

# Dr. S. AKILA



## CURRENT POSITION

### Assistant Professor

Department of Physical Education and Sports  
Central University of Tamil Nadu, Neelakudi,  
Thiruvavur -610 005, Tamil Nadu, India



## PREVIOUS POSITION

### Assistant Professor

Department of Physical Education  
Bharathiar University, Coimbatore

### Assistant Professor

Avinashilingam University for Women, Coimbatore

### Assistant Professor

Ramakrishna Mission Vivekananda University



## DETAILS OF QUALIFYING EXAMS

### 2009 SET (Lectureship)

Subject: Physical Education

### 2011 NET (Lectureship)

Subject: Physical Education

### 2014 CTET

Subject: CBSE Primary Stage

### 2021 NET (Lectureship)

Subject: Yoga



## QUALIFICATION

DEGREE COURSES: Ph.D., M.P.Ed., B.P.Ed., B.Sc,  
M.Sc (Applied Psychology), M.Sc (Yoga), B.Ed (MR),

DIPLOMA COURSES: PGDCD, PGDSO, PGDFM, PGDYE

CERTIFICATE COURSES: CNIS, YFSC



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Central University of Tamil  
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## EDUCATION

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- Ph.D** - Doctor of Philosophy in Physical Education (2012) Ramakrishna Mission Vivekananda University, India (**Distinction-Highly Recommended**)
- M.P.Ed** - Master of Physical Education, (2007) Bharathiar University India (Gold medalist)
- B.P.Ed** - Bachelor of Physical Education (2005), Y.M.C.A College of Physical Education, Madras University, India (**Distinction**)
- B.Sc** - Bachelor of Science (Physical Education, Health Education and Sports) (2004), Avinashilingam University for Women, India (**Distinction**)
- M.Sc** - Master of Science - Applied Psychology (2016), Bharathiar University, India. (**I Class**)
- M.Sc** - Master of Science - Yoga (2010) Tamilnadu Physical Education University, India (**Distinction**)
- B.Ed (MR)** - Bachelor of Education (2011), Special Education (Mental Retardation), Ramakrishna Mission Vivekananda University, India (**Distinction**)



## DIPLOMA COURSES

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- PGDCD** - Child Development
- PGDSO** - Special Olympics
- PGDFM** - Fitness Management
- PGDYE** - Yoga Education



## CERTIFICATE COURSES

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- CNIS** - Six weeks certificate course in Basketball (LNCPE)
- YFSC** - Yoga for Special Child (US certified)



## RESEARCH PROJECTS COMPLETED DURING COURSE WORK

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- Ph.D** - Effect of Adapted Yogic techniques on physiological, hematological, psychomotor variables of Intellectualaly challenge children with Downsyndrome
- M.P.Ed** - Comparative effect of Nadisuddhi pranayama and Nadi Shodhana pranayama

- M.Sc** - Adapted Yoga for the mild intellectually challenged children
- B.Ed (MR)** - Inclusive physical education & Remedial education & Physical education for slow learners and learning disabled



## RESEARCH COLLABORATIONS

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- Malaysia** - University Technology Mara, University of Malaya & University Putra Malaysia
- China** - University Meccauih
- Hong Kong** - Zhejiang University, International Federation of Adapted Physical Activity (Indian representative)



## FUNDED PROJECTS (Total Amount - INR 41,00,170)

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**Individual projects -11; INR 41,00,170 (Funding received)**

### Major

- |                    |   |            |
|--------------------|---|------------|
| 1. ICSSR (Ongoing) | – | 10, 00,000 |
| 2. DST (DHR)       | – | 25, 75,950 |

### Minor

- |                         |   |        |
|-------------------------|---|--------|
| 3 TNSCST – SPS (Thrice) | – | 22,500 |
|-------------------------|---|--------|

### Fellowships

- |                        |   |        |
|------------------------|---|--------|
| 4 TNSCST – YSFS (2017) | – | 21,970 |
| 5 TNSCST – YSFS (2020) | – | 23,950 |
| 5 TNSCST – YSFS (2023) | – | 26,800 |

### FDP

- |           |   |           |
|-----------|---|-----------|
| 6. MGNCRE | – | 3, 25,000 |
| 7. RUSA   | – | 44,000    |

### Workshop

- |                      |   |        |
|----------------------|---|--------|
| 1. MGNCRE – Naitalim | – | 60,000 |
|----------------------|---|--------|

**Departmental Projects Involved (BU)** - Rusa, Khelo India, AICTE, NCTE



## INTERNATIONAL VISITS

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- Malaysia (for invited lectures in University of Malaya, University Technology Mara Malaysia and Conference Presentation, 2018 October)
- Philippines (for predicting Olympic medal tally for India in the south east Asian games scientific conference 2019 November)
- Malaysia (for invited lectures in University of Malaya, University of Putra Malaysia, Conference Presentation 2020 February )



## EDITORSHIP & REVIEWER

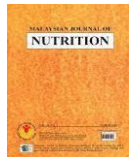
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- **Managing Editor**  
**International Journal of Physical Education, Fitness and Sports (IJPEFS)** (P & E ISSN 2277-5447;2457-0753)  
**Indian Citation Indexed, COPE Member journal**  
**Highest Web of Science Editor Record (India) (Sports Category)**  
<https://ijpefs.com/index.php/ijpefs>



- **Managing editor**  
**Bharathiar National Journal of Physical Education and Exercise Science (BNJPEES)** (ISSN – 0976-3678)  
<https://budpejournal.com/index.php/bnjpees/>



- **Reviewer**  
**Malaysian journal of Nutrition (Scopus)**  
(ISSN 1394 – 035X)  
<https://nutriweb.org.my/mjn/>



## BOOK PUBLICATION

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### Chapters in books

- 2021** - Editor of book chapter on latest trends in Physical Education for the International Journal of Physical Education Fitness and Sports. (e-ISSN-2457-0753)
- 2020** - Book series- Science and technology behind Traditional disease prevention methods of Tamil culture (in Tamil language) Tamilarin parampariya pazhakkamum Noai Thaduppum Ariviyalum for the International Research Journal of Tamil (e-ISSN 2582-1113)

## Books Edited

- 2019** - Adapted Aerobic Dance, ISBN: 978-93-89128-03-1
- 2019** - Educational Technology Trends in Physical Education, ISBN: 978-93-88413-23-7

## Books Authored

- 2020** - Assessment tools for Autism ISBN – 978-81-950059-6-3
- 2020** - Exercise prescription for the Downsyndrome ISBN-978-81-950059-5-6
- 2019** - Educational technology trends in Physical Education ISBN-978-93-88413-23-7
- 2019** - Traditional and Modern methods of Teaching Physical Education, ISBN: 978-93-88413-24-4
- 2018** - Handwriting Training Manual, ISBN: 978-81-938745-7-8
- 2018** - PE handwriting practice book, ISBN: 978-81-938745-8-5
- 2018** - Famous Sports Journalist, ISBN: 978-93-88413-13-8
- 2017** - Sports Training – A learners Guide, ISBN-9788193469125
- 2017** - Mass Media and Sports Journalism, ISBN-9788193469132
- 2017** - History of Physical Education, ISBN-9788193469149
- 2016** - Yoga for the Down syndrome, ISBN-9781684182855
- 2016** - Awards in India, ISBN-9788193469149
- 2015** - Yoga for School children, ISBN-9789380800318
- 2009** - Physical Education and Health, ISBN-9788190979290
- 2009** - Certificate course in Adapted Physical Education

## Translation

- 2009** - Udar Kalvium Udal Nalamum, ISBN-9788190979283
- 2009** - Vizhakala Samooga Vilayattukal, ISBN-9788180160479
- 2020** - Sheeba T, Karthikeyan M, Study on medieval scholar's Ramachandra Kavirayar and Avvaiyar lifestyle through their occasional verse. *International Research Journal of Tamil*, 2(1) (2020) 43-50. <https://doi.org/10.34256/irjt2012>
- 2020** - Regina B, Environmental Awareness on Water in Eight Anthologies. *International Research Journal of Tamil*, 2(1) (2020) 1-42. <https://doi.org/10.34256/irjt2011>

## ICT mediated E-content developed

### Slide Share PPT

- Fitness trends and healthy lifestyle
- Records and registers
- Adapted Physical Education
- Dronacharya Award
- About the game Basketball

### Youtube channel

1. Role of Physical education teachers in managing Corona  
[https://www.youtube.com/watch?v=BDSjojW\\_nCA&t=106s](https://www.youtube.com/watch?v=BDSjojW_nCA&t=106s)
2. COVID 19 Lockdown Exit Skill Requisites for Teachers  
[https://www.youtube.com/watch?v= 6\\_xdljtUW8](https://www.youtube.com/watch?v= 6_xdljtUW8)
3. Role of Teachers in Coping COVID 19  
[https://www.youtube.com/watch?v=jm19m\\_Xm3nA](https://www.youtube.com/watch?v=jm19m_Xm3nA)



## JOURNAL PUBLICATION

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- Bharath Kumar Nagaraj, A. Kalaivani, R. Suraj Begum, **S. Akila**, Hemant Kumar Sachdev, N. Senthil Kumar, The Emerging Role of Artificial Intelligence in STEM Higher Education: A Critical Review, **International Research Journal of Multidisciplinary Technovation**, 5(5) (2023) 1-19.  
<https://doi.org/10.54392/irjmt2351> (**Scopus Indexed**)
- Vennamaneni Deepika, B. Sujatha, R. Saravana Prabha, S. Archana Mani Malathi, **Akila S\***, The Influence of Various Exercise regimen for Improving Bone Health of Postmenopausal Women – A Review, **International Journal of Human Movement and Sports Sciences**, Vol. 10(6) (2022) 1337–1347.  
<https://doi.org/10.13189/saj.2022.100625> (**Scopus Indexed**) (**Corresponding Author**)
- Senthil Kumar S, **Akila Shanmuga Sundaram\***, Thilagavathi Shanmuga Sundaram R, Impact of COVID Lockdown on Mental Health of Elite Athletes – A Status Study, **International Research Journal of Tamil**, 4(3) (2022) 21-27.  
<https://doi.org/10.34256/irjt2233> (**UGC CARE**) (**Corresponding Author**)
- Senthil Kumar S, **Akila Shanmuga Sundaram\***, Thilagavathi Shanmuga Sundaram R, A Yoga Intervention for Stress Management of Young Athletes During Covid-19 Lockdown, **International Research Journal of Tamil**, 4(3)

(2022) 53-58. <https://doi.org/10.34256/irjt2237> (UGC CARE) (Corresponding Author)

- S. Krishna Priya, R. Karunathan, E. Shobhana, B. Babu, R. Kesavasamy, **S. Akila**, and M. Karpagavalli, A quantum chemical analysis of an organic compound: 3,5-bis (4-hydroxy phenyl)-2,4,6-trimethyl cyclohexanone, **AIP Conference Proceedings** 2446, 100008 (2022). <https://doi.org/10.1063/5.0108265> (Scopus Indexed)
- M. Charu Nivedita and **S. Akila**, Effect of Adapted Aerobic Dance on Lung Capacity of Obese Children with Down syndrome, **Bharathiar National Journal of Physical Education and Exercise Science**, 13(4) (2022) 16-23.
- D. Shanthy and **S. Akila**, Effect of Yoga on Mental Health among Sports Hostel Girls, **Bharathiar National Journal of Physical Education and Exercise Science**, 13(4) (2022) 57-63.
- D. Shanthy and **S. Akila**, Effect of kettlebell training on selected physical variables among sports hostel women, **Bharathiar National Journal of Physical Education and Exercise Science**, 13(3) (2022) 72-79.
- M. Charu Nivedita & **S. Akila**, Effect of Adapted Aerobic Dance on Body Composition of Obese Children with Down syndrome **Bharathiar National Journal of Physical Education and Exercise Science**, 13(4) (2022) 45-51.
- **Akila S\***, Priyadharsni P, Charu Nivedita M, Thilagavathi Shanmuga Sundaram, Meditation to Mediate Emotional Swings of Breast Cancer Survivors, (January 2021) **International Research Journal of Tamil**, 3(1), (2021) 140-148. <https://doi.org/10.34256/irjt21115> (UGC CARE) (Corresponding Author)
- **Akila S\***, Priyadharsni P, Charu Nivedita M, Suryanamaskar Enhances Physical Fitness of Children with Autism Spectrum Disorder, **International Research Journal of Tamil**, 3(1), (2021) 240-246. <https://doi.org/10.34256/irjt21126> (UGC CARE) (Corresponding Author)
- Jayasivarajan Segaran, **Akila Shanmuga Sundaram\***, Effect of Resistance Training on Shoulder Strength and Arm Explosive Power of Football Players, **International Journal of Engineering Research and Applications**, 11(1) (Series-II) (2021) 01-04.
- Kumudah M, Ashah M, Palanisamy S, Karthikayini K, **Akila S**, Assessment of nurses' knowledge, attitude and perception on cardiac rehabilitation program at a tertiary care teaching hospital, **International Journal of Research in**



**Pharmaceutical Sciences** 11(3) (2020) 4099-4110. (Scopus Indexed)  
<https://doi.org/10.26452/ijrps.v11i3.2613>

- Palanisamy Sivanandy, Aidil Natasha Rosman, Ainaa Diyana Shapheri, Teng Teng Chew, Natalie Jia Xin Lau, Michelle Zi Yin Yeong, Michella Ong, Bibi Muniirah Ummeh Haani Meetooa, Elaine Ng, Karthikayini Krishnasamy, Arulkumaran Govindarajan, **Akila Shanmugasundaram**, Comparison of Efficacy And Safety of Newer Drugs Approved for the Treatment of Migraine Disorder: A Review, **International Journal of Pharmacy and Pharmaceutical Sciences**, 12(7) (2020) 1-9. <https://doi.org/10.22159/ijpps.2020v12i7.37440> (Scopus Indexed)
- **S. Akila**, Renu das, Post Lockdown Classroom Management Challenges and Solutions, **Bharatiya Jyotisham**, December 2020.
- Jayasivrajan Segaran, Senthil Kumar, Shanthi Devasagayam, Anand Selva Kumar, Charu Nivedita Mariappan, Priyadharsni Ponnumuthu, **Akila Shanmuga Sundaram**, Effect of Ssuryanamaskar on selected physical fitness variables of teacher training students; **Bharathiar National Journal of Physical Education and Exercise Science**, 11(3) (2020) 7-11.
- M. Rajkumar and **S. Akila**, S. Jayasivarajan, Effect of pranayama on selected physiological variables among Inter-collegiate men volleyball players; **Bharathiar National Journal of Physical Education and Exercise Science**, 10(1) (2019) 01-05.
- **S. Akila**, Sports participation policies for transgender- A Short Review, **International Journal for Scientific and Research Development**, 4 (2018) 168-171.
- Rahman Ali. P.A., **S. Akila**, Pontoon Swimming Pool, **Asian Journal of Multi-dimensional Research**, 7(2) (2018) Spl-1932-936.
- **S. Akila**, D Chinnadurai, Traditional Kabaddi Versus Techno Kabaddi – A road map to Olympic Podium, **International Journal of Physical education, Fitness and Sports**, (2017) 6(2), 58-60. <https://doi.org/10.26524/2017.06.02.12> (Indian Citation Indexed)
- R.G. Giridharaprasath, D. Nandagopal, **S. Akila**, Physiological parameters response to the Influence of traditional Badaga dance on school students, **International Journal of Physical Education, Fitness and Sports**, 6(3) (2017) 19-21. <https://doi.org/10.26524/ijpefs1735> (Indian Citation Indexed)



- **S. Akila**, Effect of transcendental meditation on occupational stress of private school teachers, **International Journal of Adapted Physical Education and Yoga**, 1(9) (2016) 22-30.
- **S. Akila**, Effect of Surya Namaskar on body age of obese teachers, **International Journal of Adapted Physical Education and Yoga**, (2016)
- **S. Akila**, Effect of basketball dribbling practice on cursive handwriting ability of primary school children, **International Journal of Science and Research**, (2016) Volume 5 Issue 8, August 2016, 202 – 206.
- **S. Akila**, Effect of basketball skill training and yoga training on playing ability of school basketball players, **International Journal of Adapted Physical Education and Yoga**, 1(3) (2016) 1-8.
- **S. Akila**, Effect of Adapted Yogic Practices on Selected Anthropometric Variables of Children with Down Syndrome, **International Journal of Adapted Physical Education and Yoga**, (2014).
- **S. Akila**, Effect of Varied Yogic Practices on Children with Mild Intellectual Disability, **Journal of Adapted Physical Education and Yoga**, 1 (2011) 37-44.
- **S. Akila**, Inclusive Physical Education, **Journal of Physical Education and Sports Sciences**, (2011)



## CURRENT RESEARCH

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- ✚ NEP & Curriculum designing for new normal education
- ✚ Inclusive Physical Education
- ✚ Adapted Physical Education
- ✚ Adapted Yoga for special needs
- ✚ Sports for Transgender
- ✚ Yoga for Transgender
- ✚ Yoga for Cancer Patients
- ✚ COVID Yoga

### Areas of Interests

- ✚ Biomechanics
- ✚ Sports Psychology
- ✚ Child Psychology

- ✦ Remedial Physical Education
- ✦ Women Empowerment
- ✦ Youth Empowerment



## LECTURES INVITED

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### International (Outside India)

- ❖ University Putra Malaysia, **Resource Person in International Webinar**, **2021-12-17**
- ❖ Universiti Malaysia- Putra, Malaysia, **Resource Person** -Exercise Prescription for the Obese, **2020-02-17**
- ❖ Malaysia -University of Malaya, **Speaker**, **2020-02-21**
- ❖ Philippines -2019 Southeast Asian Games Scientific Conference, **Oral Presentation**, **2019-11-22**
- ❖ Malaysia -Eurasia Research, **Presenter in International Conference** on Research in Life - Science and Health Care, **2018-10-14**
- ❖ Malaysia- University of Malaya, **Special Lecture** - Yoga and Health Life, **2018-10-16**

### International (Inside India)

- ❖ International Association of Physical Education & Sports Incorporated in Collaboration with PEFI, **Resource Person**, **2021-11-14**
- ❖ Avinashilingam Institute for Home Science and Higher Education for Women, **Resource Person** in International Conference, **2018-02-09**

### National

- ❖ **Special lecture** on Adapted Yogic Techniques for the Intellectually Challenged, National College, Trichy. **06-01-2019**
- ❖ JES College, **Resource Person** in National Conference, **2020-03-07**
- ❖ Manonmaniam Sundaranar University- Center for Special Movement, **Resource Person** in National Symposium, **2020-01-11**
- ❖ Dr. MGR Educational and Research Institute - Faculty Development Programme, **Lecture**, **2020-08-07**
- ❖ Tamil Nadu Teachers Education University, **Resource Person**, **2020-05-23**
- ❖ Sri Gayathri College of Education, **Resource Person**, **2020-06-03**
- ❖ Nature Science Foundation of Coimbatore, **Resource Person**, **2020-05-17**
- ❖ The Quaide Milleth College for Men, **Resource Person**, **2020-06-10**

- ❖ Physical Education Foundation of India (NSPO) Recognized by Ministry of Youth Affairs and Sports, **Resource Person**, **2020-05-18**
- ❖ The Kavery College of Education, **Resource Person**, **2020-05-03**
- ❖ National Institute for Empowerment of Person with Multiple Disabilities (NIEPMD), **Resource Person**, **2019-04-13**
- ❖ Acted as a Chair person, **International conference on environment, genes, health and diseases**, **22-24, August 2017**
- ❖ **International Conference of Sports and Nutrition**, Avinashilingam university for women **09.03.2013**  
Title: **Adapted physical activity and yoga**
- ❖ **Special Lecture** conducted on Coimbatore Institute of Technology Civil Department, Coimbatore, **10.08.18**  
Title: **Fitness trends and Healthy lifestyle**
- ❖ Bharathiar University Arts and Science College and **Indian Council of Medical research** sponsored Two day **national workshop** on creating awareness on menstrual health and Hygiene management among rural and tribal adolescent girls in Pollachi Taluk, **23 & 24 February 2018.**  
Title: **Yogic management of menstrual problems**
- ❖ Acted as a resource person for the **UGC sponsored conference** post workshop on Universal design for inclusion, Avinashilingam University, **10<sup>th</sup> February 2018**  
Title: **Inclusive physical education and adapted yoga for the disabled**
- ❖ **National level** SCAD fest 2013, SCAD World School, Palladam **02.02.2013**  
Title: **Fitness for children**
- ❖ **National Orientation** cum work shop for teachers, Rukmani Kannan CBSE School, Coimbatore **25.05.2013**  
Title: **Identifying and providing Remedial program for Slow Learners through physical education**
- ❖ **Orientation for Physical Educators** of Chinmaya group of Schools, **11.12.2009**, Chinmaya International School, Coimbatore.  
Title: **Remedial program for Slow Learners through physical education**

## Regional

- ❖ CMC International School, **Guest Speaker**, State Level **2019-03-21**
- ❖ Key note address at B.E Induction Programme, Coimbatore Institute of Technology, Civil Engineering Department, **10.8.2018**  
Title: **Fitness Trends and Healthy Lifestyle**
- ❖ Talk in the Swatchh Bharath Student warrior Induction Programme, **2-8-2018**, Organized by Clean Campus Committee, Bharathiar University, Coimbatore  
Title: **Swatchh Bharath Annual Action plan 2018-2019**
- ❖ **Special Lecture** conducted on Shri Nehru Maha Vidyalaya, Malumachampatti.  
Title: **Essentials of a Good Leader**
- ❖ Key note address at NSS Special Camp, organized by Shri Nehru Vidyalaya Matriculation Higher Secondary School, Coimbatore-641002. **26-09-2017**  
Title: **Essentials of good leader**
- ❖ Resource person **Faculty development programme**, organized by the department of Botany, Bharathiar University, Coimbatore during 6th Nov 2017 to 21<sup>st</sup> Nov 2017. **6-11-2017 to 21-11-2017**  
Title: **Entrepreneurship**
- ❖ **State level seminar** for students, PSG College of Technology, Marial Arts Slub, Coimbatore, **25.01.2009**  
Title: **Yoga and physical education**



## FDP PROGRAMMES

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- ✦ **Two day faculty development programme**, organized by Bharathiar University. **20-07-2017 & 21-07-2017**
- ✦ **Faculty development programme on machine learning**, Organized by department of computer science, Bharathiar University. **30-1-2018 to 1-2-2018**
- ✦ **Faculty development programme on educational leadership**, Organized by department of extension & career guidance, Bharathiar University, and Ma Foi Academy. **9<sup>th</sup> to 11<sup>th</sup> January 2018**
- ✦ **Faculty development programme on Rural Immersion & Community Engagement** organized by Bharathiar University, Sponsored by Mahatma Gandhi National Council of Rural Education, Hyderabad. **09-08-2019 & 13-08-2019**



## WORKSHOPS

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### Workshops (Conducted)

- ✦ **One day Workshop** conducted on Nai Talim Experimental Learning & Work Education for Teacher Educators, **06.09.2019**.

### Workshops – National (Attended)

- ✦ **Workshop** on Converting the research work into worth commercialization – Claim drafting, **29.08.2019**, organized by Bharathiar University, Coimbatore.
- ✦ **National workshop** on inclusive education – challenges and opportunities, **21.03.2009**, organized by National Institute for the Visually Handicapped, Uttarakhand.
- ✦ **National Workshop** on “Yoga for Health and Sports, **14.06.2006**, organized by Lakshmibai National College of Physical Education – Kerala.
- ✦ **Workshop on Dope Control and Nutrition**, **25.05.2006**, organized by Lakshmibai National College of Physical Education – Kerala.

### Workshops – Regional (Attended)

- ✦ **Workshop** on wholesome development of intellectually challenged children, **27.10.2009**, organized by Ramakrishna Mission Vivekananda University, Coimbatore.



## SEMINARS

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### Seminar – International (Presentation)

- ✦ **International Seminar** on Positive prospective of Adapted Physical Education, **19 & 20 September, 2011**, organized by Ramakrishna Mission Vivekananda University, Faculty of General & Adapted Physical Education and Yoga in association with International Federation of Adapted Physical Activity.  
Title: **Adapted Physical Education for visually impaired**

### Seminars – International (Attended)

- ✦ A collaborative **international public seminar** on How to assist the students with reading difficulties? **31st July 2017**, organized by Department of Education, Bharathiar University and Central University of Tamil Nadu.

### Seminar –National (Presentation)

- ✦ **National seminar** on Assistive Technological Advancement in the management of persons with multiple Disabilities, **13.04.2019**  
Title: **Assistive Technology for Leisure Activities and Adapted Sports**

- ✦ **National seminar** on importance of sports to improve the quality of education, **12.03.2015**, Viayawada  
Title: **Importance of sports for the school going children**
- ✦ **National seminar** on recent trends in yoga and physical education, **11.10.2011**, organized by VHNSN College, Virudhunagar  
Title: **Adapted Yoga - Recent trend**
- ✦ **National seminar** on software based statistical application in physical education, **17.12.2010**, organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore  
Title: **Pros and cons of software based statistical application**
- ✦ **National seminar** on multi disciplinary approach to the management of pediatric disabilities, **18.06.2010**, organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education,  
Title: **Yoga for cerebral palsy**
- ✦ **National seminar** on essentials of a qualified teacher in yoga, **26.03.2010**, organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education.  
Title: **Adapted yogic techniques for the intellectually challenged**
- ✦ National seminar on Multi dimensional approach for excellence in sport talent identification, **28.03.2006**, organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore  
Title: **Talent identification**

### **Seminars – National (Attended)**

- ✦ **National Seminar** on Environmental Health organized by department of Bharathiar University, Coimbatore. **26<sup>th</sup> September 2019**.
- ✦ **National Seminar** on Cybercrimes against Women and Children – Precautions and Strategies, **28<sup>th</sup> and 29<sup>th</sup> March 2019**.
- ✦ **National Seminar** on Socio-Economic and Educational Barriers among Transgender people, **29<sup>th</sup> and 30<sup>th</sup> November 2018**.
- ✦ **National Seminar** on Essentials of a qualified teacher in Yoga, **26<sup>th</sup> and 27<sup>th</sup> March 2010**.

### **Seminar –Regional (Presentation)**

- ✦ **State level intercollegiate seminar** on Age related changes in physical, Anthropometric, Physiological & Sociological Parameters and Consequent Unfair advantages in Sports performance due to age Malpractice, **08.03.2007**, organized by Sri Ramakrishna Mission Vidyalyaya Maruthi College of Physical Education, Coimbatore  
Title: **“Age dilemma sports cinema”**
- ✦ State level Seminar cum Quiz competition on Standardized lab and field tests to identify the Physical, Motor and Anthropometric factors related to high level performance in Sports, **23.09.2005**, organized by Sri Ramakrishna Mission Vidyalyaya Maruthi College of Physical Education,  
Title: **“Athletics” – An Icon protocol for identifying a long distance runner**
- ✦ Inter collegiate Exhibition cum Competition India’s Contribution to Science and Arts, **02.04.2006**, organized by Sri Ramakrishna Mission Vidyalyaya Maruthi College of Physical Education, Coimbatore  
Title: **Past, Present and Future**

### Seminars – Regional (Attended)

- ✦ **Workshop**, **26<sup>th</sup> & 27<sup>th</sup> July 2017**, organized by Intellectual Property Rights cell , Bharathiar University, Think tank initiation for IPR policy implementation
- ✦ **State level seminar** on Archery, Carom, Chess, Taekwonda and tennikoit, **15-9-2015**, organized by Ramakrishna Mission Vivekananda University, Coimbatore.
- ✦ **Seminar** on multiple approaches towards intellectually challenged children, 12.02.2009, organized by Ramakrishna Mission Vivekananda University and FDMSE/FGAPEDY, Coimbatore.



## CONFERENCES

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### Conferences – International (Presentation)

- ❖ **International Conference** 2018 - 4<sup>th</sup> International conference on research in life-sciences and healthcare, **13-14 October 2018**, Organized by Healthcare and Biological Sciences Research Association(HBSRA) Kuala Lumpur, Malaysia.  
Title: **Sports participation and Sporting Interest during Pre-Post Gender Shift of Transgender**
- ✦ **International conference** on “Science and Humanities for Grooming the Future- An interdisciplinary approach, **7<sup>th</sup> to 9<sup>th</sup> February 2018**, College Development council I collaboration with the department of Human genetics and molecular biology, biochemistry, botany education, Physical education and extension and career guidance, Bharathiar University, Coimbatore



Title: **Sports participation an essential skill for grooming the future of school goers**

- ✦ **International conference** on Environment, Genes, health & diseases-2017, **22-24 August 2017**, Bharathiar university, Department of Human Genetics and Molecular Biology.

Title: **Yogicmanagement of post dengue ailments**

- ✦ **International conference** on Environment, Genes, health & diseases-2017, Bharathiar university, Department of Human Genetics and Molecular Biology. **22-24 August 2017**.

Title: **Health Issues of transgender**

- ✦ **International conference** on sports nutrition, **08.03.2012**, organized by Avinashilingam University

Title: **Adapted yoga for the intellectually challenged**

- ✦ Sovnier of the **International conference** on sports and nutrition (Proceedings), **2012**, Ramakrishna Mission Vivekananda University, Coimbatore.

Title: **Effect of adapted yoga on selected psychological and heamatological variables of intellectually challenged boys**

- ✦ **International conference** on yoga therapy and fitness, **11.02.2010**, organized by Alagappa University, Karaikudi

Title: **Effect of Asana on Children with mental retardation – a pilot study**

- ✦ Sovnier of the **International conferences** on Yoga Therapy and Fitness – An Integrated Approach, **2010**, Ramakrishna Mission Vivekananda University, Coimbatore.

Title: **Effect of Adapted Yogic Techniques on children with mental retardation**

- ✦ **International conference** on educational leadership preparation practices in India, **11.06.2009**, organized by Sri Ramakrishna Mission Vidyalyaya Maruthi College of Physical Education, Coimbatore

Title: **Leadership through sports participation**

### **Conferences – International (Attended)**

- ✦ **International conference** on Recent Trends in Electronics and Instrumentation in **29.08.2019**, organized by Department of Electronics and Instrumentation, Bharathiar University, Coimbatore.

### Conferences – National (Presentation)

- ✦ **National conference** on Gender and Disability: Challenges and implications **21.02.2019**, organized by Department of Sociology and Population Studies, Bharathiyar University, Coimbatore.  
Title: **Sports Scheme for the Differently Abled by Government of India**
- ✦ **National conference** on Gender and Disability: Challenges and implications **22.02.2019**, organized by Department of Sociology and Population Studies, Bharathiyar University, Coimbatore.  
Title: **Ball drills for better handwriting of children with writing problems**
- ✦ **National level conference** on challenges and rehabilitation practices for the differentially abled, **4.06.2014**, organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore  
Title: **Adapted yoga as a rehab module**
- ✦ **National conference** to evolve a standardized age test, **12.03.2007**, organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore  
Title: **Age related changes in factors affecting sports**
- ✦ **National conference** on recent trends in sports medicine, **28.02.2007**, organized by Bharathiar University, Coimbatore.  
Title: **GENE DOPING - a process of developing 'Green Man' in sports field**

### Conference – National (Attended)

- ✦ **National conference** to evolve a standardized age test and age related changes in factors affecting sports performance, **12.03.2009**, organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education – Coimbatore.



## AWARDS AND HONOURS

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### Academic Awards

- ✦ Dr.M.Robson Young Researcher Award (PEFI India), 2022
- ✦ Excellence in Editorship award by an International publisher -IOR press- 2020
- ✦ Young Scientist fellow by Tamilnadu state council for science and technology  
2017, 2021 and 2023
- ✦ Best E-Content Module Award – by Manonmaniam Sundaranar University- 2020
- ✦ Best Faculty awarded by Novel Research Academy-2019

- ✦ Research Ratna Award – Rula Awards- 2018
- ✦ Best Women Scientist Awards – by NSA-2018
- ✦ Dr.A.P.J.Abdul KalamAward – Marina Labs- 2018
- ✦ Bharathiar University awarded 1<sup>st</sup> Rank award for obtaining 1<sup>st</sup> Rank in M.Ped-2007
- ✦ Marimuthu Prize for MPEd Gold medal awarded by Bharathiar University- 2007
- ✦ BSc Physical Education Proficiency was awarded by Avinashilingam University-2004

### Best Paper Awards

- ✦ Best Paper presentation Award, Maruthi College of Physical Education awarded 2006
- ✦ Best Paper presentation Award, Maruthi College of Physical Education awarded 2007

### Best Exhibit Award

- ✦ Best exhibit award on the topic Evolution of Cricket awarded by Ramakrishna Mission Vidhyalaya, Coimbatore, Tamil Nadu-2005

### Sports Awards

- ✦ Best Athlete award for creating Madras University record in Race Walking in the year 2005 awarded by YMCA College of Physical Education
- ✦ Brilliant performer award for winning Gold in a state level athletic meeting the year 2003 awarded by Mr. W.I.Devaram, director general of Police, Chief Special Task Force
- ✦ Form 2 for securing National 6<sup>th</sup> position. Tamilnadu Sports Development Authority
- ✦ Form 3 for representing Avinashilingam University in the all India interuniversity championship (8<sup>th</sup> Position)
- ✦ Form 3 for representing Madras University in the all India interuniversity championship (4<sup>th</sup> Position)

## ADMINISTRATIVE EXPERIENCE ---

### International

- ❖ Indian Representative of IFAPA,
- ❖ Initiated communication for collaboration with universities in Malaysia, China,

Indonesia, Thailand, USA and UK.

### National

- YRC – Zonal coordinator 10.08.2022 to 10.08.2023
- Deputy Coordinator – Centre for International Affairs 2022 to Till date
- IQAC core committee- member 2020 to 2022
- Academic calendar committee- member 2021 to 2023
- Anti-Drug abuse committee- member 2022 to 2023
- Equal opportunities committee – Member 2019 to 2023
- Managing Editor- Bharathiar National Journal of Physical Education 2018 to Till date
- Convener - for organizing External Guest lecture programs 2018 to 2023
- Convener - NET Coaching program 2018 to 2023
- In-charge - Project proposal writing 2018 to 2023
- In-charge – NCTE 2018 to 2023
- In-charge - Biomechanics Laboratory 2018 to 2023
- In-charge - Uniform purchase and disbursement 2018 to 2023
- Convenor Community College, Diploma in Yoga Science Courses, Bharathiar University 01-05-2021 to 2023
- Question paper setting, Madurai Kamaraj University, 2019 to Till date
- Tamilnadu Physical Education and Sports University 2020 to Till date
- Course coordinator Online certificate course in Sports Journalism 2020 to 2023
- Mentor – Behaviorally mal adjusted students in the department 2016 to 2023
- Ambassador Swatchh Bharath Clean Campus 2017 to 2023  
Initiative -Digital Action Plan 17/17, Bharathiar University, Tamil Nadu, India
- Expert- Doctoral committee Bharathiar University 2018 to 2023
- Member – Board of Studies Bharathiar University 2016 to 2023
- Member – Convocation committee Bharathiar University 2016 to 2023
- Vice president, Tamilnadu sport climbing association 2017 to Till date
- Vice President, Tamilnadu Special Olympics Association 2018 to Till date
- Vice President, Paralympics Olympics Association 2020 to Till date
- Chairman, Women hygiene and toilet blocks projects 2020 to 2023  
Rotary Club of Vadavalli (No. 3201), Tamil Nadu, India
- Course Co-Ordinator, Certificate course in Adapted Physical Education, Ramakrishna Mission Vivekananda University, Coimbatore, India. 2007 to 2010

- Course Co-Ordinator, PG Diploma in Child care, Ramakrishna Mission Vivekananda University, Coimbatore, India 2007 to 2010
- Question Paper setter, Periyar University, India 2007 to 2010



## MEMBERSHIP

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### Current Memberships

- Vice President** -Physical Education Foundation of India Tamil Nadu Chapter
- Member** -Life sciences and Health Care Association
- Member** -Indian Biomechanics Society
- Member** -Indian Association of Sports Medicine
- Member** -International Journal for Research under literal Access IJRULA
- Member** -Indian Society for Sports Medicine
- Member** -International Federation of Physical Education, Fitness and Sports Science Associations
- Member** -Aspen Yoga Society (USA) (Regular Member)
- Member** -UGC-Academic Journal *Expert* Committee, Bharathiar University,
- Member** -Swachh Bharat Student Warrior Installation
- Vice President** -Tamil Nadu Sport Climbing Association (2018 – 2022)

### Former Memberships

- 2007-2014** - Technical Official in Tamil Nadu Basketball Association
- 2007-2014** - Technical official in Tamil Nadu Athletic Association
- 2007-2014** - Technical official in Tamilnadu Throwball Association
- 2007-2014** - Technical official in Coimbatore Volleyball Association

## OTHER SERVICES

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- **Secretary**  
The Nilgiris District,  
Special Olympics Bharath, Tamil Nadu, India



- **Ambassador**  
Swachh Bharat Clean Campus Initiative -Digital Action Plan 17/17,  
Tamil Nadu, India



- **Advisory Committee Member**  
Rotract Club Vadavalli,  
Tamil Nadu, India

- **International Service Secretary**  
Rotary Club of Vadavalli (No. 3201),  
Tamil Nadu, India



## OTHER SKILLS

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- ✦ Motivational speaker
- ✦ IAFT Certified Trainer for Aerobics
- ✦ Certified by Fevicryl company as '**Creative Artist**' in Painting and Drawing
- ✦ Swimming trainer for free style, breast stroke, back stroke, butterfly (beginners).
- ✦ Can teach pool in billiards



## SPORTS ACHEIVEMENTS

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**National level Race walker with State and District Records, State Basketball player, District level all rounder played 7 games and 3 sports. Serving as technical official for various sports and games and holding prestigious positions in sports federations and organizations.**

### National Level

- ✦ Received Form-2 for representing Tamilnadu state and securing **Fifth position** in **20km race walking** event, in the 10<sup>th</sup> **National Interstate** under 22 athletic championships in the year **2002** held on **12th & 13th November**.
- ✦ Represented Tamilnadu state and secured **Sixth position** in **20km race walking** in 18<sup>th</sup> **National Junior Athletic Championship** held at Shimoga, Karnataka from **7th to 11th January 2003** with the performance of 2.08:: 16sec.
- ✦ Represented **Avinashilingam University** and secured **Eighth position** in 5km race walking in the **All India Inter University Athletic Meet** held at Gulburga in the year **2002-2003**.

### Inter University Level

- ✦ Represented **Bharathiar University** and secured **Runner up** in CICC football tournament in the year **2006**.
- ✦ Represented **Madras University** and secured **Fourth position** in 5km race walking in the **All India Inter University Athletic Meet**- Guntur on **01.01.2005**.

- ✦ Secured **first** in the **Inter Physical education athletic tournament** held at Annamalai University in the year **2005** in the event race walking.
- ✦ Represented YMCA and Secured **first** in the **Inter Physical education athletic tournament** held at Annamalai University in the year **2005** in the event race walking.
- ✦ Represented **Avinashilingam University** and Secured **second** in 10,000 mts **long distance** event in CICCA in the year **2002**.

### State Level

- ✦ **Record holder & Gold medalist** in **A.L. Mudaliar athletic meet** with a performance of 28:34.3 sec in 5 km race walking from the year **2004** till date.
- ✦ **Madras University Gold medalist & record holder** in 5 km race walk from **2004** till date.
- ✦ **State record holder** in the 76<sup>th</sup> **state senior athletic championship**, held at Nagercoil on **10.07.2003**.
- ✦ **Silver medalist** in 10 km walk of the under 22 **state athletic championship** organized by Cuddalore District Amateur Athletic Association on 26<sup>th</sup> & 27<sup>th</sup> October **2002** with a performance of 1:: 07:53.2 sec.
- ✦ **Best athlete award** of Y.M.C.A College of physical education, Chennai for setting record in **Madras University and A.L.Mudaliar tournaments** as an Honor to the college.
- ✦ **Silver medalist** in 5 km walk of the 15<sup>th</sup> open **Junior State Athletic Championship** organized by Thanjavur District Amateur Athletic Association with a performance of 35:56.3 sec.
- ✦ Represented Avinashilingam University and became the **winners** in the Basketball **Tamilnadu state** B.Sc inter-physical tournament.

### District Level

- ✦ **Gold medalist** in the 16<sup>th</sup> **Tamilnadu state inter-district junior athletic championship** held at Anna stadium, Nagercoil on **27th -29th December 2002** in 5000m walk.
- ✦ **Gold medalist** in the 17<sup>th</sup> **Tamilnadu state inter-district junior athletic championship** held at V.O.C park stadium, Erode during **26th -28th July 2002** in 5km walk.



- ✦ Represented Kovai Athletic Club and secured **second** in the 10000 m in the P.Velayutham memorial **district junior athletic championship**.

### Inter Collegiate

- ✦ Secured **third place** in the Bharathiar university **intercollegiate Volleyball tournament** in the year **2006**.
- ✦ Represented Bharathiar University and secured **third place** in Bharathiar University **inter collegiate weight lifting championship** of 53 kg weight category tournament in the year **2006**.
- ✦ **Coimbatore intercollegiate record holder** from the year **2000** till date.



## STUDENTS MENTORED

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### ❖ Postgraduates Projects (Master of Physical Education) – 18 (Completed)

1. Rahman Ali P.A, Comparative study on anthropometry and skill performance among swimmers of coimbatore and thrissur, 2018
2. M. Charu Nivedita, Effects of adapted aerobic dance on body composition and lung capacity of obese children with down syndrome, 2019
3. P. Priyadharsni, Effect of exergames training program on selected physical fitness variables of children with Autism, 2019
4. S. Kiruthika, A survey study on physical fitness and physiological parameter among farmers in coimbatore district, 2019
5. S. Surendar, Effect of resistance training on shoulder strength and arm explosive power of intercollegiate football players, 2019
6. K. Ellammal, Impact of circuit training on speed, agility and balance of intercollegiate Kabaddi players, 2020
7. P. Nattamai, Effect of ball juggling drills on playing ability of grass root football players, 2020
8. T. Sakthivel, Impact of ladder training on speed, agility and balance of school level Kabaddi player, 2020
9. Haseena, Effect of yoga on stress, anxiety and depression among students appearing board exam, 2021
10. M. Mohanbabu, Effect of ball control drills on playing ability of middle school volleyball players, 2021

- 11.N. Sangeetha, Effect of circuit training on hand grip, hand span and throwing accuracy of intercollegiate women basketball players, 2021
- 12.C. Yasodha, Effect of resistance training on shoulder strength and arm explosive power of intercollegiate football players, 2021
- 13.S. Suryaraj, A case study of jeeva kumar – a kabaddi star defender and Asian medalist, 2022
- 14.K. Kowsalya, Effect of communication skill training on interview readiness and teaching confidence of physical education teacher trainees, 2022
- 15.S. Radha, Effect of yoga on physical fitness and psycho social parameters of married working women, 2022
- 16.B. Suriyakumar, Effect of Indian Traditional strength training program on strength and explosive power of school level volleyball players, 2023
17. K. Jothipraba, Effect of Specific drills on skill performance variables of school level football players, 2023
18. R. Priya, A Comparative study on physical fitness variables between intercollegiate men football players with different position, 2023

❖ **M.Phil – 1-(Completed)**

1. P. Priyadharsni, Effect of yogic practice on physical fitness and parental stress of children with autism, **(Completed)**

❖ **Ph.D – 2-(Completed) 1-(Ongoing)**

1. S. Senthil Kumar, Enhancing covid lockdown mental health and performance among elite athletes through yoga (2022) **(Completed)**
2. D. Shanthi, Kettlebell intervention on health related and skill related physical fitness parameters among sports hostel girls (2023) **(Completed)**
3. M. Charu Nivedita, Effect of adapted dance sport training on physical fitness, post covid lockdown life style and behavioral parameters of children with down syndrome (Funded by University Grants Commission, National Fellowship Scheme) **(Ongoing)**



## PERSONAL DETAILS

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**Linguistic ability** - English (Professional)  
Tamil (Native)  
Hindi, Telugu and Malayalam (Basic Spoken)  
German (Professional)

**Nationality** - Indian

Place: Thiruvarur, India

Date: 10.08.2023

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