

# RESUME



**Name: Dr. P. THANGARAJ**  
**Designation: Assistant Professor**  
**Department: Physical Education**  
**Address St. Xavier's College, Palayamkottai - 627011**

## PERSONAL DETAILS

Date of Birth : 15.05.1973  
Qualification : M.A., (Philosophy) M. P. Ed., M.Phil., Ph.D., (Physical Education)  
PGDYE (Yoga)  
Designation : Assignment Professor  
Department : Physical Education  
Community : SC  
Religion : Hindu  
Nationality : Indian  
Mobile : 9500853792  
Email ID : [sportstkeerthana@gmail.com](mailto:sportstkeerthana@gmail.com)

## ACADEMIC QUALIFICATIONS

Degree	Specialization	College	University	Year of Passing
Ph.D	Physical Education	M. S. University	M. S. University	2016
M.Phil	Physical Education	Annamalai University	Annamalai University	2011
M.P.Ed	Physical Education	YMCA College of Physical Education	Madras University	2001
M.A	Philosophy	Pachaiyappa's College	Madras University	1999
B.A	Philosophy	Pachaiyappa's College	Madras University	1997

HSC	Science	VOC Govt Hr. Sec. School	Tamil Nadu State	1994
SSLC	-	VOC Govt Hr. Sec. School	Tamil Nadu State	1991
PGDYE	Yoga Education	Alaggappa University	Alaggappa University	2016

### ACADEMIC IDENTITY

*VIDWAN ID	544240
*ORCID ID	0009-0005-2211-2198
*SCOPUS ID	59752477800
*RESEARCHER ID / PUBLONS ID	
GOOGLE SCHOLAR LINK	<a href="https://scholar.google.com/citations?view_op=list_works&amp;hl=id&amp;user=n9jLkfwAAAAJ">https://scholar.google.com/citations?view_op=list_works&amp;hl=id&amp;user=n9jLkfw AAAAJ</a>

### TEACHING EXPERIENCE

Date of Appointment	19.06.2024
Date of Retirement	18.06.2032
Teaching Experience	UG – 9 Months ST. Xavier's College (Autonomous) Palayamkottai
	PG – 7 Years M. S. University, Tirunelveli
	M. Phil - 3 Years M. S. University, Tirunelveli
Director of Physical Education	7 Years Jaya College of Arts and Science, Chennai
	I Year Bishop Caldwell College, Thoothukudi
Research	Guided M Phil: Nil Guided Ph D: Nil Guiding Ph Scholar:Nil
	Guided M. P. Ed: 7 Years M. S. University, Tirunelveli
	Guided U.G: 1 Year ST. Xavier's College (Autonomous) Palayamkottai

COURSES/CLASSES TAUGHT	NAME OF THE INSTITUTIONS	DURATION		Years
		From	To	
I M. P. Ed (Human Anatomy and Physiology, Test, Measurement and Evaluation in Physical Education, Principles of Physical Literacy, Sports Technology, Multilateral Physical Development and Value, and Environmental Education)	M. S. University	28.08.2012	30.04.2024	7 Years
II M. P. Ed (Principles of Sports Management and Curriculum Design, Athletic Care and Rehabilitation, Life Span Motor Development, & Adapted and Corrective Physical Education)	M. S. University	28.08.2012	30.04.2024	7 Years
II M.Sc Integrated Courses	M. S. University	06.09.2021 03.09.2022	15.11.2021 15.11.2022	6 Months
M. Sc Yoga (Role of Yoga on Sublimation and Social Welfare, World Community Life and Guidance and Counselling, Psychotherapy)	DD&CE M. S. University	2021	2023	2 Years
Diploma in Yoga (Sublimation and Social Welfare)	DD&CE M. S. University	2021	2023	2 Years
III B. Sc Physical Education Principles of Motor Development, Research Methodology and Statistics in Physical Education, Theories of Track and Field, Physiology of Exercises (Practical), Game of Specialisation,	ST. Xavier's College, Palayamkottai	19.06.2024	Till Date	9 Months
II B. Sc Physical Education Theories of Games - II	ST. Xavier's College,	19.06.2024	Till Date	
I B. Sc Physical Education Theories of Games – I, Fitness and Wellness & Science of Nutrition (NME), Kinanthropometric and Movement Education in Sports	ST. Xavier's College,	19.06.2024	Till Date	

AWARDS RECEIVED	
1.	Award of Excellence -International Conference - (Digisports 2019)
2.	Dr. Radhakrishnan Award - Perariyar Anna Seminar (2020)
3.	E.V.R. Periyar Award - Modern World Curriculum (2021)

ADMINISTRATIVE EXPERIENCE			
S. No	DESIGNATION	INSTITUTIONS	YEAR
1	Class Teacher (PG)	Department of Physical Education M. S. University	2016 - 2017
2	Mentor (I& II Yr PG)	Department of Physical Education M. S. University	2013 to 2024
3	Intramural Co-ordinator	Mano - Day Sports Competition M. S. University	2016 – 2017 & 2023
4	Intramural Co-ordinator	ST. Xavier's College	2024 - 2025
5	Organization Co-ordinator	2nd Xaverian International FIDE Rating Open Chess Tournament	2024-2025
6	Assistant Coordinator	Two day workshop on Kho-Kho Officiating and Coaching	
7	Organizer	Three-day Sports and Interaction	
8	Organizer	M S University Inter Collegiate Handball Women Tournament	
9	Assistant Coordinator	Voters Awareness programme (Rally)	
10	Assistant Coordinator	Programme to celebrate Third International Day of Yoga Awareness	
11	Assistant Coordinator	Inter National Lecture on “Sports Analytics, Media, Management and Micro Finance”	
12	Assistant Coordinator	National Workshop on “Video Analysis and Injury Prevention in Athletics”	
13	Sports Coordinator	International Women’s Day Celebration, Organised by Centre for Women Empowerment & omen Studies	8 <sup>th</sup> March 2023
14	Organising Secretary	M S University Inter Collegiate Swimming Women Tournament	2021-2022
15	Organising Secretary	M S University Inter Collegiate Tennis Women Tournament	2022-2023
16	Joint Coordinator	Freedom Run (Mini Marathon) on account of 77 <sup>th</sup> Independence Day Celebrations 2023	14.08.2023
17	Organising Secretary	“The Mind An Integrated Functional Fitness in Sports Performance” Organised by DPES association with Alumni Association	8 <sup>th</sup> April 2024
18	Organising Secretary	M S University Inter Collegiate Football Women Tournament	
19	Technical Committee	I Served for being an Official in the “KARAM YOKATHON”	21 <sup>th</sup> January 2018
20	Technical Committee	I Served for being an Official in the “KARAM YOKATHON”	20 <sup>th</sup> January 2019
21	Technical Committee	I Served for being an Technical Official in the “KARAM 2023 MARATHON”	28 <sup>th</sup> January 2023
22	Technical Committee	I Served for being an Technical Official in the “KARAM 2024 MARATHON”	29 <sup>th</sup> January 2024
23	Technical	I rendered exemplary service acted as	18 <sup>th</sup> September

	Committee	Official for SHIFA MARATHON 2022.	2022
24	Technical Committee	I rendered exemplary service acted as a Official for Kaveri Marathon 2022	
25	Volunteer	I rendered exemplary service acted as Official for 5 <sup>th</sup> Edition RMKV Nellai Marathon.	2 <sup>nd</sup> February 2025
26	Organizer	Summer Hockey Camp (15 Days)	

<b>MEMBERSHIP</b>			
<b>S. No</b>	<b>Designation</b>	<b>Particulars</b>	
1.	EC Members	Thoothukudi District Hockey Association	
2.	Technical Committee Members	Tirunelveli District Hockey Umpire Association	
3.	Secretary	Alumni Association in MS University Department of Physical Education and Sports (2016 to 2021)	
4.	Selection Committee	Manonmaniam Sundaranar University Hockey Men & Women Team (2013 to 2024)	
5.	Level - I Referees in Rocket ball	Rocket ball Federation of India, M. S. University (04 <sup>th</sup> April 2024)	
6.	Class III Technical Official	Hockey Unit of Tirunelveli, (From 2022)	
7.	Technical Volunteer	5 <sup>th</sup> Edition of RMKV NELLAI MARATHON (2 <sup>nd</sup> Feb 2025)	
8.	Selection Committee	Manonmaniam Sundaranar University Hockey Women Team (2024-25)	
9.	Secretary	Tirunelveli Rocket ball Association	
10.	Technical Official	Qualified State Technical Official of Tamil Nadu Athletic Association.	

<b>ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE (UGC/HRDC/TLC-PMMNP ONLY)</b>			
<b>S. No</b>	<b>Name of the Training</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>
1			
2			
3			
4			
5			

<b>ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE ( 14 )</b>			
<b>S. No</b>	<b>Name of the Training</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>
1	Orientation Programme	Orientation Programme for the Newly Recruited Faculty Members" Internal Quality Assurance Cell (IQAC)	St. Xavier's College (June 29 <sup>th</sup> & July 6 <sup>th</sup> 2024)
2	Two - Day Staff Enhancement and Empowerment Programme	Internal Quality Assurance Cell (IQAC)	St. Xavier's College (June 19 <sup>th</sup> & November 20 <sup>th</sup> 2024)
3	Staff Enhancement and Empowerment Programme(SEEP)	St. Xavier's College, Palayamkottai.	St. Xavier's College (12 <sup>th</sup> December 2024)
4	On statistical analysis using SPSS	Centre for special and movement education	05-08 -2020 To 11.08.2020
5	20 Days Swimming Course	Sports Development of Tamil Nadu (SDAT) & Department of Physical Education and Sports, M.S.University, Tirunelveli	1 <sup>st</sup> to 21 <sup>st</sup> December 2014
6	20 Days Swimming Course	Sports Development of Tamil Nadu (SDAT) & Department of Physical Education and Sports, M.S.University, Tirunelveli	1 <sup>st</sup> to 21 <sup>st</sup> December 2015
7	TYFAA Certificate Level 1 Instructor Course	Tamilnadu Youth Field Archery Association	28 <sup>th</sup> February 2024
8	State Technical Official in Athletics	Sports Development of Tamil Nadu (SDAT)	Manonmaniam Sundaranar University.
9	One Day Training on Preparation of Revised Bloom's Taxonomy-based Internal and Semester Exam Question Papers	Internal Quality Assurance Cell (IQAC)	Manonmaniam Sundaranar University. (24 <sup>th</sup> Jan 2023)
10	A One Day Faculty Enhancement and Empowerment Programme	St. Xavier's College, Palayamkottai.	St. Xavier's College (23 <sup>rd</sup> July 2024)
11	Faculty Development Programme	Research Metrics and the Publication Process in Scopus-Indexed Journals	St. Xavier's College (Oct 26 <sup>th</sup> 2024)
12	A Three Day Faculty Development Programme	Higher Education Commission (JESUIT MADURAI PROVINCE)	Sacred Heart College, Shenbaganallur, Kodaikanal (4 <sup>th</sup> to 7 <sup>th</sup> June 2025)

13	A Three Day Faculty Development Programme	Higher Education Commission (JESUIT MADURAI PROVINCE)	Sacred Heart College, Shenbaganallur, Kodaikanal (4 <sup>th</sup> to 7 <sup>th</sup> June 2025)
14	Six Days National Level Faculty Development Program (FDP) on Research Methodology : A Pathway to Excellence	Department of Electronics and Communication.	JP College of Arts and Science Ayikudi, Tenkasi (20.06.2025 to 25.06.2025)

DETAILS OF RESEARCH WORK		
Research Stages	Title of the Thesis	University where the work was carried out
Ph. D	Relative Effects of skill training with and without visual training on selected performance variables among hockey players	M. S. University

DETAILS OF RESEARCH WORK		
Research Stages	Title of the Thesis	University where the work was carried out
PG (M.P.Ed)	Supervisor of II Year Students	Institution
Completed	Descriptive Analysis of Hockey Men World Cup 2023	M. S. Usniversity
Completed	A Comparative Analysis of Selected Physical Fitness, Physiological Variables among Cricket and Football Players	M. S. University
Completed	Emotional Intelligence Between Law And Physical Education Professionals – An Analysis	M. S. University
Completed	Comparison of Emotional Intelligence among Primary Teacher, Trained Graduate Teacher and Post Graduate Teacher	M. S. University
Completed	2020 Tokyo Olympics Women Hockey Team Performance – A Review.	M. S. University
Completed	Analysis of Selected Physical Fitness, Physiological Variables among Cricket and Hockey Players.	M. S. University
Completed	Effect of Fitness Based Physical Activity Programme among School Students	M. S. University
Completed	Impact of free weights training on selected physical fitness variables among male students	M. S. University
Completed	Analysis of Anthropometric variables on Adulthood aged 18 to 22	M. S. University

Completed	Comparative analysis of Physiological variables between land and water sports participants	M. S. University
Completed	Comparison of selected Psychological variables Volleyball and Handball Players	M. S. University
Completed	Physical and Physiological Predictor perceived ability in Tennis Players	M. S. University
Completed	Influence of Circadian Rhythm on Physiological variable among Women Hostel students	M. S. University

AREAS OF RESEARCH	
Sports Training and Coaching	
Sports Psychology	
Test, Measurement and Evaluation	
Fundamental Movement	
Anthropometric & Yogic Science	

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
0	1	2		5
OTHER INDEXED	AS A RESOURCE PERSON	PAPERS PRESENTED IN NATIONAL AND INTERNATIONAL SEMINARS	WEBINARS, SEMINARS, WORKSHOPS ATTENDED	
	4	26	34	

#### PUBLICATIONS: BOOKS (0)

S. No	Title of the Book	Publication	Year

BOOK CHAPTERS (1)			
S. No	Title of the Paper	Name of the Book	ISSN No., Pg.No
1	Impact of Specific Pranayama Techniques on the Physiological Components of Adolescents	Harmony of Sports Sciences and Yoga	(HSSY– 2024) ISBN : 978-93-5813-249-6

PUBLICATIONS: SCOPUS INDEXED JOURNALS (2)WEB OF SCIENCE (0)			
S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No
1	Band Exercise Pose Identification and Classification Based on Covolutional Neural Network	International Research Journal of Multidisciplinary Technovation	E ISSN 2581-8430, Date of Receipt 08.01.2025
2	AI Enhanced Fitness Coaching: Personalized Workouts Plans with Integrated IoT Data and Deep Learning	International Research Journal of Multidisciplinary Technovation	Paper published; Date and ISSN are still pending

PUBLICATIONS: UGC LISTED JOURNALS (4)
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S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No
1	Effects of Skill Training with and without Visual Training Selected Performance Variables among Hockey Players	International Journal of Sports Technology, Management and Allied Sciences	ISSN – (Print): 2319-5274 Vol.2: No. 4 Oct-Dec:2013, pp-54-58
2	Enhancement Passing and Shooting Performance by Skill Training with and without Visual Training among Hockey Players	IPESSND 2014 – Coimbatore Institute of Technology, Coimbatore	ISSN – (Print): 978-81-930396-0-1
3	A comparative analysis of selected Physical Fitness Variables among Government Aided and Private School Soccer Players	IJEKS International Journal of Emerging Knowledge of Studies	ISSN – 2583-7354 UGC CARE Listed (Group-I) Journal Volume 02, Issue 12, Feb 2023, pp.41-44.
4	Dominance of Foreign Coaches in Indian Sports	Journal of Arts and Science Humanities	P-ISSN:2321-788X, E-ISSN:2582-0397, Vol. 11, no. 3, 2024, pp. 69–72. DOI: <a href="https://doi.org/10.34293/sijash.v11i3.6897">https://doi.org/10.34293/sijash.v11i3.6897</a>

PUBLICATIONS: OTHER INDEXED JOURNALS (0)			
S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No

AS A RESOURCE PERSON (4)			
S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	National Seminar on Yoga for Health and Happiness	Department of Physical Education, Manonmaniam Sundaranar University.	27 <sup>th</sup> May 2022
2	International Women's Day Celebrations 2022	Centre for Women Empowerment & Women	8 <sup>th</sup> March 2022

3	75 <sup>th</sup> Azadi Ka Amrit Mahotsav Celebration	Studies, M.S.University Manonmaniam Sundaranar University, Tirunelveli	01 <sup>st</sup> Aug to 15 <sup>th</sup> Aug 2022
4	Mano Feintum & Intramural Competitions 2023	Youth Welfare Department & Centre for Students Affairs, M.S.University	23th March 2023

**WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP  
PAPER PRESENTED: National (17) International (9)**

S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	Enhancement of passing and shooting performance of Skill Training with and without Visual Training among Hockey Players	National Conference on importance of Physical Education and Sports Science in Nation Building	Coimbatore Institute of technology, Coimbatore
2	Effect of selected exercises on pushing and hitting ability in Hockey	National Conference on Physical Education and Sports an Inter Disciplinary Approach	Arul Anandar College Karumathoor, M.K.University
3	Effects of Skill Training with and without Visual Training on selected performance variables among junior level Hockey Players	One-day National Conference on Physical Activity, Sports, Fitness and Dietetics – The Elixir Quarter of Health	Department of Physical Education, Bishop Heber College
4	Comparative Analysis of Psychomotor abilities between Football and non Football players	National Conference on Physical Education and Sports in India	Christian college of Physical Education, Nagercoil.
5	Influence of Skill Training with and without yoga practices on selected performance variables among Hockey Players	National Conference on modern perspectives of Sports science and yoga for the enhancement of sports performance	Department of Physical Education, Ganesar college of Arts and Science, melasivapuri.
6	Social mobility and education among nomadic groups: challenges and issues	Two-day National Conference on NSEANG'16	Department of Education, DD&CE Manonmaniam Sundaranar University.
7	Compare the Aerobic and Anaerobic power between rural and urban school boys	UGC Sponsored National seminar on innovative concepts in Physical Education and Yoga	Department of Physical Education, Arul Anandar College, Karumathur.
8	Effect of Skill Training through Visual Training on selected performance variables among women Hockey Players	National seminar on fit and healthy India – vision 2023	Alagappa University College of Physical Education, karaikudi.
9	Effects of Skill Training with and without Visual Training on passing and shooting performance among Elite Hockey Players	UGC Sponsored National seminar on “Sports Medicine: Applications and Recent Trends”	Department of Physical Education, V.O.C. College, Thoothukudi

10	Effect of Yogic Exercise on Static and Dynamic Flexibility of Academic Students	National Conference on Modern Trends of Yoga for Health and Sports Performance	Sri Paranjothi Yoga College & Governments Arts College, Udumalpet. (12 <sup>th</sup> Aug 2022)
11	A six weeks of Suryanamaskar Practice on Field Hockey Players Core Strength	National Seminar on Yoga for Health and Happiness	Department of Physical Education, M.S.University. (27 <sup>th</sup> March 2022)
12	Sports Performance and Technological Advances Overview	National Conference on Advancing the Science of Learning: Insights, Innovations and Applications (16578/ISBN/2023/A)	St. Joseph College of Education, Vaikalipatti, Tenkasi. (21 <sup>st</sup> July 2023) ISBN: 16578/2023/A
13	Mental Toughness & Athlete satisfaction on open and closed skills in Kerala Sports School Students	Two Day National Seminar on NEP AND ITS IMPACT IN PHYSICAL EDUCATION & SPORTS	Department of Physical Education, MMS Government Arts and Science College, Thiruvananthapuram, Kerala.
14	Bearing of Digital Payments on Financial Fraud in Sports Transactions	“E-Commerce Crimes and Digital Banking Frauds: Risks and Prevention Strategies”	PG & Research Department of Commerce, and Department of Criminology and Forensic Science, ST. Xavier’s College of Education, (Autonomous) Palayamkottai. (24 <sup>th</sup> & 25 <sup>th</sup> Feb 2025)
15	Globalizing Indian Knowledge and Refining Education with NEP as a Universal Framework (IMCGIK’ 25)	IIC, IQAC & Aiman Research Development Cell	Aiman College of Arts and Science for Women, Trichy. (21 <sup>st</sup> & 22 <sup>nd</sup> Feb 2025)
16	Comparative Analysis of Physiological variables between water and land women sports participants	National Seminar on ‘Women Empowerment in Nation Building	Annamal College of Education for Women, thoothukudi
17	Advanced Digital Tools in Physical Education & Sports Performance	National Seminar on “Digital Transformation in Education: Challenges and Opportunities”	Fr. Bonhoure Centre for Research, ST.Xavier’s College of Education, (Autonomous) Palayamkottai. (14 <sup>th</sup> & 15 <sup>th</sup> Feb 2025) P, 323-329
18	Effects of Skill Training with and without Visual Training on selected performance variables among junior level Hockey Players International conference on Sports	International Conference on Health and sports Economics	Sri Guru Granth Sahib World University, Punjab
19	Effects of Skill Training with and without Visual Training on Hitting and Passing among Hockey	International conference on sports vision and mission for grooming Athletes and Para Athletes for Olympics – 2020	Alagappa University College of Physical Education and Para Sports Centre, karaikudi
20	Emotional Intelligence between Law and Physical Education professional – An Analysis	International Conference on Physical Education and Sports Science (ICPES 23)	Directorate of Sports and Department Psychology, Manipal University, Jaipur
21	Emotional Intelligence between Law and Physical Education Professional – An Analysis	International Conference on Physical Education and Sports Science (ICPES 23)	Manipal University, Jaipur (Nov, 2023)

		(23)	
21	Effect of Yoga Practices on Respiratory Capacity in Female Basketball Players	International Multidisciplinary Conference on TECH-BIZ SYNERGY 2K25- REDIFINING GLOBAL TRENDS	Department of Physical Education, NMCC, Marthandam (20 <sup>th</sup> January & 21 <sup>st</sup> 2025.
22	Role of Mass Media in Education	ICMRIPSF 2025	Infant Jesus College of Arts and Science for Women. Vol: 1, ISBN: 978-81-962441-3-2 (10 <sup>th</sup> Jan 2025) P-204-207.
23	Effect of Global Climate Changes on Sports Performance	International Conference on Futuristic Trends in Chemical Science – Health, Energy and Environmental Sustainability (ICFTCS 2025)	Department of Chemistry, ST.Xavier's College of Education, (Autonomous) Palayamkottai. (20 <sup>th</sup> Feb 2025)
24	சங்க கால வீர விளையாட்டுகள்: ஒரு பார்வை	தமிழ் இலக்கியங்களும் சமூக இயக்ககளும் & பன்னாட்டு கருத்தரங்கு 2025	Arulanandar College(Autonomous), Karumathoor, Madurai. ISBN: 978-93-94448-89-6,(Page 351-356)
25	Exploring the Correlation between Breath Holding Capacity and Aggression in Athletics	Two Days International Seminar 'Health Fitness & Wellness: Empowering a Resilient Future	Pondicherry University in collaboration with ICSSR (29 <sup>th</sup> & 01 <sup>st</sup> Mar 2024)
26	Exploring the Correlation between Breath Holding Capacity and Aggression in Athletes	International Seminar on Health Fitness & Wellness: Empowering a Resilient Future	Pondicherry University in collaboration with ICSSR (29 <sup>th</sup> & 01 <sup>st</sup> Mar 2024)

WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP ATTENDED:3			
S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	Role of yoga on holistic health	State level seminar	Sri Sarada college of Education for Women (23 <sup>rd</sup> Jan 2017)
2	Trends and issues in Physical Educationist	State level seminar on modern trends in physical education and sports	Department of Physical Education, Manonmaniam Sundaranar Constituent College, Kadayanallur.
3	Judo Techniques and Officiating Skills	Tirunelveli District Judo Association	St. Xavier's College, Palayamkottai. 14 <sup>th</sup> & 15 <sup>th</sup> Feb 2025

<b>WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP ATTENDED: 34</b>			
<b>S. No</b>	<b>Name of the Event</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>
1	Two days National Workshop on Safe Guarding Intellectual Property Rights & Commercialization of Patents	Department of Animal Science, Manonmaniam Sundaranar University	
2	One day workshop on “Shodhganga Awareness Program	Manonmaniam Sundaranar University Library	
3	U.G.C Sponsored one-day national level workshop on “Access to E-Resources Through Nlist and Other Sources	Sadakathullah Appa College, Tirunelveli	
4	Two day National workshop on Art of Writing in APA Style	Department of Physical Education and Sports, M. S. University, Tirunelveli.	
5	National Workshop on Principles of Athletics Coaching and Officiating	Department of Physical Education and Sports, M. S. University, Tirunelveli.	
6	One Day Workshop On “Principles of Coaching and Officiating in Weightlifting	Department of Physical Education and Sports, M. S. University, Tirunelveli.	
7	National Workshop on Procedure of Evaluation and Scoring in Artistic Gymnastics	Department of Physical Education and Sports, M. S. University, Tirunelveli.	13 <sup>th</sup> Feb 2020
8	Symposium on Futuristic of Physical Education in New Education Policy	Department of Physical Education and Sports, M. S. University, Tirunelveli.	6 <sup>th</sup> March 2020
9	One Day Workshop On “Principles of Techniques and Tactics in Hockey	Department of Physical Education and Sports, M. S. University, Tirunelveli.	
10	One Day Workshop On Techniques and Tactics in Taekwondo	Department of Physical Education and Sports, M. S. University, Tirunelveli.	
11	One Day Workshop On “Applied Sports Psychology”	Department of Physical Education and Sports, M. S. University, Tirunelveli.	

12	A One day National Level Workshop on “Bibliometric Analysis with Bib Excel Tool”.	Perunthalaivar Kamarajar Library, M. S. University, Tirunelveli	
13	One Day Workshop On “Sports Commerce and Marketing”	Department of Physical Education and Sports, M. S. University, Tirunelveli	
14	One day National level Workshop on “Art of Writing Bibliography based on Mendeley Reference Manager”	Perunthalaivar Kamarajar Library, M. S. University, Tirunelveli	
15	One Day Workshop On “Rules, Techniques And Tactics In Kho-Kho”	Department of Physical Education and Sports, M. S. University, Tirunelveli	
16	One Day Workshop On “Modern Trends In Coaching Football”	Department of Physical Education and Sports, M. S. University, Tirunelveli	
17	Two Day Workshop On “Principles of Techniques and Tactics in Kho-Kho”	Department of Physical Education and Sports, M. S. University, Tirunelveli	
18	State Level Workshop on Sports Injuries – Physiotherapy Protocol	Department Of Physical Education Health Education and Sports, M.D.T Hindu College, Tirunelveli	
19	Two Day Workshop On “Rules and Officiating in Athletics”	Department of Physical Education and Sports, M. S. University, Tirunelveli	
20	One Day Workshop On “Coaching Strategies in Gymnastics” (2022)	Department of Physical Education and Sports, M. S. University, Tirunelveli	9 <sup>th</sup> March 2022
21	One Day Workshop On “Interpretation of Rules on Infringement in Athletics” (2022)	Department of Physical Education and Sports, M. S. University, Tirunelveli	26 <sup>th</sup> March 2022
22	Workshop On “Techniques and Strategies in Basketball” (2022)	Department of Physical Education and Sports, M. S. University, Tirunelveli	23 <sup>rd</sup> March 2022
23	Workshop On “Event Management Techniques in Chess”	Department of Physical Education and Sports & Alumni Association of Physical Education M. S. University, Tirunelveli	10 <sup>th</sup> March 2023
24	Two Days Workshop On “Pencak Silat: Rules and Techniques” (2022)	Department of Physical Education and Sports, M. S. University, Tirunelveli	1 <sup>st</sup> & 2 <sup>nd</sup> March 2022
25	One Day Workshop On “Intellectual Property Rights” (2022)	IQAC, M. S. University, Tirunelveli	15 <sup>th</sup> March 2023
26	State Level Workshop On Volleyball	Department of Physical Education, Health Education and Sports,	27 <sup>th</sup> March 2023

		The MDT Hindu College, Tirunelveli	
27	One Day Symposium on Sports Business: Industries and Marketing & Fitness for Healthy Lifestyle	Department of Physical Education and Sports, M. S. University, Tirunelveli	28 <sup>th</sup> March 2022
28	One Day Workshop On “Unlock Your Strength: A Comprehensive Guide to Weightlifting” (2023)	Department of Physical Education and Sports, M. S. University, Tirunelveli	23 <sup>rd</sup> March 2023
29	Workshop On “Event Management Techniques in Chess” (2023)	Department of Physical Education and Sports, M. S. University, Tirunelveli	10 <sup>th</sup> March 2023
30	National Seminar on “Sports Culture and Reach Peaking on account of National Sports Day - 2023	Government Arts and Science College, Kadayanallur, Tenkasi	28 <sup>th</sup> August 2023
31	Workshop on ‘Rules and Techniques in Rocketball on 03 <sup>rd</sup> April 2024	Department of Physical Education and Sports, M. S. University, Tirunelveli jointly organized by Alumni Association.	3 <sup>rd</sup> April 2024
32	Special Lecture on “Yoga for Holistic Health”	Department of Physical Education and Sports, M. S. University, Tirunelveli jointly organized by Alumni Association.	1 <sup>st</sup> April 2024
33	Workshop cum Counselling Training on “The Mind – AN Integrated Functional Fitness In Sports Performance 8 <sup>th</sup> April 2024	Department of Physical Education and Sports, M. S. University, Tirunelveli jointly organized by Alumni Association.	8 <sup>th</sup> April 2024
34	District Level Seminar on Judo Techniques and Officiating Skills	Tirunelveli District Judo Association & St.Xavier’s College	14 <sup>th</sup> & 15 <sup>th</sup> Feb 2025

#### COUNTRIES VISITED


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

In the academic year 1994-1995, I represented the Madras University Hockey Team at the All India Inter University Hockey Tournaments held at Guru Nanak Dev University, Punjab.
In the academic year 1995-1996, I represented the Madras University Hockey Team at the All India Inter University Hockey Tournaments held at Aligarh Muslim University, Aligarh. We Secured Fourth Position.
In the academic year 1997-1998, I represented the Madras University Hockey Team at the All India Inter University Hockey Tournaments held at BIT Ranchi.
In the year 1998-1999, I represented the Tamil Nadu State Senior Hockey Team at the V National Games held in Imphal, Manipur.
In the academic year 1993-1994, I represented the Manonmaniam Sundaranar University Hockey Team at the South Zone Inter University Hockey Tournaments held at Madras University, Chennai.
In the academic year 2000-2001, I represented the Tamil Nadu State Senior Hockey Team at the Beighton Cup Hockey Tournaments held at West Bengal.
In the academic year 1998-1999, I represented the Tamil Nadu State Senior Hockey Team at the All India Hockey Tournaments held at Ujjaini, Secunderabad. We secured First Position.
In the year 1990-1991, I represented the Thoothukudi District Men Team and participated in the U-14 State Level Hockey Tournament held at Pudukottai, securing the second place.
In the year 1991-1992, I represented the Thoothukudi District Men Team and participated in the U-14 State Level Hockey Tournament held at Tiruchirapalli, securing the second place.
In the year 2000 represented YMCA College Hockey team and Participated in the Inter Physical Tournament held at Sivanthi Aditanar College of Physical Education Tiruchendur. We Secured First Position.
In the year 2001 represented YMCA College Hockey team and Participated in the Inter Physical Tournament held at Maruthi College of Physical Education Coimbatore. We Secured First Position.
During the 1996-1997 seasons, I played as a guest player for the Income-Tax team in the Tamil Nadu Super Division League Hockey Tournament held in Chennai.
During the 1998-1999 seasons, I played as a guest player for the Central Excise team in the Tamil Nadu Super Division League Hockey Tournament held in Chennai.
I Served for being an OFFICIAL in the “Yoke Mini Marathon” Organized by Yoke Group of Institutions. held on August 2015-16.
I Served for being an OFFICIAL in the “Dr. MGR Centenary Marathon Race” Organized by SDAT on December 2016-17.
I rendered exemplary service as a Volunteer during the SANKAR CEMENT TNPL 2018 Cricket Tournament Organized by India Cements Ltd, Sankar Nagar from 23 <sup>rd</sup> July 2017 to 18 <sup>th</sup> August 2017.
I rendered exemplary service as a Volunteer during the SANKAR CEMENT TNPL 2018 Cricket Tournament Organized by India Cements Ltd, Sankar Nagar from 11 <sup>th</sup> July 2018 to 7 <sup>th</sup> August 2018.
I rendered exemplary service acted as a Official for Shifa Marathon 2022 at Anna Stadium Organized by Shifa Hospital.

I rendered exemplary service acted as a Official for Kaveri Marathon 2022 at Anna Stadium Organized by Kaveri Hospital.
I rendered exemplary service acted as a Volunteer during the Sankar Cement TNPL -2017 & 2018 T/20 Cricket Tournament.
Adjudicator (Elocution), 75 <sup>th</sup> Azadi Ka Amrit Mahotsav Celebration, M. S. University (2022)
Adjudicator (Monoacting), Intramural Cultural Competition, Youth Welfare Department & Centre for Students Affairs, M.S.University (23 <sup>rd</sup> March 2023)
Technical Official in Sports Competition, International Day of Women's Day Celebration, Centre for Women Empowerment & Women Studies, M.S.University (8 <sup>th</sup> March 2023)
Technical Official in Karam Yokathan (Long Distance Run), Youth of Kodakanallur Endeavour (2018, 2019, 2023 & 2024)
I have been appointed as a member of the selection committee for the 2024-25 Tamil Nadu School Hockey League Zonal Tournament, taking place at SDAT Hockey Stadium, Kovilpatti, from July 19 <sup>th</sup> To 21 <sup>st</sup> July 2024.
Acted as Volunteer in the 5 <sup>th</sup> Edition of RMKV Nellai Marathon held 2 <sup>nd</sup> Feb 2025
I has actively participated in the 8 <sup>th</sup> International Yoga Day 2022 & Asanas Practices held at Indoor Stadium, Department of Physical Education and Sports, M.S.University (21 <sup>st</sup> June 2022)
I has actively participated in the 9 <sup>th</sup> International Yoga Day 2023 organized by Department of Physical Education and Sports at M.S.University (21 <sup>st</sup> June 2023)
I have attended in the International Yoga Day 2024 organized by Nehru Yuva Kendra at VOC Stadium Palaymkottai (21 <sup>st</sup> June 2024)
I participated and secured I Place in 800 Meters for Masters Athletic Meet 2019
I participated and secured I Place in 1500 Meters for Masters Athletic Meet 2019
I participated and secured I Place in Long Jump for Masters Athletic Meet 2019
I participated and secured III Place in Platinum Tournaments organised by St. Xavier's College (Autonomous) Palayamkottai (SEP, 1999)
I participated and secured I Place in Tamilnadu & Pandichery States Inter Physical Education Tournaments organised by Sivanthi Aditanar College of Physical Education, Tiruchendur (1999 - 2000)
I participated and secured I Place in Inter Collegiate Tournaments organised by Manonmaniam Sundaranar University (1993 - 1994)
I participated in the MSU-DPES ALUMNI ROLLING TROPHY State Level Inter Collegiate Football Tournaments organised by Manonmaniam Sundaranar University (14 <sup>th</sup> & 15 <sup>th</sup> April 2023)

**Date: 28.07.2025**

**Name: Dr. P.THANGARAJ**