

# RESUME



**Name: Dr.C.Selvaraja**  
**Designation: Assistant Professor**  
**Department: Physical Education**  
**Address: 231, Church Street, Manappadai Veedu,  
Tirunelveli, Tamilnadu-627353**

## PERSONAL DETAILS

Date of Birth : 03-01-1989  
Qualification : B.Sc., M.Sc., (Yoga), M.P.Ed., Ph.D.  
(AIFF D Licence Football Coach)  
Designation : Assistant Professor  
Department : Physical Education  
Community : BC  
Religion : Christen  
Nationality : Indian  
Mobile : 9629365397  
Email ID : [selvasportsmsu@gmail.com](mailto:selvasportsmsu@gmail.com)

### ACADEMIC QUALIFICATIONS

Degree	Specialization	School / College	Board / University	Year of Passing
S.S.L.C	All Subject	St. Lasalle Hr. Sec. School, Thoothukudi	State Board	2004
H.S.C	Pure Science	St. Lasalle Hr. Sec. School, Thoothukudi	State Board	2006
B.Sc.,	Zoology	V.O.Chidambaram College	Manonmaniam Sundaranar University	2010
B.P.Ed.,	Physical Education	St. John's College of Physical Education	Tamilnadu Physical Education and Sports University	2012
M.P.Ed	Physical Education	Manonmaniam Sundaranar University	Manonmaniam Sundaranar University	2014
Ph.D.	Physical Education	Manonmaniam Sundaranar University	Manonmaniam Sundaranar University	2019
M.Sc.	Yoga for Human Excellence	Manonmaniam Sundaranar University	Manonmaniam Sundaranar University	2020

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### ACADEMIC IDENTITY

*VIDWAN ID	<a href="https://vidwan.inflibnet.ac.in/profile/395488/Mzk1NDg4">https://vidwan.inflibnet.ac.in/profile/395488/Mzk1NDg4</a>
*ORCID ID	<a href="https://orcid.org/0000-0001-7320-7393">https://orcid.org/0000-0001-7320-7393</a>
*SCOPUS ID	
*RESEARCHER ID/ PUBLONS ID	
GOOGLE SCHOLAR LINK	<a href="https://scholar.google.com/citations?hl=en&amp;user=fbTFaJ0AAAAJ">https://scholar.google.com/citations?hl=en&amp;user=fbTFaJ0AAAAJ</a>
RESEARCH GATE LINK	<a href="https://www.researchgate.net/profile/C-Selvaraja?ev=hdr_xprf">https://www.researchgate.net/profile/C-Selvaraja?ev=hdr_xprf</a>
ACADEMIA.EDU	<a href="https://independent.academia.edu/SelvarajaC">https://independent.academia.edu/SelvarajaC</a>

<b>TEACHING EXPERIENCE</b>	
<b>Date of Appointment</b>	19-06-2023
<b>Date of Retirement</b>	18-06-2049
<b>Teaching Experience</b>	UG -2 years 1 month
	PG -1 year
	M.Phil.
<b>Research</b>	Guided M Phil: Guided Ph D: Guiding Ph Scholar:

<b>COURSES/ CLASSES TAUGHT</b>	<b>NAME OF THE INSTITUTIONS</b>	<b>DURATION</b>		<b>Years</b>
		<b>From</b>	<b>To</b>	
M.P.Ed	M.S.University	14-05-2019	19-05-2019	1 Years
B.Sc.	St. Xavier's College (Autonomous), Palayamkottai	19-6-2023	Till date	2 Years

<b>AWARDS RECEIVED</b>	
1.	Best Teacher 2024-2025 - Aram Foundation, Government No: 79/2014, Certificate No: A24623
2.	Represented in Manonmaniam Sundaranar University football team ( Form- III ) university team-2009 (south zone)
3.	Represented in Manonmaniam Sundaranar University football team ( Form- III ) university team-2010 (south zone)

<b>ADMINISTRATIVE EXPERIENCE</b>			
<b>S. No</b>	<b>DESIGNATION</b>	<b>INSTITUTIONS</b>	<b>YEAR</b>
1	Tirunelveli District 'A' – Division Football League Championship 2024-25 for Men	Tirunelveli District Football Association	2024-2025
2	Coach cum Manager- All India Inter-university Ball Badminton Men Team	Bengaluru North University, Kolar	2025
3	Coach cum Manager- South Zone Inter-university chess (men) Tournament	Vel Tech, Rangarajan Dr. Sagunthala R&D Institute of Science & Technology, Chennai,	2025
4	Coach cum Manager- All India Inter-university	University of Jammu, Jammu	2025

	Fencing Men Team		
5	Coach cum Manager-South Zone Inter-university Football (Women) Tournament	Alagappa University Karaikudi	2025
6	Coach cum Manager-South Zone Inter-university women Football Team,	Vaishnava college for women's, Chennai	2018
7	Digisports Conference 2019, Organization Committee Member	International Association of Sports and ICT	2019
8	Coach cum Manager-South Zone Inter-university women Football Team,	Christ University, Bangalore	2019
9	Coach cum Manager-South Zone Inter-university women swimming	Lovely Professional University, Punjab.	2019
10	Coach cum Manager- All India Inter-university women Chess Team	Acharya Naga Arjuna University, Andhra Pradesh	2019
11	Coach cum Manager-South Zone Inter-university women Football Team,	Annamalai University, Chidambaram, Tamilnadu	2022
12	Coach cum Manager-South Zone Inter-university Football (Women) Tournament	Calicut University, Kerala	2023

## MEMBERSHIP

S. No	Designation	Particulars
1.	Life Member	Yoga Association (IYA)
2.	Life Member	Indian Academic Researchers Association (IARA)
3.	Executive Member(EC)	Tirunelveli District Football Association (TDFA)
4.	Chairman	Women's Committee Tirunelveli District Football Association (TDFA)
5.	Member of Selection Committee	CM Trophy District Level Competition- SADT Tirunelveli-2024
6.	Member of Selection Committee	Tirunelveli District Football Association

7.	Board of Study Member (PG)	Manonmaniam Sundaranar University
8.	External Examiner (UG), Practical Examination	Manonmaniam Sundaranar University
9.	Valuation Board Member (UG), B.Sc. Physical Education	Manonmaniam Sundaranar University

**ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE (SXC & Others)**

S. No	Name of the Training	Name of the Sponsoring Agency	Place and Date
1	Faculty Induction Programme	Higher Education Commission, Jesuit Madurai Province	Sacred Heart College, Shenbaganur, Kodaikanal, & 5 <sup>th</sup> , 6 <sup>th</sup> & 7 <sup>th</sup> June 2023
2	Orientation programme for Teachers	Internal Quality Assurance Cell	St. Xavier's College, Palayamkottai & 16 <sup>th</sup> & 17 <sup>th</sup> June 2023
3	Online Five Day Faculty Development programme ICT Based Teaching and Learning-2020	Sharanabasveshwar college of art, Karnataka	Sharanabasveshwar college of art, Karnataka, during 3 <sup>rd</sup> to 7 <sup>th</sup> June
4	Online International FDP on How to Write Effective Case Study - 2020	Atmiya University, Gujarat	Atmiya University, Gujarat, during 2 <sup>nd</sup> May
5	Online faculty development programme on “rejuvenation of Body, mind and soul - 2020	Department of Physical Education, Ethiraj College for Women	Ethiraj College for Women, during 15 <sup>th</sup> to 19 <sup>th</sup> June
6	Enhancing Research Productivity Impactful Publication& Projects	St. Xavier's College (Autonomous), Palayamkottai	12 <sup>th</sup> 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 <sup>th</sup> October 2024
8		Department of Physical Education and Sports,	

	Yoga for Holistic Health	Manonmaniam Sundaranar University, Tirunelveli-12	01 <sup>st</sup> April 2024
9	Teaching Teachers: Style and Professionalism	St. Xavier's College (Autonomous), Palayamkottai	23 <sup>rd</sup> 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 <sup>th</sup> February 2024
12	Teacher– Student Relationship- 2 & Mentoring System -2	IQAC, St. Xavier's College (Autonomous), Palayamkottai	4 <sup>th</sup> December 2023
13	Five days Virtual Faculty Empowerment Workshop on " E-Content Preparation & ICT - Tools"	IQAC, St. Xavier's College (Autonomous), Palayamkottai	19 <sup>th</sup> &26 <sup>th</sup> September 2023 and 03 <sup>rd</sup> ,10 <sup>th</sup> & 17 <sup>th</sup> October 2023
14	SXC 2023-24- Faculty Empowerment Programme – 01	IQAC, St. Xavier's College (Autonomous), Palayamkottai	22 <sup>nd</sup> July 2023
15	Orientation Programme for Teachers	IQAC, St. Xavier's College (Autonomous), Palayamkottai	16 <sup>th</sup> &17 <sup>th</sup> June 2023
16	Aspects of Higher Education	IQAC, St. Xavier' College (Autonomous), Palayamkottai	15 <sup>th</sup> June 2023
17	Two day Orientation Programme for Young Professors	Jesuit Higher Education Madurai Province	08 <sup>th</sup> &09 <sup>th</sup> December 2022
18	SXC- Centenary – Faculty Empowerment Programme (FEP) – 02	IQAC, St. Xavier's College (Autonomous), Palayamkottai	24 <sup>th</sup> September 2022
19	Writing Case Studies, Project Preparation and Funding of Research Projects (Online)	Indian Academic Researchers Association (IARA)	21 <sup>st</sup> to 23 <sup>rd</sup> May 2020

20	Applied Research Methodology in Education/ Psychology/ Physical Education for Research Scholars & Supervisors (WARMERS 2019)	Department of Education, Manonmaniam Sundaranar University	06th -12th February 2019
21	Research Methodology Programme (WRM-'17)	Rajiv Gandhi National of Youth Development	Manonmaniam Sundaranar University, Tirunelveli-12, 10 <sup>th</sup> to14 <sup>th</sup> February 2017
22	Enhancing Research Productivity Impactful Publication& Projects	St. Xavier's College (Autonomous), Palayamkottai	12 <sup>th</sup> December 2024
23	Swimming Course	Sports Development of Tamilnadu (SDAT)	21 days (1.12.2015 to 21.12.2015) Tirunelveli at Anna stadium, Palayamkottai.
24	State Technical Official	Sports Development of Tamilnadu (SDAT)	Manonmaniam Sundaranar University, 03rd April 2016
2	P.D.'s & P.E.T's Orientation Course for New Games	Sports Development of Tamilnadu (SDAT)	Sports Development of Tamilnadu (SDAT),

<b>RIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE</b>			
<b>S. No</b>	<b>Name of the Training</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>

DETAILS OF RESEARCH WORK		
Research Stages	Title of the Thesis	University where the work was carried out
Ph.D. (Highly Commended)	Effect of Soccer Training with Yogic practices on Selected Physical, Physiological and Performance Variables among Soccer Players	M.S.University
M.P.Ed., (Awarded)	Tirunelveli District Senior Division football Tournament 2013-2014 - A Descriptive Analysis	M.S.University

AREAS OF RESEARCH
Football
Sports Training
Yoga
Fitness and Wellness
Sports Technology
Anatomy and Physiology
Sports Management
Athletics

RESEARCH PROJECTS CARRIED OUT				
S. No	Title of the Project (Minor)	Name of the Funding Agency& Amount	Duration	

PUBLICATIONS				
BOOKS	BOOK CHAPTERS	SCOPUS	WEB OF SCIENCE	UGC LISTED
OTHER INDEXED	AS A RESOURCE PERSON	PAPERS PRESENTED IN NATIONAL AND INTERNATIONAL SEMINARS	WEBINARS, SEMINARS, WORKSHOPS ATTENDED	

PUBLICATIONS: BOOKS ()			
S. No	Title of the Book	Publication	Year

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<b>BOOK CHAPTERS (1)</b>			
<b>S. No</b>	<b>Title of the Paper</b>	<b>Name of the Book</b>	<b>ISSN No., Pg.No</b>
1	Effect of surya namaskar practices on Flexibility among women football players	Harmony of Sports Sciences and Yoga	978-93- 5813-249-6

<b>PUBLICATIONS: SCOPUS INDEXED JOURNALS (1)WEB OF SCIENCE (0)</b>			
<b>S. No</b>	<b>Title of the Paper</b>	<b>Name of the Journal</b>	<b>ISSN No., Volume, Issue, Impact factor &amp; Pg. No</b>
1	The impact of Yogic Practices on Specific Mathematical and Personal Characteristics among Obese Female Students in Indian Colleges	South Eastern European Journal of Public Health	2197-5248, 26, pp-2158-2163

<b>PUBLICATIONS: UGC LISTED JOURNALS (16)</b>			
<b>S. No</b>	<b>Title of the Paper</b>	<b>Name of the Journal</b>	<b>ISSN No., Volume, Issue, Impact factor &amp; Pg. No</b>
1	Effect of core stability training on balance and core abilities among women soccer players	Gedrag & Organization Review	volume 33, Issue 02 – 2020, PP: 264 ISSN:0921-507
2	Effect of yogic practices on flexibility and tidal volume among soccer player	Journal of Emerging Technology and Innovative Research, Journal of Emerging Technologies and Innovative Research	Vol 5, Issue 7, July 2018, pp-292-295, ISSN No. 2349-5162, UGC Serial No. 63975
3	Influence of Barbell Training on Shoulder Strength and Leg Strength among Handball Players	Universal Review	Vol: 7 Issue: XII, pp. 1277-1282, ISSN No – 2277-2723, UGC Serial No. 40792
4	Influence of yogic practices on resting pulse rate and vital capacity among inter collegiate soccer players	International Journal of Yoga, Physiotherapy and Physical Education	Vol: 3 Issue: 1, pp. 147-150. , ISSN No – 2456-5067 UGC Serial No. 44415
5	Examining the effect of unilateral plyometric with skill training on shooting	Journal of Information and Computational Science	Volume 10 Issue 4 – 2020, pp 13-19, ISSN No. 1548-7741.

	performance among soccer players		
6	Analysis of generic skill among physical education students	Ijfans International Journal of Food and Nutritional Sciences	ISSN No 2319 1775 Online 2320 7876, page- 6464 – 6469.
7	Sangakalathil Kanapadum Siruvar Vilayadugal	Panmuga Nokkil Tamil Illagiyangal	Volume 11 Issue 1 – 2024, pp 81-84, ISSN No. 2347- 1751
8	Puranaanutril ullagalaviya Podhumai Sinthannai	Kavimugi International Journal of Tamil Research is a Peer Reviewed Printed Journal	ISSN No – 2950-6611
9	Effect of Weight Training on Leg Explosive Power among Football Players.	International Journal of Current Science Research (IJCSR)	Special Issue: e-ISSN: 2454-5422. pp 56-61.
10	Impact of surya namaskar practices' on flexibility among women hostel students	International journal of creative research thoughts (IJCRT)	Volume 13, issue 4 April 2025 , Issn: 2320-2882 Pg 81-83
11	Effect of yogic breathing practices on vital capacity among basketball players.	International journal of creative research thoughts (IJCRT)	Volume 13, issue 4 April 2025 , Issn: 2320-2882 Pg 26-28
12	effect of ladder training on agility among kho kho players	International journal of creative research thoughts (IJCRT)	Volume 13, issue 4 April 2025 , Issn: 2320-2882 Pg 29-31
13	Effect of medicine ball exercise on abdominal strength among volleyball players.	International journal of creative research thoughts (IJCRT)	Volume 13, issue 4 April 2025 , Issn: 2320-2882 Pg 38-40
14	The Influence of Yogic Practices On Abdominal Strength In Hockey Players: A Scientific Analysis	International journal of creative research thoughts (IJCRT)	Volume 13, issue 4 April 2025 , Issn: 2320-2882 Pg 103-105
15	Influence of yogic practices on systolic blood pressure among physical education students	International journal of creative research thoughts (IJCRT)	Volume 13, issue 4 April 2025 , Issn: 2320-2882 Pg 111-113
16	Impact of yogic practices on diastolic blood pressure among kabaddi players	International journal of creative research thoughts (IJCRT)	Volume 13, issue 4 April 2025 , Issn: 2320-2882 Pg 118-120

<b>ICATIONS: OTHER INDEXED JOURNALS (2)</b>			
<b>S. No</b>	<b>Title of the Paper</b>	<b>Name of the Journal</b>	<b>ISSN No., Volume, Issue, Impact factor &amp; Pg.No</b>
1	Effect of Selected Asana in Hatha Yoga Practices on and Flexibility among Football Players	Outreach A Multi-Disciplinary International Journal	ISSN (P): 0975 1246, Vol: 10, Issue: 1, pp: 269-274. Impact Factor: 7.011
2	Effect of 6- Week Immunity Boosting Yogic Practices on Lymphocytes among Middle Aged People	Research Nebula	2277-8071, pp- 189-192
3	Examining the effect of unilateral plyometric with skill training on shooting performance among soccer players	Journal of Information and Computational Science	Volume 10 Issue 4 – 2020, pp 13-19, ISSN No. 1548-7741.

<b>AS A RESOURCE PERSON ()</b>			
<b>S. No</b>	<b>Name of the Event</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>

<b>WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP</b>			
<b>PAPER PRESENTED: National () International ()</b>			
<b>S. No</b>	<b>Name of the Event</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>
1	International Conference on Yoga for Harmony of body and mind - 2019	Alagappa University college of physical education,	Alagappa University, Karaikudi, during
2	Conference on IASI Digi Sports Con - 2019	Department of physical Education and sports, M.S.University	Hotel sea view, Kanyakumari
3	National Seminar on Role of Yoga for Health and Lifestyle Management - 2019	Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education	Maruthi College of Physical Education, Coimbatore
4	Yoga, Meditation and sports for peace and prosperity-2019	Department of physical education and health sciences	Alagappa University, Karaikudi
5	International Conference on Sports Vision and Mission for Grooming Athletes and Para Sports Athletes - 2018	Alagappa University College of Physical Education	Alagappa University, Karaikudi
6	National Conference on Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance - 2018	Ganesar College of Arts and Science	Ganesar College of Arts and Science, Pudukkottai

7	Multidisciplinary approaches in social sciences, humanities and sciences - 2018	Sri S.Ramasamy Naidu Memorial College, Department of physical education	Sri S.Ramasamy Naidu Memorial College ,Sattur
8	National Conference on Integrated Holistic Approach Towards Physical and Mental Health - 2018	Department of Physical Education. Government Arts College	Government Arts College Paramakudi
9	National Seminar on Role of Yoga and technology in Enhancing Sports Performance and Populace Health -2016	Department of Physical Education, Urumu Dhanalakshmi College	Urumu Dhanalakshmi College, Thirchirappalli
10	Concept of Health Fitness and Wellness, Organized by Department of Physical Education ad Yoga - 2016	Bharathidasan University, Thirchirappalli, Department of Physical Education.	Bharathidasan University, Thirchirappalli,
11	National Conference Yoga-A Scientific Approach - 2016	Department of Physical Education, Sri Vasavi College	Sri Vasavi College, Erode, during 30th January
12	Recent Developments in Sports and Yogic Sciences - 2015	Alagappa University College of Physical Education, Alagappa University	Alagappa University, Karaikudi
13	seminar on Modern trends in physical education and sports - 2018	Manonmaniam Sundaranar constituent college	Manonmaniam Sundaranar constituent college, Kadayanallur, during 23rd February
14	yoga for total well-being, Organized by Department of Physical Education ad Yoga -2018	Sri Sarada College of education for women, Department of Physical Education	Sri Sarada College of education for women, Tirunelveli
15	சங்ககாலத்தில் காணப்படும் சிறுவர் விளையாட்டுகள்	தமிழ்த்துறை, தூய சவேரியார் கல்லூரி பாளையங்கோட் டை 26 <sup>th</sup> February 2024	தூய சவேரியார் கல்லூரி பாளையங்கோட் டை 26 <sup>th</sup> February 2024
16	Effect of Yoga Practices on Coordination and Psychomotor abilities among College Male Athletes	Nesamony Memorial Christian College, Mathandam	Bharathiar University, Coimbatore 20 <sup>th</sup> & 21 <sup>st</sup> January 2025
17	Effect of yoga Nidra on Anxiety among college students	Department of Physical Education,	26 <sup>th</sup> & 27 <sup>th</sup> September 2024
18	Opportunities and challenges of nanotechnology in the field of sports	Department of Chemistry,	St. Xavier's College (Autonomous), Palayamkottai 20 <sup>th</sup> February 2025
19	Preventing fraud in sports betting: modern strategies and Key challenges	PG & Research Dept of Commerce & Dept. of Criminology & Forensic Science,	St. Xavier's College, Palayamkottai 24th & 25th February 2025

WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP ATTENDED:			
S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	International Conference - 2017	centre for Diaspora Studies and Department of Tamil Studies of Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during March 28th
2	National conference - 2016	Indian council of social science research Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 01& 02 September
3	Seminar -2015	Curriculum Development Cell, Manonmaniam Sundaranar University Tirunelveli	Manonmaniam Sundaranar University, Tirunelveli, during 25 <sup>th</sup> August
4	One Day Workshop on Sports Physiotherapy -2013	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 30th August
5	One Day Workshop on “Sports Commerce and Marketing - 2013	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 20 <sup>th</sup> December
6	One Day Workshop on First Aid - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 18 <sup>th</sup> September
7	National Workshop on Principles of Coaching and Training Athletes - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 11-12 <sup>th</sup> September
8	Chess Clinic - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 12 <sup>th</sup> September
9	Basketball Clinic - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 3 <sup>rd</sup> October
10	Workshop on Coaching and Officiating in Kho-Kho - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 5 <sup>th</sup> - 7 <sup>th</sup> , November
11	One Day Seminar on Sports in	Dept. of Physical	Manonmaniam

	Tamil Literature - 2014	Education and Sports, Manonmaniam Sundaranar University	Sundaranar University, Tirunelveli, during 17 <sup>th</sup> December
12	International Workshop on oral hygiene and maxillofacial care in the 21st Century- 2015	Rotary Club-Rani Anna government college for woman	Rani Anna government college for women, Tirunelveli during 31 <sup>st</sup> January
13	National level Workshop on Bibliometric analysis With Bib excel Tool - 2016	Perunthalaivar Kamarajar Library Manonmaniam Sundaranar University	Perunthalaivar Kamarajar Library Manonmaniam Sundaranar University during 11 <sup>th</sup> December
14	Two Day National Level Workshop on Art of Writing in APA Style	Department of Psychology, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 16 <sup>th</sup> &17, March
15	Workshop on Event Management in Athletics - 2016	Department of Psychology, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 31 <sup>st</sup> , march
16	National Workshop on Library - 2016	Dept. of library science Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 30 <sup>th</sup> march
17	State level Workshop on Sports Injuries – Physiotherapy Protocol - 2016	Dept. of Physical Education, Health Education and Sports, The M.D.T. Hind College	The M.D.T. Hind College, Tirunelveli, during 9 <sup>th</sup> march
18	Workshop on Weight Lifting -2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 27 <sup>th</sup> , march
19	one day national workshop on Art of Writing Bibliography based on Mendeley Reference Manager - 2016	Perunthalaivar Kamrajar Library, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 30 <sup>th</sup> , March
20	One day Workshop on Rules, Techniques and Tactics in Kho-Kho -2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 24 <sup>th</sup> august
21	Workshop on Modern trends in coaching football -2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 30 <sup>th</sup> September
22	Workshop on Applied sports psychology - 2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 3 <sup>rd</sup> October
23	Workshop on Principles of techniques and tactics in hockey -	Dept. of Physical Education Manonmaniam	Manonmaniam Sundaranar University,

	2016	Sundaranar University	Tirunelveli during 3 <sup>rd</sup> October
24	Workshop on Principles of coaching and training in athletics - 2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 7 <sup>th</sup> October
25	National Workshop on SPSS for Research Scholars and Research Supervisors - 2017	Dept. of Physical Education Health Education and Sports, The M.D.T. Hindu College	, The M.D.T. Hindu College Tirunelveli during 4-6 January
26	One day workshop on Principles of techniques and tactics in Netball - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 28 <sup>th</sup> September
27	National workshop on system base technical training, talent identification and sports ethical value - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 10 <sup>th</sup> December
28	One day workshop on MOOCs through SWAYAM - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 19 <sup>th</sup> November
29	4th International day of yoga-2018 & asanas - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 21 <sup>st</sup> June
30	National workshop on video analysis and injury prevention in athletics" -2019	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 7th March
31	International workshop on Impact factor publications, citation analysis, plagiarism getting patent and copyright - 2018	Dept. of Library and information science, Manonmaniam Sundaranar University,	Manonmaniam Sundaranar University, Tirunelveli during 7 <sup>th</sup> & 8 <sup>th</sup> December
32	Symposium on futuristic of physical education in new policy - 2020	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 6 <sup>th</sup> March
33	'International Webinar on Physical Culture & Social Well-Being -2021	International federation of physical education fitness & sports science association (IFPEFSSA)	Manonmaniam Sundaranar University, Tirunelveli during 17 <sup>th</sup> April
34	'International Webinar on Sports Management and Sports Nutrition - 2021	Arul Anandar College, Dept. of Physical Education and Sports	Arul Anandar College, Madurai During 18 <sup>th</sup> & 19 <sup>th</sup> Feb
35	International Webinar on 'Yoga as a means of Healthier Lifestyle during Coronavirus Pandemic - 2020	University of Kalyani, Dept. of Physical Education and Sports	University of Kalyani West Bangla, During 22 <sup>nd</sup> July
36	International Webinar on 'Physical, Psychological & Spiritual	Lingaraj College, Dept. of	Lingaraj

	Discipline, A Key To Well Being In The New Normal - 2020	Physical Education and Sports	College, balagavi during 22 <sup>nd</sup> July
37	National Webinar on Financial Administration in Sports Industry - 2020	PG and Research Centre for Commerce, Thiruvalluvar College - Papanasam	Thiruvalluvar College – Papanasam during 23 <sup>rd</sup> July
38	International Webinar Workshop on "Yoga at Home and Yoga with Family-2020	Mother Teresa Women's University Kodaikanal.	Mother Teresa Women's University Kodaikanal. During 21th June
39	National Webinar on "Don't Work Work Out"	G.T.N. Group of Institution, dindigul	G.T.N. Group of Institution, dindigul, during 19 <sup>th</sup> July
40	International Football Webinar - 2020	Physical Education Foundation of India,	Physical Education Foundation of India, during 5 <sup>th</sup> June

### COUNTRIES VISITED

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### EXTRA-CURRICULAR ACTIVITIES/ CO-CURRICULAR ACTIVITIES

#### ATTENDED(NCC/NSS/YRC/SPORTS/LITERARY AND CULTURAL ACTIVITIES)

**COACH :** All India Football Federation D License Football Coach (AIFF)

[the-aiff.com/coaches/profile/2022AUG20671](http://the-aiff.com/coaches/profile/2022AUG20671)

**FOOTBALL REFEREE:** Tamilnadu Football Association (TFA) [AIFF - RASI \(the-aiff.com\)](http://AIFF - RASI (the-aiff.com))

(Rin Number -370153)

**ATHLETIC REFEREE:** (Registration No– MSU/TVL/2016/006)

**HANDBALL REFEREE:** Tamilnadu Handball Association (045)

**International stadia Visit at Trivandrum and Cochin** during 2<sup>nd</sup> - 4<sup>th</sup> December 2014

organized by department of physical education and sports, Manonmaniam Sundaranar University, Tirunelveli.

**Educational tour cum stadia visit at Mysore and Bengaluru SAI sports Training centre**

during 17<sup>th</sup> & 18<sup>th</sup> March 2016 organized by department of physical education and sports, Manonmaniam Sundaranar University ,Tirunelveli.

**Date: 26 - 07 - 2025**

**Name: Dr.C.Selvaraja**