK PUBLISHED**

- 2009 Training Methods - 978-81-907252-8-6
- 2010 Prionisation - 978-81-907252-7-9
- 2017 Computer Application in Physical Education - 978-81-931566-3-6
- 2024 Test Measurement and Evaluation in Physical Education –  
979-889277428-4

#### **ARTICLE PUBLISHED**

- Published an article about the game **“Silambattam”** in the **Maan Pesum Vaarthaikal** in November 09, 2012.
- Published an article “Harnessing Social Media for Educational Success in Physical Education” in the Harnessing Social Media for Educational Success in October -2024 **ISBN: 978-93-6163-862-6, Shanlax Publications**

## **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.

## **MEMBERSHIP IN PROFESSIONAL BODIES**

- Professional Member in International Federation of Physical Education, Fitness and Sports Science Associations
- President in Smart Taekwondo Academy, Tirunelveli, Tamilnadu

## **EDITORIAL BOARD IN THE REPUTED JOURNALS**

- Assistant 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 Multidisciplinary Research and Development**” ISSN Online: 2349-4182, ISSN Print: 2349-5979, Impact Factor RJIF 5.72.
- Associate Editor in the “International Journal of Academic Research and Development” ISSN: 2455-4197, Impact Factor RJIF 5.22.
- Associate Editor in the “International Journal of Applied Research” ISSN Print: 2394-7500 | ISSN Online: 2394-5869 | CODEN: IJARPF, Impact Factor: RJIF 5.2.
- Assistant Editor in the “International Journal of Physiology, Nutrition and Physical Education” ISSN. Number: 2456- 0057, Impact Factor RJIF 5.48. DOI:<https://doi.org/10.22271/journalofsport>, Abbr,:Int.J.Physiol Nutr.Phs.Educ.
- Assistant Editor in the “Journal of Sports Science and Nutrition” P- ISSN: 2707-7012, E-ISSN: 2707-7020, Impact Factor: RJIF 5.23

## **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 January2017.
- 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.

## **BOARD OF STUDIES**

- Member, Board of Studies in UG,B.Sc Physical Education, Manonmaniam Sundaranar University, Tirunelveli (2021-2024)

- Chairperson, Board of Studies in UG, B.Sc Physical Education, Manonmaniam Sundaranar University, Tirunelveli (2024-

### **AREA OF SPECIALISATION**

- | <u>Games</u> | <u>Theory</u>                               |
|--------------|---|
| • Hockey     | Methods in Physical Education               |
| • Badminton  | Computer Applications in Physical Education |
|              | Sports Training Methods                     |
|              | Yoga  |

### **QUESTION PAPER SETTER**

- U.G Physical Education Question paper setter at Bharathidasan University, Tiruchirappalli from April 2016 to April 2017.
- U.G Physical Education Question paper setter at Periyar University, Salem from the year of November 2011 to November 2013.
- U.G Physical Education Question paper setter at Manonmaniam Sundaranar University from July 2017.
- U.G Physical Education Question paper setter at Selvam college of Arts and Science, Namakal from July 2019.
- U.G Physical Education Question paper setter at SCOTT CHRISTIAN COLLEGE (Autonomous), Nagercoil from July 2019.
- U.G Physical Education Question paper setter at AVVM Sri pushpam college, Poondi from July 2019.
- U.G Physical Education Question paper setter at Ayya Nadar Janaki Ammal College, Sivakasi from July 2024.
- U.G Physical Education Question paper setter at Nadar Mahajana Sangam S.Vellaichamy Nadar College, Madurai from November 2023.

## **EXTERNAL EXAMINER**

- Served as the external examiner in UG Physical Education board at Scott Christian College, Nagercoil for April 2012, November 2012 and November 2018 - November 2024.
- Served as the external examiner in UG Physical Education board at Manonmaniam Sundaranar University for April 2019 - November 2024
- Served as the external examiner in UG Physical Education board at Manonmaniam Sundaranar University for April 2024
- Served as the external examiner in UG Physical Education board at Kamaraj College, Thoothukudi for November 2024