

## **RESUME**

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Father's Name : Gopalaramanujam. A  
Date of Birth & Age : 16-05-1973 & 51 Years  
Sex : Male  
Nationality : Indian  
Religion : Hindu  
Community : B.C  
Marital status : Married

### **Professional and Educational Qualifications**

<b>DEGREE</b>	<b>SUBJECT</b>	<b>YEAR</b>	<b>INSTITUTION</b>	<b>CLASS OBTAINED</b>
B.Sc.	Physical Education	1991-94	M.D.T.Hindu College, Tirunelveli.	I
M.P.Ed.	Physical Education	1994-96	Alagappa University College of Physical Education, Alagappa University, Karaikudi	I
M.Phil.	Physical Education	1996-97	Department of Physical Education, Alagappa University, Karaikudi	I
Ph.D	Physical Education	April-2010	M.S.University, Tirunelveli.	Awarded
SLET (Qualifying Examination for Lecturership)	Physical Education	Mar-97	Bharathidasan University, Trichy.	Passed
PGDSM	Physical Education	Mar-97	Alagappa University College of Physical Education, Alagappa University, Karaikudi	Passed
Cert. Course in N.I.S.	Basketball	May-June 2006	Lakshmi Bai National College of Physical Education, Thiruvananthapuram	Passed

## **Additional Qualifications**

- Passed Tamil Nadu State Referee Examination in KABADDI.
- Co-ordinator, *Indian Journal for Research in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur from April 2006 to April 2010.

## **Working Experience**

- Working as a Director of Physical Education at Mannar Thirumalai Naicker College, Madurai since June 2010.
- Worked as a Lecturer at Dr. Sivanthi Aditanar College of Physical Education Tiruchendur from Oct 2001 to June 2010.
- Worked as a Director of Physical Education at P.S.R. Engineering College, Sivakasi for one year from July 2000 to October 2001.
- Worked as a Director of Physical Education at K.R. College of Arts & Science, Kovilpatti for two years from June 98 to July 2000.
- Worked as a Physical Education Teacher at A.V. Rm.V Matriculation Higher Secondary School, Ambasamudram in the year 1997-98. (One year)

## **Faculty Development Programmes – 32**

1. Attended a **Faculty Enhancement Programme on Insights of National Educational Policy (NEP 2020)** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 18<sup>th</sup> March 2023.
2. Attended a **Faculty Research Programme on Dynamics of Research Publications** organized by **Internal Quality Assurance Cell & Research Committee** of Mannar Thirumalai Naicker College, Madurai on 15<sup>th</sup> & 16<sup>th</sup> September 2022.
3. Attended a **Refresher course in Physical Education** through online mode organized by UGC-Human Resource Development Centre, Lakshmi Bai National Institute of Physical Education, Gwalior from 05.07.2022 to 18.07.2022.
4. Attended a **Faculty Enhancement Programme on Education 4.0 for Sustainable Economic Development** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 27<sup>th</sup> April 2022

5. Attended a **One Week Workshop on Leadership Development** through online mode organized by UGC-Human Resource Development Centre, Himachal Pradesh University, Shimla from 25.10.2021 to 30.10.2021.
6. Attended a **UGC Sponsored Refresher course in Physical Education** through online mode organized by Human Resource Development Centre, Lakshmbai National Institute of Physical Education, Gwalior from 13.03.2021 to 26.03.2021.
7. Attended a one day **Faculty Development Programme on Quality Assurance and Sustenance in Higher Education** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 11<sup>th</sup> March 2020.
8. Attended a one day **Capacity Building Programme on 21<sup>st</sup> Century Skills** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 5<sup>th</sup> March 2020.
9. Attended a one day **Faculty Development Programme on Promotion of API Score and Career Advancement Scheme** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 3<sup>rd</sup> March 2020.
10. Attended a one day **Capacity Building Programme on e-Content Development and Digital Tools Usage** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 29<sup>th</sup> February 2020.
11. Attended a one day workshop on **Capacity Building in e-Governance for Physical Education Leaders and Administrators** organized by Centre for Special and Movement Education and School of Education, Manonmanium Sundaranar University, Tirunelveli under a Scheme of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, an MHRD Project, Govt. of India on 14<sup>th</sup> December 2019.
12. Attended a one day workshop on **Science of Yoga** organized by Centre for Special and Movement Education and School of Education, Manonmanium Sundaranar University, Tirunelveli under a Scheme of Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, an MHRD Project, Govt. of India on 14<sup>th</sup> September 2019.

13. Attended a one day **Capacity Building Programme on Outcome Based Education** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 28<sup>th</sup> August 2019.
14. Attended a one day **Faculty Development Programme on One Day Training and Production Workshop on Prospects of Outcome Based Curriculum** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 9<sup>th</sup> March 2019.
15. Attended a one day **Faculty Development Programme on Promotion of API Score and CAS Filing** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 2<sup>nd</sup> March 2019.
16. Attended a two day **Workshop on The Application of SPSS and AMOS for Data Analysis as Faculty Development Programme** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 22<sup>nd</sup> and 23<sup>rd</sup> February 2019.
17. Attended a one day **Faculty Development Programme on Intellectual Property Rights, Skill Development Programmes, Innovations, Patents and Setting up Incubation Centres** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 22<sup>nd</sup> January 2019.
18. Attended a **Refresher course in Physical Education** organized by Human Resource Development Centre, Bharathiar University, Coimbatore from 23.11.2018 to 13.12.2018.
19. Attended a one day **Faculty Development Programme on Online Teaching, Learning and Assessment Using Moodle, MOOC Platform, Open Educational Resources & Education Technology Tools** organized by **Internal Quality Assurance Cell** of Mannar Thirumalai Naicker College, Madurai on 23<sup>rd</sup> and 24<sup>th</sup> October 2017.
20. Attended a one day Faculty Development Programme held at Mannar Thirumalai Naicker College, Madurai on 4<sup>th</sup> March 2017.
21. Received a UGC grant Rs.1,95,000/- for **Minor Research Project** entitled **“Effect of Yogic Practices on Body Composition, Physical Fitness and Psychological Parameters”**
22. Attended a **Refresher course in Physical Education** organized by Academic Staff College, Kerala University, Kerala from 11.03.2014 to 31.03.2014.

23. Attended a **UGC sponsored orientation programme** organized by Academic Staff College, Madurai Kamaraj University, Madurai from 15.11.12 to 12.12.2012.
24. Participated in the **Exercise Physiology Workshop** organized by Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur on 10<sup>th</sup> & 11<sup>th</sup> March, 2010.
25. Participated in the **State Level Workshop on Volley Ball, Hand Ball and Athletics** organized by Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur on 13<sup>th</sup> & 14<sup>th</sup> April, 2009.
26. Participated in the **Refresher Clinic** organized by Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur on 22<sup>nd</sup> & 23<sup>rd</sup> June 2009..
27. Participated in the **State Level Workshop on Basket Ball, Kho Kho and Athletics** organized by Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur on 25<sup>th</sup> & 26<sup>th</sup> April, 2008.
28. Participated in the **State Level Workshop on Hand Ball, Throw Ball and Athletics** organized by Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur on 27<sup>th</sup> & 28<sup>th</sup> Feb., 2007.
29. Participated in the **Workshop on Dope Control and Nutrition** held at Lakshmibai National College of Physical Education, Trivandrum on 25<sup>th</sup> 26<sup>th</sup> May 2006 under auspices of Sports Authority of India.
30. Participated in the **Workshop Yoga for Health and Sports** held at Lakshmibai National College of Physical Education, Trivandrum on 14<sup>th</sup> June 2006 under auspices of Sports Authority of India.
31. Participated in the **Workshop on Dope Control and Nutritional Supplements** held at Lakshmibai National College of Physical Education, Trivandrum on 3<sup>rd</sup> Mar. 2003 under auspices of Sports Authority of India.
32. Participated in the **Workshop on Basketball** held at Alagappa University College of Physical Education, Alagappa University, Karaikudi in the year 1995.

### **Publication of Articles -14**

1. “Determination of Performance variables from Selected Anthropometric and Biomotor Variables among Basketball Players” in *International Journal of*

- Arts, Science and Humanities* published by Shanlax Publishers, Madurai in July 2022.
2. “Analysis of Volleyball Match Performance Statistics Between Indian Stars and National League Winners” in *The Mannar Scroll: A Multi Disciplinary Peer Reviewed International Biannual Research Journal* published by Mannar Thirumalai Naicker College, Pasumalai, Madurai in October 2017.
  3. “Effect of Treadmill Training on Selected Bio-chemical and Hematological Variables of College Players” in *The Mannar Scroll: A Multi Disciplinary Peer Reviewed International Biannual Research Journal* published by Mannar Thirumalai Naicker College, Pasumalai, Madurai in April 2017.
  4. “Influence of Yogic Practices on Aggression Level among School Students” in the *International Journal of Physical Education Yoga and Health Sciences* published by International Research Foundation for Physical Education Yoga and Health Sciences in Aug. 2016.
  5. “Effects of Aerobic Training and Anaerobic Training Followed by Cessation on 800 Meters Running Performance” in the *Shanlax International Journals* published by Shanlax International Journal of Arts, Science and Humanities in Jan. 2016.
  6. “Analysis of Coordinative abilities on Selected Ball Games” in the *International Journal of Physical Education Yoga and Health Sciences* published by International Research Foundation for Physical Education Yoga and Health Sciences in Feb.2015.
  7. “Impact of Yogic Practices on Selected Physical Fitness Components of Children” in the *International Journal of Physical Education Yoga and Health Sciences* published by International Research Foundation for Physical Education Yoga and Health Sciences in Aug. 2014.
  8. “Lactate Threshold Prediction and Endurance Training” in the Bi Annual *Indian Journal for Research in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur in Sep. 2010.
  9. “Effect of Pranayama Practice on selected Variables” in the Quarterly Research Journal *Yoga Mimamsa* published by Kaivalyadhama Ashram, Kaivalyadhama, Lonavala in July. 2010.
  10. “Analysis of Volley ball Match Performance Statistics between Indian Stars and National League Winners (IOB)” in the Bi Annual *Indian Journal for*

- Research in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur in Sep. 2009.
11. “Vitamins and Their Effects on the Performance of 50 mts and 400 mts Free Style Swimming” in the Bi Annual *Indian Journal for Research in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur in Sep. 2008.
  12. “Physique and Body Composition of Urban and Rural Fish Woman Venders” in the Bi Annual *Indian Journal for Research in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur in Apr. 2007.
  13. “Effect of Medicine Ball Training on Strength Parameters” in the Bi Annual *Indian Journal for Research in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur in Apr. 2006.
  14. “A Study of Mental Strength and Weakness among Kabaddi Players” in the Bi Annual *Journal of Studies in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur in Dec. 2005.
  15. “Effect of Selected Physical Exercises and Yogasanas on Spinal Mobility of Aged Sportsmen” in the Bi Annual *Journal of Studies in Physical Education and Sports Sciences* published by Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur in June 2005.

### **Seminars/ Conferences -17**

1. Presented a paper on “Effect of Asanas and Pranayama Practice on Selected Physiological Variables among Soccer Players” in the UGC sponsored **National Conference** on “Technology Innovation & Entrepreneurship in Sports” organized by Department of Physical Education, Bharathiar university, Coimbatore on 23.03.2017 and 24.03.2017.
2. Presented a paper on “Effect of Aerobic and Anaerobic Training on Physiological Variables of Men Players” in the UGC sponsored **National Conference** on “Technology Innovation & Entrepreneurship in Sports” organized by Department of Physical Education, Bharathiar university, Coimbatore on 23.03.2017 and 24.03.2017.

3. Acted as **Resource Person** in the UGC sponsored **National Seminar** on “Sound Body Sound Mind Fitness Through Yoga & Sports” organized by Department of Physical Education, G.T.N. Arts College, Dindigul – 624 005, on 25<sup>th</sup> & 26<sup>th</sup> March 2015.
4. **Organizing Secretary** of the UGC Sponsored National Seminar on “Physiological Aspects of Training, Nutrition, Recovery and Performance” organized by Mannar Thirumalai Naicker College, Madurai on 10<sup>th</sup> August 2012.
5. Presented a paper on “Effect of Recovery Drink on 4 Km Running Performance and Recovery Heart Rate” in the UGC sponsored **National Seminar** on “Physiological Aspects of Training, Nutrition, Recovery and Performance” organized by Mannar Thirumalai Naicker College, Madurai on 10<sup>th</sup> August 2012.
6. Presented a paper on “Assessment of Leg Strength Changes Through Plyometric Training Among College Men” in the UGC sponsored **National Seminar** on “Modern Trends In Sports Management” organized by Ayya Nadar Janaki Ammal College, Sivakasi on 16<sup>th</sup> March 2012.
7. Acted as **Resource Person** in the UGC sponsored **National Seminar** on “Recent Trends in Yoga and Physical Education” organized by Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar on 11<sup>th</sup> and 12<sup>th</sup> Aug. 2011.
8. Presented a paper on “Effect of Yogic Practices on HDL and LDL-C ” in the UGC sponsored **National Seminar** on “Recent Trends in Yoga and Physical Education” organized by Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar on 11<sup>th</sup> and 12<sup>th</sup> Aug. 2011.
9. Presented a paper on “Effect of Pre-Cooling on Endurance Performance” in the NAAC sponsored **National Seminar** on “Teaching – Learning in Physical Education: Quality Concerns” organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore on 18<sup>th</sup> and 19<sup>th</sup> Mar. 2011.
10. Presented a paper on “Effect of Yogasana and Pranayama Training on Blood Pressure” in the **National Conference** organized by Tamil Nadu Physical Education and Sports University, Chennai on 20<sup>th</sup> and 21<sup>st</sup> Dec. 2010.



11. Presented a paper on “Effect of Physical Exercise on Sweat Sodium Level Between Sportsmen and Non Sportsmen” in the UGC sponsored **National Seminar** on “Practical Approaches and Applications in Sports Medicine” organized by M.D.T.Hindu College, Tirunelveli on 29<sup>th</sup> January 2010.
12. Presented a paper entitled “Assessment of Muscular Strength and Flexibility Changes Through Selected Yogasanas on Higher Secondary School Boys” in the **International Conference** organized by Department of Physical Education, Alagappa University, Karai kudi on 18<sup>th</sup> and 19<sup>th</sup> Dec. 2007.
13. Presented a paper on “Effect of Yogic Practices on Health Practices and Health Related Physical Fitness for Visual Impaired Girls” in the **National Conference on Modern Trends and Development in Yoga** organized by Department of Physical Education and Yoga Centre, Bharathidasan University, Tiruchirapalli on 21<sup>st</sup> Mar. 2007.
14. Presented a paper on “Athletic Injuries and Rehabilitation” in the **National Conference on Sports Medicine and Sports Injuries** organised by Department of Physical Education and G.V.N. Hospitals, National College, Tiruchirapalli on 28<sup>th</sup> Feb. 2007.
15. Presented a paper on “Effect of Silambam Training on Grip Strength Of Silambam and Non Silambam Players” in the **International Conference cum Workshop on Silambam Fencing** held at Ashanivas, Chennai on 4<sup>th</sup> to 6<sup>th</sup> Dec. 2006.
16. Presented a paper “Effect of Treadmill Training on HDL Cholesterol and Blood Clotting Time of Inter-Collegiate Women Players” in the **International Conference on Physical Education and Sports Sciences** organized by Kasthuriba Medical College, Manipal from 28<sup>th</sup> to 30<sup>th</sup> Apr. 2006.
17. Presented a paper on “Planning a Research Study” in the National seminar organized by Dr. Sivanthi Aditanar College of Education Tiruchendur on 6<sup>th</sup> & 7<sup>th</sup> Apr. 2006.
18. Presented a paper on “Enhancement of Speed and Power by Medicine ball Training” in the **National Seminar cum Workshop** organized by Dr. Sivanthi Aditanar College of Physical Education Tiruchendur from 17<sup>th</sup> to 19<sup>th</sup> Dec. 2004

19. Participated in the **International Conference** on “A Spiritual Wisdom for A Value Based Society” conducted by Annamalai University and Brahmakumaris Mount Abu, Rajasthan held at Chidambaram during 6<sup>th</sup> and 7<sup>th</sup> Nov. 2004.

### **Research Experience**

Acted as a research guide for nine Post graduate theses.

### **Declaration**

I hereby declare that the particulars given above are true and correct to the best of my knowledge and belief.

**RAGHAVAN. G**