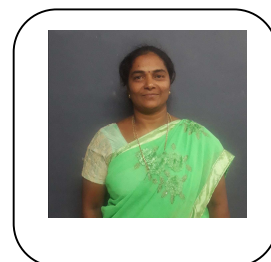


PROFILE

Name : **Mrs. P. KALA**
Designation : Assistant Professor (S.F)
Department : Physical Education
Date of Joining : 11.07.2016
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Educational Qualifications:

Degree	Subject	College / University & Place	Year Completed	Class
Ph.D., (Part Time)	Physical Education	Madurai Kamaraj University, Madurai	Pursuing	
M.Phil. (Part Time)	Physical Education	Prist University, Sivangangai	2013 – 2015	I Class
M.P.Ed.,	Physical Education	Madurai Kamaraj University, Madurai	2011 – 2013	I Class
B.P.Ed.,	Physical Education	Alagappa University, Karaikudi	2005 – 2006	I Class
P.G.D.Y	Yoga Education	Madurai Kamaraj University, Madurai	2007 – 2008	I Class
B.A.,	History	Sri Meenakshi College, Madurai	2001 – 2004	I Class

Specialization in Teaching:

- ❖ Sports Training
- ❖ Yoga

Specialization in Research:

- M.Phil., – Sports Training
- Ph.D., – Sports Training

Work Experience:

Designation	Institution / Company	Year - From (month/year) To (month/year)
Physical Education Teacher	V.M.J. Higher Secondary School, (Affiliated to the ICSE Council)	01.09.2006 to 15.08.2011

Extra Co-curricular Activities

- Active in NSS Volunteer during 2008 - 2010.
- Active in NCC Volunteer during 1999 - 2001.

Details of Paper Presentation and Publication:

S. No.	Title of the Article	Journal in which Published	Month & year of publication	ISBN/ ISSN No.
1.	Effect of Aerobic and Anaerobic training on selected Physiological parameters among college men students	International Conference	2018	ISBN: 978 - 93 - 5300 - 603 - 7

District Level

S.No.	State	Event	Achievement	Year
1.	Tamil Nadu State Amateur Kabadi Association	Kabaddi	First	2000 - 2001
2.	Nehru Yuva Kendra	Kabaddi	First	2002
3.	26 th Tamil Nadu State Amateur Kabadi Association	Kabaddi	4 th	2001
4.	25 th Tamil Nadu State Amateur Kabadi Association	Kabaddi	Participation	2001
5.	Karunya Institute of Technology	Kabaddi	2 nd	2003
6.	Karunya Institute of Technology	Kabaddi	2 nd	2004
7.	48 th Tamil Nadu State Amateur Kabadi Association	Kabaddi	2 nd	2004

Inter College Level

S.No.	State	Event	Achievement	Year
1.	Sri Meenakshi Government Arts College, Madurai	Kabaddi	First	2001
2.	Sri Meenakshi Government Arts College, Madurai	Kabaddi	First	2003
3.	Sri Meenakshi Government Arts College, Madurai	Kabaddi	4 th	2004
4.	Sri Meenakshi Government Arts College, Madurai	Kho-kho	NIL	2002
5.	Alagapa University, Karaikudi	Kabaddi	Winner	2006
6.	Alagapa University, Karaikudi	Basket Ball	Winner	2006

All India Level

S.No.	State	Event	Achievement	Year
1.	Madurai Kamaraj University, West Zone	Kabaddi	4 th	2002
2.	Madurai Kamaraj University, West Zone	Kabaddi	3 rd	2003
3.	Madurai Kamaraj University, West Zone	Kabaddi	4 th	2004

Strengths

- ❖ Self confidence with tolerance capability .
- ❖ Achievement oriented with presentation and interpersonal skills.
- ❖ An individual who believes in perfection and willing to learn.