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DATE OF BIRTH : 17.06.1983

DATE OF APPPOINTMENT : 03.08.2017

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Seminars/ Conference organized

- Organizing committee member of the national conference on prospective practical Approaches and Application in sports science (pass-2011) organized by the department of physical education, Health education and sports, The M.D.T Hindu College ,Tirunelveli on 04th February 2011.
- Organizing committee member of the state level workshop on sports injuries . Sports injuries physiotherapy protocoal organized by the Department of Physical Education, Health Education and sports, The M.D.T.Hindu College,Tirunelveli on 09th march 2016

- organizing committee member of the National Level workshop on “SPSS for Research Supervisors and Research scholars” organized by the Department of the Physical Education, Health Education and Sports, The M.D.T.Hindu college, Tirunelveli on 4-6 january 2017.

Paper published in the journals (with ISSN)

- Paper published in the journal. “A comparative study of Neutrticism introversion and Extroversion between optimistic and pessimistic Adolescence”. Indian journal for research in physical education sciences (IJRPESS) october 2012-march 2013 . Published by Dr.sivanthi Adithanar Collage of Physical Education, Tirunchendur.

- Paper Published in the journal “comparative effect of different intensity of physical fitness excrcise on physical variables of obese boys” in the shanlax international journal of tamil studies.

- Paper Published in the journal “comparative ahalaysis on body mass index (BMI) among Rural and urpan based children. In the shanlax international journal of tamil studies”. ISSN 2454-3993.

- Paper Published in the journal Effect of specific training programme on speed,agility,explosive power and Endurance for volley ball players, in the journal of physicsl education and allied health sciences”. January- 2014. ISSN: 2249-2380.

- Paper Published in the journal Effect of specific programme on speed for volley ball players”.In the journal of physical Education and allied health science july-Dec, 2014. ISSN: 2249-2380.

- Paper published in the journal “A Study on students’ Perception towards choosing Electives in Business studies in Tirunelveli. In the journal of physical Education and allied health science,July- 2014. ISSN: 2249-2380

- Paper Published in the journal Effect of yoga training on selected physical variables among collage volley ball players. In the journal of physical Education and allied health sciences”july 2015 . ISSN 2249-2380.

- Paper published in the journal “Effect of plyometric Training on speed, speed Endurance and Agility of Sedentary College Men”. In the journal of physical Education and allied health science, January- 2015. ISSN : 2249-2380.

Papers presents in the international/National Seminars /Conferences

- Participated in the U.G.C sponsored national seminar on practical Approaches and application in sports medicine organized by department of physical Education ,health Education & sport the M.D.T Hindu collage, Tirunelveli. Presented a paper on “top ten sports injuries “on , 29th January 2010. ISBN : 978-81-907252-3-1.

- Participated in the national seminars on prospective Approaches and application in sports science organised by department of physical Education and sports the M.D.T Hindu collage, Tirunelveli. Presented a paper on “the general guidelines for sophistication of indoor stadium”.with regard to sports floor< on 4th february 2011. ISBN: 978-81-907251-4-8.

- Participated in the national seminars on “ Teacher Education meeting the needs of the New Generation” organized by Dr. Sivanthiadanar collage of Education, Tiruchender. Presented a paper “ The Economic Impact and sports Facilities Management Innovation Trend in India. ISBN:978-81-923963-1-6.

- Participated in the national seminars on “quality concerns of teacher Education in the technological era” organized by Dr.Sivanthiadanar college of education , Tiruchendur. Presented a paper on the quality assurance for teachear educational organisations. On 24th &25th february 2012 ISBN : 978-93-80481-10-4.

- Participated in the U.G.C national seminars on innovative concepts in physical Education and yoga organized by Arul Anandar college , karmathur ,and present a paper on construction on health related physical fitness norms for high school boys (14-15) age group on 1st& 2nd february 2013 .

- Participated in the national seminar on impact of public-private partnership in Rural Economic development , organized by department of management , kaamdheni arts and science college, sathyamangalam,erode& Indian council of social science research ,new delhi national conference and presented a paper on industrial growth on 10th &11th january 2013.

- Participated in the U.G.C national seminar on promotion of yoga ,Health awareness and physical fitness – a multi dimensional approach , organized by Department of physical Education , aditanar college of arts and science , Tiruchendur , and presented a paper on “survey of low back pain among women employee in Tirunelveli, and the effect of physical exercise and yogic practice on them on 30th September & 1st 2014 ISBN :978-93-84734-02-2.

- Participated in the U.G.C national seminar on Recent development in sports and yogic sciences organized by department of physical Education ,Alagappa university , karaikudi and presented a paper on importance of sports and yoga.Therapy on them 19th march &20th 2015 ISSN :978-81-928690-4-9.

- Participated in the U.G.C National seminar on “ concept of health fitness and wellness” organized by Barathidasan university, Tiruchiraoappalli and presented a paper on “ Effect of circuit Training on selected physical fitness variables of male Hockey player” on 04th and 05th february 2016 . ISBN: 978-93-83213-10-8.

- participated in the UGC national seminar on Sports Medicine Applications and Recent Trends organization by Department of Physical Education V.O Chidhamparam Collage,Thoothukudi, and presented a paper on effect of Circuit and interval Training on select physical Physiological variables of men volley ball players on 3rd & 4th march 2017.

International/National seminar/ Conference attended

- Participated in the U.G.C sponsored state level seminar on Human Right, organised by the M.D.T Hindu Collage, Tirunelveli, and presend a paper on the “Human Rights in India”,during 18th and 19th February 2011.

- Participated in the U.G.C sponsored national seminar on “ prospects and challenges of women Entrepreneurs in the Indian scenarioorganised by the M.D.T Hindu collage, Tirunelveli, march 12th &13th 2015.

- Participated in the NAAC sponsored national conference on “Modern perspectives and strategies in teaching learning evaluation” organised by IQAC, The M.D.H Hindu collage, Tirunelveli, on 30th September &01st october 2016.

- Participated in the U.G.C sponsored international seminar on panmukanokkail thirukkural, organised by vps research centre Department of tamil the M.D.T Hindu collage on 23rd on 24th February 2017.

Workshops attended

- Participated in the National workshop on Athletics and Training, organised by Manonmaniam Sundaranar University, Tirunelveli on 04.05.2011.
- Participated in the U.G.C. State level Workshop on “Causes and Effects of Stress on Adolescent Women” organized by Department of Physical Education, The standard fireworks Rajarathnam College for woman, Sivakasi on, 28th February 2015.
- Participated in the State level Workshop on Sports Injuries-Physiotherapy protocol organized by Department of Physical Education, the M.D.T. Hindu College Tirunelveli on 9th March 2016.
- Participated in the UGC National Level Workshop on SPSS for Research Supervisors and Research Scholars organized by Department of Physical Education, The M.D.T. Hindu College, Tirunelveli, From 4th to 6th January 2017.

Books published (with ISBN)

Training methods-ISBN: 978-81-907252-8-6

Computer Application in physical Education- ISBN:978-81-931566-3-6

Priodisation- ISBN: 978-81-907252-7-9