

RESUME



Name: Dr. S. ATHISAYARAJ
Designation: Assistant Professor (coordinator)
Department: Physical Education
Address: 1/352, Church Street, Vengalapottal, Nanjankulam (post)
Tirunelveli – 627357, Tamilnadu

PERSONAL DETAILS

Date of Birth : 05-05-1987

Qualification : B.A (Eco)., B.litt., M.A., B.Ed., M.Phil., M.P.Ed., Ph.D.

Designation : Assistant Professor

Department : Physical Education

Community : BC

Religion : Christian

Nationality : Indian

Mobile : 9965027841

Email ID : athisayaraj.raj@gmail.com

ACADEMIC QUALIFICATIONS

| Degree | Specialization | School/College | University | Year of Passing |
|---------|----------------|---------------------------------------|-----------------|-----------------|
| S.S.L.C | All Subject | Caldwell Hr. Sec. School, Thoothukudi | State Board | 2002 |
| H.S.C | All Subject | Private | State Board | 2004 |
| B.A., | Economics | St. Xavier's college, Palayamkottai | M.S. University | 2008 |
| M.A., | Tamil | St. Xavier's college, | M.S. University | 2010 |

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| | | Palayamkottai, | | |
| M.Phil. | Tamil | St. Xavier's college, Palayamkottai, | M.S. University | 2011 |
| B.Ed. | Tamil | St. Joseph college, kallakkadu | Tamilnadu Teacher Education University | 2012 |
| M.P.Ed. | Physical Education | M.S. University | M.S. University | 2014 |
| Ph.D. | Physical Education | M.S. University | M.S. University | 2021 |

ACADEMIC IDENTITY

| | |
|-------------------------------|---|
| *VIDWAN ID | https://vidwan.inflibnet.ac.in//profile/348234 |
| *ORCID ID | https://orcid.org/0009-0001-3612-7607 |
| *SCOPUS ID | https://www.scopus.com/authid/detail.uri?authorId=59752249100&origin=recordpage |
| *RESEARCHER ID/ PUBLONS ID | https://www.researchgate.net/profile/Athisaya-Athisayaraj-2?_sg=HR3QH0DHrtBRfJT9Z0dXIW3MALjvKL3xIZ0N9pPrdbnXR1EBZU |
| GOOGLE SCHOLAR LINK | https://scholar.google.com/citations?view_op=new_profile&hl=en |

TEACHING EXPERIENCE

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|----------------------------|---|
| Date of Appointment | 15.10.2022 |
| Date of Retirement | |
| Teaching Experience | UG -3 Years 9 Months |
| | PG |
| | M.Phil. |
| Research | Guided M Phil: Guided Ph D: Guiding Ph Scholar: |

| COURSES/CLASSES TAUGHT | NAME OF THE INSTITUTIONS | DURATION | | |
|-----------------------------|---|----------|-----------|-------|
| | | From | To | Years |
| B.Ed. | St. Joseph College of Education, Tirunelveli | 2014 | 2015 | 1 |
| B.Sc. Physical Education | Kamaraj College, Tuticorin | 2021 | 2022 | 1 |
| B.Sc. Physical Education | St. Xavier's college, Palayamkottai, | 2022 | Till date | |

| AWARDS RECEIVED | |
|------------------------|--|
| 1. | Dr. APJ Abdul kalam Award (2017) |
| 2. | Award of Excellence for the Promotion of Rural Sports Development (2019) |
| 3. | Paventhara Parathidhasan Award (March 2020) |
| 4. | Mother Theresa International award (Nov 2020) |
| 5. | E.v.ra. periyar International award (June 2021) |
| 6. | Best Achiever Award (May 2022) |
| 7. | International Yoga Achievers Award (September 2022) |
| 8. | International yoga day Award (2023) |
| 9. | Social worker Award (May 2024) |
| 10. | Dhorachariyar Award (2024) |

| ADMINISTRATIVE EXPERIENCE | | | |
|----------------------------------|--------------------|---------------------|-------------|
| S. No | DESIGNATION | INSTITUTIONS | YEAR |
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| MEMBERSHIP | | |
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| S. No | Designation | Particulars |
| 1. | Association join secretary | Tirunelveli district yoga Association |
| 2. | | |
| 3. | | |
| 4. | | |

| ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE ((UGC / HRDC / TLC-PMMNMT ONLY)) | | | |
|---|--|---|---|
| S. No | Name of the Training | Name of the Sponsoring Agency | Place and Date |
| 1 | NEP 2020 Orientation & Sensitization Programme | Malaviya Mission Teacher Training Programme | Bharathidasan University 15-07-24 to 24-07- 24 |
| 2 | Faculty in Universities/ | PMMNMT | 22 nd July -20 th August 23 |

| | | | |
|--|--|--|--|
| | colleges/ Institutes of Higher Education | | |
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| ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE (SXC & Others) | | | |
|---|---|--|--|
| S. No | Name of the Training | Name of the Sponsoring Agency | Place and Date |
| 1 | NPTL online course | IIT Madras | Tirunelveli Feb-Apr 2025 |
| 2 | NPTL online course | IIT Guwahati | Tirunelveli Jan- Apr 2019 |
| 3 | NPTL online course | IIT Kharagpur | On going |
| 4 | NPTL online course | IIT Kanpur | On going |
| 5 | An Orientation towards ignatian pedagogy, Holistic Well- being and outcome – Based learning | St. Xavier's College (Autonomous), Palayamkottai | 11-06-25 to 13-06-25 |
| 6 | Enhancing Research Productivity Impactful Publication& Projects | St. Xavier's College (Autonomous), Palayamkottai | 12 th December 2024 |
| 7 | Research Metrics and the Publication Process in Scopus- Indexed Journals | Fr. Bonhoure Centre for Research, St. Xavier's College of Education, Palayamkottai | 26 th October 2024 |
| 8 | Yoga for Holistic Health | Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-12 | 01 st April 2024 |
| 9 | Teaching Teachers: Style and Professionalism | St. Xavier's College (Autonomous), Palayamkottai | 23 rd July 2024 |
| 10 | Refresher course on "ICT– Enable Teaching and Learning" | IQAC, St. Xavier's College(Autonomous), Palayamkottai | 29th May to 14th June 2024 |
| 11 | Level1InstructorCoursefor Field Youth Archery | Tamilnadu Field Youth Archery Association | 28 th February 2024 |
| 12 | Faculty Development Programme | SHASUN Jain college for Women | 04 th -10 th January 2023 |
| 13 | Teacher– Student Relationship- 2 & Mentoring System -2 | IQAC, St. Xavier's College (Autonomous), Palayamkottai | 4 th December 2023 |
| 14 | Five days Virtual Faculty Empowerment Workshop on " E-Content Preparation & ICT - Tools" | IQAC, St. Xavier's College (Autonomous), Palayamkottai | 19 th &26 th September 2023 and 03 rd ,10 th & 17 th October 2023 |
| 15 | SXC 2023-24- | IQAC, St. Xavier's College | 22 nd July 2023 |

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| | Faculty Empowerment Programme – 01 | (Autonomous), Palayamkottai | |
| 16 | Orientation Programme for Teachers | IQAC, St. Xavier's College (Autonomous), Palayamkottai | 16 th & 17 th June 2023 |
| 17 | Aspects of Higher Education | IQAC, St. Xavier's College (Autonomous), Palayamkottai | 15 th June 2023 |
| 18 | SXC- Centenary – Faculty Empowerment Programme (FEP) – 02 | IQAC, St. Xavier's College (Autonomous), Palayamkottai | 24 th September 2022 |
| 19 | Applied Research Methodology in Education/ Psychology/ Physical Education for Research Scholars & Supervisors (WARMERS 2019) | Department of Education, Manonmaniam Sundaranar University | 06 th -12 th February 2019 |
| 20 | Swimming Course | Sports Development of Tamilnadu (SDAT) | Sports Development of Tamilnadu (SDAT), Tirunelveli, 1 st - 21 st December 2014 |
| 21 | P.D.'s & P.E.T's Orientation Course for New Games | Sports Development of Tamilnadu (SDAT) | Sports Development of Tamilnadu (SDAT), Tirunelveli 29 th and 31 st August 2017 |
| 22 | National level virtual FDP | Department of Artificial Intelligence, St.Xavier's college | Palayamkottai 9 th march 2025 |

DETAILS OF RESEARCH WORK

| Research Stages | Title of the Thesis | University where the work was carried out |
|--------------------------|--|---|
| Ph.D. (Highly Commended) | INFLUENCE OF HEIGHT AND WEIGHT ON SELECTED FUNDAMENTAL MOVEMENT SKILLS, PHYSICAL AND PSYCHOLOGICAL VARIABLES AMONG RURAL CHILDREN. | M.S. University |

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AREAS OF RESEARCH

Volleyball

Sports Psychology

Rural sports

Traditional Sports

Sports Media technology

RESEARCH PROJECTS CARRIED OUT

| S. No | Title of the Project (Minor) | Name of the Funding Agency & Amount | Duration |
|-------|----------------------------------|---|----------|
| 1 | Self Defense for Community Women | Tata Power Community Development Trust & Rs. 1,32,825 | 6 months |
| | | | |

PUBLICATIONS

| BOOKS | BOOK CHAPTERS | SCOPUS | WEB OF SCIENCE | UGC LISTED |
|---------------|----------------------|---|--|------------|
| | 1 | 1 | | 11 |
| OTHER INDEXED | AS A RESOURCE PERSON | PAPERS PRESENTED IN NATIONAL AND INTERNATIONAL SEMINARS | WEBINARS, SEMINARS, WORKSHOPS ATTENDED | |
| 1 | 22 | 18 | 59 | |

PUBLICATIONS: BOOKS ()

| S. No | Title of the Book | Publication | Year |
|-------|-------------------|-------------|------|
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BOOK CHAPTERS (1)

| S. No | Title of the Paper | Name of the Book | ISSN No., Pg.No |
|-------|--|-------------------------------------|------------------------------------|
| 1 | IMPACT OF YOGIC PRACTICES ON VITAL CAPACITY AMONG WOMEN BASKETBALL PLAYERS | HARMONY OF SPORTS SCIENCES AND YOGA | ISBN: 978-93-5996-252-8 248-252 |

| PUBLICATIONS: SCOPUS INDEXED JOURNALS (1) WEB OF SCIENCE () | | | |
|---|--|--|---|
| S. No | Title of the Paper | Name of the Journal | ISSN No., Volume, Issue, Impact factor & Pg. No |
| 1 | A Novel CNN Architecture for Accurate Recognition of Elastic Band Training Poses | International Research Journal of Multidisciplinary Technovation | 2582-1040, Vol 7, Iss 3, Page 42- 52 |
| 2 | AI- Enhanced fitness coaching Personalized workout plans with integrated lot Data and Deep learning | processing | |
| 3 | AI – Integrated wearable and Mobile system for skill Analysis and Performance Enhancement in Team Sports | processing | |

| PUBLICATIONS: UGC LISTED JOURNALS (11) | | | |
|---|---|---|---|
| S. No | Title of the Paper | Name of the Journal | ISSN No., Volume, Issue, Impact factor & Pg. No |
| 1. | Comparison of Mood States Between Handball and Volleyball Players | International journal of Physiology, Nutrition and Physical Education | 2456-0057 5.43, Pg.no 43-44 |
| 2 | Influence of height and weight on selected Fundamental Movement Skill | Journal of Emerging Technologies and innovative research | 2349-5162 5.87 |

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|----|--|---|-----------------------------|
| | Psychology variables among Rural School children | | |
| 3 | Influence of height and weight on selected Fundamental Movement Skill among Rural School children | Journal of Emerging Technologies and innovative research | 2349-5162 5.87 |
| 4 | Effect of bhastrika pranayama practices on breath holding time among university hostel students | International Journal of Yogic, Human Movement and sports sciences | 2456-4419 Pg.no 866-868 |
| 5 | Analysis of self concept and achievement motivation between libero and setter in volleyball players | International Journal of Advance Research and Innovative ideas in Education | 2395-4396 |
| 6 | Analyse the Height and Weight on selected Fundamental Movement skill and Self – Esteem among Rural school Children | International Journal of Recent Research and Applied Studies | 2349-4891 Pg.no 107-112 |
| 7 | Ikkala illakiyathil penkalin vilayatukkal | Shanlax International journal of tamil Studies | 2454- 3993 Pg.no 196-199 |
| 8 | Kee.raa.vin Kiramiya siruvar vilayatukkal-oru parvai | Shanlax International journal of tamil Studies | 2454-3993 Pg.no 01-05 |
| 9 | Ikkala penkalin vilayatam vilayatin mukkiyathuvamum | International journal of Tamil Language And Literary Studies | 2581-7140 Pg.no 06-09 |
| 10 | Thirukkuralil kanappadum Valviyal Nerigal | Interdisciplinary Research Journal for Humanities | 2249- 250X Pg.no 49-52 |
| 11 | Sangakala illakiyathil kanappadum veera vilayatukkal | Kavi mugi International journal of tamil research | 2950-6611 Pg.no 237-239 |

PUBLICATIONS: OTHER INDEXED JOURNALS 1

| S. No | Title of the Paper | Name of the Journal | ISSN No., Volume, Issue, Impact factor &Pg.No |
|--------------|---|----------------------------|--|
| 1 | Comparative study on Static and Dynamic balance among Volleyball, Football and Hockey players | Outreach | 2321-8835 7.011 |
| 2 | | | |

| AS A RESOURCE PERSON (22) | | | |
|----------------------------------|--|--|--|
| S. No | Name of the Event | Name of the Sponsoring Agency | Place and Date |
| 1 | Competition organizer (Yoga) | Viveka trust | Kanyakumari 27-12-2016 |
| 2 | Competition organizer (Yoga) | Viveka trust | Kanyakumari 26 & 27 December 2017 |
| 3 | Competition organizer (Skating) | Viveka trust | Kanyakumari 27-12-2018 |
| 4 | Organizing secretary (Skating) | Tamilnadu student games Association | Kanyakumari 24-11-2019 |
| 5 | Organizing secretary (Skating) | Viveka trust | Kanyakumari 19-05-2022 |
| 6 | Organizing secretary (Yoga) | Viveka trust | Kanyakumari 19-05-2022 |
| 7 | Organizing secretary (Skating) | Tirunelveli speed skating Association | Tirunelveli 10-04-2022 |
| 8 | Organizing secretary (Yoga) | Viveka trust | Kanyakumari 26-12-2023 |
| 9 | Organizing secretary (Skating) | Viveka trust | Kanyakumari 27-12-2023 |
| 10 | Organizing secretary (Yoga) | Viveka trust | Kanyakumari 28-12-2024 |
| 11 | Organizing secretary (Yoga) | Viveka trust | Kanyakumari 26-1-2025 |
| 12 | Organizing secretary (Skating) | Viveka trust | Kanyakumari 26-1-2025 |
| 13 | Special game official | Special Olympic Bharat | Tirunelveli 27 & 28 April 2018 |
| 14 | International conference | Immanual Arasar college of Education | Marthandam, 21 st & 22 March 2019 |
| 15 | Volleyball coach | Rani Anna Government college for women | Tirunelveli 2015 to 2020 |
| 16 | Power lifting team Manager cum coach | Manonmaniam Sundaranar University | Punjab 2023 21st to 24th February 2023. |
| 17 | Kabaddi men team Manager | Manonmaniam Sundaranar University | Andhra Pradesh 07-12 th November 2023 |
| 17 | Tennis men cum coach | Manonmaniam Sundaranar University | Andhra Pradesh 27 to 30 December 2023 |
| 18 | Basketball men | Manonmaniam Sundaranar University | Bangalore 31 st October 3 rd November 2024 |
| 19 | Tennis women team manager cum coach | Manonmaniam Sundaranar University | Udupi 7 th to 10 th December 2024 |
| 20 | Khelo India swimming men coach cum manager | Manonmaniam Sundaranar University | Assam 19 to 22 Feburary 2024 |
| 21 | Volleyball tournament official | kamaraj college | Thoothukudi 8 th & 9 th January 2025 |

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| 22 | National conference | Alphonsa college | Marthandam 14 to 15 March 2025 |
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| WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP | | | |
|--|--|---|---|
| PAPER PRESENTED: National (6) International (12) | | | |
| S. No | Name of the Event | Name of the Sponsoring Agency | Place and Date |
| 1 | International Conference | Alagappa University. | Karikkudi 16 &17 March 2018 |
| 2 | International conference on CB-TALE'18 | Immanuel Arasar College of Education | Marthandam 8 th &9 th March 2018 |
| 3 | International conference on Innovative Trends in Teacher Education for the 21 st century | Immanuel Arasar College of Education | Marthandam 21 st &22 nd March 2019 |
| 4 | National conference | St.Xavier's college | Palayamkottai 11 th March 2013 |
| 5 | National conference | St.Xavier's college | Palayamkottai 27-02-2017 |
| 6 | International conference | Krishnammal women college | Coimbatore 29-30 January 2019 |
| 7 | National seminar | MMS Government Arts and science college | Thiruvananthapuram 05-06 December 2023 |
| 8 | National Seminar | St.Xavier's college | Palayamkottai 20 th February 2025 |
| 9 | International conference on futuristic trends in chemical science – health , energy and environmental sustainability | St.Xavier's college | Palayamkottai 14 & 15 February 2025 |
| 10 | International conference on e-commerce crimes and digital banking frauds : risks and prevention strategies | St.Xavier's college | Palayamkottai 24 th &25 th 2025 |
| 11 | International multidisciplinary conference on TECH- BIZ SYNEGRGY 2K25- REDEFINING GLOBAL TRENDS | Nesamony Memorial Christian college | Marthandam 20-21 st January 2025 |
| 12 | International conference | Kumararani meenamuthaiya Arts and science college | Kanjipuram 07-03-2020 |

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| 13 | International multidisciplinary conference | Aiman College of Arts and Science for Women, | Tiruchirappalli 21 st & 22 nd February 2025 |
| 14 | National conference on recent trends in multidisciplinary approach to sports and sports sciences | St.Alphonsa college | Marthandam 14 & 15 March 2025 |
| 15 | International conference | Alagappa University | Karaikudi 17 th & 18 th October 2019 |
| 16 | International Seminar | Pondicherry University | Pondicherry 29 th feb & 1 st March 2024 |
| 17 | National conference | Department of tamil St.Xavier's college | Palayamkottai 26 th february 2024 |
| 18 | International conference | Infant Jesus college of Arts and science for women | Marthandam 10 th February 2025 |

| WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP ATTENDED:59 | | | |
|--|--|--|--|
| S. No | Name of the Event | Name of the Sponsoring Agency | Place and Date |
| 1 | Attended two day Workshop on “JUDO” | Department of Physical Education, St.xavier's college | palayamottai, 14&15 February 2025. |
| 2 | one day Workshop on “STATE FIELD ARCHERY INSTRUCTOR | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli on 28 February 2024. |
| 3 | special lecture on Yoga for Holistic Health | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli 1 st April 2024 |
| 4 | one day training camp on “ROLLBALL SKATING | Department of Physical Education, St.xavier's college, | palayamottai, 30 th September 2023. |
| 5 | workshop on Aspects of Higher Education | IQAC st.xaviers college, | anuaryottai 2023. |
| 6 | The symposium on futuristic of physical Education in New Education policy | Department of Physical Education and Sports, Manonmaniam Sundaranar | Tirunelveli 6 th March 2020 |

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| | | University | |
| 7 | one day national workshop on modern ethics in research methodology | The M.D.T Hindu college | Tirunelveli 12 th February 2020 |
| 8 | One day workshop on “Video analysis and injury prevention in Athletics” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli, 7 th march 2019. |
| 9 | One week’ workshop on “Applied research methodology in education /Psychology / Physical education for research scholars &supervisors” | Department of Education, Manonmaniam Sundaranar University | Tirunelveli, during Feb 06 to 12. 2019 |
| 10 | National workshop on E-content development | Gandhigram rural institute | ,dindukkal (2019) |
| 11 | seven days’ National workshop on “Research Methodology & SPSS in social science” | Department of Commerce, Manonmaniam Sundaranar University, | Tirunelveli, November 12 to 18 2018 |
| 12 | National workshop on system base technical training, Talent Identification and sports ethical values | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli, December 10 th 2018. |
| 13 | Two day international workshop on impact factor publications, citation analysis, plagiarism | Department of Library and information science, Manonmaniam Sundaranar University | Tirunelveli December 7 th & 8 th 2018. |
| 14 | one day workshop on MOOCs through SWAYAM | Manonmaniam Sundaranar University | Tirunelveli during November 19 th 2018. |
| 15 | seven days National workshop on Research methodology & SPSS in social science | Department of Commerce, Manonmaniam Sundaranar University | Tirunelveli, November 12 th – 18 th 2018. |
| 16 | one day national workshop on integrated holistic approach towards physical and mental & integrated exercise practices for reducing high blood pressure | Department of Physical Education, Govt. arts college , | paramakudi 27 th july 2018. |
| 17 | One day workshop on “Principles of techniques and tactics in Netball” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli, September 28 th 2018. |
| 18 | One day international workshop on Recent trends in food biotechnology and exploration of the opportunities to feed the world | Department of Biotechnology, Manonmaniam Sundaranar University | Tirunelveli, January10 th 2018 |
| 19 | STATE LEVEL WORKSHOP | Department of Physical | Sivakasi on |

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| | ON SPORTS INJURIES | Education, Health Education and Sports, AyyaNadar Janaki Ammal College | 26.12.2017 and 27.12.2017 |
| 20 | One day National Workshop on “ ELECTRONICRE SOURCES FOR EFFECTIVE LEARNING, TEACHING AND RESEARCH: MAKE IT EASY ” | ManonmaniamSundaranar University | Tirunelvelion 09.12.2017 |
| 21 | two days’ workshop on “ RULES AND OFFICIATING IN ATHELETICS ” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli, September 26 th & 27 th 2017. |
| 22 | two day workshop on “ PRINCIPLES OF TECHNIQUES AND TACTS IN KHO-KHO ” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli, during September 11&12, 2017. |
| 23 | five days workshop on testing & evaluation and item writing in tamil | National testing service, St.xavier’s college, palayamottai,. | Tirunelveli on 5 th .to 9 th June 2017 |
| 24 | workshop on “ TECHNIQUES AND TACTICS IN TAEKWONDO ” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli, on April 8 th , 2017. |
| 25 | two day National Conference on “ PARADIGMSOFRESEARCHI N EDUCATIONAL DEVELOPMENT VIA ICT ” | Department of Education ,Manonmaniam SundaranarUniversity. | Tirunelveli on 27 th & 28 th March 2017 |
| 26 | Awareness Program on AUTISM | Department of Education, Manonmaniam Sundaranar University & Divya Trust of India, | Tirunelveli on 25 th March 2017. |
| 27 | “ TWO DAYS NATIONAL WORKSHOP ON SAFEGUARDING INTELLECTUAL PROPERTY RIGHTS & COMMERCIALIZATION OF PATENTS ” | Department of Animal Science, Manonmaniam Sundaranar University, | Tirunelveli, held on 22 nd & 23 rd March 2017. |
| 28 | two day National Symposium on “ PHYSICAL EDUCATION AND SPORTS ” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli March 16 & 17, 2017. |
| 29 | three-days National Workshop on “ SPSS ” | Department of Physical Education Health Education and sports, M.D.T.Hindu College | Tirunelveli 04 – 06, january2017 |

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| 30 | two-day National Conference on “SOCIAL MOBILITY AND EDUCATION AMONG NOMADIC GROUPS: CHALLENGES AND ISSUES” | Department of Education, Manonmaniam Sundaranar University | Tirunelveli on 01 – 02, September 2016. |
| 31 | one day Workshop on” PRINCIPLES OF TECHNIQUES AND TACTICS IN HOCKEY” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli 23-09-2016. |
| 32 | one day workshop on “APPLIED SPORTS PSYCHOLOGY | Department of Physical Education and Sports ,Manonmaniam Sundaranar University,. | Tirunelveli, on 03.10.2016 |
| 33 | one day Workshop on” PRINCIPLES OF COACHING AND TRAINING IN ATHLETICS” | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli 07-10-2016 |
| 34 | International workshop on oral hygiene and maxillofacial care in 21st century | Rotaract club of Rani Anna govt.college for women,. | Tirunelveli on 31 st January 2014 |
| 35 | one day Workshop on “SPORTS COMMERCE AND MARKETING | Department of Physical Education and Sports, Manonmaniam Sundaranar University | Tirunelveli on 20 December 2013. |
| 36 | International yoga day – 2022 | Nehru Yuva Kendra | Tirunelveli 21 st June 2022 |
| 37 | International yoga day – 2023 | Tirunelveli District Yogasana Association | Tirunelveli 21 st June 2023 |
| 38 | International yoga day – 2024 | Tirunelveli District Yogasana Association | Tirunelveli 21 st June 2024 |
| 39 | International yoga day – 2025 | Tirunelveli District Yogasana Association | Tirunelveli 21 st June 2025 |
| 40 | International yoga day – 2018 | Manonmaniam Sundaranar University | Tirunelveli 21 st June 2018 |
| 41 | International yoga day – 2019 | Manonmaniam Sundaranar University | Tirunelveli 21 st June 2019 |
| 42 | National conference | Department of Education Manonmaniam Sundaranar University | Tirunelveli 27&28 March 2017 |
| 43 | State level Seminar | Department of Physical Education, Manonmaniam Sundaranar University | Tirunelveli 23 rd February 2018 |
| 44 | National Seminar | Manonmaniam Sundaranar University | Tirunelveli Feb 7-8 2020 |
| 45 | National seminar | Maruthi college of Physical Education | Coimbatore 1 st & 2 nd March 2019 |

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| 46 | National Conference | Ganesar college of Arts and science | Pudukkottai 3 rd March 2018 |
| 47 | National Seminar | St.Johns college of Education | Tirunelveli 24 th March 2018 |
| 48 | National conference | Tamilnadu yogasana Association | Tirunelveli 14-10-2018 |
| 49 | National conference | Manonmaniam Sundaranar University | Tirunelveli 21 st December 2017 |
| 50 | National conference | Manonmaniam Sundaranar University | Tirunelveli 1 & 2 September 2016 |
| 51 | National seminar | Sri Sarada college of Education for women | Tirunelveli 23 rd January 2017 |
| 52 | International conference | Digi sports | Kanyakumari 2-3 August 2019 |
| 53 | National workshop | Tamil Department St.Xaviers college | Palayamkottai 23 rd & 24 th July 2009 |
| 54 | National workshop | Tamil Department St.Xaviers college | Palayamkottai 22 nd & 23 rd October 2009 |
| 55 | National workshop | Tamil Department St.Xaviers college | Palayamkottai 22 nd - 24 th January 2010 |
| 56 | National workshop | Tamil Department St.Xaviers college | Palayamkottai 10 th December 2005 |
| 57 | International conference | Indra Ganesan college of Engineering | Tiruchirappalli 20-05-2023 |
| 58 | National conference cum workshop | Government Arts college | Paramakkudi 27 th July 2018 |
| 59 | District level Judo Seminar | St.Xavier's college | Palayamkottai 14 & 15 Feb 2025 |

COUNTRIES VISITED

| | | | |
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| Malasiya | 2016 | | |
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EXTRA-CURRICULAR ACTIVITIES/ CO-CURRICULAR ACTIVITIES ATTENDED(NCC/NSS/YRC/SPORTS/LITERARY AND CULTURAL ACTIVITIES)

Volleyball libero player

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| Solo singing |
| NSS college Level |
| Debates Speaker |
| TNPL Volunteer 2017 |
| TNPL Volunteer 2018 |
| Einstein Sports league official 2017 |
| State Field Archery Instructor-2024 |
| Inter department volleyball winner-2010 |
| Inter department volleyball winner-2011 |
| Intramural Kabaddi Runner -2013 |
| Intramural Football winner -2012 |

Date: 27/07/2025

Name: Dr.S.ATHISAYARAJ