



**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**

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

## Working Experience

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

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

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

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

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

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

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

<b>Name of Assign</b>	<b>Name of the State / University Team</b>	<b>Name of the Tournament</b>	<b>Level of Performance</b>	<b>Venue</b>	<b>Year</b>
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

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

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

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

<b>Title of the Paper</b>	<b>Name of the Journals</b>	<b>Year of Published</b>
“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

<b>Title of the Paper</b>	<b>Name of the Journals</b>	<b>Year of Published</b>
“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 among 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 Programmes 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, <a href="http://lemma-tijdschriften.nl/">http://lemma-tijdschriften.nl/</a> .	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, <a href="http://annalsofrscb.ro">http://annalsofrscb.ro</a>	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, 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 University Soccer 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

<b>Title of the Paper</b>	<b>Proceedings of</b>	<b>Organized By</b>	<b>Year</b>
“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, <b>Kuala Lumpur, Malaysia</b>	November 2013.
“Effect of two different 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, <b>KualaLumpur, Malaysia</b>	November 2015.
“Comparative Analysis of Competitiveness Among 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, <b>SRI LANKA</b>	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, <b>THAILAND</b>	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. <b>INDIA</b>	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
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**List of Paper Presentation at Conference and Seminar  
National**

<b>Title of the Paper</b>	<b>Conference / Seminar on</b>	<b>Organized By</b>	<b>Year</b>
“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
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“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 University Soccer 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.
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“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
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### Inter-National

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“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, <b>Kuala Lumpur, Malaysia</b>	November 2013.
“Effect of two different 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
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“Comparative Analysis of Competitiveness Among Special Students ”	Inter-National Seminar on Health Indicators for Physical and Cognitive Fitness Education(ISBN- 978-81-836868-8-4).	Faculty of Education, Alagappa University, Karaikudi	January 2016.
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“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. <b>INDIA</b>	February 2017
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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, <b>SRI LANKA</b>	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 <b>TEQIP-II Sponsored</b>	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**

<b>Acted As</b>	<b>Name of the Team</b>	<b>Name the Tournament Venue &amp; Performance</b>	<b>Year</b>
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 <b>Fourth place</b> 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 <b>Fourth place</b> 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 Trophy 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/Inter Collegiate Zonal / Inter-Zonal Tournaments**

<b>Name of the Tournament</b>	<b>Venue</b>	<b>Year</b>
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**

<b>Acted as</b>	<b>Name of the Programme</b>	<b>Organised By</b>	<b>Period</b>
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 & 13 Sep 2014.
Chair Person	International Sports Science Students Conference	University of Malaya, <b>Kuala Lumpur, Malaysia</b>	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,	18 <sup>th</sup> & 19 <sup>th</sup> January 2017.
Chair Person	3 <sup>rd</sup> Malaysian Sport Psychology Conference	University of Malaysia, Kuala Lumpur	08.05.2017 to 09.05.2017.
Chair Person	National Seminar 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 & 11 Feb 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.**

<b>Acted as</b>	<b>Name of the Programme</b>	<b>Organised By</b>	<b>Period</b>
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 Sports Training 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 <b>Singapore</b>	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 <b>South Korea</b>	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.**

<b>Acted as</b>	<b>Name of the Tournamets</b>	<b>Organized By</b>	<b>Period</b>
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**