

BIODATA

1. NAME: : Dr. C.Ramesh
2. QUALIFICATION : B.A., B.P.Ed., M.P.Ed., M.Phil.,PGDY., Ph.D.,
& NET
3. DESIGNATION & DEPARTMENT : Director of Physical Education &
Department of Physical Education
4. AGE & DATE OF BIRTH : 07/09/1979, 40 years
5. SEX : Male
6. PERMANENT ADDRESS : 47/1, N.M.R. Road,
Kamarajapuram,
Madurai Dt. 625 009
7. ADDRESS FOR COMMUNICATION :

Director of Physical Education
Sri Meenakshi Govt. Arts College for Women (A)
Madurai – 625 002

EDUCATIONAL QUALIFICATION:

S.NO	COURSES	SUBJECT	YEAR OF COMPLETION	INSTITUTION
1.	B.A.,	Economics	2000	M.S.S. Wakf Board College, Madurai Kamaraj University.
2.	B.P.Ed.,	Physical Education	2003	J.J.College , University of Mysore.
3.	M.P.Ed.,	Physical Education	2005 (Secured Gold Medal)	University of Mysore.
4.	M.Phil.,	Physical Education	2006 (Secured Gold Medal)	Manonmaniam Sundaranar University(Regular), Tirunelveli
5.	PGDCA.,	Yoga	2018	Annamalai University, Chidambaram.
6.	Ph.D.,	Physical Education	2014	Bharathidasan University.Trichy

8. Research Work /Experience : ----
9. Recognized Research guide : yes/no
10. Area of Specialization : Sports Training
Sports Physiology

Achievements: -

- ✓ Cleared the **UGC (NET)** exam in Dec' 2009.
- ✓ Mysore University Gold Medalist in M.P.Ed., (2005)
- ✓ M.S. University Gold Medalist in M.Phil., (2006)
- ✓ State Top Rank at TNPSC – competitive exam for the Post of Director of Physical Education in Government Colleges (2009).
- ✓ Participated in South Zone Inter University Tournaments 2002 – 2003 in Kabaddi at Tiruchirapalli.
- ✓ Participated in South Zone Inter University Tournaments 2003 – 2004 in Kabaddi at Annamalai University, Chidambaram.
- ✓ Participated in All India Inter University Tournaments 2000 – 2001 in Weight Lifting at Ratnagiri, Maharastra.
- ✓ Won many prizes in Inter Collegiate level Swimming competitions.

TEACHING EXPERIENCE:

S.NO	DESIGNATION	PLACE	DURATION		NO.OF YEARS
			From	To	
1.	Director of Physical Education	Sri Meenakshi Govt. Arts College for Women (A),Madurai -2	19.09.2018	Till Date	14 Months
2.	Director of Physical Education	Sethupathy Government Arts College, Ramanathapuram.	19.06.2018	18.08.2018	3 Months
Total Teaching Experience					

ORIENTATION/REFRESHER COURSES/OTHER PROGRAMMES & TRAINING:

S.NO	NAME OF THE COURSE	TOPIC	PLACE	PERIOD
1.	Orientation	Physical Education	Madurai Kamaraj University	10.10.2019 - 30.10.2019

INTERNATIONAL PUBLICATIONS:

S. No	JOURNAL	TITLE	ISSN	PERIOD
1.	International Journal of Advanced and Innovative Research	Effect of Increasing Awareness Through Fitness Programme on Low Density Lipoprotein and High Density Lipoprotein	2278-7844	07.12.2012

NATIONAL PUBLICATIONS:

S. No	Conference	Title	Place	Period
	National Level Conference	Influence of Step Workout on Leg Strength and Abdominal Muscular Endurance Among Volleyball Players	Department of Physical Education, H.H.The Rajah's College(Autonomous), Pudukkottai.	23.02.2013

TECHNICAL TALKS DELIVERED:

S. No	Resource Person	Title	Place
01	Dr. C.Ramesh	Awareness Programme on National Spots Day	A.P.T. Dorairaj Hr.Sec.School, Madurai-9.

SEMINAR/ SYMPOSIA / WORKSHOP ATTENDED:

S NO	NAME & LEVEL OF THE PROGRAMME	TITLE	PLACE	PERIOD
1	UGC Sponsored National Level Seminar	Comparative Effects of Yoga & Iron Yoga Training on Flexibility and Balance	Dept. of Physical Education, The M.D.T. Hindu College, Tirunelveli	29.01.2010
2	UGC Sponsored National Level Seminar	Awareness through fitness training programme on BMI and Waist Hip Ratio	Dept. of Physical Education, Virudhunagar Hindu Nadar's Senthikumara Nadar College, Virudhunagar.	11.08.2011 and 12.08.2011
3	National Level Seminar	Software Based Statistical Application in Physical Education	Adapted Physical Education & Yoga, Ramakrishna Mission Vivekananda University, Coimbatore.	17.12.2010 and 18.12.2010
4	State Level Seminar	Ethics in Teaching Profession	Dr. Sivanthi Aditanar College of Education, Tiruchendur.	17.03.2006
5	National Level Workshop	Statistical Package on Social Sciences	Jansons School of Business, Coimbatore.	

OTHER RESPONSIBILITIES HOLD IN SERVICE (CURRENT/ PREVIOUS):

S.NO	NAME OF THE SERVICE/COMMITTEE	PLACE	PERIOD
1.	Sports Committee Secretary	SMGAC, Madurai	2018-19 & 2019-2020
2.	Food Committee	SMGAC, Madurai	2019-20