

## Curriculum Vitae

**Name** : Dr. S. Jagadeeswari  
**Designation** : Assistant Professor (Level 11)  
**Department** : Physical Education and Yoga, PU Community College  
**Email ID** : [jags.nathi@gmail.com](mailto:jags.nathi@gmail.com) / [jags.nathi@pondiuni.ac.in](mailto:jags.nathi@pondiuni.ac.in)  
**Mobile No.** : 7220779805 / 9894910276

### Degree Awarded

- Ph.D., in Physical Education (March 2017) in Pondicherry University, Pondicherry.
- M.Sc. in Yoga (2016), Center for Yoga Studies, Annamalai University, Chidambaram, Tamil Nadu.
- PG Diploma in Yoga (2012), Annamalai University, Chidambaram, Tamil Nadu.
- PG Diploma in Health and Life Style Management (2009- 2010), Pondicherry University, Pondicherry.
- Master of Philosophy (M.Phil) in Physical Education (2009- 2010), in Pondicherry University, Pondicherry.
- Master of Physical Education (M.P.Ed), (2007- 2009) in Pondicherry University, Pondicherry.
- Bachelor of Physical Education (B.P.Ed), (2006- 2007) in Bharathiar University, Coimbatore, Tamil Nadu.
- Bachelor of Arts (B.A Tamil), (2003- 2006) in Bharathidasan Govt. College for Women, Pondicherry.

### Total Experience:

**P.G Teaching** 5.6 years

**U.G Teaching** 5.3 years

### Research Experience

**Guided 15 PG (M.P.Ed) theses in the Department of Physical Education & Sports.**

Designation	Department	Date of Actual Joining		Grade
		From	To	
<b>Assistant Professor</b>	Dept. of Physical Education, Pondicherry University Community College, Lawspet, Pondicherry.	15.12.2021 (FN)	Till Date	Level 10 (pay matrix)
<b>Assistant Professor</b>	Dept. of Physical Education, Pondicherry University, Kalapet, Pondicherry.	07.06.2016 (AN)	14.12.2021 (AN)	Level 10 (pay matrix)
<b>Assistant Professor</b>	Dept. of Physical Education, Pondicherry University Community College, Lawspet, Pondicherry.	25.04.2012	07.06.2016 (FN)	6000

## **Academic Achievements**

- Cleared **National Eligibility Test (NET)** held in December 2008.
- Awarded **Junior Research Fellowship (JRF)** held in December 2008.
- Pondicherry University **Gold Medal in Master of Physical Education (M.P.Ed)**.

## **Project Awarded**

- Indian Council of Social Science Research (ICSSR) Major Project awarded for the academic year 2021-22 entitled “Menstrual Cup: Adaptability and Impact on Young Sports Women Studying in Physical Education Institutions in Pondicherry and Tamilnadu”

## **Area of Special Interest**

- Sports Medicine, Research Methodology And Statistics, Exercise Physiology, Yoga & Yoga Therapy, Sports Training, Methods Of Physical Education And Kinanthropometry and Aerobics for Fitness Management.

## **Sports Specialization:**

- Handball, Ball Badminton, Cricket, Volleyball and Yoga.

## **Referee Membership**

- Level 1 & Level-2 Kinanthropometrist from (ISAK)
- Tamilnadu State level Handball Referee.
- State Level Athletic Technical Official
- State Level Kabaddi Technical Official

## **Unique Contributions**

- Sponsored and created a new Handball court in the PU campus.
- Got sponsors for two moveable handball posts from Special Olympic as an appreciation for conducting National Handball camp for special children.
- Introduced three new Soft core courses for other department students of Pondicherry University.
  - Aerobics for fitness management (DPES 137)
  - Recreation and its values (DPES 138)
  - First Aid Management (DPES 139)

## **Programmes Organized**

- Organized a Three day National Workshop on “Nation-wide Series of Integrated Heartfulness Meditation Programme for All” in collaboration with Ministry of Culture,

Government of India from 3<sup>rd</sup> to 5<sup>th</sup> April, 2023 in Circle Hall, Pondicherry University Community College.

- Organized a Three day National Workshop on “Leading Healthy Lifestyle: Physical and Mental” funded by Rajiv Gandhi National Institute of Youth Development from 8<sup>th</sup> to 10<sup>th</sup> March, 2023 in Dept. of Physical Education & Yoga, Pondicherry University Community College.
- Convener for Pondicherry University Inter Collegiate Kabaddi (Men) tournament for the academic year 2022-23 held at Lawspet Indoor Stadium, Puducherry.
- Convener for Pondicherry University Inter Collegiate Kho-kho (Men & Women) tournament for the academic year 2022-23 held at Government Hr. Sec. School, Kathirkamam, Puducherry.
- Convener for Pondicherry University Inter Collegiate Handball (Men & Women) tournament for the academic year 2022-23 held at Indira Gandhi Sports Stadium, Uppalam Puducherry.
- Convener for Pondicherry University Inter Collegiate Ballbadminton (Men & Women) tournament for the academic year 2022-23 held at Pondicherry University Community College, Puducherry.
- Organized a Three day National Workshop for Women on Menstrual Hygiene & Mental Health funded by Rajiv Gandhi National Institute of Youth Development from 8<sup>th</sup> to 10<sup>th</sup> March, 2022 in Dept. of Physical Education & Yoga, Pondicherry University Community College.
- Organized a Three day National Workshop on Pranayama from 10<sup>th</sup> to 12<sup>th</sup> February, 2022 in Dept. of Physical Education & Yoga, Pondicherry University Community College.
- Organized a National Webinar on Life Skill and Character Building through Sports on the celebration of National Sports Day on 29<sup>th</sup> August, 2021 in Dept. of Physical Education & Sports, Pondicherry University.
- Organized a National webinar on 7<sup>th</sup> International Yoga Day on 21<sup>st</sup> June 2021 in Dept. of Physical Education & Sports, Pondicherry University.
- Organized a Holistic Health through Yoga for Human Excellence on the occasion of 6<sup>th</sup> International Yoga Day on 21<sup>st</sup> and 22<sup>nd</sup> June 2020 in Dept. of Physical Education & Sports, Pondicherry University.
- Organized a Ballbadminton Intramural tournament for Physical Education faculty and students on 5<sup>th</sup> March 2020 in Dept. of Physical Education & Sports, Pondicherry University.

- Organized a 15 day Handball Training Camp for Pondicherry University students in Pondicherry University for the academic year 2019-20 in Dept. of Physical Education & Sports, Pondicherry University.
- Convener for Pondicherry University Inter Collegiate Kabaddi Women tournament for the academic year 2019-20 held at Pondicherry University.
- Organized a 3-day Workshop on Handball Officiating and Its Rules in Pondicherry University from 9<sup>th</sup> to 11<sup>th</sup> April 2019.
- Organized a Joer Invitational Inter Collegiate Tournament'2019 at Pondicherry University.
- Organized 15 days Handball Training Camp for Pondicherry University students in Pondicherry University for the academic year 2018-19.
- Convener for Pondicherry University Inter Collegiate Handball (Men) tournament for the academic year 2018-19 held at Pondicherry University.
- Convener for Pondicherry University Inter Collegiate Handball (Women) tournament for the academic year 2018-19 held at Pondicherry University.
- Convener for Pondicherry University Inter Collegiate Kabaddi (Women) tournament for the academic year 2018-19 held at Pondicherry University.
- Convener for Pondicherry University Inter Collegiate Handball (Women) tournament for the academic year 2017-18 held at Pondicherry University.
- Convener for Pondicherry University Inter Collegiate Kabaddi (Women) tournament for the academic year 2017-18 held at Pondicherry University.
- Organized 15 days Handball Training Camp for Pondicherry University students in Pondicherry University for the academic year 2017-18.
- Convener for Pondicherry University Inter Collegiate Taekwondo (Men/Women) tournament for the academic year 20115-16 held at Pondicherry University Community College, Puducherry.
- Convener for Pondicherry University Inter Collegiate Ballbadminton (Women) tournament for the academic year 2017-18 held at Pondicherry University Community College, Puducherry.
- Convener for Pondicherry University Inter Collegiate Volleyball (Women) tournament for the academic year 2012-13 held at Pondicherry University Community College, Puducherry.
- Organized 15 days Handball Training camp for Pondicherry University students for the academic year 2018-19.
- Act as a coordinator for Alumni meet 2017 for the Department of Physical Education and Sports on 08.09.2018.

- Act as a coordinator for coaching practice for M.P.Ed. II year students for the academic year 2018-19.
- Acted as a **Volunteer** for **1<sup>st</sup> International Unified Girls Netball Tournament** from 31<sup>st</sup> August to 2<sup>nd</sup> September 2018 organized by **Special Olympic Bharat** at Pondicherry.
- Organized a **Pondicherry University Inter Collegiate Handball (Men/Women)** tournament for the academic year 2017-18.
- Acted as an **Official** for **District Athletic Meet 2017** 24<sup>th</sup> April 2017 at Indira Gandhi Stadium, Pondicherry organized by **Special Olympic Bharat**, Pondicherry.
- Organized a **Pondicherry University Inter Collegiate Taekwondo (Men/Women)** tournament for the academic year 2015-16.
- Organized a **Pondicherry University Inter Collegiate Ballbadminton (Women)** tournament for the academic year 2015-16.
- Organized a **Pondicherry University Inter Collegiate Kabaddi (Women)** tournament for the academic year 2015-16.
- Organized a **Pondicherry University Inter Collegiate Yoga (Men/Women)** tournament for the academic year 2014-15.
- Organized a **Pondicherry University Inter Collegiate Taekwondo (Men/Women)** tournament for the academic year 2014-15.
- Organized a **Pondicherry University Inter Collegiate Yoga (Men/Women)** tournament for the academic year 2013-14.
- Organized a **Pondicherry University Inter Collegiate Volleyball (Women)** tournament for the academic year 2013-14.

### **Contribution to the University**

- Accompanied as a Coach for South Zone Inter - University Handball women's team held at Bharathidasan University, Trichy from 27.02.2022 to 02.03.2022.
- Accompanied as a Coach for All India Inter - University Ballbadminton women's team held at SRM University, Chennai from 18.02.2022 to 21.02.2022.
- Accompanied as a Manager for South Zone Inter - University Table Tennis women's team held at AMET University, Chennai from 06.01.2022 to 10.02.2022.
- Accompanied as a Manager for South Zone Inter - University Handball women's team held at Calicut University, Kerala from 10.11.2019 to 14.11.2019.
- Accompanied as a Manager for South Zone Inter - University Kabaddi women's team held at Vel's University, Chennai (TN) from 02.10.2019 to 06.10.2019.

- Accompanied as a Manager for South Zone Inter - University Football women's team held at Jappiar College, Chennai (TN) from 10.10.2018 to 14.10.2018.
- Accompanied as a Manager for All India Inter - University Ball badminton women's team held at SRM University, Chennai (TN) from 29<sup>th</sup> to 02<sup>nd</sup> January 2017.
- Accompanied as a Manager for South Zone Inter - University Handball women's team held at Periyar University, Selam (TN) from 24<sup>th</sup> to 27<sup>th</sup> December 2016.
- Accompanied as a Manager for South West Zone Inter - University Cricket women's team and Team Secured **IV Position** held at Sathyabama University, Chennai (TN) from 10<sup>th</sup> to 15<sup>th</sup> October 2016.
- Accompanied as a Manager for All India Inter - University Ball badminton women's team held at SRM University, Chennai (TN) from 22<sup>nd</sup> to 25<sup>th</sup> January 2016.
- Accompanied as a Manager for South West Zone Inter - University Cricket women's team held at Saveeta University, Chennai (TN) from 02<sup>nd</sup> to 06<sup>th</sup> October 2015.
- Accompanied as a Manager for All India Inter - University Ball badminton women's team held at Dr. Abdur Rahman University, Chennai (TN) from 25<sup>th</sup> to 30<sup>th</sup> December 2014.
- Accompanied as a Manager for All India Inter - University Ball badminton women's team held at Dravidian University, Kuppam (A.P) on January 2013.
- Accompanied as a Manager for All India Inter - University Ball badminton women's team held at JNU, Hyderabad (A.P) on January 2013.

## Academic Staff College Orientation / Refresher/Training Course attended

- Participated as a **Resource Person** and delivered a talk entitled “**Action Plans of PU-Community College Puducherry**” in the five day Online Workshop on Pondicherry University Self Sustainable Development Goals from 24<sup>th</sup> to 29<sup>th</sup> January 2022.
- Attended a **Refresher Course in Physical Education & Yoga, Batch VIII- 2021** (online) organized by UGC- Human resource Development Centre, University of Madras, Chennai, TN from 03.12.2021 to 16.12.2021.
- Participated in the “Yoga for Unity and Well-being” 100 days online program, from March 14 to June 21 towards the International Day of Yoga 2021.
- Completed “**Refresher Course on Teacher and Teaching in Higher Education**” on SWAYAM for **ARPIT 2020**.
- Completed “**Academic Writing**” Course on SWAYAM 2020.
- Attended an E workshop on SWAYAM MOOC & Academic Writing held on 6<sup>th</sup> January 2021.
- Attended Two Weeks Faculty Development Programme on “**Advanced Concepts for Developing MOOC’s**” organized by Teaching Learning Centre, Ramanujam College Sponsored by Ministry of Human Resource Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching from 2<sup>nd</sup> to 17<sup>th</sup> July 2020.
- Attended One Week Faculty Development Programme on “**Open Source Tool for Research**” organized by Teaching Learning Centre, Ramanujam College Sponsored by Ministry of Human Resource Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching from 8<sup>th</sup> June to 14<sup>th</sup> June 2020.
- Attended Two Weeks Faculty Development Programme on “**Managing Online Classes and Co Creating MOOC’s**” organized by Teaching Learning Centre, Ramanujam College Sponsored by Ministry of Human Resource Development Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching from 20<sup>th</sup> April to 6<sup>th</sup> May 2020.
- Attended **Two Week Capacity Building Programme (CBP) for Young Social Science** organized by The Department of International Business, Pondicherry University Sponsored by ICSSR from 2<sup>nd</sup> to 14<sup>th</sup> December 2019.
- Attended **Two Weeks International Course on Digital Humanities Research Methods** Sponsored by MHRD- SPARC Organized by the Department of English, Pondicherry University in Collaboration School of Humanities and Communication Arts, Western Sydney University, Australia from 23<sup>rd</sup> September to 11<sup>th</sup> October 2019.

- Attended **Refresher Course in Physical Education - 2014** organized by Academic Staff College, Bharathiar University, Coimbatore, TN from 19.02.2014 to 11.03.2014.
- Attended Orientation Course (**Special Summer School**) - 2012 organized by Academic Staff College, Pondicherry University, Puducherry from 15.06.2012 to 05.07.2012.

#### **Publications in Journals and Conference Proceedings**

1. "Hand-Eye Co-ordination on Intellectually Disabled Children- Regular Physical Exercises". *Shodh Sanchar Bulletin International Journal of Arts, Humanities and Social Sciences, Volume 10 (39), July to September 2020, GOVT. OF INDIA RNI NO. - UPBIL/2015/62096, ISSN: 2229- 3620 (UGC Approved Care Listed Journal).*
2. "Analysis of Self - Esteem and Self - Confidence between Women Athletes and Non- Women Athletes in Pondicherry University", *Shodh Sarita International Journal of Arts, Humanities and Social Sciences, Volume 7 (28), October to December 2020, GOVT. OF INDIA RNI NO. - UPBIL/2014/56766, ISSN: 2348- 2397 (UGC Approved Care Listed Journal).*
3. "Suryanamaskar and Asana Practices on hearing Impaired Children: An Effective Study", *Shodh Sanchar Bulletin International Journal of Arts, Humanities and Social Sciences, Volume 10 (40), October to December 2020, GOVT. OF INDIA RNI NO. - UPBIL/2015/62096, ISSN: 2229- 3620 (UGC Approved Care Listed Journal).*
4. "Aerobic Exercise for Enhancing Physical fitness and Healthy Life Being". *International Journal of Physiology, Nutrition and Physical Education, Volume 3(1):652-654, January 2018, Impact Factor (RJIF): 5.43, ISSN: 2456-0057 (UGC Approved).*
5. "Analysis of anthropometric and physiological variables among hearing impaired students". *International Journal of Physical Education, Sports and Health, Volume 4(6):200-02, November 2017, Impact Factor (RJIF): 5.38, P-ISSN: 2394-1685 / E-ISSN: 2394-1693 (UGC Approved).*
6. "Comparative Study on Balance among Yoga and Bharatanatyam Practicing Students". *International Journal of Yoga, Physiotherapy and Physical Education, Volume 2; Issue 6; November 2017; Page No. 104-107, Impact Factor: RJIF 5.24, ISSN: 2456-5067(UGC Approved).*
7. "Effect of 12 Weeks Surya Namaskar and Selected Asanas Practices On Coordination In Hearing Impaired Student" *International Journal of Yoga, Physiotherapy and Physical Education, Volume 2; Issue 4; July 2017; Page No. 49-51 Impact Factor (RJIF): 5.24, ISSN: 2456-5067 (UGC Approved).*



8. "Comparative Study on Flexibility among Yoga and Bharatanatyam Practicing Student". *International Journal of Physical Education, Sports and Health, Volume 4(4):01-04, July 2017, Impact Factor (RJIF): 5.38, P-ISSN: 2394-1685(UGC Approved)*.
9. "Effects Physical Exercises And Minor Games On Speed In Mild Mentally Challenged Children". *International Journal of Physical Education, Sports and Health". Volume 3(5): 135-138, Sep-Oct 2016, Impact Factor (ISRA): 5.38, ISSN: 2394-1685 (UGC Approved)*.
10. "Indian Cinema's Contribution in Sports". *International Journal of Health, Physical Education and Computer Science in Sports, Volume No.23, No.1, pp41-43, July - Sep 2016, Impact Factor: 3.565, ISSN 2231-3265 (UGC Approved)*.
11. "Analysis of Achievement Motivation and Personality Inventory among Inter University level women handball players". *International Scientific Journal of Sports Sciences, Vol.3, No.1 and 2, June & Dec. 2014, ISBN: 2277-2804*.
12. "Analysis of Hemoglobin count among Mentally Challenged Children". *Futuristic Trends in Physical education, Vol. III 2013, ISBN: 978-93-80144-71-9*.
13. "Analyses of anthropometric and physiological variables among mentally Challenged players", *Asian Journal of Science and Technology Vol. 2, Issue 01, pp.086-088, January, 2012, ISSN: 0976-3376*.
14. "Effect of 12 weeks Suryanamaskar Practice and selected asana on flexibility of hearing impaired and Normal students". *Journal of Physical Education and Allied Health Sciences, Vol.2, No.2 (July- Dec, 2012) ISSN: 2249-2380*.
15. "Analysis of Achievement motivation and Personality Inventory among inter University level women cricket players". *International Conference on Sports and Nutrition, 2012, ISBN: 978-9350-59339*.
16. "Effect of 12 weeks Suryanamaskar practice and selected asana pranayama on selected physiological variables of hearing impaired students". *Scientific Journal of Physical Education and Allied subjects, Vol.1, No.1. July 2011 ISSN: 2231-041X*.
17. "Effect of 10 weeks Selected Asana and Pranayama on vital capacity of hearing impaired and Normal students". *Recent trends in Yoga and Physical Education, 2011, ISBN97881-910426-8-9*.
18. "Effect of Selected Physical Activity on flexibility of Mentally Challenged Children". *Journal of Physical Education and Allied Health Sciences, Vol.4, No.1 (Jan-June) ISSN: 2249-2380*.

## Paper Presented in Seminars/Conferences

1. Presented a Paper on “Online Learning and Its Impacts on Physical Education Teachers during COVID-19- Outbreak” in **International Virtual Conference on Sports Medicine, Nutrition, Sports Management and Online Teaching Pedagogy in the Digital Era** held at organized by the Department of Physical Education, AURO University, Surat in collaboration with International Federation of Physical Education, Fitness and Sports Science Association, on 18 & 19 December 2020.
2. Presented a Paper on “Yogic Exercise for Eye Strain” in **International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement** held at Department of Physical Education, Madurai Kamaraj University, Madurai, TN from 6<sup>th</sup> & 7<sup>th</sup> February 2020.
3. Delivered a Speech on “Women Contribution in Sports” in **All India Radio** on 3<sup>rd</sup> September 2019.
4. Presented a Paper on “Concept of Infinite Happiness” in **Two Day International Seminar on ‘Shrii Shrii Anandamurtijii’s contributions to Philosophy, Language, Literature, Music, Science, Economics’** organized by Department of Hindi, Pondicherry University, Puducherry on 29<sup>th</sup> & 30<sup>th</sup> August 2019.
5. Presented a Paper on “Mindfulness Yoga” in Two Day National Workshop on **“Yoga for Intellectuals”** held at Department of Hindi, Pondicherry University, Puducherry on 5<sup>th</sup> & 6<sup>th</sup> August 2019.
6. Delivered a Lecture and Demonstration on “Yoga for Behavioral Disorder Children” in **“24<sup>th</sup> International Yoga Festival”** held on 04.01.2018 organized by Department of Tourism, Government of Puducherry.
7. Presented a Paper and **Chaired a Session** on “Overview Transgender Participation in Sports” in International Conference on **“Focus on Mindfulness: Glimpses of Neuro Science Education-2017”** held at Department of Physical Education & Health Sciences, Alagappa University, Karaikudi on 7<sup>th</sup> & 8<sup>th</sup> December 2017.
8. Presented a paper on “Physical Activity on Co-Ordination in Mentally Challenged Children” **One Day National Conference on Health& Fitness in Modern Society** held at Department of Physical Education, Tumkur University on 13<sup>th</sup> April 2017.
9. Delivered a Lecture and Demonstration on “Yoga for Healthy Life” on 17.03.2017 organized by National Service Scheme, Pondicherry University Community College, Pondicherry.

10. Presented a paper and **Chaired a Session** on “Yoga and Bharathanatyam” in **National Seminar on “Role of Bharathanatyam in Rhythamics and Physical Education”** held at Department of Physical Education, Alagappa University, Karaikudi on 12<sup>th</sup> January 2017.
11. Presented a Lecture and Demonstration on “Yoga for Mentally Challenged Children” in **“23<sup>rd</sup> International Yoga Festival”** held from 04.01.2017 to 07.01.2017 organized by Department of Tourism, Government of Puducherry.
12. Delivered a Lecture and Demonstration on “Yoga for Disciplined Life” on 04.06.2016 organized by National Service Scheme, Pondicherry University Community College, Pondicherry.
13. Presented a paper on “Impact of Nano Technology in the field of Sports” **International Conference on Technology and Innovation Management** organized by Department of Commerce, Vivekanadha College of Arts and Science for Women, Trichengode, Namakal on 3<sup>rd</sup> and 4<sup>th</sup> March 2016.
14. Presented a paper on “Indian Cinema’s Contribution in Sports” **UGC-National Seminar on “Indian Cinema- Spirit of Freedom”** organized by Dept. of History Tagore Arts College, Puducherry from 27<sup>th</sup> & 28<sup>th</sup> August 2014 from 27<sup>th</sup> & 28<sup>th</sup> August 2014.
15. Presented a paper on “Tamizhar Vilayattukal - Oru Meel Parvai” **National Seminar on Semmozhi Tamil Illakiyangal Velipaduthum Indraya Ilaingar Mempatu Chinthanigal** by Department of Tamil, Pondicherry University Community College, Puducherry.
16. Presented a paper on “Physical Activity- Healthy Life”. *National seminar on Role of Yoga And Physical Exercise For Enhancement Of Health And Fitness* on 25<sup>th</sup> March 2012 at Department of Physical Education and Sports, Pondicherry University.
17. Presented a paper on “Analysis of Vital Capacity among Mentally Challenged Players”. *National Seminar on Physical Education, Sports and Fitness Approaching 21<sup>st</sup> Century* on 22<sup>nd</sup> March 2012 at Department of Physical Education and Health sciences, Alagappa University, Karaikudi.
18. Presented a paper on “Analysis of Pulse rate and Blood Pressure among Mentally Challenged Handball Players”. *UGC- Sponsored National Workshop on Modern Trends in Sports Management* on 21<sup>st</sup> & 22<sup>nd</sup> March 2012 at Ayya Nadar Janaki Ammal College, Sivagasi.
19. Presented a paper on “Comparative study on Selected Health Related Variables among Inter University Hockey and Handball Men Players” **National Conference on Physical Education and Sports an Inter Disciplinary Approach** organized by H.H. Raja’s College of Physical Education.

## Participation in Webinars, Seminars and Workshops

1. Attended an the Two Day National Level Faculty Development Programme on “ **Research Methodology & Data Analysis using Statistical Package for Social Science (SPSS) & Analysis of Moments Structure (AMOS)**” held at Bishop Heber College (Autonomous) , Trichy from 30 & 31 January 2020.
2. Attended an **Online Workshop in Google Classroom** organized by the Department of Physical Education and Sports, Pondicherry University on 26<sup>th</sup> and 27<sup>th</sup> August 2020.
3. Attended an International Webinar on “**Indonesian Breathing Exercise Model to Stimulate Releasing Endorphin and Immunity during COVID 19**” organized by the Department of Physical Education, University College of Engineering, BIT Campus, Anna University, Trichirappalli held on August 22 2020.
4. Attended a Webinar on “**Academic and Scientific Writing Catapulting Institutional Visibility**” organized by Central Library, Manipur University in Collaboration with Springer Nature on 3<sup>rd</sup> August 2020.
5. Participated in the Virtual Faculty Development Workshop on “**Enhancing ICT Skills of Educators for Blended and Online Teaching**” organized by Ramanujam School of Mathematical Sciences collaboration with educational Multimedia Research Centre, Pondicherry University from 21<sup>st</sup> July to 1<sup>st</sup> August 2020.
6. Participated in national webinar on “**Engineering Principles in Sports**” on July 30 2020 organized by the Department of Physical Education, University of engineering, BIT Campus, Anna University, Trichirappalli.
7. Participated in **One day workshop on Training on Trainers for Teachers** organized by UGC- HRDC, Pondicherry University on 06<sup>th</sup> September 2019.
8. Participation in Author Workshop (Academic Publishing for Quality Research: How to Get Published and Avoid Pitfalls) jointly organized by Ananda Rangapillai Library, Pondicherry University and Wiley on 12<sup>th</sup> March 2019.
9. Participated in **30 days camp on Yoga** organized by Advanced Centre for Yoga Therapy, Education & Research (ACYTER), JIPMER, Puducherry in Collaboration with Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, Govt. of India, New Delhi on 21<sup>st</sup> June 2017.
10. Participated in **National Seminar-Cum- CME on Yoga** organized by Advanced Centre for Yoga Therapy, Education & Research (ACYTER), JIPMER, Puducherry in Collaboration with Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, Govt. of India, New Delhi on 21<sup>st</sup> June 2018.

11. Participated in **National Seminar-Cum- CME on Yoga** organized by Advanced Centre for Yoga Therapy, Education & Research (ACYTER), JIPMER, Puducherry in Collaboration with Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, Govt. of India, New Delhi on 21<sup>st</sup> June 2017.
12. Attended in **“Workshop on Legal Awareness”** organized by School of Law, Pondicherry University in association with Directorate of Police, Govt. of Puducherry, & U.T. of Puducherry Legal Services Authority at J.N. Auditorium held on 25<sup>th</sup> November 2016.
13. Attended in **“Seminar on Puducherry Economy: Challenges and the Way Forward”** organized by Regional Centre Puducherry, Institute of Social Sciences held on 01-02 September 2016.
14. Attended in **“Two Days National Level Seminar on Research Methodology in Business Studies DMS RM Workshop”** organized by Department of Management Studies held from 4-5 August 2016 at SOM Auditorium, Pondicherry University.
15. Participated in **National Seminar-Cum- CME on Yoga** organized by Advanced Centre for Yoga Therapy, Education & Research (ACYTER), JIPMER, Puducherry in Collaboration with Central Council for Research in Yoga & Naturopathy (CCRYN), Ministry of AYUSH, Govt. of India, New Delhi on 21<sup>st</sup> June 2016.
16. Attended one day **Kayakalpa Yoga Course** held at Vazhga Valamudan Center, Puducherry 2015.
17. Participated in **“21<sup>st</sup> International Yoga Festival”** held from 04.01.2015 to 07.01.2015 organized by Department of Tourism, Government of Puducherry.
18. Participated in **“22<sup>nd</sup> International Yoga Festival”** held from 04.01.2016 to 07.01.2016 organized by Department of Tourism, Government of Puducherry.
19. Attended a National Workshop on **“Capacity Building on Learning Disabilities for Educators/ Parents( Simulation lab/ Special Education Process)”** organized by Satya Special School in Collaboration with SANAM VIDYA, Puducherry from 20<sup>th</sup> to 23<sup>rd</sup> December 2014.
20. Attended a **National Workshop on Capacity Building on Learning Disability for Educators/Parents** on 20<sup>th</sup> to 23<sup>rd</sup> December 2014 at SATYA Special School, Puducherry.
21. Attended a **National Workshop On Psycho Physiological Aspects Of Yoga** on 2<sup>nd</sup> April 2014 at Department of Physical Education, Mother Teresa Women University, Kodaikanal.
22. Attended an **UGC- Sponsored National Workshop On Statistical Software Applications In Physical Education And Sports Sciences Research** on 18<sup>th</sup> and 19<sup>th</sup> March 2012 at Department of Physical Education, Bharathidasan University, Trichi.

23. Attended *National Level Workshop on Preset Trends in Cricket Officiating* on 27<sup>th</sup> to 29<sup>th</sup> March 2012 at Department of Physical Education and Sports, Pondicherry University.

24. Attended *National Workshop on Kinanthropometry* on 1<sup>st</sup> to 3<sup>rd</sup> August 2011 at Department of Physical Education and Sports, Pondicherry University.

### **Sports Achievements**

#### **National Level Tournaments**

1. Represented the Pondicherry State in South Zone Ballbadminton Championship Held at Bhadravathi, Bangalore (Karnataka) during the academic year 2017.
2. Represented the Pondicherry State in Senior Nationals in Ballbadminton Held at Chennai (TN) during the academic year 2012.
3. Represented the Pondicherry State in South Zone Ballbadminton Championship Held at Tindivanam (TN) during the academic year 2011.
4. Represented the Pondicherry State in Senior Nationals in Ballbadminton Held at Chennai (TN) during the academic year 2012.
5. Represented the Pondicherry State in South Zone in Korfball Championship held at Jaipur (Rajasthan) during the academic year 2010.
6. Represented the Pondicherry State in Senior Nationals in Korfball Championship held at Hyderabad (Andra Pradesh) during the academic year 2009.
7. Represented the Pondicherry State in Senior Nationals in Korfball Championship held at Maharashtra during the academic year 2008.
8. Represented the Pondicherry State in Senior National in Volleyball Championship held at Pune (Maharashtra) during the academic year 2006.
9. Represented the Pondicherry State in 33<sup>rd</sup> Senior Nationals in Handball Championship held at Bhillai (Chatisgargh) during the academic year 2005.
10. Represented the Pondicherry State in Junior Nationals in Handball Championship held at Chennai (T.N) during the academic year 2005.

11. Represented the Pondicherry State in 32<sup>nd</sup> Senior Nationals in Handball Championship held at Warangal (A.P), during the academic year 2004.
12. Represented the Pondicherry in Senior Nationals in Korfball Championship held at Hyderabad (Andra Pradesh) during the academic year 2004.

#### **Inter-University Level Tournaments**

1. Secured Fourth Place in the game of Cricket in the South Zone Inter- University tournament held at Pondicherry University during the academic year 2011-12.
2. Represented the Pondicherry University in the game of Volleyball in the South Zone Inter- University tournament held at M.G. University, Kottayam, Kerala during the academic year 2011-12.
3. Represented the Pondicherry University in the game of Ballbadminton in the All India Inter- University tournament held at Mangalore University, Mangalore, Karnataka during the academic year 2011-12.
4. Represented the Pondicherry University in the game of Basketball in the South Zone Inter- University tournament held at Kannur University, Kerala during the academic year 2011-12.
5. Represented the Pondicherry University in the game of Ballbadminton in the All India Inter- University tournament held at S.R.M. University, Chennai, Tamil Nadu during the academic year 2010-11.
6. Represented the Pondicherry University in the game of Cricket in the South Zone Inter- University tournament held at Jiwaji University, Gwalior during the academic year 2010-11.
7. Represented the Pondicherry University in the All India Inter- University Ballbadminton Tournament held at Selam (T.N.) during the academic year 2009-10.
8. Represented the Pondicherry University in the All India Inter- University Volleyball Tournament held at Maharastra during the academic year 2009-10.
9. Represented the Pondicherry University in the All India Inter- University Cricket Tournament held at Calicut University (Kerala) during the academic year 2009-10.

10. Represented the Pondicherry University in the South Zone Inter- University Handball Tournament held at Nagarjuna University (A.P.) during the academic year 2009-10.
11. Represented the Pondicherry University in the All India Inter- University Basketball Tournament held at Kannur University (Kerala) during the academic year 2009-10.
12. Represented the Pondicherry University in All India Inter- University Football Tournament held at Pondicherry University (Puducherry) during the academic year 2009-10.
13. Represented the Pondicherry University in the All India Inter- University Ballbadminton Tournament held at Bharathidasan University (T.N.) during the academic year 2008-09.
14. Represented the Pondicherry University in the South Zone Inter- University Handball Tournament held at Shivaji University (M.P.) during the academic year 2008-09.
15. Represented the Pondicherry University in the All India Inter- University Ballbadminton Tournament held at Hyderabad (A.P.) during the academic year 2007-08.
16. Represented the Bharathiar University in the South Zone Inter- University Handball Tournament held at Vivekanandha Education (T.N.) during the academic year 2006-07.
17. Represented the Pondicherry University All India Inter- University Handball Tournament held at Annamalai University (T.N.) during the academic year 2005-06.
18. Represented the Pondicherry University in the All India Inter- University Ballbadminton Tournament held at Tirupathi (A.P.) during the academic year 2005-06.
19. Represented the Pondicherry University in the All India Inter- University Handball Tournament held at Bhargathullah University (M.P.) during the academic year 2004-05.
20. Represented the Pondicherry University in the All India Inter- University Handball Tournament held at Annamalai University (T.N.) during the academic year 2003-04.

I hereby declare that the given information furnished above is true to the best of my knowledge and belief.

*-sd-*

*Date: 01.05.2023*

*(S. JAGADEESWARI)*