

## CURRICULUM VITAE

NAME : ASHOK .C.

NAME OF FATHER : CHELLADURAI.M.

DATE OF BIRTH : 26.07.1967

NATIONALITY : INDIAN

MARITAL STATUS : MARRIED

### EDUCATIONAL QUALIFICATION

DEGREE	COLLEGE/ INSTITUTE	YEAR	CLASS
S.S.L.C.	R.C.M.High. School, Natarajapuram	1981 – 1982	First
Hr.Sec.	N.S.Hr.Sec.School, Theni	1983 – 1984	First
B.Sc. Chemistry	Ayya Nadar Janaki Ammal College, Sivakasi	1984 – 1987	First
B.P.Ed.	Y.M.C.A. College, Chennai	1988 – 1989	First
M.P.Ed.	Y.M.C.A. College, Chennai	1989 – 1990	First
M.Phil.	Alagappa University	1990 – 1991	First
D.Y.Ed.	Amravati University	1991 – 1992	University Gold Medalist
Ph.D.	Alagappa University	2003	Awarded

## **Ph.D. Theses Guided**

1. Influence of Asanas on Selected Blood Plasma Variables Before and After Competition
2. Effect of Various Yogic Practices on Blood Oxygen Saturation Level in Selected Body Segments
3. Effect of High Speed Power Training And High Explosive Power Training on Selected Kinanthropometric Physical Physiological Variables and Skill Performance Among Intercollegiate Male Handball Players
4. Effect of Various Yogic Practices on Serum Leptin Body Mass Index and Performance Among Female Beach Volleyball Players

## **LIST OF PUBLICATIONS**

1. Ashok,C., Assessment of Peace Among Junior And Senior College Teachers of Madurai Kamaraj and Manonmanium Sundaranar Universities, *ANJAC. J.* Volume 14; (1997).
2. Ashok,C., Correlation Between Speed and Angle of Projection of Various Level Long Jumpers, *ANJAC. J.* Volume 15; (1998).
3. Ashok,C., and Senthilkumar,M., The Influence of Genetic Factors on the Involvement of Group Game Players – A Crude Study, *ANJAC.J.* Volume 17; (2000).
4. Ashok,C., An Analysis of New Offside Rule in Hockey, *JOPE.S.* J. Volume 6.p.27; (2000).

5. Ashok,C. and Sureshababu,P., A Study on Correlation Between Accuracy and Anthropometric Variables of University Tennis Players, *Indian Journal of Sports Studies*, p.5, (2000).
6. Ashok,C., Occurrence of Sports Injuries in Relation to Various Flexibilities, Vol.3, *Journal of Sports Traumatology and Allied Sports Sciences*, December, (2001).
7. Ashok,C., Sivaramakrishnan.s., and Nageshwaran.A.S., Influence of Asanas on Plasma Sodium Level Among Basketball Players, *Journal of Physical Education and Exercise Science*, Vol. 1, No. 1, March, 2004.
8. Ashok.C., Sivaramakrishnan.S and Nageshwaran.A.S., Impact of Asanas on Plasma Sodium Level, *ANJAC Journal of Sciences*, Vol.4, No 2, pp. 29-33, (2005).
9. Sivaramakrishnan.S., Kalidasan.R. and Ashok.C., Impact of Sand Training On Selected Bio-motor Abilities Among Cricketers, *Journal of Studies in Physical Education and Sports Sciences*, Vol.1, No. 2, June 2005.
10. Sureshababu.P and Ashok.C., Aids Awareness Programme Through Cycle Rally, *The Proceedings of National Conference on Emerging Trends in Physical Education*, Karunya University, 14<sup>th</sup> April, 2007.
11. Sureshababu.P and Ashok.C., Two dimensional motion analysis on angle of knee joint bend during long jump take-off, *British Journal of Sports Medicine*, 2010;44:Suppl 1 i47-i48 doi:10.1136/bjism.2010.078725.159.

12. C Ashok, Impact of asanas and pranayama on blood oxygen saturation level, *British Journal of Sports Medicine*, 2010;44:Suppl 1 i69  
doi:10.1136/bjism.2010.078725.228.
13. Kalebrajan.A and Ashok.C., Bound Rules and Academic Performance of School Children, *The Proceedings of National Conference on Emerging Trends in Physical Education and Sports Sciences*, Publication Division, Bhrathidasan University. Tituchirappalli, 2011.
14. Senthilkumar.N and Ashok.C., *A Study on Diurnal Variation of Angiotensin II Among Cricket Players*, Proceedings of UGC Sponsored National Conference on “Recent Trends in Yoga and Physical Education”, Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar, 11<sup>th</sup> and 12<sup>th</sup> August.2011.
15. Kalebrajan.A., Ashok Kumar.R., and Ashok.C., *Effect of Brisk Walking on Triglycerides Among Old*, Proceedings of UGC Sponsored National Conference on “Recent Trends in Yoga and Physical Education”, Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar, 11<sup>th</sup> and 12<sup>th</sup> August.2011.
16. Ashok.C., *Effect of Asanas on Plasma Sodium Level Before and After Competition*, Proceedings of UGC Sponsored National Conference on “Recent Trends in Yoga and Physical Education”, Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar, 11<sup>th</sup> and 12<sup>th</sup> August, 2011.

17. Murugesan.T., and Ashok.C., *Effect of Concurrent Training Programme on Strength Endurance Among Middle Distance Runners*, Proceedings of UGC Sponsored National Conference on “Emerging Trends in Physical Education, Sports Sciences and their role in Improving the Performance of Sportsmen, Sri Padmavathi Mahila Visva Vidyalayam Women University, Tirupathi, 5-6 March, 2012.
18. Rajkumar.V., Johnson.P., and Ashok.C., *Effect of Selected Yogic Exercises on Strength and Flexibility of Physical Education Students*, Proceedings of UGC Sponsored National Conference on “Emerging Trends in Physical Education, Sports Sciences and their role in Improving the Performance of Sportsmen, Sri Padmavathi Mahila Visva Vidyalayam Women University, Tirupathi, 5-6 March, 2012.
19. Ashok.C., and Murugesan.T., *Effect of Intermittent Hypoxic Exposure on Hemoglobin Among Endurance Athletes*, Proceedings of UGC Sponsored National Conference on “Emerging Trends in Physical Education, Sports Sciences and their role in Improving the Performance of Sportsmen, Sri Padmavathi Mahila Visva Vidyalayam Women University, Tirupathi, 5-6 March, 2012.
20. Sivaramkrishna Shastry, Johnson.P., and Ashok.C., *Correlation Analysis Between Adipose Layer and Swimming Performance Among College Swimmers*, Proceedings of UGC Sponsored National Conference on “Emerging Trends in Physical Education, Sports Sciences and their role in

Improving the Performance of Sportsmen, Sri Padmavathi Mahila Visva Vidyalayam Women University, Tirupathi, 5-6 March, 2012.

21. Ashok.C., *Yoga Sports*, Proceedings of UGC Sponsored National Conference on “Emerging Trends in Physical Education, Sports Sciences and their role in Improving the Performance of Sportsmen, Sri Padmavathi Mahila Visva Vidyalayam Women University, Tirupathi, 5-6 March, 2012.
22. Sureshbabu.P and Ashok.C., *Beat Jet Lag in Sports and Games*, Proceedings of UGC Sponsored National Seminar on Physiological Aspects of Training Nutrition Recovery and Performance, Mannar Thirumalai Naicker College, Madurai, 10<sup>th</sup> August,2012, Shanlax Publications, Madurai. (ISBN 978-93-806577-3-8)
23. Ashok.C., *Efficacy of Peripheral Vision on Hand Dominance Among Basketball Players*, Proceedings of UGC Sponsored National Seminar on Physiological Aspects of Training Nutrition Recovery and Performance, Mannar Thirumalai Naicker College, Madurai, 10<sup>th</sup> August,2012, Shanlax Publications, Madurai. (ISBN 978-93-806577-3-8)
24. Murugesan T., Elangovan.R., Ashok,C., **Impact of Different Intensities of Circuit Training on Selected Strength and Endurance Parameters of Handball Players**, Proceedings of UGC Sponsored National Seminar on Modern Trends in Sports Management, Ayya Nadar Janaki Ammal College, Sivakasi. (ISBN 93-8048-714-2)

25. Ashok,C., ***Role of Super-Sub Players in FIFA World Cup***, International Journal of Physical Education Yoga and Health Sciences, V 1, Aug, 2014, ISSN 2349-6312.
26. Murugan.A., and Ashok,C., ***Influence of Aerobic Exercise on Selected Biochemical Parameters at Different Times of a Day***, Proceedings of UGC Sponsored National Seminar on Recent Developments in Sports and Yogic Sciences, Alagappa University College of Physical Education, Karaikudi, ISBN 978-81-928690-4.
27. Ashok,C., ***Physical Education For Autistic Children***, International Journal of Physical Education Yoga and Health Sciences, V 3, Aug, 2015, ISSN 2349-6312.

## **LIST OF BOOK PUBLICATIONS**

### **1. Sports Web Encyclopedia (ISBN 81-7835-335-0)**

(Two Volumes- Kalpaz Publication, New Delhi)

The book is a compendium of websites, which directs an user in reaching a specific information without delay. World Wide Web is as large as an ocean and we may search a thing in the opposite side of the original location. The book directs the users to the desired location immediately, there by the user can save his precise time and money. The book covers A to Z topics in the field of Physical Education and sports and has brief information about each web site. The book has 60 different topics and each topic has nearly 100 web sites.

### **2. Research Abstracts in Physical Education and Sports Sciences(ISBN 81-7835-648-1)**

(Kalpaz Publication, New Delhi)

The book covers all the dimensions of Physical Education and Sports Sciences through nine major branches namely Anthropometry, Biomechanics, Endurance, Flexibility, Hormones, Psychological Variables, Rehabilitation, Speed and Yoga. Each branch contains minimum fifty research abstracts. The abstracts contain introduction, methodology, results and conclusions. The author did not manipulate anything in the abstracts, since it may create big problem to him. A researcher can use it for his/her thesis as a review or even he / she may contact the corresponding author for seeking help in their respective research. The author has given the abstracts with variable index, so a reader can choose variables or find a particular variable without undue strain.

### **3. Test Your Physical Fitness (ISBN 81-7835-681-3)**

(Kalpaz Publication, New Delhi)

The book covers all the dimensions of testing procedures, calculating, comparing, evaluating and deriving conclusions regarding all possible physical fitness variables in the fields such as anthropometry, strength, speed, power, flexibility, coordination etc.,. The book shall be a boon to the researchers as well as the persons seeking physical fitness testing. Every one can assess their level of physical fitness and accordingly they may plan their routine life. Although the standard tests are required specific equipment, there are some tests that are feasible by every one without any sophisticated equipment. The book may guide a person for maintaining body fitness, since we are mostly depending on the machines which are most welcomed but directing us towards physical weakness.

### **4. Indigenous Sports and Games**

(Krishna Publishers, Tirunelveli)



The book covers all possible indigenous Sports and Games of our Nation. It gives thorough knowledge about our ancestors and their habits with which they survive. It seems that our ancestors keep fitness by means sports and games.

5. **Foundations of Physical Education**  
(UVN Publishers, Sivakasi)

The book is a compendium of principles by which Physical Education and Sport Sciences leap forward. This also gives the reader a primary knowledge about the history of Physical Education and how physical fitness was imparted to the public via sports and games.

6. **Rules of Sports and Games (ISBN 978-81-909440-2-1)**  
(Balabarathi Pathippaham, Sivakasi)

The book covers rules and regulations, interpretation of rules and officiating mechanisms in most of the major games in India. The book will be very much essential for those who wish to know any one of the major games in India. It gives recent amendments released by governing association of the game concern.

**M.Phil. Theses Guided**

1. Comparison Of Cheek And Buss Shyness Scale Among Arts And Science B.Ed. College Students
2. Construction Of Norms On Selected Motor Components For Higher Secondaryschool Boys
3. A Study On Flexibility Through Selected Asanas For College Men
4. A Study On Development Of Flexibility Through Selected Yogasanas Amongkanyakumari District Highersecondary School Boys

5. A Study On Abdominal Strength And Speed Between Basketball And Cricket Players Of 21 To 25 Years
6. A Study On Development Of Flexibility Through Selected Yogasanas Among Higher Secondary School Boys

**Minor Research Project Completed - Supported by University Grants Commission  
- Hyderabad**

Thirty six trained basketball players were selected from the colleges affiliated to Madurai Kamaraj University, Madurai. From the selected thirty six players, twelve players were randomly assigned as subjects for the control group, other twelve players for experimental group – I and another twelve players for experimental group - II. All the subjects were initially tested in plasma cortisol at different conditions such as during rest, just five minutes prior to competition and immediately after competition, before and after the experimentation. The experimental group – I and experimental group - II underwent twelve week practice of selected *asanas* and active stretching exercises respectively, where as the control group did not undergo any type of treatment. The *asanas* namely *Savasana*, *Sarvangasana*, *Matsyasana*, *Halasana*, *Bhujangasana*, *Dhanurasana* and *Salabasana* were given in the treatment. The stretching exercises which are very similar to the corresponding *asanas* were given to the experimental group – II. From the analysis of data, the following conclusions were drawn. 1) The practice of *asanas* and active stretching exercises for twelve week did not significantly increase the secretion of plasma cortisol during rest, just five minutes prior to competition and immediately after competition among trained basketball players. 2) There was a significant increase in the secretion of plasma cortisol just five minutes prior to competition. 3) There was also a significant increase in the secretion of plasma cortisol immediately after competition among trained basketball players.

## **PAPERS PRESENTED**

### **INTERNATIONAL LEVEL**

1. Ashok, C., An Analysis of Angle of Projection in Long jump Performance of Men Athletes at University, Districts and Intercollegiate Level, *International Conference on Health Revolution and Sports Excellence*, March 4 – 6, 1992.
2. Ashok,C., Influence of Extra – curricular Activities on Academic Performance, *International Conference on Sports Management with Special Focus on Sports in SAARC Nations*, Capecomerin, June 16–18, 1999.
3. Ramesh,P.A., and Ashok,C., Analysis of Somatotype of Inter University Soccer Players in Relation to Their Play, *International Conference on Sports Management with Special Focus on Sports in SAARC Nations*, Capecomerin, June 16 - 18, 1999.
4. Ashok,C., Problem Faced by Young Scientists in Indian , *International Conference on Sports Management*, Capecomerin, August 22 - 24, 2001.
5. Ashok,C., A Survey on B.Sc. Physical Education, Health Education and Sports Students of Tamilnadu, U.G.C. *International Conference on Physical Education, Sports Sciences and Medicine*, Banaras Hindu University, November 2 - 3, 2001.

6. Ashok,C., Influence of Asanas on Plasma Sodium Level Among Basketball Players, *Asia-Specific International Conference For Sports Administrators*, Kanyakumari, September 25 – 28, 2003.
7. Kulandaivelu.P. and Ashok,C.,Relieving Psychological Trauma Among Tsunami Victims Through Sports, *Fourth International Conference on Globalisation & Sectoral Development*, Institute for Integrated Learning in Management, New Delhi, 17<sup>th</sup> -19<sup>th</sup> February, 2006.
8. Ashok,C., Influence of Active Stretching Exercises on Cortisol Prior To and After Competition, *V International Conference On Advances in Yoga Research, Education and Therapy*, Lonavla, 28<sup>th</sup> – 31<sup>st</sup> December, 2006.
9. Ashok.C., Fruitful Environment and Economical Status Among Matriculation and Government School Children – A Survey, *International Conference on Learned Centered Education for Sustainable Development*, Samoor Ghord, Una (HP), October 28 – 30, 2007.

#### NATIONAL LEVEL

1. Ashok, C., Assessment of Peace Among Junior And Senior College Teachers of Madurai Kamaraj and Manonmanium Sundaranar

Universities, *National Conference on Sports Psychology*, Madurai, March 6 – 8, 1997.

2. Ashok, C., and Sureshababu,P., Responses of Coaches to the Impact of the Time Bound Rule on Indian Volleyball Team, *XI National Conference on Sports Psychology*, Hyderabad, March 6–8, 1998.
3. Ashok, C., An Analysis of New Off – side Rule in Hockey, *National Seminar on Sports Sciences*, Karaikudi, June 18 – 19, 1998.
4. Ashok,C.,Sureshababu,P., and Kulandaivelu,P. Influence of Extra-curricular Activities on Academic Performance with Special Reference to Primary School Children, *Regional Seminar in School Effectiveness at Primary Stage*, NCERT, RIE, Mysore, May 13– 15, 1999.
5. Senthilkumar,M., and Ashok,C., Correlation Analysis Between Body Fat and Skill Learning Efficiency of Swimmers of Age 8 to 20, *National Seminar on Role of Science in Physical Education and Sports*, Karaikudi, June 20, 1999.
6. Ashok,C., Sureshababu,P., and Kulandaivelu,P., Influence of Co-curricular Activities on Differential Aptitude of Various School Children, *National Seminar on Role of Science in Physical Education and Sports*, Karaikudi, June 20, 1999.
7. Sureshababu,P., and Ashok,C., A Study on Correlation Between Accuracy and Anthropometric Variables of University Tennis Players,

*National Seminar on Physical Education and Sports in the Next Millennium*, Government Arts College, Trivandrum, October-14, 1999.

8. Ashok,C., Occurrence of Sports Injuries in Relation to Various Flexibilities, *Indian Sports Medicine Congress jointly organised by Sports Authority of India and Indian Association of Sports Medicine*, New Delhi, December 21 – 23, 1999.
9. Ashok,C., Influence of Asanas on Resting Cortisol Level (Morning) of Trained Basketball Players, *U.G.C. National Seminar on Training Aspects of Health Fitness and Excellence in Sports and Games*, Annamalai University, January 23<sup>rd</sup> and 24<sup>th</sup> , 2002.
10. Senthilkumar.M., and Ashok,C., Influence of Genetic Factors on the Involvement of Group Game Players – a Crude Study, *U.G.C. National Seminar on Training Aspects of Health Fitness and Excellence in Sports and Games*, Annamalai University, January 23<sup>rd</sup> and 24<sup>th</sup> , 2002.
11. Ashok,C., Impact of Yogic Practices and Yogic Practices with Music on Self Confidence Level of School Children, National Teachers Science Conference – 2003, *Rashtriya Vigyan Avam Prodhhyogaki Sanchar Parisad (DST) and Science Centre (Gwalior)*, Barkatullah University, Bhopal, September 9<sup>th</sup> – 12<sup>th</sup> , 2003.
12. Ashok,C., Scientific Temper in Society, National Teachers Science Conference – 2004, *Rashtriya Vigyan Avam Prodhhyogaki Sanchar*

*Parisad (DST) and Science Centre (Gwalior)*, Ujjain, September 9<sup>th</sup> – 13<sup>th</sup>, 2004.

13. Ashok,C., Influence of Asanas on Plasma Potassium Level Among Basketball Players, *National Seminar Cum Workshop on Physical Education and Sports Sciences*, Dr.Sivanthi Aditanar College of Physical Education, Tiruchendur, December 17<sup>th</sup> – 19<sup>th</sup>, 2004.
14. Jeyaveera pandian.V.,and Ashok.C. Theories on Side Stitches, *National Conference on Emerging Trends in Physical Education*, Karunya University, Coimbatore, April 14, 2007.
15. Jeyaveera pandian.V.,and Ashok.C. Golfers Elbow, *National Conference on Sports Medicine and Sports Injuries*, National College and GVN Hospitals, Thiruchirapalli, 28<sup>th</sup> February, 2007.
16. Ashok,C., Innovative Practices and Experiments in Higher Education, *Madurai Kamaraj University*, Madurai, 18<sup>th</sup> September, 2008.
17. Ashok,C., Comparison of Cheek and Buss Shyness Scale Among Arts and Science Teachers in North Arcot District, *UGC Sponsored National Conference on Scientific Temperaments in Physical Education and Sports*, Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar, Mohali (Punjab), November 14 & 15, 2008.
18. Ashok,C., Biomechanical Comparison of Two Different Kicks in Soccer, *UGC – Sponsored National Seminar on Role of Modern*



*Training in Physical Education and Sports*, Department of Physical Education and Sports, University of Madras, 19<sup>th</sup> and 20<sup>th</sup> March, 2010.

19. Kalebrajan.A., and Ashok.C., *Bound Rules and Academic Performance of School Children – A Survey*, Proceedings of Emerging Trends in Physical Education and Sports Sciences, Bharathidasan University, Tiruchirappalli,
20. Senthilkumar.N and Ashok.C., *A Study on Diurnal Variation of Angiotensin II Among Cricket Players*, Proceedings of UGC Sponsored National Conference on “Recent Trends in Yoga and Physical Education”, Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar, 11<sup>th</sup> and 12<sup>th</sup> August.2011.
21. Kalebrajan.A., Ashok Kumar.R., and Ashok.C., *Effect of Brisk Walking on Triglycerides Among Old*, Proceedings of UGC Sponsored National Conference on “Recent Trends in Yoga and Physical Education”, Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar, 11<sup>th</sup> and 12<sup>th</sup> August.2011.
22. Ashok.C., *Effect of Asanas on Plasma Sodium Level Before and After Competition*, Proceedings of UGC Sponsored National Conference on “Recent Trends in Yoga and Physical Education”, Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar, 11<sup>th</sup> and 12<sup>th</sup> August.2011.

## CONFERENCES ATTENDED

1. First International and Sixth National Conference of Sports Psychology, *SPAI*, February 25 – 27, 1991, New Delhi.
2. National Seminar on Physical Education and Health, **Alagappa University**, July 22, 1991, Karaikudi.
3. First National Conference, National Association of Physical Education and Sports, *Hanuman Vyayam Prasarak Mandal College of Physical Education*, February 7 – 8, 1992, Amravati.
4. Volleyball Refresher Course, *Sports Authority of Tamilnadu, Virudhunagar District Unit and Virudhunagar District Volleyball Association*, December 1<sup>st</sup> and 2<sup>nd</sup>, 1999.
5. U.G.C. National Seminar Cum Workshop on Yoga and Meditation, *Annamalai University*, Chidambaram, 18<sup>th</sup> and 19<sup>th</sup>, 2000.
6. Ashok,C., *Short Term Sports Training*, International Sports Sciences and Karunya University, November 27 – 29, 2008.
7. Ashok,C., *Preparation of Testing Modules*, Central Institute of Indian Languages, Mysore, 14<sup>th</sup> and 15<sup>th</sup> October, 2008.
8. Ashok,C., *International Workshop on Advanced Scientific Training and Coaching*, Tamilnadu Physical Education and Sports University, Chennai, 2<sup>nd</sup> and 3<sup>rd</sup> February, 2010.

9. Ashok,C., *Orientation Programme on Soft Skills, Department of Business Administration*, Ayya Nadar Janaki Ammal College, Sivakasi, from 02.01.2012 to 06.01.2012.

**RESOURCE PERSON**

1. Ashok,C., *Yoga and its Importance*, Glory Matriculation School, Thiruthangal, 3<sup>rd</sup> July, 2004.
2. Ashok,C., *Yoga – The Way of Life*, Health Club Inauguration, Mepco Schlenk Engineering College, Sivakasi, 17<sup>th</sup> October, 2005.
3. Ashok,C., *Workshop on Officiating and Coaching in Yogasana*, Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore, 9<sup>th</sup> and 10<sup>th</sup> March, 2007.
4. Ashok,C., *Coimbatore District Yoga Competition*, Ondiputhur, Coimbatore, 12<sup>th</sup> January, 2008.
5. Ashok,C., *Yoga – A Nature Cure*, UGC Sponsored Guest Lecture Programme, NMSS Vellaichamy Nadar College, Madurai, 25<sup>th</sup> March, 2009.
6. Ashok,C., *Virudhunagar District Handball Tournament*, Modern Agro Foundation Trophy, Sivakasi, 26<sup>th</sup> June, 2009.
7. Ashok,C., Special Invitee, *Inauguration of League Matches – Seventh Annual Kamarajar Memorial*

*Volleyball Tournament*, NMSS Vellaichamy Nadar College, Madurai, 11<sup>th</sup> September, 2009.

8. Ashok,C., *Yoga and First Aid*, SRV B.Ed. College, Sivakasi, 25.01.2011. Ashok,C., UGC Sponsored National Conference on “Recent Trends in Yoga and Physical Education”, Virudhunagar Hindu Nadar’s Senthikumara Nadar College, Virudhunagar, 11<sup>th</sup> and 12<sup>th</sup> August.2011.
9. Ashok,C., Chief Guest, 17<sup>th</sup> Sports Day, Subbulakshmi Lakshmi pathy College of Science, Madurai, 07.01.2012.

## **PROFESSIONAL EXPERIENCE**

Associate Professor in Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College (Autonomous), Sivakasi, Tamil Nadu, since October, 1992.

## **GAMES AND SPORTS**

Represented **University of Madras** in Handball for Inter University competition held during 1989 – 1990 at Old University campus, Delhi.

Represented **Tamil Nadu State** in Handball for South Zone inter – State competition held during 1989 – 1990 at Pondicherry and secured Runners - up.

**Ph.D. Public *viva-voce* Administered**

1. Sri Poondi College, Thanjavur
2. Mr.K.Vadivelu, Effect of Aerobic and Anaerobic Interval Training Combined with Yogic Practices on Selected Physical Physiological and Psychological Variables of School Male Kho-Kho Players, Maruthi College of Physical Education, Coimbatore, 05.11.2011.