**Dr. K.A. RAMESH,** 

Assistant Director of Physical Education

University College of Engineering,

Bharathidasan Institute of Technology Campus,

Anna University, Tiruchirappalli,

Tamilnadu, India.

What Up No:9791699009 Cell:8695599869 drkaramesh@gmail.com

**Academic Qualifications**

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| **S. No.** | **Degree** | **Subject** | **College** | **Class** | **Year** |
|  | B.Sc., | Physical Education Health Education and Sports | H.H. The Rajah’s College, Pudukkottai. | I | 1997-00 |
|  | M.P.Ed., | Master of Physical Education | Alagappa University College of Physical Education, Karaikudi | I | 2000-02 |
|  | PGDSM | Sports Management | Alagappa University College of Physical Education, Karaikudi | I | 2001-02 |
|  | Diploma in Sports Coaching | Football | National Institute of Sports, Sports Authority of India, Netaji Subhas Eastern Centre, Kolkatta | II | 2002-03 |
|  | PGDY | Yoga | Annamalai University, Chidambaram | I | 2003-04 |
|  | M.Phil., | Physical Education Health Education and Sports | Annamalai University, Chidambaram | I | 2004-05 |
|  | AFC – ‘C’ Licence Coaching Course | Football | Tamil Nadu Football Association, Chennai. | I | 2005-06 |
|  | Ph.D., | Physical Education Health Education and Sports | Bharathidasan University, Trichy |  | 2005-09 |
|  | M.Sc., | Yoga | Tamilnadu Physical Education and Sports University, Chennai | I | 2011-12 |

**Working Experience**

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| **Post Held** | **Name of the Institution** | **Nature of Duties** | **Duration** |
| District Football Coach | Sports Development Authority of Tamil Nadu (SDAT), Pudukkottai. | Coaching | January 2005 to February 2010 |
| Assistant Director of Physical Education | UCE, BIT Campus Anna University  Tiruchirappalli | Teaching and Coaching | February 2010 to Till date |

**My Achievement in Sports & Games**

Represented Annamalai University for South Zone and All India Football Championship held at Chidambaram, Tamil Nadu and Jadhpur, Rajasthan respectively and **Secured first place in both competitions** during the year 2003 – 2004.

Represented Alagappa University in the South Zone Inter University Football Tournament, held at M.G.University, Kothamangalam, Kerala in the year 2002.

Represented Alagappa University in the South Zone Inter University Football Tournament, held at Calicut University, Kerala in the year 2001.

Participated **Senior National Championship** in Football held at Chalakudi, Kerala in the year 2000.

**Additional Responsibilities**

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| --- | --- | --- | --- |
| **Post Held** | **Name of the Organization** | **Nature of Duties** | **Duration** |
| Sports In charge | UCE,AUT,Panruti | Organize Sports Activities | 2011-2012 |
| Sports In charge | UCE,AUT,Pattukkottai | Organize Sports Activities | 2011-2012 |
| Physical Verification Officer | UCE,BIT Campus,Anna University,Tiruchirappalli | Stock Verification | 2013-2014 |
| Presiding and Polling Officer | General Elections to Lok Sabha | Verification of Polling | 2014 |
| Programme Officer | Youth Red Cross  UCE,BIT Campus | Programme Organized | January 2017 to Till date |
| Member | Anti Ragging Committee UCE,BIT Campus | Maintain Discipline Among the Students | January 2018 to Till date |
| Assistant Secretary | Pudukkottai District Football Association | Organized varies Level Football Tournament | January 2011 to Till date |
| Secretary | Pudukkottai District Special Olympic Bharath | Organized varies Level Tournament | 2021 - Till Date |
| Programme Officer | National Service Scheme ( NSS) | Organized Varies Awareness and Camp Programme | 2021 Till Date |

**Members in Professional Societies / Association / University**

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| --- | --- | --- |
| **Post Held** | **Name of the Organization** | **Duration** |
| Executive Member | Anna University Of Technology, Sports Board,Tiruchirappalli | 2010 – 2012 (2 Years) |
| Member | Rotary Club of Pudukkottai | 2016-2017 |
| Member | Pudukkottai District Science Society | Life Time Since 2017 |
| Member | Pudukkottai District Sports Development Committee at SDAT, Pudukkottai. | January 2017 to Till Date |
| Member | GRDS-Scientific Committee for our Association for Development of Teaching, Education and Learning (ADTEL).2017 | 2017-2018 |
| Member | National Physical Education Association | July 2018 to Till Date |
| Member | International Federation of Physical Education, Fitness and Sports Science Association | Life Time since 2019 |
| Member | Lions Club Pudukkottai | July 2019 to Till Date |
| Executive Member | Officer's Club Pudukkottai | 2021 to Till Date |
| Selection Committee Member | Chief Minister Trophy Tournament at Sports Development Authority of Tamilnadu, Pudukkottai District. | 2022-2023 |
| Selection Committee Member | Anna University Inter Zonal Football Men and Women Tournament | 2013 to Till Date |

**Doctoral Committee Member for PhD Course at Varies University**

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| --- | --- | --- |
| **Name of the University** | **Under The Guidance** | **Duration** |
| Bharathidasan Univesity,Tiruchirappalli | Dr.A.Mahaboobjan  Professor  Department of Phy.Edu | 2019 to 2022 |
| Periyar Maniyammai University,Thanjaur | Dr.S.Ramesh  Asst Professor & Head  Department of Phy.Edu | 2019 to 2022 |
| Bharathidasan Univesity, Tiruchirappalli | Dr.A.Mahaboobjan  Professor  Department of Phy.Edu | 2018 to 2021 |
| Bharathidasan Univesity,Tiruchirappalli | Dr.A.Palanisamy  Professor & Head  Department of Phy.Edu | 2014 to 2018 |
| Bharathidasan Univesity,Tiruchirappalli | Dr.A.Mahaboobjan  Professor  Department of Phy.Edu | 2014 to 2018 |

**Phd Thesis Valuation (**Adjudication on the Ph.D. thesis)

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| --- | --- | --- | --- |
| **Name of the University** | **Department** | **Scholar Name** | **Year** |
| Kakatiya University Warangal | PHYSICAL EDUCATION | K.RAGHU | 2021 |
| Bharathiyar University Coimbatore | YOGA FOR HUMAN EXCELLENCE | ARUNA S. | 2022 |
| Bharathiyar University Coimbatore | YOGA FOR HUMAN EXCELLENCE | ANURADHA K. | 2022 |
| Bharathiyar University Coimbatore | YOGA FOR HUMAN EXCELLENCE | Malathy. S | 2022 |

**Acted As External Examiner for Phd Open Viva Voice Examination**

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| --- | --- | --- | --- |
| **Name of the University** | **Under The Guide & Department** | **Scholar Name** | **Year** |
| Kakatiya University Warangal | Physical Education | K.Raghu | 2022 |

**Board of Study Member at University**

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| **Name of the University** | **Under The Department** | **Duration** |
| Mother Teresa University for Women, Kottaikanal | Yoga | 2018-2019 |

**Country Visited**

|  |  |  |  |
| --- | --- | --- | --- |
| **Country** | **Purpose of Visit** | **Venue** | **Year** |
| Malaysia | Paper Presentation at International Conference | University of Malaya, Kuala Lumpur | 2013 |
| Malaysia | Paper Presentation at International Conference | University of Malaya, Kuala Lumpur | 2015 |
| Sri Lanka | Paper Presentation at International Conference | University of Jaffna, | 2016 |
| Malaysia | Paper Presentation at International Conference | University of Malaya, Kuala Lumpur | 2017 |
| Singapore | Resource Person at Asian Yoga Competition & Conference | Singapore | 2017 |
| Thailand | Paper Presentation at International Conference | University of Thailand, Bangkok | 2018 |
| South Korea | Resource Person at Asian Yoga Competition & Conference | Seoul, South Korea | 2019 |

**Assignment as a Coach / Manager for Tamil Nadu Team / University Team**

|  |  |  |  |  |  |
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| **Name of Assign** | **Name of the State / University Team** | **Name of the Tournament** | **Level of Performance** | **Venue** | **Year** |
| Coach | Anna University, Women Football team | South Zone Inter University Football Tournament | Participation | Annamalai University, Tamilnadu | 2021-2022 |
| Coach | Anna University, Men Football team | South Zone Inter University Football Tournament | Participation | Calicut University, | 2020-2021 |
| Manager | Tamil Nadu Team | Senior National Santhosh Trophy | Participation | Naively , Tamil Nadu | 2018-2019 |
| Coach | Anna University, Men Football team | South Zone Inter University Football Tournament | Participation | Calicut University, | 2016-2017 |
| Coach | Anna University, Women Football team | South Zone Inter University Football Tournament | Participation | Annamalai University, Chidambaram | 2016-2017 |
| Coach | Tamil Nadu State Junior Boys | Junior National Football Tournament | Participation | Punjab | 2016-2017 |
| Coach | Tamilnadu Sub-Junior Boys | Sub-Junior National Coca-Cola Football Tournament | Enter All India National Tournaments | Tamilnadu | 2015-2016 |
| Coach | Anna University, Men Football team | South Zone Inter University Football Tournament | Enter All India Inter University Tournament | Calicut University | 2014-2015 |

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| Coach | Anna University, Men Football team | All India Inter University Football Tournament | Participation | LNEPE, Gwalior | 2014-2015 |
| Coach | Tamilnadu Sub-Junior Boys | Sub-Junior National Coca-Cola Football Tournament | All India National Tournaments | Pune, | 2013-2014 |
| Coach | Anna University, Men Football team | South Zone Inter University Football Tournament | Participation | Annamalai University, Chidambaram | 2012-2013 |
| Coach | Anna University of Technology, Men Football team | South Zone Inter University Football Tournament | Participation | University of Kerala, Kerala | 2011-2012 |
| Coach | Anna University of Technology Women Football team | All India Inter University Football Tournament | Participation | Annamalai University, Chidambaram | 2011-2012 |
| Coach | Anna of Technology University, Men Football team | South Zone Inter University Football Tournament | Enter All India Inter University Tournament | VIT University, Vellore, Tamil Nadu | 2010-2011 |
| Coach | Anna of Technology University, Men Football team | All India Inter University Football Tournament | Participation | Jabalpur, | 2010-2011 |

**Received Awards from Various Institution / Association / State / Countries**

|  |  |  |
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| **Name of the Award** | **Given by** | **Year** |
| RASHTRIYA GAURAV AWARD for Outstanding Performance and Remarkable Role | Indian International Friendship Society, New Delhi | 2017 |
| FACULTY AWARDS AIRFA 2017 for Highest Paper Publication | Arunai International Research Foundation, Chennai | 2017 |
| BEST PHYSICAL EDUCATION DIRECTOR AWARDS 2017 | Integrated Intelligent Research (IIR) Chennai. | 2017 |
| Republic Day Award 2019  in recognition of his contribution in the field of Football Game and It’s Research at “International Level” | District Collector Pudukkottai  Government of Tamil Nadu. | 2019 |
| IFPEFSSA Award 2019 in recognition of his contribution in the field of Sports Administration at “International Level” | International Federation of Physical Education, Fitness and Sports Science Associations | 2019 |
| Best Coach Award 2019-2020 | Buddhas Martial Arts Association, Pudukkottai Associated with Lions Club and Rotary Club, Pudukkottai. | 2019 |
| Best Resource Person Award 2019 | Asian Yoga Federation at South Korea | 2019 |
| Best Teacher Award | Kurinji Kabilar Tamil Sangam Namakkal | 2020 |
| Best Social Worker Award | International Lions Club,Pudukkottai | 2021 |
| Dr.A.P.J.Abdul Kalam International Innovative Faculty Award | Arunai International Research Foundation,Tiruvannamalai,Tamilnadu | 2021 |

**Published Books**

|  |  |  |
| --- | --- | --- |
| **Name of the Book** | **Published by** | **Year** |
| Fun Games of Football | Vinsi Publications Publisher Identifier No 907441/5,#61/4,Iswarya Complex, Karaikudi-630002,Tamilnadu. | 2008 |
| Isolated and Combined Training for Soccer Players  ISBN 978-1-387-80545-7 | Lulu Publication, 3101, Hillsborough St, Raleigh, NC 27607, United States. | 2017 |
| Aerobic Exercises and Yogic Practices for Diabetic Patients. ISBN 978-1-387-80545-7 | Lulu Publication, 3101, Hillsborough St, Raleigh, NC 27607, United States. | 2018 |
| Exploring Sport Development in Malaysia and India | Akinik Publications New Delhi | 2019 |
| Football Conditioning | Lulu Publication, 3101, Hillsborough St, Raleigh, NC 27607, United States. | 2020 |

**Published Books Chapters**

|  |  |  |  |
| --- | --- | --- | --- |
| **Book Name** | **Chapter Name** | **Published by** | **Year** |
| Research Trends in Multidisciplinary Research and Development | Stretching Exercises for Footballer | Weser Books,No.79737, Aussere Weberstr.5702763 Zittau,Germany. | 2020 |
| Advances in Multidisciplinary and Current Research | Yoga and Core Muscles | Weser Books,No.79737, Aussere Weberstr.5702763 Zittau,Germany | 2021 |

**Published Books as a Editor**

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| --- | --- | --- |
| **Name of the Book** | **Published by** | **Year** |
| Training Manual of Football | Lulu Publication, 3101, Hillsborough St, Raleigh, NC 27607, United States. | 2020 |
| Research Methodology for Beginners | Lulu Publication, 3101, Hillsborough St, Raleigh, NC 27607, United States. | 2021 |
| A Vivid Perspective in Physical Education & Sports - 2021 | Lulu Publication, 3101, Hillsborough St, Raleigh, NC 27607, United States. | 2021 |

**Published in National Journals**

|  |  |  |
| --- | --- | --- |
| **Title of the Paper** | **Name of the Journals** | **Year of Published** |
| “Effect of six-week isolated and combined aerobic and anaerobic interval training on selected speed related components of college women footballers”, | Research Bi-Annual for Movement | April, 2010 |
| “Influence of selected yogic asana on hip flexibility and shoulder elevation”, | Indian journal for research in physical education and sports sciences(IJRPESS) | October-2010 |
| “Analysis of achievement motivation and self concept among inter collegiate men football players”, | Research Bi-Annual for Movement | April,2011 |
| “Quantification of Physical Responses to Yogic Practices and Mental Training among College Men Football Players”, | A Journal of Scientific Yoga and Health | July, 2013 |
| “Effect of Plyometric Training with Yogic Practices on Selected Skills Performance Variables of Intercollegiate Female Hockey Players” | A Journal of Scientific Yoga and Health | August, 2014, |
| “Role of yoga on modifying certain physiological function in anna university men soccer players”, | vyayam-vidnyan | August, 2015 |

**Published in International Journals**

|  |  |  |
| --- | --- | --- |
| **Title of the Paper** | **Name of the Journals** | **Year of Published** |
| “Effect of isolated and combined continuous and intermittent training in selected speed and endurance component of women players”, | International Journal of Sports Technology, Management and Allied Sciences | Jan 2013 |
| “Effect of aerobic exercises and yogic practices on selected physiological parameters of diabetic patients”, | International Journal of Physical Education, Sports and Yogic Sciences | Jan 2013 |
| “Relationship of Selected Motor Fitness Components and Anthropometric Measurements to Football Skill Performance of Anna University Players”, | International Journal of Sports Technology, Management and Allied Sciences | June, 2013 |
| “Influence of Treadmill Running on Selected Physiological Variables on Obese Men”, | International Journal of Sports Technology, Management and Allied Sciences | Sep 2013 |
| “Effect of Fartlek Training on Selected Physical Fitness and Physiological Variables among College Football Players.”, | International Journal of Physical Education, Sports and Yogic Sciences | Feb 2013 |
| “Relative Effect of Traditional and Sequential Observation Methods of Teaching Selected Basic Skill in Football among College Women Students”, | International Journal of Sports Technology, Management and Allied Sciences | Dec 2013 |
| “Weight Control Through Yogic Practice: A12 Weeks Prospective Study for Deaf and Dumb Children”, | International Journal of Star Physical Education | July-2014. |
| “ FOOTBALL SHOOTING PERFORMANCE CHANGES DURING DIFFERENT MODES OF RESPIRATORY PRACTICES AMONG PROFESSIONAL COLLEGE PLAYERS”, | Asian Journal of Applied Research (AJAR)”, | May, 2015 |
| “An impact of plyometric training with and without mental training on selected psychomotor variable among inter collegiate women soccer players”, | INDIAN JOURNAL OF APPLIED RESEARCH | April, 2016 |
| “An impact of yogic practices and nature cure therapy on breath holding time amoung men soccer players” | GLOBAL Journal of FOR Research ANALYSIS | June, 2016, |
| “Analysis of psychological differentials among men football hockey and cricket players”, | INTERNATION Journal of APPLIED RESEARCH | July, 2016 |
| “ Role of information technology in enhancing sports performance ”, | INTERNATION Journal of PHYSICALEDUCATION,SPORTS AND HEALTH | Oct, 2016, |
| “ Quantification of Hip Flexibility Responses to Different Modes of Massage Technique among Anna University Men Soccer Players” | COACHING JOURNAL ,Malaysia | Dec 2016 |
| “ Effect of yogic practice, naturopathy, on selected biochemical variables among obese college men students”, | International Journal of Physiology, Nutrition and Physical Education” | Jan 2017, |
| “Effect of Different Modes of Sports Training on Muscular Endurance among Anna University Men Football Players”, | Asian Journal of Multidimensional Research (AJMR) | Feb 2018, |
| Effect of Varied Intensities of Plyometric Training Programes on Speed Related Parameters of Anna University Men Participants. | JASC: Journal of Applied Science and Computations. | April 2019 |
| Influence of Aerobic Training on Selected Motor Fitness Variables Among Inter Collegiate Players | International Journals of Health,Physical Education and Computer Science in Sports. | June 2019 |
| Effect of asanas and forward lunges exercise on aramandi (latterly toe opened half squat) among bharatanatyam dancers | Asian Journal of Physical Education & Computer Science in Sports. | January 2020 |
| Effect of different dance training on cardiorespiratory endurance among girls | Asian Journal of Physical Education & Computer Science in Sports. | January 2020 |
| The effect of land and aquatic plyometric training on vital capacity among college men athletes. | Gedrag & Organisatie Review - ISSN :0921-5077,http://lemma-tijidschriften.nl/. | 2020 |
| Impact of fitness training on cardiovascular endurance among bhrathanatyam dancers | International Journals of Health,Physical Education and Computer Science in Sports. | July 2021 |
| Effect of Pilates Exercises Yogic Practices and Combined Pilates Exercises and Yogic Practices on Hip Flexibility among School Students. | Annals of R.S.C.B,ISSN:1583-6258, http;//annalsofrscb.ro | August 2021 |
| A Bibliometric Analysis on Soccer Small Side Games | Rabindra bharati journal of philosophy - UGC CARE LISTED | 2023 |

**List of Publications in Proceedings**

**National**

|  |  |  |  |
| --- | --- | --- | --- |
| **Title of the Paper** | **Proceedings of** | **Organized By** | **Year** |
| “Treadmil and it’s influence on todays sports” | National Conference on Emerging trends in physical education and sports sciences ISBN-978-81-908078-6-9 | Department of Physical Education,Bharathidasan University,Tiruchirappalli | March, 2011 |
| “Fifa women world cup 2011-Match Summary” | UGC-Sponsored National Conference on Recent trends in yoga and physical education ISBN-97881-910426-8-9 | Department of Physical Education, Virudhunagar Hindu Nadars Senthikumara Nadar College,Virudhunagar, | Aug 2011 |
| “Influence of Treadmill running on selected physiological variables of obese men” | UGC-Sponsored National Conference on Recent trends in yoga and physical education ISBN-97881-910426-8-9 | the Department of Physical Education, Virudhunagar Hindu Nadars Senthikumara Nadar College,Virudhunagar, | Aug 2011 |
| “Effect of different frequencies of yogic practice on selected psychological components of university soccer players” | National Conference on Doping in Sports-Invigoration, Prerequisites and Misapprehensions, ISBN-978-81-9091 | Department of Physical Education, National College, Tiruchirappalli, | July, 2012 |
| “Effects of yogic practices and nature therapy on resting pulse rate” | UGC-Sponsored National Conference on Physiological aspects of training nutrition recovery and performance ISBN-978-93-80657-73-8 | Department of Physical Education, Mannar Thirumalai Naicker College, Madurai | August, 2012 |
| “Increasing Flexibility through massage manipulation A-8 Weeks prospective study for university men soccer players” | UGC Sponsored national seminar on Essence of uniform nomenclature and curriculum designs for various courses of physical education in india ISBN-81-9235731-7 | Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education | April,2013 |
| “An Impact of Aerobic Training with two different Frequencies and Fitness Exercise on Speed performance of Men Football Players” | UGC Sponsored National Seminar on Recent Trends in Sports Technology, Management and Allied Sciences ISBN-81-9235731-7 | Department of Physical Education, Arumugam Pillai Seethai Ammal College, Thirupathur | Sep 2014. |
| “Effect of Progressive Relaxation Technique and Yogic Practices for Selected Psychological Parameters of Anna UniversitySoccer Players ” | UGC Sponsored National Seminar on Role of Yoga and Technology in Enhancing Sports Performance and Populace Health | Department of Physical Education, Urumu Dhanalakshmi College, Trichy | Jan 2016. |
| “Effect of Different Intensity of Intermittent Training Programmes on HematologicalParameters of Anna University Men Players ” | UGC Sponsored National Seminar on Concept of Health, Fitness and Wellness ISBN-978-93-83213-10-8 | Department of Physical Education, Bharathidasan University, Trichy | Feb 2016 |
| “Impact of Yogic Practices and Physical Exercises on Muscular Strength among College Students” | National Seminar on Road Map to 2020 Olympics | Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education,  Coimbatore | Feb 2017 |
| “ Similarity Between the male and female football players in competitive behaviours” | National Seminar on Health and Fitness in Modern Society | Department of Physical Education, Tumkur University,Tumkur, Karnataka | April 2017 |
| “Impact of Stress Management Through Meditation Practices of Interuniversity Participants” | National Seminar on BLISSFUL YOGA | Department of Physical Education, Tumkur University, Tumkur, Karnataka | July 2017 |
| “ Effect of Aquatic Training and Yogic Practice on Motor Fitness Variables of Football Players” | National Conference on Yoga for World Peace, .(ISBN-81-9235735-5) | Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore | Feb 2018 |
| “ Effect of Intermittent Training and Aerobic Exercise on Selected Speed Parameters of College Men Soccer Players” | National Conference on Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance, (ISBN-978-93-5300-491-0) | Ganesar College of Arts and Science Pudukkottai | March, 2018 |

**Inter-National**

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| --- | --- | --- | --- |
| **Title of the Paper** | **Proceedings of** | **Organized By** | **Year** |
| “Enhancing endurance performance after isolated and combined aerobic and anaerobic interval training of university women soccer players” | International Sports Science Students Conference(ISSSC-2013) | University of Malaya, **Kuala Lumpur, Malaysia** | November 2013. |
| “Effect of two differ modes of respiratory practices on cardio respiratory endurance and agility performance of college men soccer players ” | International congress on Renaissance in sports (ICRS-2014)  (ISBN-978-81-908942-2-7) | National college,  Tiruchirappalli  Tamilnadu | August 2014 |
| “An integrated approach of football skill training with and without weight:12 weeks prospective study” | International Sports Science Students Conference (ISSSC-2015). E-ISBN: 978-1518814730. | University of Malaya, **KualaLumpur, Malaysia** | November 2015. |
| “Comparative Analysis of Competitiveness Amoung Special Students ” | Inter-National Seminar on Health Indicators for Phycical and Cognitive Fitness Education(ISBN- 978-81-836868-8-4). | Faculty of Education, Alagappa University, Karaikudi | January 2016. |
| “An Impact of isolated and combined computer assisted instruction and traditional coaching on soccer basic skills.” | International Research Conference(JUICE-2016).ISBN No.978-955-0585-11-3 | Jaffna University, **SRI LANKA** | August 2016 |
| “Impact of Short-Term Practice of Yoga on Anxiety and Stress Control among Football Players.” | International Conference on Advent of Technology and its Implication on Sports and Physical Education(ICTISPE-2017 | Kasetsart University,Bangkok, **THAILAND** | January 2017 |
| “Effect of Physical Exercises and Yogic Practices on Selected Physical Fitness Components among Anna University Men Football Players.” | International Congress on Renaissance in Sports (ICRS-2017).ISBN No.9788-190-894-20-3. | National College Tiruchirappalli, Tamilnadu. **INDIA** | February 2017 |
| Effect of Intermittent Training with and without Massage Manipulation on Selected Bio Motor Factors Among University Men Soccer Players | International Congress on Renaissance in Sports. | Research Department of Physical Education and Sports Sciences,National College,Tiruchirappalli, Tamilnadu | January 2019 |
| Progressive Fluctuated and Regressive Resistance Training and its Impact of Leg Explosive Strength in Vertical Direction of Women Kabaddi Players. | International Conference on Emerging Challenges in Physical Education | Department of Value Education, Centre for Health & Physical Education, Chennai | 13.08.2022 |
| Recreational Sports Activity on Gross Motor Skill among Grassroot level Children – A Pilot Study | International Research Conference on Healthy Delights | Jaffna University, **SRI LANKA** | 24.08.2022 |

**List of Paper Presentation at Conference and Seminar**

**National**

|  |  |  |  |
| --- | --- | --- | --- |
| **Title of the Paper** | **Conference / Seminar**  **on** | **Organized By** | **Year** |
| “Treadmil and it’s influence on todays sports” | National Conference on Emerging trends in physical education and sports sciences ISBN-978-81-908078-6-9 | Department of Physical Education,Bharathidasan University,Tiruchirappalli | March, 2011 |
| “Fifa women world cup 2011-Match Summary” | UGC-Sponsored National Conference on Recent trends in yoga and physical education ISBN-97881-910426-8-9 | Department of Physical Education, Virudhunagar Hindu Nadars Senthikumara Nadar College,Virudhunagar, | Aug 2011 |
| “Influence of Treadmill running on selected physiological variables of obese men” | UGC-Sponsored National Conference on Recent trends in yoga and physical education ISBN-97881-910426-8-9 | the Department of Physical Education, Virudhunagar Hindu Nadars Senthikumara Nadar College,Virudhunagar, | Aug 2011 |
| “Effect of different frequencies of yogic practice on selected psychological components of university soccer players” | National Conference on Doping in Sports-Invigoration, Prerequisites and Misapprehensions, ISBN-978-81-9091 | Department of Physical Education, National College, Tiruchirappalli, | July, 2012 |
| “Effects of yogic practices and nature therapy on resting pulse rate” | UGC-Sponsored National Conference on Physiological aspects of training nutrition recovery and performance ISBN-978-93-80657-73-8 | Department of Physical Education, Mannar Thirumalai Naicker College, Madurai | August, 2012 |
| “Increasing Flexibility through massage manipulation A-8 Weeks prospective study for university men soccer players” | UGC Sponsored national seminar on Essence of uniform nomenclature and curriculum designs for various courses of physical education in india ISBN-81-9235731-7 | Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education | April, 2013 |
| “An Impact of Aerobic Training with two different Frequencies and Fitness Exercise on Speed performance of Men Football Players” | UGC Sponsored National Seminar on Recent Trends in Sports Technology, Management and Allied Sciences ISBN-81-9235731-7 | Department of Physical Education, Arumugam Pillai Seethai Ammal College, Thirupathur | Sep 2014. |
| “Effect of Progressive Relaxation Technique and Yogic Practices for Selected Psychological Parameters of Anna UniversitySoccer Players ” | UGC Sponsored National Seminar on Role of Yoga and Technology in Enhancing Sports Performance and Populace Health | Department of Physical Education, Urumu Dhanalakshmi College, Trichy | Jan 2016. |
| “Effect of Different Intensity of Intermittent Training Programmes on HematologicalParameters of Anna University Men Players ” | UGC Sponsored National Seminar on Concept of Health, Fitness and Wellness ISBN-978-93-83213-10-8 | Department of Physical Education, Bharathidasan University, Trichy | Feb 2016 |
| “Impact of Yogic Practices and Physical Exercises on Muscular Strength among College Students” | National Seminar on Road Map to 2020 Olympics | Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education,  Coimbatore | Feb 2017 |
| “ Similarity Between the male and female football players in competitive behaviours” | National Seminar on Health and Fitness in Modern Society | Department of Physical Education, Tumkur University,Tumkur, Karnataka | April 2017 |
| “Impact of Stress Management Through Meditation Practices of Interuniversity Participants” | National Seminar on BLISSFUL YOGA | Department of Physical Education, Tumkur University, Tumkur, Karnataka | July 2017 |
| “ Effect of Aquatic Training and Yogic Practice on Motor Fitness Variables of Football Players” | National Conference on Yoga for World Peace, .(ISBN-81-9235735-5) | Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore | Feb 2018 |
| “ Effect of Intermittent Training and Aerobic Exercise on Selected Speed Parameters of College Men Soccer Players” | National Conference on Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance, (ISBN-978-93-5300-491-0) | Ganesar College of Arts and Science Pudukkottai | March, 2018 |

**Inter-National**

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| --- | --- | --- | --- |
| **Title of the Paper** | **Conference / Seminar**  **on** | **Organized By** | **Year** |
| “Enhancing endurance performance after isolated and combined aerobic and anaerobic interval training of university women soccer players” | International Sports Science Students Conference(ISSSC-2013) | University of Malaya, **Kuala Lumpur, Malaysia** | November 2013. |
| “Effect of two differ modes of respiratory practices on cardio respiratory endurance and agility performance of college men soccer players ” | International congress on Renaissance in sports (ICRS-2014)  (ISBN-978-81-908942-2-7) | National college,  Tiruchirappalli  Tamilnadu | August 2014 |
| “An integrated approach of football skill training with and without weight:12 weeks prospective study” | International Sports Science Students Conference (ISSSC-2015). E-ISBN: 978-1518814730. | University of Malaya, **KualaLumpur, Malaysia** | November 2015. |
| “Comparative Analysis of Competitiveness Amoung Special Students ” | Inter-National Seminar on Health Indicators for Phycical and Cognitive Fitness Education(ISBN- 978-81-836868-8-4). | Faculty of Education, Alagappa University, Karaikudi | January 2016. |
| “An Impact of isolated and combined computer assisted instruction and traditional coaching on soccer basic skills.” | International Research Conference(JUICE-2016).ISBN No.978-955-0585-11-3 | Jaffna University, **SRI LANKA** | August 2016 |
| “Impact of Short-Term Practice of Yoga on Anxiety and Stress Control among Football Players.” | International Conference on Advent of Technology and its Implication on Sports and Physical Education(ICTISPE-2017 | Kasetsart University,Bangkok, **THAILAND** | January 2017 |
| “Effect of Physical Exercises and Yogic Practices on Selected Physical Fitness Components among Anna University Men Football Players.” | International Congress on Renaissance in Sports (ICRS-2017).ISBN No.9788-190-894-20-3. | National College Tiruchirappalli, Tamilnadu. **INDIA** | February 2017 |
| Effect of Intermittent Training with and without Massage Manipulation on Selected Bio Motor Factors Among University Men Soccer Players | International Congress on Renaissance in Sports. | Research Department of Physical Education and Sports Sciences,National College,Tiruchirappalli, Tamilnadu | January 2019 |
| Progressive Fluctuated and Regressive Resistance Training and its Impact of Leg Explosive Strength in Vertical Direction of Women Kabaddi Players. | International Conference on Emerging Challenges in Physical Education | Department of Value Education, Centre for Health & Physical Education, Chennai | 13.08.2022 |
| Recreational Sports Activity on Gross Motor Skill among Grassroot level Children – A Pilot Study | International Research Conference on Healthy Delights | Jaffna University, **SRI LANKA** | 24.08.2022 |

**List of Participation at Workshop**

**National Level**

|  |  |  |
| --- | --- | --- |
| **Title of Workshop** | **Organized by** | **Year** |
| UGC-Sponsored National Workshop on Association of Indian universities sports organization | University of Madras, Chennai | March,  2011 |
| TEQUIP-II Sponsored National seminar on Research Paper, Dissertation and Project Proposal Preparation | Anna University, Bharathidasan Institute of Technology Tiruchirappalli | February, 2014. |
| National Seminar on Sports Injury Prevention & Sports Nutrition/Yoga, | Tamil Nadu Football Association, Chennai | July,  2014 |
| National Workshop on Inter University Workshop on Yoga, Weight, Lifting, Judo and Wrestling | Department of Physical Education, Tumkur university | March 2015. |
| UGC-Sponsored National Workshop on Sports Biomechanics, | Department of Physical Education, Bharathidasan University, Tiruchirappalli | December, 2016. |
| Two Days National Workshop on Recent Trends in Physical Fitness and Wellness | Department of Physical Education Mother Teresa Women’s University Kodaikanal.Tamilnadu | July 2018 |
| One day National Workshop on Tennis and Racketlon | Department of Physical Education and Yoga Bharathidasan University Tiruchirappalli,Tamilnadu | March 2019 |
| One day Workshop on Science of Yoga | Manonmaniam Sundaranar University Tirunelveli,Tamilnadu  (MHRD Project,Govt.of Participation) | September 2019 |

**Inter National Level**

|  |  |  |
| --- | --- | --- |
| **Title of Workshop** | **Organized by** | **Year** |
| International Workshop on Yoga for Healthy Life and Stress Relife | Department of Physical Education JJ College of Engineering and Technology, Tiruchirappalli, Tamilnadu India | October 2018 |
| International Workshop on Yoga Physical Education and Sports Science | Nizam College Osmania University, Hyderabad  Indian Federation of Computer Science in Sports, In Association with International Federation of Physical Education, Fitness and Sports Science Associations. | June 2019 |
| International Conference on Values and Spirituality for Overcoming Challenges | Rajyoga Education and Research Foundation(Education Wing) Brahma Kumaris,Mount Abu at Annamalai University,Tamilnadu | June 2019 |

**Organized Workshop / Seminar / Training Course**

|  |  |  |
| --- | --- | --- |
| **Topic of the Workshop** | **Venue** | **Date** |
| ISAK level I & II Course | University College of Engineering BIT Campus Anna University Tiruchirappalli | 09.04.2014 to 11.04.2014 |
| one day workshop on yoga for healthy life in **TEQIP-II Sponsored** | University College of Engineering BIT Campus Anna University Tiruchirappalli | 27.09.2016 |
| one day workshop on Fitness for Daily life | University College of Engineering BIT Campus Anna University Tiruchirappalli | 26.10.2016 |
| one day International workshop on Asana and Breathing Exercise | University College of Engineering BIT Campus Anna University Tiruchirappalli | 07.02.2018. |
| National Level Workshop on Injuries and Evidence Based Physiotherapy Management | University College of Engineering BIT Campus Anna University Tiruchirappalli | 9.03.2018 |

**Acted as Coach / Manager for the University Team / Tamil Nadu Team / College Team**

|  |  |  |  |
| --- | --- | --- | --- |
| **Acted As** | **Name of the Team** | **Name the Tournament Venue & Performance** | **Year** |
| Coach | Anna University of Technology, Tiruchirappalli Men Football team | South Zone and All India Football Championship held at VIT University, Vellore, Tamil Nadu and Jabalpur, respectively Secured **Fourth place** in South Zone competitions & participate in All India Football Championship | 2010 -2011 |
| Coach | Anna University of Technology, Tiruchirappalli Women Football team | All India Inter University Football Tournament held at Annamalai University Chidambaram | 2011-12 |
| Coach | Anna University of Technology, Tiruchirappalli Men Football team | South Zone Inter University Football Tournament held at University of Kerala, Kerala | 2011-12 |
| Coach | Anna University, Chennai | South Zone Inter University Football Tournament held at Annamalai University Chidambaram | 2012-13. |
| Coach | Tamilnadu Sub-Junior Boys, Football team | Sub-Junior National Coca-Cola Football Tournament held at Pune, | 2013-2014 |
| Coach | Anna University, Chennai | South Zone Inter University Football Tournament held at Calicut University, Kerala Secured **Fourth place** in South Zone competitions& participate in All India Football Championship held at LNEPE, Gwalior | 2014-2015 |
| Coach | Tamilnadu Sub-Junior Boys, Football team | Sub-Junior National Coca-Cola Football Tournament held at Nagapattinam,Tamilnadu, | 2015-2016 |
| Coach | Tamilnadu Junior Boys, Football team | Junior National Football Tournament held at Punjab, | 2016-2017 |
| Coach | Anna University, Chennai Women Football team | South Zone Inter University Football Tournament held at AnnamalaiUniversity, Chidambaram | 2016-2017 |
| Coach | Anna University, Chennai Men Football team | South Zone Inter University Football Tournament held at Calicut University | 2016-2017 |
| Manager | Tamil Nadu Senior Men Team | Santosh Traphy Football Tournament held at Naively Tamilnadu | 2018-2019 |
| Coach | Anna University, Chennai Men Football team | South Zone Inter University Football Tournament held at Calicut University | 2019-2020 |
| Coach | Anna University, Chennai Women Football team | South Zone Inter University Football Tournament held at AnnamalaiUniversity, Chidambaram | 2021-2022 |

**Organized – District / State / National / League Tournaments/1nter Collegiate Zonal / Inter-Zonal Tournaments**

|  |  |  |
| --- | --- | --- |
| **Name of the Tournament** | **Venue** | **Year** |
| Anna University Zonal and Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 2012-2013 |
| Pudukkottai District Level Football League Tournament for Men | Pudukkottai | 2012-2013 |
| Pudukkottai District Level Inter School Football Boys Tournament | Pudukkottai | 2012-2013 |
| Anna University Zonal and Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 2013-2014 |
| Pudukkottai District Level Football League Tournament for Men | Pudukkottai | 2013-2014 |
| Pudukkottai District Level Inter School Football Boys Tournament | Pudukkottai | 2013-2014 |
| Anna University Zonal and Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 2014-2015 |
| Pudukkottai District Level Football League Tournament for Men | Pudukkottai | 2014-2015 |
| Pudukkottai District Level Inter School Football Boys Tournament | Pudukkottai | 2014-2015 |
| Member of Organizing Committee of Conducting the South Zone Inter University Kho-Kho (Women) Tournament | UCE,BIT Campus Anna University, Tiruchy | 2014-2015 |
| Anna University Zonal and Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 2015-2016 |
| Pudukkottai District Level Football League Tournament for Men | Pudukkottai | 2015-2016 |
| Pudukkottai District Level Inter School Football Boys Tournament | Pudukkottai | 2015-2016 |
| State Level Sub-Junior Inter District Football Tournament for Boys | Pudukkottai | 2015-2016 |
| Anna University Zonal and Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 2016-2017 |
| Pudukkottai District Level Football League Tournament for Men | Pudukkottai | 2016-2017 |
| Pudukkottai District Level Inter School Football Boys Tournament | Pudukkottai | 2016-2017 |
| Anna University Zonal and Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 2017-2018 |
| Pudukkottai District Level Football League Tournament for Men | Pudukkottai | 2017-2018 |
| Pudukkottai District Level Inter School Football Boys Tournament | Pudukkottai | 2017-2018 |
| Tamilnadu State Level Junior Football Team Selection Trials for Boys Participating for the Junior National Tournament | Pudukkottai | 2017-2018 |
| Anna University Zonal and Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 2018-2019 |
| Pudukkottai District Level Football League Tournament for Men | Pudukkottai | 2018-2019 |
| Pudukkottai District Level Inter School Football Boys Tournament | Pudukkottai | 2018-2019 |

**Organizing Experience at International Event Chess Olympiad**

|  |  |  |
| --- | --- | --- |
| **Name of the Tournament** | **Venue** | **Year** |
| Chess Olympiad | Tamilnadu | 2021-2022 |

**Organizing Experience at South & All India Inter University Athletics**

|  |  |  |
| --- | --- | --- |
| **Name of the Tournament** | **Venue** | **Year** |
| South West Inter University Athletics & All India Inter University Athletics Championship | Tamilnadu Physical Education and Sports University Chennai | 2022-2023 |

**Organized Coaching Camp / Residential Coaching Camp / NSO Daily Coaching Camp / NSO Residential Coaching Camp / Summer Coaching Camp**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Name of the Camp** | **Venue** | **Period** | | | |
| **From** | **To** | | **Total Days** |
| Summer Coaching Camp | Anna University of Technology,Tiruchirappalli | 25.04.2011 | 12.05.2011 | | 21 |
| Tamilnadu Junior boys Team Coaching Camp | H.H.The Rajah’s College  Pudukkottai | 20.11.2017 | 30.11.2017 | | 11 |
| NSO Residential Coaching Camp | UCE,BIT Campus Anna University, Tiruchy | 18.06.2019 | 28.06.2019 | | 10 |
| Orientation Programme for the First Year Students | UCE,BIT Campus Anna University, Tiruchy | 04.08.2018 | 09.09.2018 | | 9 |
| Coaching Camp for College Men Football Team for Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 09.09.2019 | 29.09.2019 | | 21 |
| 00.00.2018 | 00.00.2018 | |
| 00.00.2017 | 00.00.2017 | |
| 00.00.2016 | 00.00.2016 | |
| 00.00.2015 | 00.00.2015 | |
| 00.00.2014 | 00.00.2014 | |
| 00.00.2013 | 00.00.2013 | |
|  | | |
| Coaching Camp for College Women Football Team for Inter Zonal Tournaments | UCE,BIT Campus Anna University, Tiruchy | 09.09.2019 | 29.09.2019 | | 21 |
| 00.00.2018 | 00.00.2018 | |
| 00.00.2017 | 00.00.2017 | |
| 00.00.2016 | 00.00.2016 | |
| 00.00.2015 | 00.00.2015 | |
| 00.00.2014 | 00.00.2014 | |
| 00.00.2013 | | 00.00.2013 |

**Course Attended**

|  |  |  |  |
| --- | --- | --- | --- |
| **Name of the Course** | **Place** | **Duration** | **Sponsoring Agency** |
| Orientation Course | Academic Staff College Bharathidasan University, Tiruchirappalli | 20.05.2010 to 16.06.2010 | UGC |
| M.Sc ( Yoga) Course | Tamilnadu Physical Education and Sports University,Chennai | 2012-2013 | Personal |
| Refresher Course | Academic Staff College  Bharathiyar University Coimbatore | 19.02.2014 to 11.03.2014 | UGC |
| Refresher Course | Academic Staff College  Bharathiyar University Coimbatore | 24.05.2016 to 13.06.2016 | UGC |

**Appointed as** **External Examiner / Representative for University Examination in the University / Centre / College**

|  |  |  |  |
| --- | --- | --- | --- |
| **Appointed as** | **Nature of Duties** | **Venue** | **Period** |
| Anna University of Technology Representative for University Exam | AUR – Examination | Chenduran College of Engineering and Technology,Pudukkottai | 12.05.2010 to 23.05.2010 |
| Anna University of Technology Representative for University Exam | AUR – Examination | Jayaram College of Engineering and Technology,Trichy | 18.05.2011 to 30.05.2011. |
| External Examiner | Value the  Examination  papers for Diploma in Yoga | Mother Teresa Women’s University, Kodaikanal | 26.05.2015 to 30.05.2015. |
| Vigilance Squad | Anna University Examination | Various College | 31.10.2016 to 01.11.2016 |
| Vigilance Squad | Anna University Examination | Various College | 31.10.2017 to 01.11.2017 |
| Examiner | Comprehensive Viva-Voce Examination for Phd | Periyar Maniammal University, Thanjaur | 24.11.2017 |

**Acted as Chair & Co-Chair Person in National / Inter National Conferences / Seminar**

|  |  |  |  |
| --- | --- | --- | --- |
| **Acted as** | **Name of the Programme** | **Organised By** | **Period** |
| Chair Person | UGC Sponsored National Seminar on Recent Trends in Sports Technology, Management and Allied Scienc(ISBN-81-9235731-7) | Department of Physical Education, Arumugam Pillai Seethai Ammal College, Thirupathur | 12& 13Sep 2014. |
| Chair Person | International Sports Science Students Conference | University of Malaya, **Kuala Lumpur, Malaysia** | 3 & 4 Nov 2015 |
| Co-Chair Person | Inter-National Seminar on Health Indicators for Phycical and Cognitive Fitness Education (ISBN- 978-81-836868-8-4). | Faculty of Education, Alagappa University, Karaikudi | 28 Jan 2016 |
| Co-Chair Person | UGC Sponsored National Seminar on Role of Yoga and Technology in Enhancing Sports Performance and Populace Health(ISBN- 978-93-80622-03-3) | Department of Physical Education, Urumu Dhanalakshmi College, Trichy- | 29 Jan  2016 |
| Co-Chair Person | UGC Sponsored National Seminar on Concept of Health, Fitness and Wellness (ISBN-978-93-83213-10-8). | Department of Physical Education, Bharathidasan University, Trichy | 04& 05 Feb 2016. |
| Chair Person | Inter National Conference on Emerging Trends in Sports Medicine, Physical Education, Sports Science and Yoga | Tamilnadu Physical Education and Sports University, Tamilnadu, | 18th & 19th January 2017. |
| Chair Person | **3rd Malaysian Sport Psychology Conference** | **University of Malaysia, Kuala Lumpur** | **08.05.2017 to 09.05.2017.** |
| Chair Person | National Seminor on Road Map to 2010 Olympics | Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education | 23 & 24 Feb 2017. |
| Chair Person | the International Congress on Renaissance in Sports ISBN No.9788-190-894-20-3 | National College Tiruchirappalli, Tamilnadu | 10& 11Feb 2017 |
| Chair Person | National conference on health and fitness in the modern society | Tumkur university | 13.04.2017 |
| Chair Person | National conference on BLISSFUL YOGA | Tumkur university | 22.07.2017 |
| Chair Person | UGC Sponsored International conference on Bridging Innovations in Sports, Education and Nutrition | Avinashilingam Institute for Home Science and Higher Education for Women University, Coimbatore | 08.02.2018. |
| Chair Person | National conference on Research Renaissance in Physical Education | Tumkur university | 09.02.2018 |
| Chair Person | National Conference on Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance, .(ISBN-978-93-5300-491-0) | Ganesar College of Arts and Science Pudukkottai. | 3.03.2018 |

**Acted as Resource Person in the Refresher Course / Orientation Course / Special Lecture.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Acted as** | **Name of the Programme** | **Organised By** | **Period** |
| Resource Person | Informative lecture on Yoga and Fitness of Sports Regarding Good Health in the District Level Summer Coaching Camp | Sports Development Authority of Tamilnadu, Pudukkottai | 09.05.2010. |
| Resource Person | Deliver a lecture on Sports Medicine to the students | Chenduran College of Engineering and Technology, Pudukkottai | 30.05.2010 |
| Resource Person | Deliver a lecture on Sports Discipline to the students | Chenduran College of Engineering and Technology, Pudukkottai | 05.12.2010 |
| Resource Person | Deliver a lecture on Sports Nutrition to the students | Chenduran College of Engineering and Technology, Pudukkottai | 29.05.2011 |
| Resource Person | Deliver a lecture on Fitness to the students | Chenduran College of Engineering and Technology, Pudukkottai | 11.12.2011 |
| Resource Person | Deliver a lecture on Sports Psychology to the students | Chenduran College of Engineering and Technology, Pudukkottai | 27.05.2012 |
| Resource Person | Deliver a lecture on Sports Injuries to the students | Chenduran College of Engineering and Technology, Pudukkottai | 09.12.2012 |
| Resource Person | Informative lecture on 10.05.2013 Topic on Sports Nutrition in the District Level Summer Coaching Camp | Sports Development Authority of Tamilnadu, Pudukkottai | 10.05.2013. |
| Resource Person | Informative lecture on 12.05.2013 Topic on Healthy Food and Prevention on Sports in the District Level Summer Coaching Camp | Sports Development Authority of Tamilnadu, Pudukkottai | 12.05.2013. |
| Resource Person | deliver a lecture on SportsTraining to the students | Chenduran College of Engineering and Technology, Pudukkottai | 23.06.2013 |
| Resource Person | Deliver a lecture on Imparting Training on Guidance of Football to the students | Chenduran College of Engineering and Technology, Pudukkottai | 08.12.2013 |
| Resource Person | Informative lecture on 18.05.2014 Topic on Rules and Regulation of all Sports and Games in the District Level Summer Coaching Camp | Sports Development Authority of Tamilnadu, Pudukkottai | 18.05.2014. |
| Resource Person | Deliver a lecture on Basic Rules and Skill Training on Football to the students | Chenduran College of Engineering and Technology, Pudukkottai | 29.06.2014 |
| Resource Person | Deliver a lecture on How to Play Systematic a Game of Football to the students | Chenduran College of Engineering and Technology, Pudukkottai | 30.11.2014. |
| Resource Person | Deliver a lecture on How to Play Systematic a Game to the students | Chenduran College of Engineering and Technology, Pudukkottai | 17.05.2015 |
| Resource Person | Informative lecture on Gymnastics in the Orientation Course for Physical Director/Teachers | Sports Development Authority of Tamilnadu, Pudukkottai | 09.09.2015. |
| Resource Person | deliver a lecture on Imparting Training on Guidance of Sports to the students | Chenduran College of Engineering and Technology, Pudukkottai | 22.11.2015 |
| Resource Person | Orientation Course | UGC-HRDC, Bharathidasan University, Trichy | 09.12.2015 |
| Resource Person | Deliver an Informative lecture on Squash Techniques, Rules and Regulations in the Orientation Course for Physical Director/Teachers | Sports Development Authority of Tamilnadu, Pudukkottai | 01.09.2016 |
| Resource Person | Deliver an Informative lecture on YOGA in the International Conference at **Singapore** | Singapore Yoga Federation | 28.07.2017 to 30.07.2017. |
| Resource Person | Deliver an Informative lecture on SQASH in the Orientation Course for Physical Director/Teachers | Sports Development Authority of Tamilnadu, Pudukkottai | 30.11.2017 |
| Resource Person | Deliver an Informative lecture on Healthy Student Life in the Summer Coaching Camp for School Students. | R.C.Middle School,Pudukkottai | 26.04.2018 |
| Resource Person | Deliver an lecture on Squash in the Physical Directors / Physical Education Teachers Three Days Residential Coaching Camp. | Sports Development Authority of Tamilnadu, Pudukkottai | 19.09.2018 |
| Resource Person | International Workshop on Yoga Physical Education and Sports Science | Nizam College Osmania University, Hyderabad  Indian Federation of Computer Science in Sports, In Association with International Federation of Physical Education, Fitness and Sports Science Associations. | 29 & 30  June 2019 |
| Resource Person | Deliver an Informative lecture on YOGA for Healthy Life in the International Conference at **South Korea** | South Korea Yoga Federation | 05.09.2019 to  08.09.2019 |

**Invited Guest of Honor/Chief Guest for the College/School/SDAT/Clubs**

|  |  |  |  |
| --- | --- | --- | --- |
| **Acted as** | **Name of the Programme** | **Organized By** | **Period** |
| Chief Guest | Prize Distribution Function of Sports Day | Government High School, Ganthinagar, Pudukkottai | 08.08.2014 |
| Guest of Honor | Inauguration of Annet’s Club | ROTARY CLUB OF TRICHIRAPPALLI NORTH | 19.07.2015 |
| Chief Guest | Prize Distribution Function of Monthly Sports | Sports Development Authority of Tamilnadu,Pudukkottai Unit | 27.10.2015 |
| Chief Guest | Prize Distribution Function of District Sports in Carom | Sports Development Authority of Tamilnadu,Pudukkottai Unit | 26.10.2017 |
| Chief Guest | Prize Distribution Function of Sports Day | Government Higher Secretary School, Kaverinagar | 26.1.2018 |
| Chief Guest | Prize Distribution Function of District Sports in Carom | Chenduran Polytechnic College, Pudukkottai | 01.02.2018 |
| Key Note Address | National Workshop Inaugural Function | Department of Physical Education, Mother Teresa Women’s University Kodaikanal. | 26.07.2018 |
| Chief Guest | Pudukkottai District School Sports Promotion Football Tournament 2019 | District Co ordinator  School Sports Promotion Foundation, | January 2019 |
| Chief Guest | Prize Distribution Function of District Sports in Taekwondo | Pudukkottai Districr Taekwondo Association | 25.08.2019 |
| Chief Guest | Prize Distribution Function of Sports Day | Lakshmi Hr.Sec School Manapparai | 2020-2021 |
| Chief Guest | Prize Distribution Function of Sports Day | Bharath Matric School, Pudukkottai | 2022-2023 |

**Acted as Member of Selection Committee in the University / State / District / College /**

**School for Selecting the Team Players.**

|  |  |  |  |
| --- | --- | --- | --- |
| **Acted as** | **Name of the Tournamets** | **Organized By** | **Period** |
| Selection Committee Member | Chief Minister’s Trophy District Level Sports and Games Competition | District Sports & Youth Welfare Officer ,SDAT Pudukkottai | 23.06.2012 |
| Selection Committee Member | Chief Minister’s Trophy District Level Sports and Games Competition | District Sports & Youth Welfare Officer ,SDAT Pudukkottai | 09.11.2013 |
| Selection Committee Member | Anna University Football Men Team Selection Trials | Anna University, Chennai | 2013-2014 |
| Selection Committee Member | Anna University Football Men Team Selection Trials | Anna University, Chennai | 2014-2015 |
| Selection Committee Member | Anna University Football Women Team Selection Trials | Anna University, Chennai | 2015-2016 |
| Selection Committee Member | Chief Minister’s Trophy District Level Sports and Games Competition | District Sports & Youth Welfare Officer ,SDAT Pudukkottai | 08.01.2015 |
| Selection Committee Member | Anna University Taekwondo Team Selection Trials | Anna University, Chennai | 2016-2017 |
| Selection Committee Member | Anna University Football Men Team Selection Trials | Anna University, Chennai | 2016-2017 |
| Selection Committee Member | Anna University Football Women Team Selection Trials | Anna University, Chennai | 2016-2017 |
| Selection Committee Member | Anna University Football Men Team Selection Trials | Anna University, Chennai | 2017-2018 |
| Selection Committee Member | Anna University Football Women Team Selection Trials | Anna University, Chennai | 2017-2018 |
| Selection Committee Member | Anna University Football Men Team Selection Trials | Anna University, Chennai | 2018-2019 |
| Selection Committee Member | Anna University Football Women Team Selection Trials | Anna University, Chennai | 2018-2019 |
| Selection Committee Member | Sports Hostel District Level Selection Trials | District Sports & Youth Welfare Officer ,SDAT Pudukkottai | 2019-2020 |
| Selection Committee Member | Anna University Football Women Team Selection Trials | Anna University, Chennai | 2020-2021 |
| Selection Committee Member | Anna University Football men Team Selection Trials | Anna University, Chennai | 2020-2021 |
| Selection Committee Member | Anna University Football Women Team Selection Trials | Anna University, Chennai | 2021-2022 |
| Selection Committee Member | Anna University Football men Team Selection Trials | Anna University, Chennai | 2021-2022 |
| Selection Committee Member | Anna University Football Women Team Selection Trials | Anna University, Chennai | 2022-2023 |
| Selection Committee Member | Anna University Football men Team Selection Trials | Anna University, Chennai | 2022-2023 |

**DECLARATION**

I hereby declare that the aforesaid information’s are true and correct to the best of my knowledge and belief.

**Signature**