

RESUME



Name: Dr.C.Selvaraja
Designation: Assistant Professor
Department: Physical Education
Address: 231, Church Street, Manappadai veedu,
Tirunelveli, Tamilnadu-627353

PERSONAL DETAILS

Date of Birth : 03-01-1989

Qualification : B.Sc., M.Sc., (Yoga), M.P.Ed., Ph.D.
(AIFF D Licence Football Coach)

Designation : Assistant Professor

Department : Physical Education

Community : BC

Religion : Christen

Nationality : Indian

Mobile : 9629365397

Email ID : selvasportsmsu@gmail.com

ACADEMIC QUALIFICATIONS

Degree	Specialization	College	University	Year of Passing
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B.Sc.,	Zoology	V.O.Chidambaram College	M.S.University	2010
B.P.Ed.,	Physical Education	St. John's College of Physical Education	Tamilnadu Physical Education and Sports University	2012
M.P.Ed	Physical Education	M.S.University	M.S.University	2014
Ph.D.	Physical Education	M.S.University	M.S.University	2019
M.Sc.	Yoga for Human Excellence	M.S.University	M.S.University	2020

ACADEMIC IDENTITY

*VIDWAN ID	395488
*ORCID ID	0000-0001-7320-7393
*SCOPUS ID	
*RESEARCHER ID/ PUBLONS ID	
GOOGLE SCHOLAR LINK	https://scholar.google.com/citations?hl=en&user=fbTFaJ0AAAJ
RESEARCH GATE LINK	 https://www.researchgate.net/profile/C-Raja-3

TEACHING EXPERIENCE

Date of Appointment	19-06-2023
Date of Retirement	18-06-2049
Teaching Experience	UG
	PG -1 year
	M.Phil.
Research	Guided M Phil: Guided Ph D: Guiding Ph Scholar:

COURSES/CLASSES TAUGHT	NAME OF THE INSTITUTIONS	DURATION		Years
		From	To	
M.P.Ed	M.S.University	14-05-2019	14-05-2020	1 Years
B.Sc.	St. Xavier's College	19-06-2023	Till date	

AWARDS RECEIVED	
1.	Represented in Manonmaniam Sundaranar University football team (Form- III) university team-2009 (south zone)
2.	Represented in Manonmaniam Sundaranar University football team (Form- III) university team-2010 (south zone)
3.	

ADMINISTRATIVE EXPERIENCE			
S. No	DESIGNATION	INSTITUTIONS	YEAR
1	Coach cum Manager- Manonmaniam Sundaranar University women Football Team,	Vaishnava college for women's, Chennai	2018
2	Digisports Conference 2019, Organization Committee Member	International Association of Sports and ICT	2019
2	Coach cum Manager- Manonmaniam Sundaranar University women Football Team,	Christ University, Bangalore	2019
3	Coach cum Manager- Manonmaniam Sundaranar University women swimming	Lovely Professional University, Punjab.	2019
4	Coach cum Manager- Manonmaniam Sundaranar University women Chess Team	Acharya Naga Arjuna University, Andhra Pradesh	2019
5	Coach cum Manager- Manonmaniam Sundaranar University women Football Team,	Annamalai University, Chidambaram, Tamilnadu	2022

MEMBERSHIP		
S. No	Designation	Particulars

1.	Life Member	Yoga Association (IYA)
2.	Life Member	Indian Academic Researchers Association (IARA)
3.	Executive Member	Tirunelveli District Football Association (TDFA)
4.	Chairman	Women's Committee Tirunelveli District Football Association (TDFA)
5.		

ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE (5)

S. No	Name of the Training	Name of the Sponsoring Agency	Place and Date
1	Faculty Induction Programme	Higher Education Commission, Jesuit Madurai Province	Sacred Heart College, Shenbaganur, Kodaikanal, & 5 th , 6 th & 7 th June 2023
2	Orientation programme for Teachers	Internal Quality Assurance Cell	St. Xavier's College, Palayamkottai 15 th 16 th & 17 th June 2023
3	Online Five Day Faculty Development programme ICT Based Teaching and Learning-2020	Sharanabasveshwar college of art, Karnataka	Sharanabasveshwar college of art, Karnataka, during 3 rd to 7 th June
4	Online International FDP on How to Write Effective Case Study - 2020	Atmiya University, Gujarath	Atmiya University, Gujarath, during 2 nd May
5	Online faculty development programme on "rejuvenation of Body, mind and soul - 2020	Department of Physical Education, Ethiraj College for Women	Ethiraj College for Women, during 15 th to 19 th June
6	Swimming Course	Sports Development of Tamilnadu (SDAT)	21 days (1.12.2015 to 21.12.2015) Tirunelveli at Anna stadium, Palayamkottai.
7	State Technical Official	Sports Development of Tamilnadu (SDAT)	Manonmaniam Sundaranar University, 03rd April 2016
8	P.D.'s & P.E.T's Orientation Course for New Games	Sports Development of Tamilnadu (SDAT)	Sports Development of Tamilnadu (SDAT),

DETAILS OF RESEARCH WORK

Research Stages	Title of the Thesis	University where the work was carried out
Ph.D. (Highly Commended)	Effect of Soccer Training with Yogic practices on Selected Physical, Physiological and Performance Variables among Soccer Players	M.S.University
M.P.Ed., (Awarded)	Tirunelveli District Senior Division league football Tournament 2013-2014 - A Descriptive Analysis	M.S.University

AREAS OF RESEARCH

Football
Sports Training
Yoga
Fitness and Wellness
Sports Technology
Athletics

RESEARCH PROJECTS CARRIED OUT

S. No	Title of the Project (Minor)	Name of the Funding Agency & Amount	Duration

PUBLICATIONS

BOOKS	BOOK CHAPTERS	SCOPUS	WEB OF SCIENCE	UGC LISTED
OTHER INDEXED	AS A RESOURCE PERSON	PAPERS PRESENTED IN NATIONAL AND INTERNATIONAL SEMINARS	WEBINARS, SEMINARS, WORKSHOPS ATTENDED	

PUBLICATIONS: BOOKS ()

S. No	Title of the Book	Publication	Year

BOOK CHAPTERS ()

S. No	Title of the Paper	Name of the Book	ISSN No., Pg.No

PUBLICATIONS: SCOPUS INDEXED JOURNALS () WEB OF SCIENCE ()

S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No

PUBLICATIONS: UGC LISTED JOURNALS (4)

S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No
1	Effect of core stability training on balance and core abilities among women soccer players	Gedrag & Organisatie Review	volume 33, Issue 02 – 2020, PP: 264 ISSN:0921-507
2	Effect of yogic practices on flexibility and tidal volume among soccer player	Journal of Emerging Technology and Innovative Research, Journal of Emerging Technologies and Innovative Research	Vol 5, Issue 7, July 2018, pp-292-295, ISSN No. 2349-5162, UGC Serial No. 63975
3	Influence of Barbell Training on Shoulder Strength and Leg Strength among Handball Players	Universal Review	Vol: 7 Issue: XII, pp. 1277-1282, ISSN No – 2277-2723, UGC Serial No. 40792
4	Influence of yogic practices on resting pulse rate and vital capacity among inter collegiate soccer players	International Journal of Yoga, Physiotherapy and Physical Education	Vol: 3 Issue: 1, pp. 147-150. , ISSN No – 2456-5067 UGC Serial No. 44415

ICATIONS: OTHER INDEXED JOURNALS (2)

S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor &Pg.No
1	Effect of Selected Asana in Hatha Yoga Practices on and Flexibility among Football Players	Outreach A Multi-Disciplinary International Journal	ISSN (P): 0975 1246, Vol: 10, Issue: 1, pp: 269-274. Impact Factor: 7.011
2	Examining the effect of unilateral plyometric with skill training on shooting performance among soccer players	Journal of Information and Computational Science	Volume 10 Issue 4 – 2020, pp 13-19, ISSN No. 1548-7741.

AS A RESOURCE PERSON ()

S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date

WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP PAPER PRESENTED: National () International ()

S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	International Conference on Yoga for Harmony of body and mind - 2019	Alagappa University college of physical education,	Alagappa University, Karaikudi, during
2	Conference on IASI Digi Sports Con - 2019	Department of physical Education and sports, M.S.University	Hotel sea view, Kaniyakumari
3	National Seminar on Role of Yoga for Health and Lifestyle Management - 2019	Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education	Maruthi College of Physical Education, Coimbatore
4	Yoga, Meditation and sports for peace and prosperity-2019	Department of physical education and health sciences	Alagappa University, Karaikudi
5	International Conference on Sports Vision and Mission for Grooming Athletes and Para Sports Athletes - 2018	Alagappa University College of Physical Education	Alagappa University, Karaikudi
6	National Conference on Modern	Ganesar College of Arts	Ganesar College

	Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance - 2018	and Science	of Arts and Science, Pudukkottai
7	Multidisciplinary approaches in social sciences, humanities and sciences - 2018	Sri S.Ramasamy Naidu Memorial College, Department of physical education	Sri S.Ramasamy Naidu Memorial College ,Sattur
8	National Conference on Integrated Holistic Approach Towards Physical and Mental Health - 2018	Department of Physical Education. Government Arts College	Government Arts College Paramakudi
9	National Seminar on Role of Yoga and technology in Enhancing Sports Performance and Populace Health -2016	Department of Physical Education, Urumu Dhanalakshmi College	Urumu Dhanalakshmi College, Thirchirappali
10	Concept of Health Fitness and Wellness, Organized by Department of Physical Education ad Yoga - 2016	Bharathidasan University, Thirchirappali, Department of Physical Education.	Bharathidasan University, Thirchirappali,
11	National Conference Yoga-A Scientific Approach - 2016	Department of Physical Education, Sri Vasavi College	Sri Vasavi College, Erode, during 30th January
12	Recent Developments in Sports and Yogic Sciences - 2015	Alagappa University College of Physical Education, Alagappa University	Alagappa University, Karaikudi
13	seminar on Modern trends in physical education and sports - 2018	manonmanium sundaranar constituent college	manonmanium sundaranar constituent college, Kadayanallur, during 23rd February
14	yoga for total well-being, Organized by Department of Physical Education ad Yoga -2018	Sri Sarada College of education for women, Department of Physical Education	Sri Sarada College of education for women, Tirunelveli

15	National Seminar - 2017	Department of Physical Education and Sports Sciences,	Voc College, Thoothukudi, during 03 rd March
16	National Seminar - 2016	Department of Physical Education and Sports Sciences, Annamalai University	Annamalai University, Annamalainagar, 28 th & 29 th January during
17	National Seminar - 2016	Department of Physical Education, Bharathiar University	Bharathiar University, Coimbatore during 31 th March And 1 st April
18	National Seminar	Department of Physical Education and yoga, Bharathidasan University.	Bharathidasan University. Trichy, during 04 th and 5 th March
19	Role of Yoga on sports - 2016	Sri Sarada College of education for women, Department of Physical Education	Sri Sarada College of education for women, Tirunelveli. During 23th January
20	National Seminar - 2015	Alagappa University College of Physical Education	Alagappa University College of Physical Education, Karaikudi, during 28 th & 29 th September

21	National Seminar	Faculty of Physical Education Vinayaka Mission's College of Physical Education , Vinayaka Missions University	Vinayaka Mission's College of Physical Education , Salem, during 11 th April
22	National Seminar	Department of physical education, Arumugam Pilai Sethaiamal College	Arumugam Pilai Sethaiamal College, Thirupathur. During 12 th to 13 th September

WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP ATTENDED:			
S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	International Conference - 2017	centre for Diaspora Studies and Department of Tamil Studies of Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during March 28th
2	National conference - 2016	Indian council of social science research Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 01& 02 September
3	Seminar -2015	Curriculum Development Cell, Manonmaniam Sundaranar University Tirunelveli	Manonmaniam Sundaranar University, Tirunelveli, during 25 th August
4	One Day Workshop on Sports Physiotherapy -2013	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 30th August
5	One Day Workshop on "Sports Commerce and Marketing - 2013	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 20 th December
6	One Day Workshop on First Aid - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar	Manonmaniam Sundaranar University,

		University	Tirunelveli, during 18 th September
7	National Workshop on Principles of Coaching and Training Athletes - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 11-12 th September
8	Chess Clinic - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 12 th September
9	Basketball Clinic - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 3 rd October
10	Workshop on Coaching and Officiating in Kho-Kho - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 5 th -7 th , November
11	One Day Seminar on Sports in Tamil Literature - 2014	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 17 th December
12	International Workshop on oral hygiene and maxillofacial care in the 21st Century- 2015	Rotary Club-Rani Anna government college for woman	Rani Anna government college for women, Tirunelveli during 31 st January
13	National level Workshop on Bibliometric analysis With Bib excel Tool - 2016	Perunthalaivar Kamarajar Library Manonmaniam Sundaranar University	Perunthalaivar Kamarajar Library Manonmaniam Sundaranar University during 11 th December
14	Two Day National Level Workshop on Art of Writing in APA Style	Department of Psychology, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 16 th &17, March
15	Workshop on Event Management in Athletics - 2016	Department of Psychology, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 31 st , March

16	National Workshop on Library - 2016	Dept. of library science Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 30 th march
17	State level Workshop on Sports Injuries – Physiotherapy Protocol - 2016	Dept. of Physical Education, Health Education and Sports, The M.D.T. Hind College	The M.D.T. Hind College, Tirunelveli, during 9 th march
18	Workshop on Weight Lifting -2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli, during 27 th , march
19	one day national workshop on Art of Writing Bibliography based on Mendeley Reference Manager - 2016	Perunthalaivar Kamrajar Library, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 30 th , March
20	One day Workshop on Rules, Techniques and Tactics in Kho-Kho -2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 24 th august
21	Workshop on Modern trends in coaching football -2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 30 th September
22	Workshop on Applied sports psychology - 2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 3 rd October
23	Workshop on Principles of techniques and tactics in hockey - 2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 3 rd October
24	Workshop on Principles of coaching and training in athletics -2016	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 7 th October
25	National Workshop on SPSS for Research Scholars and Research Supervisors - 2017	Dept. of Physical Education Health Education and Sports, The M.D.T. Hindu College	, The M.D.T. Hindu College Tirunelveli during 4-6 January

26	One day workshop on Principles of techniques and tactics in Netball - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 28 th September
27	National workshop on system base technical training, talent identification and sports ethical value - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 10 th December
28	One day workshop on MOOCs through SWAYAM - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 19 th November
29	4th International day of yoga-2018 & asanas - 2018	Dept. of Physical Education Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 21 st June
30	National workshop on video analysis and injury prevention in athletics” -2019	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 7th March
31	International workshop on Impact factor publications, citation analysis, plagiarism getting patent and copyright - 2018	Dept. of Library and information science, Manonmaniam Sundaranar University,	Manonmaniam Sundaranar University, Tirunelveli during 7 th & 8 th December
32	Symposium on futuristic of physical education in new policy -2020	Dept. of Physical Education and Sports, Manonmaniam Sundaranar University	Manonmaniam Sundaranar University, Tirunelveli during 6 th March
33	'International Webinar on Physical Culture & Social Well-Being -2021	International federation of physical education fitness & sports science association (IFPEFSSA)	Manonmaniam Sundaranar University, Tirunelveli during 17 th April
34	'International Webinar on Sports Management and Sports Nutrition - 2021	Arul Anandar College, Dept. of Physical Education and Sports	Arul Anandar College, Madurai During 18 th & 19 th Feb
35	International Webinar on 'Yoga as a means of Healthier Lifestyle during Coronavirus Pandemic - 2020	University of Kalyani, Dept. of Physical Education and Sports	University of Kalyani West Bangla, During 22 nd July
36	International Webinar on 'Physical, Psychological & Spiritual Discipline, A Key To Well Being In	Lingaraj College, Dept. of Physical Education and Sports	Lingaraj College, balagavi during 22 nd July

	The New Normal - 2020		
37	National Webinar on Financial Administration in Sports Industry - 2020	PG and Research Centre for Commerce, Thiruvalluvar College - Papanasam	Thiruvalluvar College – Papanasam during 23 rd July
38	International Webinar Workshop on "Yoga at Home and Yoga with Family-2020	Mother Teresa Women's University Kodaikanal.	Mother Teresa Women's University Kodaikanal. During 21th June
39	National Webinar on “Don’t Work Work Out”	G.T.N. Group of Institution, dindigul	G.T.N. Group of Institution, dindigul, during 19 th july
40	International Football Webinar - 2020	Physical Education Foundation of India,	Physical Education Foundation of India,during 5 th June

COUNTRIES VISITED

EXTRA-CURRICULAR ACTIVITIES/ CO-CURRICULAR ACTIVITIES ATTENDED(NCC/NSS/YRC/SPORTS/LITERARY AND CULTURAL ACTIVITIES)

COACH : All India Football Federation D License Football Coach (**AIFF**)
the-aiff.com/coaches/profile/2022AUG20671

FOOTBALL REFEREE: Tamilnadu Football Association (**TFA**) [AIFF - RASI \(the-aiff.com\)](http://AIFF - RASI (the-aiff.com))
(Rin Number -370153)

ATHLETIC REFEREE: (Registration No– MSU/TVL/2016/006)

HANDBALL REFEREE: Tamilnadu Handball Association (045)

International stadia Visit at Trivandrum and Cochin during 2nd - 4th December 2014 organized by department of physical education and sports, Manonmaniam Sundaranar University, Tirunelveli.

Educational tour cum stadia visit at Mysore and Bengaluru SAI sports Training centre during 17th & 18th March 2016 organized by department of physical education and sports, Manonmaniam Sundaranar University ,Tirunelveli.

Date: 03-07-2023

Name: Dr. C. Selvaraja