

CURRICULUM VITAE



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Objective

To begin my teaching & coaching career at a well-reputed institution to achieve a good progress in my career through all my best subject knowledge and to dedicate my professional skills to help the students for being physically fit, competitive in sports with full confidence, and also to build team sportsmanship.

Educational Qualification

Courses	Year	Institution	Percentage (%)
Ph.D – Doctor of Philosophy in Physical Education	2021 -2025	University of Madras, Chennai, Tamilnadu.	June 2025
M.Phil – Master of Philosophy in Physical Education	2012-2013	Vinayaka Missions University, Salem, Tamilnadu.	78
M.P.ED – Master of Physical Education	2010-2012	Pondicherry University, Pondicherry.	73
B.P.E – Bachelor of Physical Education	2007–2010	Annamalai University, Chidambaram, Tamilnadu.	72
HSC	2006-2007	Government Higher Secondary School, Indira Nagar, Puducherry.	53
SSLC	2004-2005	Government Higher Secondary School, Indira Nagar, Puducherry.	53.4

Additional Qualification

Courses	Year	Institution	Percentage (%) / class
Diploma in Yoga	2009-2010	Annamalai University, Chidambaram.	60
P.G.Diploma in Health Fitness & Life Style Management	2011-2012	Pondicherry University, Pondicherry.	67
State Technical Athletics Official Examination	2012	Tamilnadu Athletics Association	First Class
Pre Commissioning Course (Associate NCC Officer)	2014 (3 Months)	Training at NCC Officers Training Academy, Gwalior	'B' Grade

Sports Achievements

Discipline	Level	Year	Position
Power Lifting	National, Form-2	2006-2007	Second
Power Lifting	National, Form-2	2007-2008	Third
Power Lifting	National, Form-2	2005-2006	Participated
Power Lifting	National, Form-2	2006-2007	Participated
Power Lifting	All India Inter University, Form-3	2007-2008	Participated
Athletic	All India Inter University, Form-3	2009-2010	Participated

- More than five times I participated **national power & weight lifting tournaments [Form-2]**
- **South India power lifting** gold medalist.
- **South India weight lifting** bronze medalist.
- Five times **power lifting state** gold medalist.
- Four times **weight lifting state** silver medalist.
- Two times **inter physical tournament Athletic - hammer throw event** bronze 2010-2012.
- Two times **inter-college athletic-hammer throws event** gold medalist 2010-2012.
- **Inter-college kabaddi** runner org: college 2010-2011.
- **Inter-college volleyball** winner org: college 2011-2012.
- **Inter-college cricket** winner org: Pondicherry University 2011-2012.
- **Winner in National day hockey tournament 2011-2012.**

Other Achievements

NSS

- Participated in **International Women's Day 2009** held at 08.03.2009 organized by the National Service Scheme, Annamalai nagar, Chidambaram.
- Participated in Special Camping Programme on **HEALTHY YOUTH FOR HEALTHY INDIA** held at Nanalpadugai Village, Cuddalore District, Tamilnadu from 14.03.2009 to 20.03.2009.

INTENSIVE PRACTICE

- I Undergone Intensive Teaching Practice in Government Higher Secondary School, Indira Nagar, puducherry from 16.02.2009 to 27.02.2009.
- I Undergone Intensive Coaching Practice in Sri Sampourna Vidyalayam, Villianur, Puducherry from 04.01.2010 to 13.01.2010.

PUBLICATIONS

NATIONAL JOURNALS & BOOKS	
1	Journal Publication of Indian Art History Congress Article: "EFFECT OF SYSTEMATIC DRILL TRAINING ON AGILITY AND ELASTIC POWER AMONG COLLEGE WOMEN ATHLETES". Volume – 29, No.211: February 2023. ISSN: 0975-7945.
2	The Journal Education and Society Article: "EFFECT OF SPECIFIC DRILL TRAINING ON SPPED, REACTION TIME AND STRIDE LENGTH OF COLLEGE WOMEN". Volume – 47, Issue 01, No.3: October – December: 2023 UGC CARE Approved, Group – I, ISSN: 2278-6864.
3	International Journal of Physical Education, Sports and Health Article: "EFFICACY OF SYSTEMATIC DRILL TRAINING ON SELECTED PHYSICAL FITNESS AND SKILL RELATED VARIABLES AMONG COLLEGE WOMEN ATHLETES". Volume-12 Issue: 2, Year 2025, Page Number: 36- 40, P-ISSN: 2394-1685 E-ISSN: 2394-1693 CODEN: IJPEJB.
4	Interdisciplinary Innovations: Integrating Technology, Business, Language & Mathematical Intelligence Book: "SMART PHYSICAL EDUCATION: INTEGRATING TECHNOLOGY, FITNESS SCIENCE, AND DATA ANALYTICS FOR HOLISTIC HUMAN PERFORMANCE". Published by Shinemax International Publications Tamilnadu, ISBN: 978-81-994078-7-9 / 978-81-996967-8-5 / January 2026.

INTERNATIONAL CONFERENCE ATTENDED AND PAPER PRESENTED

1	Theme	Topic in the International conference on "Decoding Aliphatic Components of Health, Performance & Well-being"
	Organised by	Bapu Degree College, Department of Physical Education, Yeshwanthapur, Bengaluru.
	Title of the paper	"Effect of specific drill training on selected skill related physical fitness variables among college women athletes"
	Date	9 th to 11 th August 2022
2	Theme	Paper Presentation Two Days International Conference on "Modern Trends in Sports Performance"
	Organised by	Alagappa University College of Physical Education
	Title of the paper	"Effect of Systematic Drill Training on Arm Explosive Power and Leg Explosive Power Among University Men Students".
	Date	15 th and 16 th March 2023.
3	Theme	Paper Presentation 3rd International Conference On Innovations in Computing & Sports Science - Interdisciplinary (ICICSSI - 2026)

Organised by	Department of Computer Science, Computer Applications & Physical Education, VALLAL P. T. LEE CHENGALVARAYA NAICKER ARTS AND SCIENCE COLLEGE
Title of the paper	“Physical Education as a Clinical Tool in Lifestyle Disease Prevention and Management: Evidence-Based Integration of Therapeutic Principles, Clinical Outcomes, and School-Based Implementation”
Date	6 th February 2026

**INTERNATIONAL WORKSHOP, CONFERENCE, SEMINAR & WEBINAR
ATTENDED**

1	Theme	International Conference on “Strategic Preparedness and Response plan for Physical Education Professionals – SPARP – 21”
	Organised by	Department of Physical Education, YMCA College of Physical Education, Chennai, India.
	Date	17 th July 2021
2	Theme	International Conference on “Managerial Approach in Physical Education and Sports – MAPES 2021”
	Organised by	Department of Physical Education, YMCA College of Physical Education, Chennai, India.
	Date	24 th July 2021.
3	Theme	International Conference on “Psychological Preparedness on Peak Performance (PPOPP) - 2021”
	Organised by	Department of Physical Education, YMCA College of Physical Education, Chennai, India.
	Date	31 st July 2021
4	Theme	International Conference on “Education and New Learning Technologies (EDULEARN – 2021)”
	Organised by	Department of Physical Education, YMCA College of Physical Education, Chennai, India.
	Date	7 th August 2021.
5	Theme	International Webinar on “Exercise Prescription for Strength and Conditioning”
	Organised by	Department of Exercise Physiology and Biomechanics, Tamilnadu Physical Education and Sports University, Chennai
	Date	27 th August 2021.
6	Theme	international Faculty Development “Programme on “COVID -19 and General Health Awareness”
	Organised by	Department of Physical Education and Internal Quality Assurance Cell, Rajapalayam Raju’s College in Association with Physical Education Foundation of India (PEFI) Tamilnadu Chapters recognized by the Ministry of Youth Affairs and Sports
	Date	1 st to 7 th July 2021.
7	Theme	International Conference on “ Challenges and Strategies: A Mark to Win Tokyo Olympics – 2020”
	Organised by	Department of Physical Education, YMCA College of Physical Education, Chennai, India.
	Date	10 th July 2021.

8	Theme	International level Workshop on “ACADEMIC WRITING: ETHICAL ISSUES”
	Organised by	Global Institute of statistical solutions (GISS).
	Date	7 th to 9 th January 2022.
9	Theme	International online workshop on “Academic Writing- Ethical issues”
	Organised by	Global Institute of statistical solutions (GISS).
	Date	3 th to 5 th September, 2022
10	Theme	International online workshop on “Basic Statistical Analysis and its Interpretation using SPSS”
	Organised by	Global Institute of statistical solutions (GISS).
	Date	24 th to 26 th September, 2022
11	Theme	“Vethathiri Maharishi Perspective on Yoga”
	Organised by	International online Webinar Faculty of Yoga Science and Therapy, Meenakshi Academy of Higher Education and Research, Chennai
	Date	17 th June 2023
12	Theme	International Online Workshop on “Basic Statistical Analysis and its Interpretation using SPSS”
	Organised by	Global Institute of Statistical Solutions (GISS).
	Date	7 th , 8 th & 9 th September 2023

NATIONAL WORKSHOP, CONFERENCE, SEMINAR & WEBINAR ATTENDED

1	Theme	National Level Workshop on Track and Field officiating
	Organised by	Department of Physical Education & Sports Science, Pondicherry University
	Date	9 th April 2012
2	Theme	National Level one day workshop on the art of Indian Physical Culture in Mallakhamb
	Organised by	Vinayaka Mission College of Physical Education, Vinayaka Mission University, Salem
	Date	9 th February 2013
3	Theme	“Sports Injury Prevention”
	Organised by	by Pankration Fitness Academy (PFA India)
	Date	15 th May 2021
4	Theme	National Webinar on “Physical Activity for Women Well Being”
	Organised by	Department of Physical Education, Valliammal College for Women
	Date	28 th May 2021.
5	Theme	National webinar on “Women Safety
	Organised by	Department of Exercise Physiology and Nutrition”, TNPESU
	Date	29 th May 2021.

6	Theme	National webinar on “FITNESS AND WELLNESS FOR ALL
	Organised by	Kalasalingam Academy of Research and Education
	Date	11 th June 2021.
7	Theme	National webinar on “PRACTICAL ASPECTS OF YOGA A LIFE TIME COMPANION FOR WOMEN”
	Organised by	Department of Yoga, TNPESU
	Date	12 th to 20 th June 2021.
8	Theme	National Level Workshop on “Data Analysis using SPSS”
	Organised by	Department of Statistics, Dr.Ambedkar Government Arts College Vyasarpadi, Chennai
	Date	08 th July 2021.
9	Theme	National level webinar on “India’s Olympic Journey”
	Organised by	IQAC & Department of Physical Education, SSS Jain College
	Date	21 st July 2021.
10	Theme	<p>“National Online Webinar Series”</p> <ul style="list-style-type: none"> ● Webinar Series I - Research Matrics & Measurement to Entrance Research Visibility. ● Webinar Series II - Literature Review. ● Webinar Series III - Journal Selection & Publication.
	Organised by	G.T/N.Arts College, Dindigul.
	Date	18 th July 2021
11	Theme	National level conference – “Obesity Management through Diet and Fitness”
	Organised by	Department of Physical Education of Sri Krishnaswamy College for Women
	Date	28 th July 2021.
12	Theme	“The Effect of National Education Policy on Youth Empowerment and Sports Development”
	Organised by	Department Of Physical Education, Kongu Arts & Science College
	Date	12 th August 2021
13	Theme	State level webinar on “Significance of National Flag Code”
	Organised by	Basaveshwar College of Physical Education Vidyagiri, Bagalkote under the initiative of IQAC
	Date	26 th August 2021

14	Theme	National seminar on “Impact of COVID – 19 on Mental & Physical Health, Precautions and Remedies
	Organised by	Priyadarshini Mahila Mahavidyalaya, Wardha M B Patel College, Sakoli (Distt. Bhandara)
	Date	21 st to 25 th May 2021.
15	Theme	“Awareness on COVID -19 3rd Wave and its Impact on Sports”
	Organised by	Pankration Fitness Academy (PFA India)
	Date	29 th May 2021
16	Theme	National level webinar on “THE ROLE OF YOUTH IN NATION BUILDING”
	Organised by	Department of yoga, TNPESU
	Date	12 th January 2022
17	Theme	“PREPARATION OF QUESTIONNAIRE & DATA ANALYSIS”
	Organised by	R.M.Dhariwal Sinhgad Management School, Koondhapuri, Pune
	Date	17 th January 2022
18	Theme	National workshop on “INCLUSIVE SPORTS AND PHYSICAL ACTIVITIES FOR THE PERSONS WITH DISABILITIES”
	Organised by	Department of Physical Education and Sports Science, SRM Institute of Science & Technology.
	Date	4 th February 2022
19	Theme	National Webinar on the theme “DRUG DE-ADDICTION: SAY YES TO LIFE AND NO TO DRUGS”
	Organised by	Department of social science and NCC, Akal University, Talwandi Sabo-Bathinda
	Date	28 th February 2022
20	Theme	Webinar on “Web 3.0 & BIOSENSORS: TECHNOLOGY OF FUTURE IN SPORTS”
	Organised by	Department of Sports Technology – Tamil Nadu Physical Education and Sports University
	Date	25 th April 2022
21	Theme	Workshop on “Writing for Publishing -English writing and Journal selection”
	Organised by	Nuhianwali Education Society.
	Date	06 th and 07 th October 2022

22	Theme	Workshop on “Plagiarism in Academic Writing”
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	Organised by	Nuhianwali Education Society.
	Date	8 th and 9 th September 2022
23	Theme	“Writing Research Paper”
	Organised by	Nuhianwali Education Society
	Date	10 th November 2022
24	Theme	“Conference Selection for Paper Presentation and Publication”
	Organised by	Nuhianwali Education Society
	Date	27 th and 28 th May 2023
25	Theme	“Data Analysis using Business Excel”
	Organised by	Global Institute of Statistical Solutions (GISS)
	Date	10th to 12th June 2023
26	Theme	“Vethathiri Maharishi Perspective on Yoga”
	Organised by	Faculty of Yoga Science and Therapy, Meenakshi Academy of Higher Education and Research, Chennai
	Date	17 th June 2023
27	Theme	National Seminar on Preparation Strategies for UGC – NET / JRF conducted in virtual mode
	Organised by	Saveetha School of Physical Education, SIMATS University, Tandalam, Chennai
	Date	12th August 2023
28	Theme	Five days faculty development programme on “enhancing Student Engagement through Active Learning and Teaching”
	Organised by	IQAC of DRBCCC Hindu College in Collaboration with Academic Staff College of Dr. M.G.R. Educational and Research Institute.
	Date	26 th to 30 th May 2025

Skills

- **Main Discipline:** Athletic (Hammer Throw), Power Lifting & Weight Lifting.
- **Games of Specialization:** UG-Kabaddi, PG-VolleyBall.
- I know to play Volleyball, Throwball, Badminton, Cricket & Kabaddi.

Working Experiences

- Total experience 11 years which stated in the below table.

S. No	Discipline	Name of the Institution	No. of Years' Service	Date & Year of Service	Handling Events & Game
1.	Director of Physical Education & NCC Caretaker CUM Associate NCC Officer	Theivanai Ammal college for women's, villupuram. NCC Affiliated by 6 Tamilnadu Battalian NCC Office, Chidambaram.	2 years & 3 Months	03.01.2014 to 07.04.2016	Trained-up Volleyball, Basketball, Handball & Athletics for Inter University (from 2014 to 2016). Trained-up NCC Cadets to participated ATC, CATC, IGC, Sports Camp, NIC, SNIC, RDC camps, International Yoga day, 'B' & 'C' Certificate Exam. (from 2014 to 2016)
2.	Director of Physical Education	Dharmamurthi Rao Bahadur Calavala Cunnan Chetty's Hindu College, Pattabiram, Chennai.	8 years & 9 Months	01.06.2017 to Till date	Training given to Athletics, Weight Lifting, Volleyball, Throwball & Kabaddi (Women Team) to Participated B-Zone Tournaments, Inter-Collegiate Tournament and All India Inter-University Tournament. (from 2017 to 2025)

Additional Working Experience

S.No	Discipline	Name of the Game / Camp	Name of the Organized Institution / Unit	Date of the Tournament / Camp
1.	Anna University Inter-Zonal Selection Committee member	Powerlifting & Best physique	J.J. College of Engineering & Technology, Trichy	18.10.2013
2.	Anna University Inter-Zonal Selection Committee member	Weightlifting	Kongunadu College of Engineering & Technology, Trichy.	19.10.2013 & 20.10.2013
3.	NCC Caretaker	Annual Training Camp SD/SW/JD (Boys & Girls) NCC Cadets	6 Tamilnadu Battalian NCC Unit, at E-3 Hostel Buildings (Mullai Illam), Annamalai Nagar, Chidambaram.	17.06.2014 to 26.06.2014
4.	Associate NCC Officer	CATC-CUM IGC RDC Camp	2 Tamilnadu Battalian NCC Unit at Boiler Plant HSS Kailasapuram, Trichy	25.09.2015 to 04.10.2015
5.	University of Madras Zonal Selector & Observer	Badminton	D.G.Vaishnav College, Chennai.	01.12.2021 & 04.12.2021
6.	University of Madras Zonal Team Manager	Table Tennis	D.G.Vaishnav College, Chennai.	04.12.2021
7.	University of Madras Zonal Selector	Cricket	DRBCCC Hindu College, Chennai.	24.02.2021
8.	University of Madras Zonal Selector	Football	DRBCCC Hindu College, Chennai.	11.12.2021 & 12.12.2021
9.	University of Madras Zonal Observer	Football	DRBCCC Hindu College, Chennai.	13.12.2021
10	University of Madras Zonal Selector	Kabaddi	SSS Jain College, Chennai.	18.10.2022
11	University of Madras Zonal Selector	Kabaddi	SSS Jain College, Chennai.	20.10.2023

**ORGANIZED STATE LEVEL TOURNAMENTS AND UNIVERSITY OF MADRAS
'B' ZONE TOURNMENTS**

Academic Year	Organized Activities
2017-2018	1) Conducted Twelfth State Level Inter-Collegiate Cunnan Trophy Tournament for Men held from 05 th to 13 th August 2017.
	2) Conducted Ninth Seethamma Trophy State Level Inter-Collegiate Tournament for women held on 12 th to 13 th August 2017.
	3) Conducted University of Madras B-Zone Cricket (Women) Tournament held on 13 rd September 2017.
	4) Conducted University of Madras B-Zone Cricket (Men) Tournament held from 21 st to 24 th August 2017.
	5) Conducted University of Madras A-Zone Cricket (Men) Tournament held from 04 th to 08 th September 2017.
	6) Conducted University of Madras Inter – Zone Cricket (Women) Tournament held on 27 th & 28 th September 2017.
	7) Conducted University of Madras B-Zone Football (Women) Tournament held on 11 th October 2017.
	8) Conducted University of Madras Inter-Zone Football (Women) Tournament held on 14 th October 2017.
2018-2019	1) Conducted Thirteenth State Level Inter-Collegiate Cunnan Trophy Tournament for Men held from 27 th August to 1 st September 2018.
	2) Conducted Tenth Seethamma Trophy State Level Inter-Collegiate Tournament for women held on 31 st August to 1 st September 2018.
	3) Conducted University of Madras B-Zone Football (Women) Tournament held on 3 rd September 2018.
	4) Conducted University of Madras B-Zone Cricket (Women) Tournament held on 7 th & 8 th September 2018.
	5) Conducted University of Madras Inter-Zone Football (Women) Tournament held on 4 th October 2018.
	6) Conducted University of Madras Inter-Zone Cricket (Women) Tournament held on 3 rd , 4 th & 5 th October 2018.
	7) Conducted University of Madras B-Zone Kho-Kho (Men) Tournament held from 11 th & 12 th October 2018.
	8) Conducted University of Madras B-Zone Cricket (Men) Tournament held from 4 th December 2018.
2019-2020	1) Conducted Fourteenth State Level Inter-Collegiate Cunnan Trophy Tournament for Men held from 19 th to 24 th December 2019.
	2) Conducted Eleventh Seethamma Trophy State Level Inter-Collegiate Tournament for women held on 23 rd & 24 th December 2019.
	3) Conducted University of Madras B-Zone Kabaddi (Women) Tournament held on 28 th & 29 th August 2019.
	4) Conducted University of Madras B-Zone Cricket (Women) Tournament held on 16 th & 17 th September 2019.
	5) Conducted University of Madras A-Zone Football (Men) Tournament held from 1 st & 2 nd October 2019.
	6) Conducted University of Madras B-Zone Football (Women) Tournament held on 9 th & 10 th October 2019.
	7) Conducted University of Madras Inter-Zone Football (Men) Tournament held on 9 th , 10 th & 11 th October 2019.
	8) Organized A. L. Athletic Meet 20 Km and 50 Km Walk Competition held on 13 th October 2019.

	9) Conducted University of Madras Inter-Zone Cricket (Women) Tournament held 25 th & 26 th November 2019.
2021-2022	1) Conducted University of Madras A & B-Zone Football (Women) Tournament held on 11 th & 12 th December 2021
	2) Conducted University of Madras Inter-Zone Football (Women) Tournament held on 13 th December 2021
	3) Conducted University of Madras A-Zone Football (Men) Tournament held on 16 th & 17 th December 2021.
	4) Conducted University of Madras B-Zone Cricket (Men) Tournament held from 20 th to 24 th December 2021.
	5) Conducted University of Madras B-Zone Cricket (Women) Tournament held on 6 th January 2022.
	6) Conducted University of Madras A-Zone Cricket (Women) Tournament held on 8 th & 9 th March 2022.
2022-2023	1) Conducted Fifteenth State Level Inter-Collegiate Cunnan Trophy Tournament for Men held from 19 th December 2022.
	2) Conducted Twelveth Seethamma Trophy State Level Inter-Collegiate Tournament for women held on 19 th December 2022.
	3) Conducted University of Madras B-Zone Cricket (Men) Tournament held from 27 th to 30 th September 2022.
	4) Conducted University of Madras B-Zone Kabaddi (Men) Tournament held from 6 th to 8 th October 2022.
	5) Conducted University of Madras B-Zone Football (Men) Tournament held from 13 th to 18 th October 2022.
2023-2024	1) Conducted Sixteenth State Level Inter-Collegiate Cunnan Trophy Tournament for Men held from 4 th September 2023.
	2) Conducted Thirteenth Seethamma Trophy State Level Inter-Collegiate Tournament for women held on 4 th September 2023.
	3) Conducted University of Madras B-Zone Cricket (Men) Tournament held from 7 th , 9 th & 10 th October 2023.
	4) Conducted University of Madras B-Zone Football (Men) Tournament held from 16 th to 20 th October 2023.
2024-2025	1) Conducted Seventeenth State Level Inter-Collegiate Cunnan Trophy Tournament for Men held on 22 nd August 2024.
	2) Conducted Fourteenth Seethamma Trophy State Level Inter-Collegiate Tournament for women held on 22 nd August 2024.
	3) Conducted University of Madras B-Zone Table tennis Tournament held on 13 th August 2024.
	4) Conducted University of Madras B-Zone Chess (Men & Women) Tournament held on 13 th & 14 th August 2024.
	5) Conducted University of Madras B-Zone Cricket (Men) Tournament held from 21 st to 24 th August 2024.
	6) Conducted University of Madras B-Zone Football (Men) Tournament held from 27 th to 31 st August 2024.
2025-2026	1) Conducted Eighteenth State Level Inter-Collegiate Cunnan Trophy Tournament for Men held on 13 th August 2025.
	2) Conducted Fifteenth Seethamma Trophy State Level Inter-Collegiate Tournament for women held on 13 th August 2025.

PRODUCED 10 UNIVERSITY COLORS

S.No	YEAR	NAME	YEAR & DEPARTMENT	GAME / EVENT & ADDRESS
1	2017-2018	N.Sakthivel	I B.A.History	All India Inter-University Power Lifting Competition were held at Chandigarh from 8 th to 11 th February 2018.
2	2018-2019	N.Sakthivel	II B.A.History,	All India Inter-University Power Lifting Competition were held at University of Calicut, Thrissur, Kerala from 20 th to 23 rd February 2019.
3	2021-2022	S.Poovarasana	II – B.A.History	All India Inter-University Best Physique held at Chandigarh from 5 th to 11 th March 2022.
4	2021-2022	J.Sivaranjini	I- B.Com (G)	All India Inter-University Weight Lifting held at Andhra Pradesh from 27 th to 30 th December 2021.
5	2021-2022	P.Gnaneshwaran	II–B.Com (G)	All India Inter-University Taekwondo held at Tiruvananthapuram, Kerala from 21 st to 24 th March 2022.
6	2022-2023	J.Sivaranjini	II- B.Com (G)	All India Inter-University Weight Lifting held at Calicut University, Kerala from 27 th to 29 th January 2023.
7	2022-2023	S.Poovarasana	III – B.A.History	All India Inter-University Best Physique held at Yenepoya University, Managlore, karnataka from 20 th to 22 nd February 2023.
8	2023-2024	J.Sivaranjini	II- B.Com (G)	All India Inter-University Weight Lifting Championship held at Central University of Himachal Pradesh from 7 th to 9 th February 2024.
9	2023-2024	M.Ranjith Kumar	II –B.SC. ECS	All India Inter-University Best Physique held at Calicut University, Calicut, Kerala from 02 nd to 04 th February 2024.
10	2024-2025	A.Vijay	II – B.Com A/F	All India Inter-University Taekwondo Tournament held at GNDU Amristar, Punjab on 5 th November 2024.

Strength

- Excellent fitness and great attitude.
- Command over different types of games and sports.
- Familiar with the rules of games.
- Can easily conduct tournaments and sports competition, which shows that how easily I can manage the things, with full confidence and patience.
- Extensive knowledge of Internet and Computer.
- Good Computer Skill in Microsoft Office (Excel, Power Point & Word).
- Excellent communication skills.
- Able to teach yoga.
- Basic Knowledge in GYM Instruction.

Specialization in Physical Activity

- Drill and Marching Past
- Light Apparatus Exercises
- Calisthenics Exercises
- Dands and Baithaks
- Lezium
- Yoga Asanas
- First Aids

Personal Profile

Name : Priya Thangarasu
Date of Birth : 13/02/1990
Father's Name : N.Thangarasu
Mother's Name : T.Nagarani
Sex : Female
Marital Status : Married
Languages Known : English, Hindi & Tamil
Nationality : Indian
Permanent Address: No.19, Subbiah Street, Dhanakodi Nagar Extension,
Dharmapuri, Puducherry - 605 009.
Present Address : No.13/9, Navajeevan Nagar, 2nd Street,
Pattabiram, Chennai - 600 072.

Declaration

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

(T.PRIYA)

Place : Chennai
Date :