

## PROFILE

Name : **Dr. V. MOHANA SURENTH**

Designation : Assistant Professor (SF)

Department : Physical Education

Date of Joining : 06.07.2016

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### Educational Qualifications:

DEGREE	SUBJECT	COLLEGE / UNIVERSITY & PLACE	YEAR COMPLETED	CLASS
Ph.D., (Part Time)	Physical Education	Madurai Kamaraj University, Madurai	2023	Highly Recommended
M.Phil., (Full Time)	Physical Education	Madurai Kamaraj University, Madurai	2014	I Class
M.P.Ed.,	Physical Education	Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur	2013	I Class
B.P.Ed.,	Physical Education	Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur	2011	I Class with Distinction
P.G.Dip.in Yoga	Yoga	Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur	2011	I Class
B.Com,	Commerce	N.M.S.S Vellaichamy Nadar College, Nagamalai Madurai.	2010	II Class

### Specialization in Teaching:

- ❖ Methods of Sports Training
- ❖ Theories of Track and Field
- ❖ Theories of Sports and Games

### Specialization in Research:

- M.Phil., – Sports Training
- Ph.D., – Sports Training, Volleybal & Yoga

## Work Experience:

Designation	Institution / Company	Year - From (month/year) To (month/year)
Asst. Director of Physical Education	N.M.S.S.Vellaichamy Nadar College Nagamalai, Madurai	03.09.2014 to 04.07.2016

## Organizing Experience:

- ❖ Organized Madurai Kamaraj University 'A' Zone Tournaments of various sports and games for past 8years.
- ❖ Organized Madurai Kamaraj University **Inter Zone** Tournaments of various sports and games for past 8years.
- ❖ Organized Madurai Kamaraj University **Inter Zone** Tournaments of various sports and games for past 2 years.
- ❖ Organized Madurai Kamaraj University 'B' Zone Tournaments of various sports and games for past 2 years.
- ❖ Organized Thiru.N.Muthiah Ambalam Memorial State level Inter-Collegiate Men Volleyball Tournaments for past 8 years.
- ❖ Organized Bishop.Dr. Christofer Asir Memorial State level Inter-Collegiate men hockey Tournaments for past 8 years.

## Seminar, Conference, Webinar Organizing Experience:

- ❖ Acted as Organizing Member in National Level Online Quiz in Physical Education and Sports 2020 organized by Department of Physical Education, The American College, Madurai on 19.06.2020.
- ❖ Acted as Organizing Member in National Level Webinar in Management in Sports Science 2020 organized by Department of Physical Education, The American College, Madurai on 01.07.2020.
- ❖ Acted as Organizing Member in International Webinar in Modern Technology in Physical Education and Sports 2020 organized by Department of Physical Education, The American College, Madurai on 29.08.2020.
- ❖ Acted as Organizing Member in One Day State Level Work shop on coaching & Officiating in Volleyball & Sports Medicine organized by Department of Physical Education, The American College, Madurai on 29.8.2022.
- ❖ Acted as Organizing Member in One Day International Level Work shop on Modern Trends in Football organized by Department of Physical Education, The American College, Madurai on 6.1.2024.

## Academic Distinctions (Award/Scholarship/Rank, etc.)

- Player of Mangayar Karasi .Hr. Sec school **volleyball** team. The team won the second place in the **state level** inter higher secondary school volleyball tournament held at Virudhunagar Hindu Nadar .Hr.sec school, Madurai on 21.6. 2006.
- Player of Madurai District volleyball team. The team participated in state championship for Mini Boys Volleyball Tournament held at M.Kumarasamy College of Engineering, Thalavapalayam, Karur district from 27<sup>th</sup> to 30<sup>th</sup> august 2009.
- Player of N.M.S.S Vellaichamy Nadar college **Handball** team. The team won the first place in the Madurai Kamaraj University **Champion Trophy** Handball Tournament held at Madurai Kamaraj University ground in the year 2009-2010.
- Player of N.M.S.S Vellaichamy Nadar college **Volleyball** team. The team won the Second place in the Madurai Kamaraj University '**B**' **Zone Inter-collegiate** volleyball Tournament held at Madurai Kamaraj University in Madurai, in the year 2009-2010.
- Player of N.M.S.S Vellaichamy Nadar college **Volleyball** team. The team which secured the **Runner-Up** in the Madurai Kamaraj University '**B**' **Zone Inter-collegiate** volleyball Tournament held at Madurai Kamaraj University Madurai, in the year 2008-2009.
- Player of Dr. Sivanthi Aditanar College of Physical Education **Volleyball** Team, the team which Secured **Runner -up** the TNPESU Inter Collegiate volleyball Tournament, held at Maruthi College of Physical Education, in the year 2009 - 2010.
- Participated in **State Level Mini Marathon** for consecutively during the years 2010-2013.
- Player of Dr. Sivanthi Aditanar College of Physical Education **Kho-Kho** Team, the team which Secured **Runner-up** the TNPESU Inter Collegiate Kho-Kho Tournament held at Selvam college of Physical Education, Namakal in the year 2010 -2011.

## Extra Co-curricular Activities

- Nominated as a **Sports Secretary** of N.M.S.S Vellaichamy Nadar college Annual sports meet for the year 2007-2008 and 2008-2009.
- N.S.S - National service scheme member in N.M.S.S Vellaichamy Nadar College Nagamalai, Madurai for the year 2007-2010.
- N.S.S- National service scheme **Team Leader** in school and college level in the years 2004-2006 and 2007-2009.
- N.S.S -National service scheme member in Dr. Sivanthi Aditanar College of Physical Education Tiruchendur for the year 2011-2013.
- Member of the **Blood Bank** at Govt. Medical College Hospital, Madurai since 2007.
- Member of the **Blood Bank** at Govt. Medical College Hospital, Thoothukudi since 2010.

## WORKSHOP ATTENDED

- ❖ Attended the **One-Day State Level Workshop on Training Methods in Physical Education and Sports** held on 6<sup>th</sup> March 2020, organized by the Department of Physical Education, The American College, Madurai.
- ❖ Attended the **National workshop on Adapted physical Education and therapeutic recreation** 9<sup>th</sup> January 2020 held at Tamilnadu Physical Education and Sports University, Chennai.
- ❖ Attended the Two day National level Workshop on **“Statistical Package for Educational Research”** held at Madurai Kamaraj University Madurai on 28<sup>th</sup> to 29<sup>th</sup> March 2019.
- ❖ Attended the One day national level Workshop on **“Physical Fitness and Performance Enhancing through Swiss Ball Training”** held at GTN Arts College Dindigul on 15<sup>th</sup> March 2019.

## SEMINAR/ CONFERENCE ATTENDED

- ❖ Attended the **International E-Conference on Synthesis of Traditional Yoga and Modern Science: Solution for the Current Pandemic** held on 20<sup>th</sup> to 21<sup>st</sup> June 2021, organized by the Sri Ramakrishna Mission Vidyalaya Maruthi college of Physical Education, Coimbatore, Tamilnadu. Presented a Paper Transcendental Meditational Practices on Stress
- ❖ Attended the **International Virtual Conference on Role Multidisciplinary Approach on Sports Sciences** held on 1<sup>st</sup> to 3<sup>th</sup> August 2020, organized by the Department of Physical Education, **G.T.N Arts College, Dindigul** Presented a Paper Effect of Kinetic Band Training on Selected Physical Variables among College Men Volleyball Players.
- ❖ Attended the **International Conference on Role of Sports Science and Yoga on Human Performance Enhancement** held on 06<sup>th</sup> and 7<sup>th</sup> February 2020, organized by the Department of Physical Education, **Madurai Kamaraj University, Madurai** Presented a Paper Effect of Kinetic Band Training on Selected Physical Physiological Variables Among College Men Volleyball Players.
- ❖ Attended the **International Conference on Yoga for Global Health Happiness and Harmony** held on 06<sup>th</sup> and 7<sup>th</sup> March 2020, organized by the **Sri Ramakrishna Mission Vidyalaya Maruthi college of Physical Education at Coimbatore**. Presented a Paper Effect Of Yoga Practices On Selected Physical and Physiological Variables among College Men Volleyball Players.
- ❖ Attended the **International Conference on Yoga meditation and sports for peace and Prosperity-2019(INCYMSPP)** held on 17<sup>th</sup> and 18<sup>th</sup> October 2019, organized by the Department of Physical Education and health sciences, Alagappa University, Karaikudi. Presented a Paper Effect of iron Yoga Training on Muscular Strength and Muscular Endurance among College Students.
- ❖ Attended the one day **National Seminar** Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance Presented a Titled Paper on **“Impact of Drop Jump Training on Selected Performance Related Fitness variable among Kabaddi players”** held at Ganesar College of arts and science, Department of physical Education Melasivapuri on 3<sup>rd</sup> March 2018.

- ❖ Attended the Two day **International Conference** on Emerging Trends in Sports Medicine, Physical Education, Sports Science and Yoga Presented a Titled Paper on **“Comparison of Selected Physical Fitness Variables between Basketball and Handball Players”** held at Tamil nadu Physical Education and sports university Melakottaiyur, Chennai on 18<sup>th</sup> & 19<sup>th</sup> January 2017.
- ❖ Attended the one day **National Seminar** sound body sound mind and fitness through yoga & sports and presented a Titled Paper on **“Effect of yogic practices and aerobic exercises on selected Physical and Physiological variables among college over weight men students”** held at Department of physical Education Dindigul on 25<sup>th</sup> & 26<sup>th</sup> march 2015.
- ❖ Attended the one day **National Seminar** on physical activities, fitness and dietetics – the elixir quartet of health and presented a Titled Paper on **“Effect of Myosource kinetic core Training on speed explosive power flexibility and balance among college students”** held at Bishop Heber college, Trichy on 15<sup>th</sup> February 2013.
- ❖ Attended the one day **National Seminar** on Responsibilities of teachers in creating awareness among today youngsters about obesity and its related problems and presented a Titled Paper on **“Examine the Physiological Causes of Obesity”** held at Annammal college of Education for women, Thoothu Kudi on 8<sup>th</sup> March 2013.
- ❖ Attended the One day Workshop on **“Research Methodology and Applied Statistics in Physical Education and sports”** held at Madurai Kamaraj university college Madurai, on 14.12.2013.

#### **WEBINAR INTERNATIONAL**

- ❖ Attended the **International Webinar** on **“Art Of Writing Research Review /Articles For Publishing in Peer Reviewed Journal”** organized by the Internal Quality Assurance Cell (IQAC),MES College Erumely on 25<sup>th</sup> May 2020.
- ❖ Attended the **International Webinar on “DOCTRINA-06”** organized by the Department of Physical Education & IQAC Sir Syed College, Taliparamba, Kannur on 27<sup>th</sup> May 2020.
- ❖ Attended the **International Sports Science Webinar** organized by the Department of Physical Education, Tamilnadu Physical Education & Sports University, Chennai on 28<sup>th</sup> & 29<sup>th</sup> May 2020.
- ❖ Attended the **International Webinar on “Game of Basketball and Familiarizing its Rules”** Organized by the Department of Physical Education in Association with IQAC, Rajapalayam Rajus College, Rajapalayam on 12<sup>th</sup> June 2020.
- ❖ Attended the **International Webinar on “ROLE OF COACHES IN MODERN VOLLEYBALL”** Organized by the Department of Physical Education, Health Education and Sports, ANJA College, Sivakasi on 13<sup>th</sup> June 2020.
- ❖ Attended the Five Day International Webinar on **“Yoga and Celebration of Virtual International Yoga Day”** organized by the Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore from 17<sup>th</sup> June to 21<sup>st</sup> June 2020.
- ❖ Attended the **International Webinar on “Thy Food is Thy Medicine: Enrich Your Health the Perfect Way”** Organized by the Department of Physical Education and Nature club, Rajapalayam Rajus College, Rajapalayam on 30<sup>th</sup> June 2020.

- ❖ Attended the **International Webinar on Faculty Development Programme on injury free sports do's & don'ts** Organized by the Department of Physical Education, Health Education and Sports, ANJA College, Sivakasi on 3<sup>th</sup> June 2020.

### **Webinar National**

1. Attended the **One-Day National Level Webinar on “Rules And Interpretations of Track Events”** organized by the Department of Physical Education, Kongu Arts and science college, Erode on 11<sup>th</sup> May 2020.
2. Attended the **Webinar on “BE BIT DURING LOCKDOWN COVID19”** organized by the Department of Physical Education, G.T.N Arts College, Dindigul on 19<sup>th</sup> May 2020.
3. Attended the One-Day National Level Webinar on **“NEW APPROACHES IN SPORTS TRAINING METHODS”** organized by the Department of Physical Education, Sri Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore on 20<sup>th</sup> May 2020.
4. Attended the One-Day National Live Webinar on **“REDUCE OBESITY AND BE FIT”** Organized by the Department of Physical Education, Justice Basheer Ahmed Sayeed College for women, Chennai on 24<sup>th</sup> May 2020.
5. Attended the Webinar on **“How Stress Affects the Body”** Organized by the Department of Physical Education, Easwari Engineering College, Chennai on 26<sup>th</sup> May 2020.
6. Attended the One-Day National Webinar on **“YOGA AND FITNESS THE WAY OF LIFE”** organized by the Department of Physical Education, Sri Krishna Arts and Science College, Coimbatore on 27<sup>th</sup> May 2020.
7. Attended the One-Day National Webinar on **“Fitness Protocols For Kids and Elderly People During Pandemic”** organized by the Department of Physical Education, Maruthi College of Physical Education, Coimbatore on 29<sup>th</sup> May 2020.
8. Attended the National Webinar on **“Essence of Physical Fitness During Lockdown”** organized by the Department of Physical Education and sports Dr. M.G.R.Educational and research Institute, Chennai on 30<sup>th</sup> May 2020.
9. Attended the Webinar on **“FITNESS AND WELLNESS”** organized by the Department of Physical Education Pioneer Kumaraswamy College, Nagercoil on 4<sup>st</sup> June 2020.
10. Attended the **National Webinar on “YOGA FOR HEALTH- Need of the Hour”** organized by the Department of Physical Education, G.T.N Arts College, Dindigul on 21<sup>th</sup> June 2020.
11. Attended the **National Webinar on “Strategical Importance of Complex II Skills in Volleyball (Service, Block & Defense)”** organized by the Department of Physical Education, Kalasalingam University, Virudhunagar on 21<sup>th</sup> June 2020.
12. Attended the **National Webinar on Faculty Programme on Field Hockey** organized by the Department of Physical Education, Shri Shankarlal Sundarbai Shasun Jain College, Chennai on 23<sup>rd</sup> June 2020.

13. Attended the **National Webinar on “Manage Stress through a Strong Body”** organized by the Department of Physical Education, G.T.N Arts College, Dindigul on 1<sup>st</sup> July 2020.
14. Attended the **National Level Webinar on “Management in Sports Science 2020”** organized by the Department of Physical Education, the American College, Madurai on 1<sup>st</sup> July 2020.
15. Attended the **National Level Webinar on “Psycho Regulatory Techniques in Sports”** organized by the Department of Physical Education, Kongu Arts and science college, Erode on 8<sup>th</sup> July 2020.
16. Attended the **National Level Webinar on “Need and importance of Physical and Yoga During covid-19 Pandemic** “Conducted by the Department of Physical Education, Khadir Mohideen College, Adirampattinam on 16<sup>th</sup> July 2020.
17. Attended the **National Webinar on “Modern Trends in Physical Education”** organized by the Department of Physical Education, G.T.N Arts College, Dindigul on 25<sup>th</sup> July 2020.
18. Attended the **National Webinar on “New Challenges in Sports -2020”** organized by the Department of Physical Education, G.T.N Arts College, Dindigul on 29<sup>th</sup> July 2020.
19. Attended the **Two Days National Webinar on “Challenges for Physical Education Covid19”** organized by the Department of Physical Education, KUVEMPU University, Karnataka on 08.09.2020 to 09.09.2020.
20. Attended the **National Webinar on “Sports First Aid and Injury Rehabilitation”** organized by the university health centre of Tamil Nadu Physical Education and sports University, Chennai on 24<sup>th</sup> November 2020.

### **Faculty Development Programme**

1. A **Seven Day** Attended the International Week of Yoga 2020 Faculty Development Programme(FDP) **“Yoga at Home and Yoga with Family ”** organized by the Department of Physical Education in association with national service scheme, Dr. M.G.R.Educational and Research Institute, Chennai from 15<sup>th</sup> June to 21<sup>st</sup> June 2020.
2. A **Seven Day** National Level Webinar Faculty Development Programme (Physical Education) on **“Revival of Health, Fitness and Entrepreneurial Opportunities through Physical Education”** organized by Dept. of Physical Education, under RUSA II (BEICH) Bharathiar University, Coimbatore 641109 held on 08<sup>th</sup> to 14<sup>th</sup> July, 2020.
3. A **Five Day** Attended the online Faculty Development Programme (FDP) **“Human Kinetics”** organized by the Department of Physical Education Dr. M.G.R.Educational and Research Institute, Chennai from 9<sup>th</sup> July to 13<sup>th</sup> July 2020.
4. A **Three Day** Attended the Faculty Development Programme(FDP) **“Sports Psychology”** organized by the Department of Physical Education Dr. M.G.R.Educational and Research Institute, Chennai from 2<sup>nd</sup> September to 4<sup>th</sup> September 2020.

## Details of paper presentation and publication:

S.No.	Title of the Paper.	Name of the Journal.	Month & Year of Publication.	Volume No. Pages From To	Impact factor.
1.	Efficacy Of Yogasana Practice On Systolic Blood Pressure Among College Men Volleyball Players	Journal of Information and Computational Science	ISSN:1548-7741 January 2021	volume 11 ISSUE-1 Page:87-93	
2.	Six Weeks Of Kinetic Band Training on Flexibility Among Volleyball Players	Modern Thamizh Research	ISSN:2321-984X July -September 2021	volume 9 ISSUE-3 Page:2624-2631	
3.	Different position -Wise Analysis Of Anthropometric And Physical Fitness Variables Among Inter Collegiate Men Volleyball Players	Journal Of Xian Shiyou University, Natural Science Edition	ISSN:1673-064X 2021	volume 17 ISSUE-1 Page:118-122	5.6
4.	Effect of Kinetic Band Exercises and Yogic Practices an total cholesterol among Volleyball Players	The Journal of Indian Art History Congress	ISSN:0975-7945 July-2022	volume 27 ISSUE-412 Page:102-105-	

## Experience as Coach / Manager

- Acted as a **Coach** in Anitha Kumaran Matriculation Hr.sec School Tiruchendur, for Senior and Super Senior Handball Team during the year 2012-2013.
- Acted as a **coach** of Madurai Kamaraj university volleyball men team to participate in the south zone inter university Volleyball Tournament held at Krishna University, Vijayawada Andhra Pradesh 8<sup>th</sup> to 12<sup>th</sup> October 2014.
- Acted as a **Team Manager** of Madurai Kamaraj University Ball badminton women team to participate in the south zone inter university Ball badminton Tournament held at B.S.Abdur Rahman University Chennai 26<sup>th</sup> to 30<sup>th</sup> December 2014.
- Acted as a **Team Manager** of Madurai Kamaraj university kabaddi Men team to participate in the south zone inter university Kabaddi Tournament held at Kuvembu University, Karnataka 13<sup>th</sup> to 16<sup>th</sup> October 2015.
- Acted as a **coach** of Madurai Kamaraj university volleyball Men team to participate in the south zone inter university volleyball Tournament held at Andhra University, visakapattinam 13<sup>th</sup> to 16<sup>th</sup> October 2015.
- Acted as a **Team Manager** of Madurai Kamaraj University Handball women teams to participate in the south zone inter university Handball Tournament held at Alagappa University, Karikudi 3<sup>rd</sup> to 8<sup>th</sup> December 2016.



- Acted as a **Team Manager** of Madurai Kamaraj University Ball badminton women team to participate in the south zone inter university Ball badminton Tournament held at SRM University, Chennai 22<sup>nd</sup> to 26<sup>th</sup> December 2016.
- Acted as a **coach** of Madurai Kamaraj university volleyball men team to participate in the south zone inter university volleyball Tournament held at mahatma Gandhi University, Kottaym, Kerala. 2<sup>nd</sup> to 6<sup>th</sup> December 2016.
- Acted as a **Team Manager** of Madurai Kamaraj University Hockey Men teams to participate in the south zone inter University Hockey Tournament held at Alagappa University, Karaikudi 27<sup>th</sup> to 31<sup>st</sup> December 2016.
- Acted as a **Team Manager** of Madurai Kamaraj University Kho-kho Men teams to participate in the south zone inter University Kho-kho Tournament held at University of Mysore, Mysore 7<sup>th</sup> to 20<sup>th</sup> January 2018.
- Acted as a **Team Manager** of Madurai Kamaraj University Badminton Men teams to participate in the south zone inter University Badminton Tournament held at SRM University, Chennai 21<sup>st</sup> to 25<sup>th</sup> November 2018.
- Acted as a **Team Manager** of Madurai Kamaraj University Badminton Men teams to participate in the south zone inter University Badminton Tournament held at SRM University, Chennai 16<sup>th</sup> to 20<sup>th</sup> December 2019.
- Acted as a **Team Manager** of Madurai Kamaraj University Tennis Men teams to participate in the south zone inter University Tennis Tournament to be held at VIT, Vellore from 18<sup>th</sup> to 24<sup>th</sup> November 2022.
- Acted as a **Team Manager** of Madurai Kamaraj University Badminton Men teams to participate in the south zone inter University Badminton Tournament held at Jain University, Bangalore 25<sup>th</sup> to 30<sup>th</sup> November 2022.
- Acted as a **Team Manager** of Madurai Kamaraj University Athletics Men teams to participate in the south zone inter University Athletics Men Tournament held at TNPES University, Chennai 9<sup>th</sup> to 13<sup>th</sup> Jan 2023.
- Acted as a **Team Manager** of Madurai Kamaraj University Chess Men teams to participate in the south zone inter University chess Tournament held at SRM University, Chennai 10<sup>th</sup> to 13<sup>th</sup> March 2023.
- Acted as a **Team Manager** of Madurai Kamaraj University Athletics Men teams to participate in the All India inter University Athletics Men Tournament held at TNPES University, Chennai 13<sup>th</sup> to 17<sup>th</sup> March 2023.
- Acted as a **Team Manager** of Madurai Kamaraj University Yogasana Men teams to participate in the south west zone inter University Yogasana Men Tournament held at Anna University, Chennai 1<sup>st</sup> to 5<sup>th</sup> December 2023.
- Acted as a **Team Manager** of Madurai Kamaraj University Badminton Men teams to participate in the south west zone inter University Badminton Tournament held at VIT, Vellore 19<sup>th</sup> to 24<sup>th</sup> December 2023.

## **TECHNICAL QUALIFICATION**

- ❖ **Qualified Referee** in Handball, Recognized by Tamil Nadu Handball Association in 2009.
- ❖ **Qualified Referee** in Volleyball, Recognized by Tamil Nadu Volleyball Association in 2016.
- ❖ **Qualified Referee** in Athletic, Recognized by Tamil Nadu Athletic Association in 2019