

## Dr.C.RAMESH

Assistant Professor & Head,  
Department of Physical Education,  
School of Education,  
Madurai Kamaraj University  
Madurai – 625021  
Tamil Nadu, India.  
Email: dpe1@mkuniversity.org (off)  
drramyoga@gmail.com (personal)  
Phone: (Mobile) 9080127418



### 1. Personal Details

Date of Birth & Age : 03-05-1979 & 43  
Gender & Marital Status : Male & Married.  
Community : MBC/DNC  
Nationality : Indian  
Place of Birth : Usilampatti

### 2. Educational Qualifications

#### 2.1. Academic

Degree/ Examination	Name of the Exam	University/ Institute	Year of Passing	Percentage/ Grade	Main Subject
Ph.D	Ph.D	Bharathidasan University	2009	Highly Commented	Physical Education
MPhil	M.Phil	Alagappa University	2002	65.11/ First Class	Physical Education
Under Graduate	B.Sc	Manonmaniam Sundaranar University	1999	74.38 / First Class	Physical Education
Teacher Education	M.P.Ed	Alagappa University	2001	61.71 / First Class	Physical Education
Post Graduate	M.Sc Yoga	Annamalai University	2010	59.33/ Second Class	Yoga
Post Grad. Diploma	PGDY Yoga	Annamalai University	2004	68.80 / First Clas	Yoga

#### 2.2. Research

Degree	Name of the University	Title of the Thesis	Date of Submission	Date of Award
PhD	Bharathidasan University	Effect of Varied Combinations of Yoga, Aerobic and Resistance Packages on Health Related Physical Fitness Components of College Men	30-12-2008	June - 2009

MPhil	Alagappa University	Effects of Asanas and Physical Exercises on Selected Physiological Variables among School Boys	May-2002	June-2002
-------	---------------------	--	----------	-----------

### 3. Post-Doctoral/ Research Associate / Industrial Experience

	Period of Work	Nature of Work
	-	

### 4. Professional Experience

No	Name of the University / Institution	Position Held	From (Date)	To (Date)
1	Ponnaiya Ramajayam College, Thanjavur.	Director of Physical Education	24-06-2002	31-07-2008
2	PRIST University, East Campus, Thanjavur	Director - Department of Physical Education	01-08-2008	06-02-2010
3	Madurai Kamaraj University, Madurai.	Assistant Professor	12-07-2010	Till Date

### 5. Teaching (List all the courses taught (semester-wise) – MPhil, PG and UG)

No	Year	Semester	Course Code	Course Title	Hours per Week
1	2022-23	I	PED2213C	Yoga Education	3
			PED2216P	Yogic Practices	4
			PED2219P	Game of Specialisation – I (Skill Performance) Badminton	4
			PED22B1S	SSS Yoga and Fitness - I	2
2		II	PED2221C	Test, Measurement & Evaluation in Physical Education	3
			PED2222C	Theories of Games and Sports-I	3
			PED2227P	Game of Specialisation – I (Teaching / Coaching) Badminton	4
			PED2229I	Class Room Teaching & Sports Participation – I	4
			PED22B2S	SSS Yoga and Fitness - II	2
3		III	PED2231C	Research Methodology in Physical Education	3
PED2239I			Class Room Teaching & Sports Participation – II	4	
4		IV	PED2243C	Dissertation	3
	PED2249I		Class Room Teaching & Sports Participation – III	4	

## 6. Design/Development of New Curricula and Courses

No	Description	Organization for which it was Developed	Level(PG/UG)
-			

## 7. Creation of ICT Mediated Teaching-Learning Pedagogy

### 7.1. SWAYAM / MOOCs

No	Description	Organization for which it was Developed	Level(PG/UG)
-			

### 7.2. E-Contents

No	Description	Organization for which it was Developed	Level(PG/UG)
1.	Videos Coaching - (Training Methods)	2021-2022	PG
2	Videos Coaching - (Yoga)	2021-2022	PG

### 7.3. Development of other ICT Mediated Teaching-Learning Pedagogy

No	Description	Organization for which it was Developed	Level(PG/UG)
	Nil	Nil	Nil

## 8. Research Specialization / Field of Research

- Physical Education
- Yoga

## 9. Research Publications

Type	International	National
Papers Published in UGC-CARE Listed Journals	03	-
Papers in Refereed Journals (Not mentioned above)	27	23
Books Published	Nil	01
Books Edited	Nil	Nil
Contributions to Book Chapters	Nil	Nil
Editor of Conference/Seminar Proceedings	01	Nil
Papers Published in Conference/Seminar Proceedings	26	33
Papers Presented in Conferences/Seminars	38	65
Conference/Seminar/Workshop Attended	38	84
Deposits in CCDC, PDB, etc.	Nil	

## 10. Citation Metrics

Cumulative Impact Factor (Recent Annual JCR)	14
--	----

Total Citations (Scopus/Web of Science)	
h-Index (Scopus/Web of Science)	
g-Index (Scopus/Web of Science)	
i10 Index (Scopus/Web of Science)	

### 11. Details of Patents: Nil

### 12. Research Guidance/Supervision

Degree / Programme	Completed	Submitted	Ongoing
PhD (Full-time)	03	02	01
PhD (Part-time)	08	-	02
MPhil Research Project (Full-time)	25	-	-
MPhil Research Project (Part-time)	Nil	-	-
M.P.Ed Projects/Dissertation	68	-	-
M.P.Ed Internships/Summer or Winter Projects	96	-	-

### 13. Funded Research Projects

#### 13.1. Ongoing

No	Title of the Project	Funding Agency	Period / Duration	Total Grants Sanctioned (Rs)
-				

#### 13.2 Completed

No	Title of the Project	Funding Agency	Duration and Month & Year of Completion	Total Grants Received (Rs)	No of Papers out of Project
-					

### 14. Reviewer in Journals

Name of the Journal	Publisher	No of Papers Reviewed
-		

### 15. Research Collaborations

Name of the Collaborator	Institute	Collaboration Details
-		

### 16. Countries Visited

Name of the Country	Period	Purpose
Dubai, Sharjah, Abu Dhabi.	2019	International Conference

## 17. Honours / Awards / Recognitions

S.No	Name of the Honours / Awards / Recognition	Awarding Agency	International / National / State / Institute Level
1	<i>PARA Award's 2022 Out Standing Doctoral Researcher Award</i>	Puducherry Academic Researcher Academy, In Collaboration with Sri Sankara Bhagavathi Arts and Science College, Thoothukudi.	State level
2	<i>PIMS Award – 2021, Dr.A.P.J.Abdul kalam Teacher Award.</i>	Puducherry Institute of Management and Science, In Collaboration with The International Internship University.	State level
3	<i>South Indian Yoga Young Achiever Award – 2019</i>	South Indian Yoga Development Foundation, RK Yoga center Madurai District Yoga and Sports & Mallkhamb association – Tamilnadu, India.	State level
4	<i>YUVASHRI Award for Best Young Yoga Researcher –2019</i>	Patanjali College of Yoga and Research Center Affiliated to Tamilnadu Physical Education & Sports Univesity Chennai.	State level

## 18. Conferences / Seminars / Workshops Organized

S.No	Level	Conference Title	Date(s)	Place	Role Played	Funding
1	International Conference	International Conference on “Role of Sports Sciences and Yoga on Human Performance Enhancement	06 <sup>th</sup> & 07 <sup>th</sup> February 2020	Madurai Kamaraj University	Organising Secretary	-
2	National Conference	Sports for All	29 <sup>th</sup> August 2020	Madurai Kamaraj University	Organising Secretary	-
3	National Workshops	Solving Identity Crisis for Successful Living	05 January 2022	Madurai Kamaraj University	Coordinator	-

#### 19. Invited Lectures / Resource Person

No	Institute / Organizer	Name of the Conference / Seminar / Workshop	International / National / State / Institute Level	Date(s)
1.	Government Arts and Science College, Madurai.	Special Guest on 75 <sup>th</sup> Independence day Special Programme about Yoga .	State Level	12.08.2022
2.	Arul Anandar College, Karumathur.	Invited Lectures on International Youth Day	State Level	12.08.2022
3.	Madurai Kamaraj University	International Yogi Day – Lecturer series	State Level	12-05-2022
4.	PMT College, Usilampatti	Resource Person for Active Life styles, Result Analysis Exercise Prescription	State Level	12-04-2022
5.	Selvam College of Physical Education, Namakkal.	Invited Lectures on Fitness and wellness through Yoga	State Level	09-04-2022
6.	Selvam College of Physical Education	Invited Lectures on Village placement program	State Level	08-04-2022
7.	KMR International School, Nagamali.	Resource Person for World Health Day	State Level	07-04-2022
8.	Government Arts And Science	Invited Lectures on role of sports in human	State Level	31-03-2022

	College Veedachandur.	health		
9.	Tamilnadu police Academy	<b>Invited Lectures on yoga for health and fitness</b>	<b>State Level</b>	<b>21-02-2022</b>
10.	Tamilnadu police Academy	<b>Invited Lectures on Yoga for All</b>	<b>State Level</b>	<b>20-02-2022</b>
11.	Dhanalakshmi Traditional Art Trust, Madurai	<b>Guest of Honour – Tamil Nadu Silambam Festival, State Level Silambam Competition - 2021</b>	<b>State Level</b>	<b>21-11-2021</b>
12.	Dhanalakshmi Traditional Arts Trust, Madurai.	<b>73<sup>rd</sup> Tamil Nadu Yoga Sports Open Championship - 2021</b>	<b>State Level</b>	<b>10-10-2021</b>
13.	JJ College of Arts and Science, Puthukottai.	<b>Invited Lectures on Yoga For All</b>	<b>State Level</b>	<b>29-07-2021</b>
14.	G.T.N Arts College, Dindigul.	<b>Special Address- Mupperum Vizha</b>	<b>State Level</b>	<b>19-03-2021</b>
15.	Dhanalakshmi Traditional Art Trust, Madurai	<b>Invited Chief Guest – Yoga World Record</b>	<b>State Level</b>	<b>01-11-2020</b>
16.	Maruthi College of physical Education, Coimbatore.	<b>Chair Person – Yoga for Gobar Health , Happiness and Harmony</b>	International Conference	<b>06-03-2020 TO 07-03-2020</b>
17.	Arul Anandar College, Karumathur.	Chief Guest - REV.FR.C.Montaud, SJ Hockey Tournament	<b>State Level</b>	<b>12,13,14 FEB 2020</b>
18.	Maruthi College of physical Education, Coimbatore.	Role of Yoga Health and Lifestyle Management	National Seminar	1 <sup>st</sup> & 2 <sup>nd</sup> March 2019
19.	Ganesar college of arts and science, pudukottai	National Conference on modern perspectives of sports science and yoga for the enhancement of sports performance	National Conference	03.03.2018
20.	Alagappa university	International Conference on Sports vision and mission for grooming athletics and para athletes for Olympics-2020	International	16.03.2018 And 17.03.2018
21.	SFR college Sivakasi	Yoga for women	<b>Institute Level</b>	07/08/2017
22.	Alagappa	International Conference	International	07.12.2017

	university	on focus on mindfulness : glimpses of neuroscience education-2017		And 18.12.2017
23.	VVV college. Virudhunagar	Yoga for women health	State Level	09.02.2016
24.	Urumbu dhanalakshmi college. Tiruchirappalli	UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health	National Seminar	28 <sup>th</sup> & 29 <sup>th</sup> .01 2016
25.	PMT college. Usilampatti	Workshop in Yoga education.	<b>Institute Level</b>	31.03.2015
26.	GTN art college. Dindigul.	UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports	National seminar	25.03.2015 26.03.2015
27.	Alagappa university college of physical education. Karaikudi.	UGC Sponsored National Seminar on Recent developments in sports and yogic sciences.	National Seminar	19.03.2015 20.03.2015
28.	Arul Anandar College. Karumathur.	Personality development for sports person	<b>Institute Level</b>	04.03.2016
29.	Aditanar College of Arts and Science, Tiruchandur.	UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A Multi Dimensional Approach.	National Seminar	2014
30.	Arumugam Pillai Seethai Ammal College (Autonomous), Thirupathur, Sivagangai.	UGC Sponsored National Seminar on Recent Trends In Sports Technology, Management And Allied Sciences	National Seminar	12 & 13.09.2014
31.	Arul Anandar College. Karumathur.	Modern trends in physical education and role of yoga on physical education research.	<b>Institute Level</b>	27.11.2015
32.	Alagappa university college	National seminar on fit and healthy India-	National seminar	28 & 29.09.2015



	of physical education.Karaikudi	Vision 2023		
33.	Bharathidhasan mat her sec school.Mannargudi .	Resource Person Training programme	<b>Institute Level</b>	04.02.2012
34.	Koviloor Andavar college of physical education and sports science. koviloor.	National Workshop on yoga, allied therapy and physical education.	National Workshop	27.03.2013
35.	Arul Anandar College.Karumathur.	UGC Sponsored National Seminar on Innovative concepts in physical education and yoga,	National Seminar	01 & 02.02.2013
36.	Mannar thirumalai nacker college. Madurai.	UGC Sponsored National Seminar on Physiological aspects of training nutrition recovery and performance	National Seminar	10.08.2012

## 20. Professional Development Programs / Faculty Development Programs Organized

Name of the Program	Role	Place	Date(s)	Funds in Rs & Sponsor
Nil				

## 21. Professional Development Programs / Faculty Development Programs Attended

<b>S.No</b>	<b>Name of the Program</b>	<b>Place</b>	<b>Date(s)</b>	<b>Sponsor</b>
1.	Two weeks Faculty Development Programme on Pedagogy and Research Methods.	AMET, Chennai.	24 <sup>th</sup> May to 06 <sup>th</sup> June 2021	-
2.	Seven Day Faculty Development Programme on Covid -19 And General Health Awareness	Rajapalayam Rajus College, Rajapalayam.	1 <sup>st</sup> July to 7 <sup>th</sup> July 2021	-
3.	UGC Sponsored Online Short Term Course in Physical Education & Sports Science	Bharathidhasan University	20 <sup>th</sup> Oct to 02 <sup>nd</sup> Nov 2021	UGC
4.	National Level Online Faculty Development Program on “yoga for health”	Koviloor Andavar College Of Physical Education, Karikudi.	15 <sup>th</sup> & 17 <sup>th</sup> July 2020	-
5.	National Level Faculty Development Programme on National Education Policy 2020	Sri Ramakrishna Mission Vidyalaya College of Education, Coimbatore.	14 <sup>th</sup> to 16 <sup>th</sup> Oct 2020	-
6.	Online Faculty Development Program on Physical Education and Sports.	Indian Institute of Scientific Research and Analysis, Maharashtra.	22-05-2020 To 26-05-2020	
7.	Faculty Development Program Webinar Series (Live Interactions).	IQAC Under UGC, Paramarsh Scheme, Sri GVG Visalakshmi College for women, Udumalpet.	03-05-2020 To 09-05-2020	
8.	Short Term Course	Bharathiar University Coimbatore	18.11.2020 To 20.11.2020	UGC
9.	Refresher Course	Bharathiar University Coimbatore	06.05.2015 To	UGC

			26.05.2015	
10	Refresher Course	ASC-Madurai Kamaraj University, Madurai	07.02.2014 To 27.02.2014	UGC
11	Orientation Course	ASC - Madurai Kamaraj University, Madurai.	09-02-2011 To 08-03-2011	UGC

## 22. Administrative Experiences

S.No	Role Played	Responsibilities	Period (from ... to)
1.	Head of the department	Head of the Department	1-07-2022 to till Date
2.	University Nominee	University Nominee - Yadava College (Men), Madurai Kamaraj University	20-07—2022 to 19-07-2025
3.	Organising Committee Member	Puducherry Academic Researcher Academy, Puduchery.	10-07-2022
4.	University Nominee	University Nominee – Physical Education Board, Saraswathi Narayanan College, Madurai	(02-07-2021 to 01-07-2023)
5.	Co-ordinator	Nomination of Co-ordinator to maintain the Building of School of Education at MKU	23-06-2022 to Till Date
6.	Selection committee member	Selection committee member to select Guest Faculty in the Department of Physical Education at Madurai Kamaraj University	01-03-2022 to Till Date
7.	University Nominee,	University Nominee, Health and Fitness Club of VVV College	21-10-2021 to 20-10-2024
8.	University Nominee	University Nominee in Board of studies, Sri Kaliswari College, Madurai.	10-06-2021 to 09-06-2023
9.	University Nominee	University Nominee in Physical Education Board, Mannar	29-01-2021 to 28-01-2023

		Thirumalai Naickar College	
10.	University Exam (On Line) Observer,	University Exam (On Line) Observer, Government Arts & Science College, Veerepandi.	22-09-2020 to 23-09-2020
11.	Teacher Counsellor	Nomination of Teacher Counsellor for School of Education	06-08-2019 to Till Date
12.	Intramural Secretary	Intramural Secretary - Department of Physical Education	2014 to Till Date
13.	Co-Ordinator	Co-Ordinator - Cycling cum Trekking Programme for the Department of Physical Education	2014 to Till Date
14.	Staff in charge	Department Cultural Staff in charge	July 2015 to Till Date
15.	Selection Committee Member	Member of Selection Committee Basketball Madurai Kamaraj University	26.10.2015 to 28.10.2015
16.	Controller of Examination –	Controller of Examination – Department of Physical Education Internal and External Examination Coordinator	July 2015 to Till Date
17.	Class in charge	Class in charge for MPed I Year	July 2015 to June 2016
18.	Department admission committee member	Department admission committee member cum coordinator( 20 days x1 hours = 20 hours)	July 2015 to June 2016
19.	<b>Coach cum Manager</b>	<b>Coach cum Manager</b> (DPE MKU) for Tamil Nadu & Pondicherry Inter University Physical Education Tournaments held at Annamalai University chiambaram.	16-03-2015 to 18-03-2015

### 23. Membership in Academic Bodies (BoS, DC, External Examiner, etc.)

S.NO	Name of the University / Institute / College	Type of Membership	Duration / Period
1.	Theni college of Arts and Science	Inspection Commissioner to start up new course BSc Physical Education	06-09-2022
2.	Madurai Kamaraj University	Academic Council Member	05-08-2022
3.	Madurai Kamaraj University	University Nominee - Yadava College (Men)	20-07—2022 to 19-07-2025
4.	Madurai Kamaraj University	Nomination of Head of Department Physical Education	01-07-2022 TILL DATE
5.	Alagappa University karakudi	Board of Studies Member (Industry expert) Physical Education	08-07-2022
6.	Alagappa University karakudi	External Examiner Theory Evaluation for B.P.Ed /M.P.Ed	16 <sup>TH</sup> & 17 <sup>TH</sup> - 06 - 2022
7.	PKN College Thirumangalam	Inspection Commissioner to start up new course Diploma in Scientific Yoga meditation & Holistic Health	05-07-2022
8.	GTN Arts College Dindigul	University Nominee for Board of studies meeting for Physical Education	15-06-2022
9.	N.P.R Arts & Science College	Inspection Commissioner to start up new course BSc Physical Education	15-06-2022
10.	Latha Mathavan Arts & Science College, Alagar Kovil, Mdurai	Inspection Commissioner to start up new course BSc Physical Education	02-06-2022
11.	Health and Fitness Club of VVV College	University Nominee 21-10-2021 to 20-10-2024	24-05-2022
12.	N.S.S of Sourashtra College Madurai.	University Nominee 18-02-2022 TO 17-02-2025	24-05-2022
13.	Madurai Kamaraj University	Board of Studies Member (UG/PG) Physical Education	18-05-2022
14.	Kalaimagal College of Arts and Science	Inspection Commissioner to start up new course BSc Physical Education at	13-05-2022
15.	A.V.V.M. Sri Puspham College, Pudhukottai.	Question Paper Setters B. Sc Physical Education,	01-05-2022
16.	Tamilnadu Physical Education and Sports University	Examiner for Valuation for UG/PG Degree Semester Examination	19-04-2022
17.	Madurai Kamaraj University	Interview committee member for JRF/Project Fellowship under RUSA at MKU Dept of Education	04-04-2022

18.	Mannar Thirumalai Naickar College, Madurai.	Board of studies	01-04-2022
19.	Alagappa University	Question Paper Setters B. Sc yoga.	29-03-2022
20.	Saraswathi Narayanan College, Madurai	University Nominee – Physical Education Board (02-07-2021 to 01-07-2023)	23-03-2022
21.	Sourashtra College, Madurai	University Nominee Part - V	19-03-2022
22.	JJ College of Arts and College, Madurai.	Board of Studies Meeting Member for UG in	08-02-2022
23.	American College Madurai	Exam Board Member Question paper setter	Nov 2021
24.	A.V.V.M. Sri Puspham College, Pudi.	Question Paper Setters B. Sc Physical Education,	13-11-2021
25.	Alagappa University, Karaikudi.	Question Paper Setters B. Sc yoga ,	29-09-2021
26.	Sri Kaliswari College, Madurai.	Board of Studies Meeting	26-07-2021
27.	Saraswathi Narayanan College, Madurai.	University Nominee in Board of studies	12-07-2021
28.	Bangalore University	PhD Thesis External Evaluator	01-07-2021
29.	Sri Kaliswari College, Madurai.	University Nominee in Board of studies (10-06-2021 to 09-06-2023)	11-06-2021
30.	MKU Dept of Physical Education	Selection Board of Member for PhD Interview 2020 -2021	19-03-2021
31.	GTN Arts College Dindigul	Subject Expect Board of Studies Member in UG Physical Education	11-03-2021
32.	Mannar Thirumalai Naickar College	University Nominee in Physical Education Board (29-01-2021 to 28-01-2023)	11-02-2021
33.			
34.	Arul Anadar College Madurai	Board of Studies Meeting attended	10-11-2020
35.	Government Arts And Science College Veerapandi	Exam Observer To Conduct the online examination of Apr 2020	22 <sup>ND</sup> & 23 <sup>RD</sup> SEP 2020
36.	GTN Arts College Dindigul	Subject Expect Board of Studies Member in UG Physical Education	08-09-2020
37.	Madurai Kamaraj University	Nomination of Teacher Counsellors for Value Education Programmes for PG students at	06-08-2020
38.	Bharathidasan University Tiruchirapalli	Question Paper Setters B.P.Ed Semester exam	20-05-2020
39.	Ayyan Nadar Janaki Ammal	Question Paper Setters B. Sc	<b>12-03-2020</b>

	college sivakasi	Physical Education..	
40.	A.V.V.M. Sri Puspham College	Question Paper Setters B. Sc Physical Education,	<b>01-02-2020</b>
41.	Annamalai University	Examiner for M Phil Thesis evaluation	22-01-2020
42.	Alagappa University, Karaikudi.	<b>External Expert</b> for PhD pre submission presentation	08-01-2020
43.	V.V.Vanniaperumal College for Women virudhunagar	<b>Univerity Nominee</b> for Board of Studies of Health and Fitness	23.04.2019
44.	in Bharathidasan University	<b>External Examiner</b> for Yoga Practical Exam	15.04.2019
45.	Ayya Nadar Janaki Ammal College	<b>External Examiner</b> for B,Sc Physical Educaion Practical Exam	28.03.2019
46.	V.V.V College for Women Virudhunagar	<b>Inspection Expert committee member</b> for college facilties in Madruai Kamaraj Uniuersity	09.03.2019
47.	Solai College of Arts and Science Usilampatti	<b>Inspection Expert committee member</b> for facilties college visit Diploma in Yoga Meditation and holistic Health in Madruai Kamaraj Uniuersity	08.03.2019
48.	SMS College of Arts and Science	<b>Inspection Expert committee member</b> for college facilties Bsc physical Education in Madruai Kamaraj Uniuersity	07.03.2019
49.	Arul Anadar College Madurai	<b>Board of studies meeting</b> for UG gradation of syllabus in Physical Education	22.02.2019
50.	Sri Sai Bharath College Navamarathanpatti.	<b>Inspection Expert Commission</b> for Madurai Kamaraj University	21.02.2019
51.	A.V.V.M Sri Puspham College poondi	<b>Question Paper setter</b> for Bsc., Physical Education	20.02.2019
52.	TNPESU, chennai	<b>Question Paper setter</b> semester 2019 exam	20.02.2019
53.	Arul Anadar College Madurai	Board of Studies Meeting attend	09.01.2019
54.	Madurai Kamaraj University	Board of Studies member	July 2018 to June 2019
55.			
56.	Bharathiar University, Coimbatore	External Examiner for PG degree central valuation	19 & 20 – DECEMBER 2018
57.	TNPESU, chennai	External Examiner for UG and PG degree central	17.12.2018 to 26.12.2018

		valuation in	
58.	Saiva Bhanu Kshatriya College Aruppukottai.	Nomine for Subject Expert in Selection Committee	12.12.2018
59.	Madurai Kamaraj University.	External Examiner for UG Degree Semester Examination Nov 2018	11.12.2018
60.	Bharathiar University.	External Examiner for PG Degree Examination	09.12.2018 and 20.12.2018
61.	AVVM Sri Puspham College Poondi.	Question Paper Setter for B.Sc. Physical Education in	08.09.2018
62.	Vivekanada College	Board Studies Meeting in	24.07.2018
63.	Madurai Kamaraj University.	Nomine for Interview Committee MPhil & PhD Admission 2018-2019	30.06.2018 to 1.07.2018
64.	Gandhi Museum, Madurai	External Examiner for P.G Diploma Yoga Practical	24.06.2018
65.	TNPESU chennai	External Examiner for UG and PG Paper valuation for April 2018 exam	18.05.2018 to 25.05.2018
66.	Bharathiar University ,Coimbatore	External Examiner for PG Degree	16.05.2018
67.	Bharathidasan University Thiruchirapalli	External Examiner for B.P.Ed second Semester 2017 batch	05.05.2018
68.	Alagappa University karaikudi.	External Examiner for college of Physical Education	April 2018
69.	Ayya Nadar Janaki Ammal College Sivakasi	Question Paper Setter for B.Sc (PHS)	April 2018
70.	Madurai Kamaraj University	Board of Studies Meeting Member for Curricular & syllabi	2.02.2018 & 8.02.2018
71.	Madurai Kamaraj University	Madurai Kamaraj University 51th Annual Convocation duty	29.01.2018
72.	Gandhian Studies and Research Center, Madurai	External Examiner for yoga Practical Exam IGSR M.Sc Institute of Gandhian Studies and Research	25.01.2018
73.	Madurai Kamaraj University	Board of Studies member in Madurai Kamaraj University	July 2017 to June 2018
74.	Bharathiar University	External Examiner for Valuing PG Degree in Bharathiar University	21.12.2017 to 22.12.2017
75.	Madurai Kamaraj University	Special Camp Officer for Central Valuation MBA semester Nov 2017	13.12.2017
76.	Madurai Kamaraj University	External Examiner for UG degree BSc Physical Education Nov 2017 Exam	04.12.2017
77.	Madurai Kamaraj University	Member UGC-SWACHHTA	1 <sup>st</sup> to 15 <sup>th</sup>



		PAKWADA-Constitution of Committee to ensure highest participation- Documentation of activity M K U . Madurai.	sep2017
78.	Madurai Kamaraj University	Selection committee Member MKU Basketball (M) team for the Inter- university tournaments. M K U. Madurai.	04.9.17 to 05.9.17
79.	Madurai Kamaraj University	Member/ inspection committee inspection committee Constituted to inspect and submit the report for Starting new MKU DDE- Academic centers MKU. Madurai	28.8.17 & 29.8.17
80.	TNPESU, Chennai	External Examiner Yoga, Basketball, Badminton, Track and Field	25.7.17
81.	Thirupattur examination centre DDE-MKU, Madurai	Observer To Conduct the Non semester examination of Apr 2017	25.5.2017 To 27.6.2017
82.	DDE-MKU, Madurai	Additional Examiner B.Sc Physical Education	16.5.2017
83.	DDE-MKU, Madurai	Special Camp Officer B.A/B.Sc/B.Com-part 1- Language	04.5.2017 to 10.5.2017
84.	Madurai K amaraj University, Madurai	Examiner B. Sc Physical Education DDE-MKU, Madurai	7.12.2016
85.	Vinayaga Mission University.selam.	Question Paper Setters B. Sc Physical Education,	26-11-2016
86.	PMT college, Usilampatti	External Examiner B. Sc Physical Education	8.11.2016 9.11.2016 And 10.11.2016
87.	Madurai K amaraj University, Madurai	Member Basketball team for the Inter- university tournaments. Member of the selection committee M K U . Madurai.	20.10.16 to 21.10.16
88.	Bharathidasan University	M.Sc. Yoga for human excellence M.Sc.Yoga for human excellence for PG degree programe-WORLD PEACE PLANS	10.10.2016
89.	TNPESU Chennai	Central Valuation	23.05.2016 to 24.05.2016
90.	Bharthiar University	External Examiner for	28.04.2016

		valuing PG Degree	
91.	Madurai K amaraj University, Madurai	NCTE Committee inspection Member	27.04.2016
92.	Alagappa University	External Examiner for Doctoral Committee	26.04.2016
93.	PMT College., Usilampatti.	External Examiners for Practical Examination B.Sc Degree Physical Education in	23.04.2016
94.	Bharathiyar university. Coimbatore..	Question paper setter for Certificate course MPhil Degree Examination	21.04.2016
95.	Madurai K amaraj University, Madurai.	NCTE Committee inspection Member	21,22, 30.03.2016
96.	Madurai K amaraj University, Madurai.	Examiner B.Sc physical education Semester examination .Dr.Mu, Va.Arangu	19.02.2016 To 21.02.2016
97.	University of Madras	Question paper setter for B.Nat Mental health & physical health Application of yoga & Naturopathy practices in sports performance University of Madras	Dec 2015
98.	Bharathiyar university Coimbatore	Question paper setter for Certificate course Philosophy of yoga & HRM for MBA Courses.	3.11.2015
99.	Arul Anandar College. Karumathur	Question paper setter for B.Sc. phy edu. Game of specialization.	Nov 2015
100.	Madurai kamaraj University.	Question paper setter for B.Sc. phy edu. Theories of Track and Field Madurai kamaraj University.	12.11.2015
101.	Madurai Kamaraj University	Question paper setter for Department of Physical Education	11.11.2015 & 12.11.2015
102.	PMT college. Usilampatti	Practical Examiner B.Sc physical education, Practical Examination.	03.11.2015
103.	Madurai Kamaraj University. Madurai	Selection Committee Member Basketball team for the Inter-university tournaments. M K U College. Madurai.	26.10.15 to 28.10.15
104.	Madurai Kamaraj University. Madurai	Question paper setter for B.Sc. phy edu. Fundamentals of yoga	15.09.2015

		education	
105.	YMCA College of Physical Education Bangalore	Practical Examiner II Semester B.P.Ed Practical Examination	10.06.2015 to 11.06.2015
106.	University of Madras	Question paper setter	6.04.2015
107.	Bharathiar University	Question paper setter	15.04.2015
108.	Arul Anadar College	Exam Board Member Question paper setter	April 2015
109.	PMT College.	Practical Examiner B.Sc physical education, Practical Examination	4.04.2015
110.	Madurai Kamaraj University	Question paper setter for MSc Yoga Degree Examination in Madurai Kamaraj University Two Papers	17.02.2015
111.	Arul Annamalai University, Karumathur.	Question paper setter for Diploma in Yoga May 2015	28.02.2015
112.	Arul Anadar College Karumathur	Question Paper Setter for B.Sc Physical Education	05.02.2015
113.	Madurai Kamaraj University	Examiner Revaluation for Nov 2014 exam	30.01.2015 & 01.02.2015
114.	Arul Anadar College	Member - Board Studies Meeting	08.01.2015
115.	Arul Anandar College. Karumathur.	Board of studies in physical education	17.12.2015
116.	Arul Anandar College. Karumathur.	Board of studies in physical education	08.01.2015
117.	Madurai Kamaraj University	Exam valuation for Bsc Physical Education (Semester)	02.12.2014
118.	Madurai Kamaraj University	Question paper setter for Department of Physical Education	20.11.2014 & 27.11.2014
119.	Madurai Kamaraj University	48 <sup>th</sup> Annual Convocation Duty in Madurai Kamaraj University	28.10.2014
120.	Arul Anadar College, Karumathur	Exam Board Member Question paper setter	20.8.2014
121.	Annamalai University	Examiner for Department of yoga Studies	20-08-2014 to 25-08-2014
122.	Arul Anandar College. Karumathur.	Board of studies in physical education	19.12.2013
123.	Prist University. Thanjavur.	Board of studies meeting	16.08.2012
124.	Thiagarajar college. madurai.	Board of studies meeting	26.04.2011
125.	M. Phil. (Phy. Edn.) PRIST University, Thanjvur	Board of studies meeting	2007

126.	Yoga (Certi. In Yoga) PRIST University, Thanjvur	Board of studies meeting	2007
------	--	--------------------------	------

#### 24. Membership in Recognised Professional Bodies

Name of the Professional Body	International / National	Type of Membership

#### 25. Languages Known

Languages	Read	Write	Speak
Tamil & English	Yes	Yes	Yes

#### 26. Competence in Computer Applications

#### 27. Involvement in Extension Activities other than Academic Works

- 1) Programme Co- Ordinator, UGC Sponsored Adventure activity, Trekking camp.
- 2) Department of Physical Education, Intramural Co-Ordinator.
- 3) Inter PHS - Co- Ordinator , Department of Physical Education , Madurai Kamaraj University, – Tamilnadu Inter Physical Education Tournaments, 2010 To Till Date.
- 4) Conversation Committee Member - Madurai Kamaraj University, 2014, 2015, 2016, 2017, 2018).
- 5) Physical Education - Co-ordinator, Madurai Kamaraj University Science Exhibition, 2017-2018).
- 6) Village Placement Programme - Physical Education - Co-ordinator, Madurai Kamaraj University 2017-2018)
- 7) Organizing Committee Member Madurai Kamaraj University Inter Collegiate Athletics Meet 2010 to till date).
- 8) Department of Physical Education Pongal Festival Organizer.
- 9) Selection Committee Member Madurai Kamaraj University in Basketball Men Team 2012 to till date.
- 10) Field Study Visit - Co- Ordinator , Department of Physical Education , Madurai Kamaraj University, 2010 To Till Date.

#### 28. Any Other Relevant Information

##### Details of Publications

## 1. Books Published :

**Dr.C.Ramesh** & Dr.K.S.Shanmugasundaram (2022). **Fundamentals of Physical Education**, New Century Book house(P)Ltd.,Chennai ISBN 978-81-2344-323-2.

## 4. Editor of Conference/Seminar Proceedings(list with link to DOI if available)

1. **Dr.C.Ramesh**, editor. International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement, Madurai Kamaraj University, Madurai, ISBN – 978-93-90082-97-1, 06<sup>th</sup> & 07<sup>th</sup> February 2020.

## 5. Research Publications

### 5.1. UGC-CARE Listed Journals:

S.No	UGC-CARE Listed Journals
1	Combined Effects of Pilates and Suspension Training on Selected Physiological variable Among College Men Footballers, <b>Dr.C.Ramesh</b> , dogo Rang sang Research Journal, V-12,2022,IF=5.127.
2	Effects of Gymnastic Training and Aerobic Exercise on Selected Physical Variables Among College Men Handball Players, <b>Dr.C.Ramesh</b> , dogo Rang sang Research Journal, V-12,2022,IF=5.127.
3	Impact of Rope Ladder Training on Selected Motor Fitness Components Among College Men Footballers, <b>Dr.C.Ramesh</b> , Madhya Bharati V-82,2022 IF=6.28.

### 5.2. Other Refereed Journals:

S.NO	Other Refereed Journals:
1	TRX Suspension Training:A New Functional Training Approch for Men Footballers on Physical Variables, <b>Dr.C.Ramesh</b> , Dr.K.Chandrasekaran&B.Gowtham, Modern Tamizh Reserch,V-9,2021,P.no 120-127.
2	Effects of Resistance Band Exercises on Speed and Agility Among School Level Badminton Players, <b>Dr.C.Ramesh</b> , Modern Tamizh Reserch, V-9,2021,P.no 380-387.
3	Effects of Resistance Band Training on Arm Power and Vertical Jump among School Level Badminton Players, <b>Dr.C.Ramesh</b> ,Jernal of Emerging Technologies and

	Innovative Research,V-8,2021,IF=7.95.
4	Impact of Specific Package Training on Selected Motor Fitness Variables Among Football Players, <b>Dr.C.Ramesh</b> , Jernal of Emerging Technologies and Innovative Research,V-8,2021,IF=7.95.
5	Effects of Yogic Practices and Aerobics Exercise on Selected Speed and Agility among College Men Handball Players, <b>Dr.C.Ramesh</b> , Jernal of Emerging Technologies and Innovative Research,V-8,2021,IF=7.95.
6	Effect of yogic practices on selected physiological variables among basketball players, <b>C.Ramesh</b> & K.Rejina Devi, International level journal of computational research and development, V:2, 2017,IF=5.015.
7	Efficacy of Plyometric training onselectedhematological variables among jumpers, <b>Dr. C.Ramesh</b> & S. Manimaran, International level journal of interdisciplinary research in arts and humanitiesV:2,2017,IF=5.225.
8	Effect of complex training on selected motor fitness variables among basketball players <b>Dr. C. Ramesh</b> & K. KalyanaSundaram, International level journal of applied and advanced scientific research V:2,2017,IF=5.655.
9	Effect of mini hurdles training on selected motor components among college men players <b>Dr. C. Ramesh</b> & C. Muthuraja, International level journal of interdisciplinary research in arts and humanities V:1,2017,IF=5.225.
10	Efficacy of ladder and Plyometric training on agility among jumpers <b>Dr. C. Ramesh</b> & S.Manimaran, International level journal of computational research and development V:2,2017,IF=5.015.
11	Effect of core training on selected hematological variables among basketball players, <b>Dr. C.Ramesh</b> & K.Rejina Devi, International level journal of applied and advanced scientific research,V:2, 2017,IF=5.655.
12	Effect of short hill training on selected cardio respiratory parameters among college men players <b>Dr. C. Ramesh</b> & C. Muthuraja, International level journal of current research and modern education,2017, V:2,2017,IF=6.725.
13	Influence of core functional training on leg strength and flexibility among high school soccer players, <b>Dr. C.Ramesh</b> & N.Chandrakumar, International journal of physical education, sports and health,V:3, 2016,IF=3.015.
14	Effect of yogic practices, aerobic training and interval training on selected health related physical fitness components among school boys, <b>Dr. C.Ramesh</b> ,

	International journal of recent research and applied studies,2016.
15	Effect of Swiss ball training on physical variables among school handball players, <b>Dr. C.Ramesh</b> & N.Chandrakumar, International journal of multidisciplinary research and modern education, V:II, 2016,IF=3.015.
16	Influence of yogic practices on physiological variables among overweight school boys <b>Dr. C.Ramesh</b> &P. Nathiya, International journal of multidisciplinary research and modern education,V:2,2016.
17	Effect of ladder drill and SAQ training on speed and agility among sports club badminton player, <b>Dr. C Ramesh</b> & N Chandrakumar, National Level Online Journal, 2015, V:1, P.no: 527-529,IF=5.12.
18	Efect of pranayama practices and interval training on selected health related physical fitness and cardiopulmonary variables among school boys, <b>Dr. C.Ramesh</b> & N Chandrakumar,Internationalof Journal of physical education, sports and health ,2015, v: 2, P.No: 187-189,IF=4.69.
19	Effect of plyometric training on selected motor components among football players,Dr.C.Ramesh, International journal of recent research and applied studies, 2015, V:2.
20	Effect of various yogic and fitness training programme on health related physical fitness of school children, <b>Dr.C.Ramesh</b> & K.S.Shanmugasundaram, International journal of recent research and applied studies ,2015, V:2
21	Effect of pranayama practices and interval training on selected health related physical fitness and cardiopulmonary variables among school boys , <b>Dr.C.Ramesh.</b> & K.S.Shanmugasundaram, International journal of physical education, sports and health 2015, V : P.no 187-189,IF=4.69.
22	Effect of pranayama practices and interval training on selected health related physical fitness and cardiopulmonary, <b>Dr.C.Ramesh</b> & N.Chandrakumar International journal of physical education, sports and health, 2015, V : 2, P.no 187-189.
23	Comparative effects of plyometric and resistance training on motor components among college football players, <b>Dr.C.Ramesh</b> , International journal of recent

	research and applied studies,V:2,2015.
24	Comparative effects of plyometric and resistance training on skill performance variables among college football players , <b>Dr.C.Ramesh.</b> & K.S.Shanmugasundaram, International journal of recent research and applied studies, V:2, 2015.
25	Effect of yogic training on selected physiological variables among handball players, <b>Dr.C.Ramesh&amp;</b> R.Chandrasekar, UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports, V:1,2015,P. No:51
26	Effect of plyometric training on selected motor components among college football players, <b>Dr.C.Ramesh.</b> & K.S.Shanmugasundaram, UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports V:1, 2015, P.No:445.
27	Effect of selected physical exercise on selected physical parameters among school volleyball players <b>Dr.C.Ramesh.&amp;</b> M.Sivabalan, V:1, 2015, P.No:323
28	Effect of yogic practices on lipid profiles among school boys <b>Dr.C.Ramesh&amp;</b> N.Chandrakumar, V:1, P.No:55, ,2015.
29	Yoga for a way of healthy life. <b>Dr.C.Ramesh &amp;</b> P.Latchiyadevi, UGC Sponsored National Seminar on Recent developments in sports and yogic sciences. V:II, 2015, P.No:14.
30	Sports nutrition, <b>Dr.C.Ramesh&amp;</b> R. Anitha, UGC Sponsored National Seminar on Recent developments in sports and yogic sciences, V:II, 2015 ,P.No:176.
31	Effect of plyometric training programme on speed and agility, <b>Dr.C.Ramesh&amp;</b> P.Mahendran, V:1,2015, P.No:374
32	Comparative study of psychological variables between soccer players athletic players, <b>Dr.C.Ramesh&amp;</b> A.PremEdwin, UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports V:1,2015, P.No:401.
33	Journal of computing Technologies- Effect of Yogic Techniques on Selected Physiological Variables among School Boys, <b>Dr.C.Ramesh&amp;</b> R.Karthikeyan, Star Research International Journal, V:3, 2014.
34	



	Skill performance Variables Among Football Players, <b>Dr.C.Ramesh&amp; A.Preamedwin</b> , Star Research International Journal, V:3, 2014.
35	Skill performance Variables Among Football Players, <b>Dr.C.Ramesh&amp;A.Preamedwin</b> , International, V-1,2014,P.no456 – 459.
36	Influence of Asana with Meditation on Selected Physiological Variables among School Boys, <b>Dr.C.Ramesh&amp;R.Karthikeyan</b> , International journal, V:2 ,2014.
37	Journal of computing Technologies- Effect of Yogic Techniques on Selected Physiological Variables among School Boys, <b>Dr.C.Ramesh</b> , Star Research International Journal, V:3,2014.
38	Influence of Different Combinations of Yogic Techniques on Selected Hematological Variables among Residential School Boys, <b>Dr.C.Ramesh&amp; R.Karthikeyan</b> , Star Research International Journal, V:2(4),2014.
39	Effect of Swiss ball training on selected physical fitness variables among school handball players, <b>Dr.C.Ramesh&amp; R.Chandrasekar</b> , UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A MultiDimensional Approach, V:1, 2014, P.No:33.
40	Effect of Yogic Practices on Selected Physical Variable among College Women Handball Players, <b>Dr.C.Ramesh&amp; R.Amutha</b> , UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A Multi Dimensional Approach, V:1, 2014, P.No:33.
41	Effect of Yogic Practices on Selected Physical Variable among College Obese Women Students, <b>Dr.C.Ramesh&amp; R.Anitha</b> , UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A Multi Dimensional Approach, V:1, 2014, P.No:33.
42	Role of yoga on womens health, <b>Dr.C.Ramesh&amp; K.R.Vimaladevi</b> , Innovative concepts in physical education and yoga,2013, P:No: 280.
43	Effect of specific training on selected physical variables on school level tennis players, <b>Dr.C.Ramesh&amp; T. Chandrakumar</b> , Innovative concepts in physical education and yoga, 2013, P:No: 314.
44	Effect of yogic exercises on selected physiological variables among college level

	handball players, <b>Dr.C.Ramesh</b> ,S.Lakshmanakumar & R. Sundaramoorthy, Innovative concepts in physical education and yoga, 2013, P:No: 338.
45	Effect of yogic practices on selected physiological variables among college obese women students, <b>Dr.C. Ramesh</b> , K.Malathi & C.Vanitha, Physiological aspects of training nutrition recovery and performance, 2012, P:No: 85.
46	Effect of specific training on selected physiological variables among school level tennis players, <b>Dr.C. Ramesh</b> , T. Chandrakumar & M.Chidambaram, Physiological aspects of training nutrition recovery and performance, 2012, P:No: 62
47	Influence of circuit training on selected motor fitness components among middle distance runners, <b>Dr.C. Ramesh</b> , P. Natarajan, I. Paramasivam, Physiological aspects of training nutrition recovery and performance, 2012, P:No: 252 .
48	Effect of Plyometric exercises on selected physical& physiological variables among higher secondary school volleyball players, <b>Dr.C. Ramesh&amp;</b> P. Natarajan, “Recent Developments in sports science and their contribution towards physical education and sports”, V:I,2012.
49	“Effect of Yogic Practices on selected Physiological variables among college obese Women students” <b>Dr. C. Ramesh&amp;</b> K. Malathi, C. Vanitha , UGC Sponsored National Seminar on Physiological aspects of training nutrition recovery and performance, 2012, P:No: 85.
50	Effect of yogic practices on selected physiological variables among college obese women students, <b>Dr.C. Ramesh&amp;</b> K. Malathi, “Recent Developments in sports science and their contribution towards physical Education and sports”, V:I,2012.
51	Role of Yoga on Enhancing Sports Performance, <b>Dr.C.Ramesh</b> , Emerging trends in Physical Education and Sports Sciences , 2011,P.no432 – 435.
52	Stress Management through Yoga, <b>Dr.C.Ramesh</b> , Yoga for Health and Social Transformation, 2011.
53	Role of e-Resources in Developing Fitness and Sports Performance, <b>Dr.C.Ramesh</b> ,Dr.K.Chandrasekaran& J.Viswanathan, International Conference on e-Resources in Higher Education – Proceedings : Publisher : Bharathidasan University , 2010, P.no 843 – 845

### 5.3. Papers Published in Conference Proceedings :

#### INTERNATIONAL LEVEL:

<i>S.No</i>	<b>INTERNATIONAL CONFERENCE :</b>
1.	Dr.C.Ramesh, Effect of Yoga Training on Selected Physiological Variables of College Men Students, International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement, Madurai Kamaraj University, Madurai, ISBN – 978-93-90082-97-1, 06 <sup>th</sup> & 07 <sup>th</sup> February 2020.
2.	Dr.C.Ramesh & K.Kalyana Sundaram, Effect of Yoga Practices on Selected Physiological Variables among College Men Basketball Players, International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement, Madurai Kamaraj University, Madurai, ISBN – 978-93-90082-97-1, 06 <sup>th</sup> & 07 <sup>th</sup> February 2020.
3.	Dr.C.Ramesh & Dr.P.Sathish Kumar, Impact of Specific Package of Training on Selected Motor Fitness Variables among Football Players, International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement, Madurai Kamaraj University, Madurai, ISBN – 978-93-90082-97-1, 06 <sup>th</sup> & 07 <sup>th</sup> February 2020.
4.	Dr.C.Ramesh & Dr.P.Nathiya, Influence of Varied Packages of Yogic Practices on Blood Pressure and BMI among Overweight School Boys, International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement, Madurai Kamaraj University, Madurai, ISBN – 978-93-90082-97-1, 06 <sup>th</sup> & 07 <sup>th</sup> February 2020.
5.	Dr.C.Ramesh & C.Muthuraja, Effect of Aerobic Training on Selected Physiological Variable among College men Handball Players, International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement, Madurai Kamaraj University, Madurai, ISBN – 978-93-90082-97-1, 06 <sup>th</sup> & 07 <sup>th</sup> February 2020.
6.	R.Praveenkumar & Dr.C.Ramesh, Effect of Plyometric Training and Interval Training on Selected Physical and Physiological Parameters among College Handball Players, International Congress on Renaissance in Sports Strategies, Challenges and Choice, National College, Trichy. ISSN-9329-2320-5202, 6 & 10 January 2019.
7.	K.Kalyanasundaram & Dr.C.Ramesh, Effect of yoga Practices of selected Physical and Physiological, College level Women Volleyball Players, International Congress on Renaissance in Sports Strategies, Challenges and Choice, National College, Trichy. ISSN-9329-2320-5202, 6 & 10 January 2019.
8.	Dr.C.Ramesh & K.Kalyanasundaram, Effects of Yogic Practice on Selected Physical

	Variables Among College Women Player, International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics-2020, 16 & 17 March, 2018.
9.	Dr.C.Ramesh & B.Arunprasana, Effect of Aerobic Exercises on selected Physical Variables Among Football Players, International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics-2020, 16 & 17 March, 2018.
10.	R.Praveenkumar&Dr.C.Ramesh, Effect of ladder training on selected physical variables among college men handball players, International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics-2020 Alagappa University, 16 & 17 March, 2018.
11.	Dr.C.Ramesh & K.Kalyanasundaram, Effects of Aerobics Training and Jump Rope Training o Body Composition and Flexibility of Overweight School Children, International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education -2017 Alagappa University,7.12.2017And 08.12.2017.
12.	S.Manimaran&Dr.C.Ramesh, Effect of Plyometric Training on Selected Physiological Variables among Jumpers. International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education -2017, 07.12.2017And 08.12.2017.
13.	Muthuraja&Dr.C.Ramesh, Effect of Plyomateric on selected training and interval training physical and physiological parameter among college handball players, International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education -2017 Alagappa University, 07.12.2017And 08.12.2017.
14.	N.Anitha Kaveri&Dr.C.Ramesh, Mind Full in Meditation, International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education -2017 Alagappa University, 07.12.2017And 08.12.2017.
15.	P.Nathiya &Dr.C.Ramesh, Influence of yogic package training on selected physiological variables among over weight school boys, International congress on Renaissance in Sports Strategies Challenges and choices, National College, Trichy , ISBN-978-81-908942-0-3, 10-02-2017 to 11-02-2017.

16.	R.Chandrasekar &Dr.C.Ramesh, Effect of swissball training yogic practices and its combinations on physical variables among school handball players, International congress on Renaissance in Sports Strategies Challenges and choices, National College, Trichy , ISBN-978-81-908942-0-3, 10-02-2017 to 11-02-2017.
17.	Dr.C.Ramesh, Effect of Alternate Pace Running and Interval Running on selected Strength and Endurance Parameters, International congress on Renaissance in Sports Strategies Challenges and choices, National College, Trichy .ISBN-978-81-908942-0-3, 10-02-2017 to 11-02-2017.
18.	P.Sathiskumar&Dr.C.Ramesh, Effect of Yogic Training and Ladder training and their combination on Selected skill performance Variables of school Football players, International congress on Renaissance in Sports Strategies Challenges and choices, National College, Trichy .ISBN-978-81-908942-0-3, 10-02-2017 to 11-02-2017.
19.	P.Nathiya&Dr.C.Ramesh, Influence of yogic practices on selected anthropometric variables among overweight school boys, International Conference on Emerging Trends in Sports Medicine, Physical Education, Sports Science and Yoga by Tamilnadu Sport University, 18 <sup>th</sup> and 19 <sup>th</sup> January 2017.
20.	S.Manimaran&Dr.C.Ramesh, Efficacy of Plyometric Training on Selected Physical Variables Among Jumpers, International Conference on Emerging Trends in Sports Medicine, Physical Education, Sports Science and Yoga by Tamilnadu Sport University, 18 <sup>th</sup> and 19 <sup>th</sup> January 2017.
21.	C.Muthuraj&Dr.C.Ramesh, Effect of Hatha Yogic Training on Selected Physiological Variables among School Athletes, International Conference on Emerging Trends in Sports Medicine, Physical Education, Sports Science and Yoga Tamilnadu Sport University, 18 <sup>th</sup> and 19 <sup>th</sup> January 2017.
22.	Dr.C.Ramesh, Effect of Ladder Training on Selected Physical Fitness Variables among the School Football Players, International Conference on Health Indicators for Physical and Cognitive Fitness Education, Alagappa University, Karaikudi, 26 th & 27 February 2016.

23.	S.Chithambaram&Dr.C.Ramesh, Effect of Aerobic Training on Selected Physical Variable among College level Men Basketball Players, International Conference on Health Indicators for Physical and Cognitive Fitness Education, Alagappa University, Karaikudi, 26 th & 27 February 2016.
24.	Dr.C.Ramesh, Effect of Resistance training on selected physical variables among college men handball players, International Conference on Health Indicators for Physical and Cognitive Fitness Education, Alagappa University, Karaikudi, 26 th & 27 February 2016.
25.	Dr.C.Ramesh, Health Benefits of Yoga In Education, International Conference on Empowering India through open and distance Learning Breaking down Barriers, Building partnership and delivering opportunities, April 23-25, 2015
26.	C.Ramesh, Public Private Partnership as Educational Reforms for Role in Physical Education, International Conference on Empowering India through open and distance Learning Breaking down Barriers, Building partnership and delivering opportunities, April 23-25, 2015.

### **NATIONAL LEVEL CONFERENCE:**

<b>S.No</b>	<b>NATIONAL LEVEL CONFERENCE</b>
<b>1</b>	Dr.C.Ramesh, , K.Kalyanasundaram, Influence of yoga Practice on Selected Cardio Respiratory Parameters among College Men Basketball Player, National conference on Role of Yoga for Health and Lifestyle Management , Maruthi college of Physical Education, Coimbatore, 1& 2 March 2019
<b>2</b>	Dr.C.Ramesh, M.Murali,Effect of Yogic Practices on Selected Physical and Physiological Variables among College Men Handball Player, National conference on Role of Yoga for Health and Lifestyle Management, Maruthi college of Physical Education, Coimbatore,1& 2 March 2019.
<b>3</b>	Dr.C.Ramesh, K.Kalyanasundaram, Effect of core training on selected skill

	performance variables among college men basketball players., National conference on modern perspectives of sports science and yoga for the enhancement of sports performance, Ganesar Arts and Science College, Ponamaravati,Pudhukottai,,03.03.2018
4	Dr.C Ramesh, Arunprasana, Effect of Aerobic Exercise on selected skill performance variables among football players, National conference on modern perspectives of sports science and yoga for the enhancement of sports performance, Ganesar Arts and Science College, Ponamaravati, Pudhukottai, 03.03.2018
5	Dr.C.Ramesh. C .Muthuraja, Effect of aerobic training and jump rope training on cardio respiratory endurance of over weight school children. National conference on modern perspectives of sports science and yoga for the enhancement of sports performance, Ganesar Arts and Science College, Ponamaravati, Pudhukottai, 03.03.2018
6	Dr.C.Ramesh, S.Chithambaram, Effect of yogic practices on selected physical and physiological variables among college level Men Cricket players, National Conference on ‘Training, Nutrition and Analeptic Regimen on Corporeal Property and High Performance in Sports’, 31 <sup>st</sup> and 1 <sup>st</sup> 2016
7	Dr.C.Ramesh, R.Chinnasamy, Effect of yogic practices on selected physical and physiological variables among college level Men Handball players, National Conference on ‘Training, Nutrition and Analeptic Regimen on Corporeal Property and High Performance in Sports’, 31 <sup>st</sup> and 1 <sup>st</sup> 2016
8	Dr.C.Ramesh, P.Sathiskumar, Effect of Ladder Training on agility among School level Football players. National Conference on ‘Training, Nutrition and Analeptic Regimen on Corporeal Property and High Performance in Sports’31 <sup>st</sup> and 1 <sup>st</sup> 2016
9	Dr.C.Ramesh, Effect of yogic exercises and swissball training on selected physical

	and physiological variables among college men players, Two days national conference on yoga and modernity, Bangalore University, Bangalore. 12 <sup>th</sup> and 13 <sup>th</sup> .03.2016
<b>10</b>	Dr.C.Ramesh, R.Chandrasekar, Effect of yogic practices on selected physical and physiological variables among college men players, Two days national conference on yoga and modernity, Bangalore University, Bangalore, 12 <sup>th</sup> and 13 <sup>th</sup> .03.2016
<b>11</b>	Dr.C.Ramesh, R.Chinnasamy, Effect of yogic exercise on selected physical variables among college level handball players, UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health, 28 <sup>th</sup> & 29 <sup>th</sup> .01 2016
<b>12</b>	Dr.C.Ramesh, A.Vidhya, Negative emotion control through yoga, UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health UDC, 28 <sup>th</sup> & 29 <sup>th</sup> .01 2016.
<b>13</b>	Dr.C.Ramesh, K.S.Shanmugasundharam, Effect of plyometric training on selected skill performance variables among football players, UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health UDC, 28 <sup>th</sup> & 29 <sup>th</sup> .01 2016
<b>14</b>	Dr.C.Ramesh, Relationship of selected anthropometric variables on soccer playing ability among college level men players., UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health UDC, 28 <sup>th</sup> & 29 <sup>th</sup> .01 2016.
<b>15</b>	Dr.C.Ramesh, K.Manickam, Effect of specific training on selected physical variables among school boys kabaddi players. UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health UDC, 28 <sup>th</sup> & 29 <sup>th</sup> .01 2016.



<b>16</b>	Dr.C.Ramesh, S.Chithambaram, Effect of plyometric exercise on selected physical variables among college level cricket players., UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health UDC, 28 <sup>th</sup> & 29 <sup>th</sup> .01 2016.
<b>17</b>	Dr.C.Ramesh, R.Amutha, Effect of yogic Practices on selected physical variables among college over weight women. 28 <sup>th</sup> & 29 <sup>th</sup> .01 2016.
<b>18</b>	Dr.C.Ramesh Dr.B.R. Ambedkar Philosophy on Higher Education and ITS Elevance to yoga studies Programme, National seminar on Father of Indian Constituution B.R Dr.Ambedkar, His Vision and Mission for nation building and Social Justice, Tamilnadu Open Universiy, Tamilnbadu, 26-11-2015.
<b>19</b>	Dr.C.Ramesh. Relationship between soccer playing ability and selection anthropometrical variables., National seminar on fit and healthy India-Vision 2023, Alagappa University, Karaikudi. 28 & 29.09.2015.
<b>20</b>	Dr.C.Ramesh, P.Nathiya, Effect of yogic practices on selected physiological variables among urban obese school girls., National seminar on fit and healthy India-Vision 2023, Alagappa University, Karaikudi, 28 & 29.09.2015
<b>21</b>	Dr.C.Ramesh, K.S.Shanmugasundaram, Effect of plyometric training on selected motor components among college football players, UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports, G.T.N Arts College, Dindigul, 25.03.2015 to 26.03.2015
<b>22</b>	Dr.C.Ramesh, A.PremEdwin, Comparative study of psychological variables between soccer player's athletic players, UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports, G.T.N Arts College, Dindigul, 25.03.2015 to 26.03.2015.

23	Dr.C.Ramesh, P.Mahendran, Effect of Plyometric training programme on speed and agility,UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports G.T.N Arts College, Dindigul25.03.2015 to 26.03.2015
24	Dr.C.Ramesh, M.Sivabalan, Effect of selected physical exercise on selected physical parameters among school volleyball players,UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports G.T.N Arts College, Dindigul, 25.03.2015 to 26.03.2015
25	Dr.C.Ramesh, N.Chandrakumar,, Effect of yogic practices on lipid profiles among school boys. UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports G.T.N Arts College, Dindigul25.03.2015 to 26.03.2015
26	Dr.C.Ramesh, R.Chandrasekar,Effect of yogic training on selected physiological variables among handball playersUGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports, G.T.N Arts College, Dindigul 25.03.2015 to 26.03.2015.
27	Dr.C.Ramesh, Sports Nutrition., UGC Sponsored National Seminar on Recent developments in sports and yogic sciences. Alagappa University, Karaikudi, 19.03.2015 to 20.03.2015
28	Dr.C.Ramesh, Yoga for a way of Healthy Life, UGC Sponsored National Seminar on Recent Developments in Sports and Yogic sciences, Alagappa University, Karaikudi, 19-03-2015 to 20-03-2015.
29	Dr.C.Ramesh, . K.Rejinadevi, Health states for women in modern world and remedial measures, UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A Multi Dimensional Approach. Aditanar

	College of Arts & science, Tiruchenthur, 30-09-2014 to 01-10-2014
<b>30</b>	Dr.C.Ramesh, R.Chandrasekar, Effect of Swiss ball training on selected physical fitness variables among school handball players. UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A Multi Dimensional Approach. Aditanar College of Arts & science, Tiruchenthur, 30-09-2014 to 01-10-2014
<b>31</b>	Dr.C.Ramesh R.Anitha., Effect of Yogic Practices on Selected Physical Variable among College Obese Women Students., UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A Multi Dimensional Approach. Aditanar College of Arts & science, Tiruchenthur 30-09-2014 to 01-10-2014
<b>32</b>	Dr.C.Ramesh, R.Amutha, Effect of Yogic Practices on Selected Physical Variables among College Women Handball Players., UGC Sponsored National Seminar on Promotion of yoga, Health Awareness and physical Fitness-A Multi Dimensional Approach. Aditanar College of Arts & science, Tiruchenthur, 30-09-2014 to 01-10-2014.
<b>33</b>	Dr.C.Ramesh, R.Anitha,, Online Shopping on Sports Equipment's, UGC Sponsored National Seminar on Recent Trends In Sports Technology, Management And Allied Sciences, Arumugam Pillai Seethai Ammal College, Thirupathur, 12.09.2014 to 13.09.2014.

**. 6. Conferences / Seminars / Workshops / Webinars Attended:**

**INTERNATIONAL WEBINARS:**

<b>S.No</b>	<b>INTERNATIONAL WEBINARS:</b>
<b>1</b>	Dr.C.Ramesh, International Day of Yoga 2022, Benefits of Pranayama in the Modern Life Styles, Organised by Madurai Kamaraj University, 29 <sup>th</sup> July

	2022.
2	Dr.C.Ramesh, International Conference on Innovative Research Methodology Cum Researcher Meet, International Conference organized by Puducherry Academic Researcher Academy, 29 <sup>th</sup> Jan 2022.
3	Dr.C.Ramesh, International Webinar on Indonesian Breathing Exercise Model to Stimulate Releasing Endorphin and Immunity During Covid-19, International webinar organized by University College Of Engineering Bit Campus, 22 <sup>nd</sup> Aug 2020.
4	Dr.C.Ramesh, Online Webinar on Yoga and Environment Wellness For Person With Disable, International webinar organized by Bharathiar University, 17 <sup>th</sup> Aug 2020 to 19 Aug 2020.
5	Dr.C.Ramesh, International webinar on covid 19 solution for survival, International Webinar on organized by Rajapalayam Rajus college, 26 <sup>th</sup> June 2020.
6	Dr.C.Ramesh, International Asteroid Day 2020 Awareness Programme, 29 June 2020.
7	Dr.C.Ramesh, International webinar on physical literacy yoga and sports science, International webinar organized by Govt. Degree college, 21 <sup>st</sup> June 2020.
8	Dr.C.Ramesh, Two – Day – International Webinar on Research in Physical Education and Sports, ANURAG Uniuersity, Telangana, 6 <sup>th</sup> 7 <sup>th</sup> June 2020.
9	Dr.C.Ramesh, International Webinar on Covid -19 Prevention : Yoga to Boost Immune Sysrem”, International Webinar organized by Bharathidasan University Constituent College Of Arts And Science, 18 <sup>th</sup> June 2020.

<b>10</b>	Dr.C.Ramesh, International Webinar on Inculcation of Human Values and Ethics in Higher Education Institutions, Dr.M.G.R.Educational and Reserach Instutite, Chennai,6 <sup>th</sup> June 2020.
<b>11</b>	Dr.C.Ramesh, International Faculty Development programme online on Injury free sports “Dos & Don’ts, International Faculty Development programme online organized by Ayya Nadar Janaki Ammal College, 03 <sup>rd</sup> June 2020.
<b>12</b>	Dr.C.Ramesh, International webinar on covid-19 Revisiting Indias Economic Priorities and sustainable livelihood improvement strategies, International Webinar organized by Sri G.V.G Visalakshmi College for Women, 25 <sup>th</sup> May 2020

### **National Webinar**

<b>S.No</b>	<b>National Webinar</b>
<b>1.</b>	Dr.C.Ramesh, & P.Kalimuthu, Inbarasu, Preseted a paper on Benefits,Need and Importance of Daily Physical Exercise, 1 <sup>st</sup> National Conference on Sports Medicine and Yoga Therapy, Hosted by Sree balaji Medical College & Hospital (SBMCH)-BIHER Chennai, 28 & 29 JAN 2022.
<b>2.</b>	Dr.C.Ramesh, & S.Saravanan, M.Raja Yoga for Human Excellence, 1 <sup>st</sup> National Conference on Sports Medicine and Yoga Therapy, Hosted by Sree balaji Medical College & Hospital (SBMCH)-BIHER Chennai, 28 & 29 JAN 2022.
<b>3.</b>	Dr.C.Ramesh & R.KAnnan, R.Karthikeyan The Relation of Physical Activity and Physical exercise and Physical Health, 1 <sup>st</sup> National Conference on Sports Medicine and Yoga Therapy, Hosted by Sree balaji Medical College & Hospital (SBMCH)-BIHER Chennai, 28 & 29 JAN 2022.

4.	Dr.C.Ramesh & M.Radha, P.A.Trícia Merlin, Women Gender Equity and Sports, 1 <sup>st</sup> National Conference on Sports Medicine and Yoga Therapy, Hosted by Sree balaji Medical College & Hospital (SBMCH)-BIHER Chennai, 28 & 29 JAN 2022.
5.	Dr.C.Ramesh, Webinar on teaching for life excellency, webinar organized by the Selvam college of Physical Education, 05 <sup>th</sup> Sep 2020.
6.	Dr.C.Ramesh, Session on e- Entrepreneurship, Session on e- Entrepreneurship organized by Prestige Institution of Management & Research, 30 <sup>th</sup> Aug 2020.
7.	Dr.C.Ramesh, Webinar on “Sports for All”, Webinar organized by Department of Physical Education Madurai Kamaraj University, 29 <sup>th</sup> Aug 2020.
8.	Dr.C.Ramesh, Webinar on Sports for Human Excellence, Webinar organized by Department of Physical Education Bharathidasan University, 29 <sup>th</sup> Aug 2020.
9.	Dr.C.Ramesh, Session on e- Entrepreneurship, Session on e- Entrepreneurship organized by Prestige Institution of Management & Research, 29 <sup>th</sup> Aug 2020.
10.	Dr.C.Ramesh, National Webinar on Physical Education and Yoga Major Immunity Booster During Pandemic, National Webinar organized by Sri Ramakrishna mission vidyalaya, 26 <sup>th</sup> to 30 <sup>th</sup> Aug 2020.
11.	Dr.C.Ramesh, Session on e- Entrepreneurship, Session on e- Entrepreneurship organized by Prestige Institution of Management & Research, 24 <sup>th</sup> Aug 2020
12.	Dr.C.Ramesh, National Webinar on Periodisation of Training for Athletes, National Webinar organized by G.T.N Arts college, 13 <sup>th</sup> July 2020.
13.	Dr.C.Ramesh, National Level Webinar On Psycho Regulatory Techniques In Sports, National Webinar organized by Kongu Arts And Science College, July

	8 <sup>th</sup> 2020. Dr.C.Ramesh, National Level Webinar on “Power of Youth”, National webinar organized by Easwari Engineering College, 8 <sup>th</sup> July 2020.
<b>14.</b>	Dr.C.Ramesh, National Webinar on “Manage Stress Through A Strong Body”, National Webinar organized by G.T.N Arts college, 01 <sup>st</sup> July 2020.
<b>15.</b>	Dr.C.Ramesh, Webinar On Yoga For Healthy Life, Webinar Organized pioneer Kumaraswamy college , 30 <sup>th</sup> June 2020.
<b>16.</b>	Dr.C.Ramesh, One Day National Webinar On Covid – Hidden War In Open Field, National Webinar organized by st Xaviers college palayamkottai, 29 <sup>th</sup> June 2020.
<b>17.</b>	Dr.C.Ramesh, National Webinar On “Are you tired enough? how to maintain harmony between physique and mind during lockdown”, National Webinar organized by G.T.N college of Nursing, 26 <sup>th</sup> June 2020.
<b>18.</b>	Dr.C.Ramesh, National Webinar On Holistic Health Through Yoga For Human Excellence, National Webinar organized by Pondicherry University, 21 <sup>st</sup> & 22 <sup>nd</sup> June 2020.
<b>19.</b>	Dr.C.Ramesh, One Day Online Webinar on “Yoga For Harmony And Peace”, One Day Online Webinar organized by st. Peters college of engineering and technology, 21 <sup>st</sup> June 2020.
<b>20.</b>	Dr.C.Ramesh, National Webinar on “Yoga For Health”, National Webinar organized by G.T.N Arts college, 21 <sup>st</sup> June 2020.
<b>21.</b>	Dr.C.Ramesh, National Webinar On Yoga And Health From Home, National Webinar Organized by university college for women, 20 <sup>th</sup> June 2020.

22.	Dr.C.Ramesh, Live yoga session on “The Journey of Self through the self”, Live yoga session organized by Mahila Vidyalaya degree College, 17 <sup>th</sup> June 2020
23.	Dr.C.Ramesh, National Webinar on Women in Entrepreneurship, National Webinar organized by Jayaraj Annapackiam College for Women, 15 <sup>th</sup> June 2020.
24.	Dr.C.Ramesh, Webinar on Yoga For Wellness and Youth Empowerment, Webinar organized by Sadakathullah Appa College, 13 <sup>th</sup> June 2020.
25.	Dr.C.Ramesh, Webinar on Organic Foods and Healthy Life Style, Webinar organized by Jayaraj Annapackiam College For Women, 10 <sup>th</sup> June 2020.
26.	Dr.C.Ramesh, National Webinar on Digital Tools for Effective Teaching, National Webinar organized by Organized By Jayaraj Annapackiam College For Women, 04 <sup>th</sup> June 2020.
27.	Dr.C.Ramesh, National Level Webinar on Health Care on Pandemic, National Level Webinar organized by P.K.R Arts College For Women, 01 <sup>st</sup> to 04 <sup>th</sup> June 2020.
28.	Dr.C.Ramesh, Online Webinar on How to successful as a professor?, Online Webinar organized by department of science & humanities AVC College of Engineering, 02 <sup>nd</sup> June 2020.
29.	Dr.C.Ramesh, Webinar on Free Statistical Tool For Research Data Analysis And Research Publication With Special Reference To Citation Impact Factor And H Index, Webinar Organized By Jayaraj Annapackiam College For Women, 01 & 02 June 2020.
30.	Dr.C.Ramesh, Webinar On Enhance the Quality of life With Psychological Well-Being, Webinar organized by department of physical education Mohamed Sathak A.J College of Engineering Chennai., 31 <sup>st</sup> May 2020.



31.	Dr.C.Ramesh, Live Webinar on Indian Higher Education Post Covid -19 and moving ahead, Live webinar organized by Ambika Ram Devi Degree College, 24 <sup>th</sup> May 2020.
32.	Dr.C.Ramesh, Webinar on the crux of online teaching for low internet bandwidth, Webinar organized by Academy of Maritime education and training, 24 <sup>th</sup> May 2020

## WORKSHOP

S.No	WORKSHOP
1	<b>Dr.C.Ramesh</b> , Workshop on Mathematical Analysis on Actulity and Covid – 19 Pandameic Organised by PG and Research Department of Mathematics Loyola college Chennai.25 <sup>th</sup> 26 <sup>th</sup> June 2020
2	<b>Dr.C.Ramesh</b> ,Two day work shop on academic performance, Preview theatre.MKU, 23.02.2016.
3	<b>Dr.C.Ramesh</b> ,International Workshop on researching, writing and publishing- special reference to education. Tamil Nadu open university.Chennai, 21.08.2015
4	<b>Dr.C.Ramesh</b> ,Workshop in Yoga education.PMT Cvollege ,Usilampatti, 31.03.2015
5	<b>Dr.C.Ramesh</b> .National Workshop on yoga, allied therapy and physical education. Koviloor Andavar college of physical education and sports science. koviloor., 27.03.2013.
6	<b>Dr.C.Ramesh</b> ,National level workshop in silambam, Vinayaka mission university .salem. 18.02.2012
7	<b>Dr.C.Ramesh</b> , National Workshop on yoga for health and social transformation,

	Thiru.VI.KA.Govt.Arts college.Tiruvarur, 14.03.2011.
8	<b>Dr.C.Ramesh</b> , National Workshop on athletics, Selvam college of physical education.Namakkal., 05.02.2011.
9	<b>Dr.C.Ramesh</b> ,National Workshop on yoga therapy, Exercise therapy and Allied therapy Koviloor madalayam, Koviloor. 29.01.2011.
10	<b>Dr.C.Ramesh</b> ,TWO days workshop in "Yoga for Healthy Life Style" organized by the Centre for Yoga Studies, Annamalai University, 03 and 04.01.2009.

### Online Quiz:

S.No	Online Quiz:
1	<b>Dr.C.Ramesh</b> , Participated in On Line quiz on Yoga for Healthy Life organized by Sri Sarada College of Education and Physical Education for Women, Salem – 16.
2	<b>Dr.C.Ramesh</b> , Participated in On Line quiz Awareness quiz during the period of covid – 19, organized by Don Bosco College (Co - ED) ,Thirupathur, May 2020.
3	<b>Dr.C.Ramesh</b> , Participated in On Line quiz on NET/SET Preparation in Physical Education and Sports – Test- 1, organized by Mannar Thirumalai Naicker College, Madurai, 30-05-2020.
4	<b>Dr.C.Ramesh</b> , Participated in On Line quiz on Sports Awareness quiz Organised by ARM First Grade College, Karnataka,28-05-2020
5	<b>C.Ramesh</b> , Participated in On Line quiz on Physical General Awareness quiz : Covid – 19, organized by MES Abasaheb Garware College,Pune,28-05-2020.
6	<b>C.Ramesh</b> , Participated in On Line quiz on Physical Education and Sports organized by Mannar Thirumalai Naicker College, Madurai, 24-05-2020.

7	<b>Dr.C.Ramesh</b> , Participated in On Line quiz on general Knowledge about TamilNadu, organized by RVS College of Engeneering and Techonogy, Dindugul, 22-05-2020.
8	<b>Dr.C.Ramesh</b> , Participated in On Line quiz on sports Covid – 2019 Awatrness organized by Vinayaka Missions College of Physical education, salem, 28 <sup>th</sup> to 30 <sup>th</sup> May 2020.
9	<b>Dr.C.Ramesh</b> , Participated in National On Line quiz on Fundamentals of Nano Science oraganised by Kolanjiappar Govt Arts College, Viruthasalem, 21-05-2020.

**Dr.C.RAMESH**

Assistant Professor & Head,  
Department of Physical Education,  
School of Education,  
Madurai Kamaraj University  
Madurai – 625021 Tamil Nadu.