

PROFILE

Name : **Dr. A. MATHAN**

Designation : Assistant Professor (S.F)

Department : Physical Education

Date of Joining : 08.07.2019

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Educational Qualifications:

Degree	Subject	College / University & Place	Year Completed	Class
Ph.D., (Full Time)	Physical Education	Bharathiar University, Coimbatore	2012 – 2015	Highly Commended
M.Phil. (Full Time)	Physical Education	Tamilnadu Physical Education & Sports University, Chennai	2010 – 2011	I Class with Distinction
M.P.Ed.,	Physical Education	Bharathiar University, Coimbatore	2008 – 2010	I Class
P.G.D.F.M	Fitness Management	Bharathiar University, Coimbatore	2008 – 2010	I Class
B.P.Ed.,	Physical Education	Bharathiar University, Coimbatore	2007 – 2008	I Class
P.G.D.Y	Yoga Education	Bharathiar University, Coimbatore	2007 – 2008	I Class
B.A., Economics	Economics	St. Xavier's College, Palayamkottai, Tirunelveli	2004 – 2007	II Class

Specialization in Teaching:

- ❖ Sports Training
- ❖ Methods in Physical Education
- ❖ Statistics in Physical Education
- ❖ Anatomy and Physiology

Specialization in Research:

- Sports Training
- Yoga

Work Experience:

Designation	Institution / Company	Year - From (month/year) To (month/year)
Director of Physical Education	NIFT – TEA College of Knitwear Fashion, Tirupur	08.07.2015 – 05.07.2019

Organizing Experience:

- ❖ Organized **Bharathiar University Inter collegiate Volleyball Women Tournament 2015 – 16** in NIFT – TEA College of Knitwear Fashion, Tirupur from 28th & 29th September, 2015.
- ❖ Organized **NIFT TEA Premier League Cricket Trophy** for Knitwear Industry People for 2015 – 2019.

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

- School Games Federation of India (SGFI) in Volleyball, SGFI, R.R. District, Hyderabad, Andhra Pradesh. Represented National Level – **Form – IV**
- Inter-collegiate Volleyball tournament from 2004 to 2011. TNPES University, Bharathiar University & M.S. University, First place
- Bharathiar Day Divisional Level Inter-zonal Volleyball tournament, 2003. BDS, Ramanathapuram Second place
- SDAT State “CATCH THEM YOUNG” Volleyball, Virudhunagar, Sports Development Authority of Tamilnadu, Second place

Extra Co-curricular Activities

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

EXTRA QUALIFICATION

- ❖ Passed - State level VOLLEYBALL Official Examination 2009.
- ❖ Passed - State level HANDBALL Official Examination 2008.

SEMINAR:

- ❖ Participated in UGC sponsored Interaction Programme for Ph.D scholars (Social Sciences & Commerce) held at Bharathiar University, Coimbatore from 01.02.2013 to 21.02.2013 and been awarded „A“ Grade.
- ❖ Participated UGC-INFLIBNET E-Resources Digital Library Consortium held at Bharathiar University, Coimbatore.
- ❖ To present the paper in UGC sponsored National Seminar on Modern Trends in Sports Medicine organized by Department of Physical Education, Bharathiar University, Coimbatore.
- ❖ Participated National Level Seminar on Yoga Education in Physical Education organized by Department of Physical Education, Bharathiar University, Coimbatore.

WORKSHOP:

- ❖ Participated National Level Workshop on Women Empowerment: Directions and Dimensions held at TNPESU, Chennai.
- ❖ Participated National Level Workshop on Modern Trends in Scientific Sports Coaching held at TNPESU, Chennai.
- ❖ Participated National Level Workshop on Track and Field organized by Department of Physical Education, TNPESU, Chennai.
- ❖ Participated National Level Workshop on Avenues in Physical Education organized by Department of Physical Education, Bharathiar University, Coimbatore.
- ❖ Participated National Level Workshop on Research Methodology and Statistics in Physical Education organized by Department of Physical Education, Bharathiar University, Coimbatore.

CONFERENCES

- UGC sponsored International Conference on Role of Sports Sciences and Yoga on Human Performance Enhancement and presented a paper entitled “[Effect of Hatha Yoga Practices on selected Serological and Psychological Factors among College Thyroidism Girls](#)” organized by Madurai Kamaraj University, Madurai on 6th & 7th February, 2020

Seminar, Conference, Webinar Organizing Experience:

1. 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.
2. 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.
3. 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.

WEBINAR

International

1. One Day International webinar on **“Art of Writing Research/ Articles for Publishing in Peer Reviewed Journals”** organized by the Internal Quality Assurance Cell (IQAC),MES College Erumely, KL on 25 March 2020.
2. International Webinar on **“Role of Coaches in Modern Volleyball”** delivered by **Mr.G.E.SRIDHARAN**, Arjuna and Dronacharya Awardee, organized by Department of Physical Education, Health Education and Sports, ANJA College, Sivakasi on 13th June 2020.
3. Participated **Webinar – Cambridge Online Experience, Asia** on **“An Introduction to Positive Psychology: Wellbeing for your Classroom”** organized by **Cambridge University Press, Asia** on 20th May, 2020.
4. One Day International webinar on **DOCTRINA-06 “Health and Weight Management during Corona days through lifestyle Changes”** organized by Dept.of Physical Education & the IQAC, Sir Syed College, Teliparamba Kannur, Kerala on 27th May 2020.
5. International Webinar on **“Improving the visibility of Research Work”** organized by Poompuhar College (Autonomous), Melaiyur on 28th May, 2020.
6. Participated **International Sports Science Webinar** organized by Tamilnadu Physical Education and Sports University, Chennai on 28th & 29th May, 2020.

National

1. One Day National Level Webinar on **“Fitness and Career in Fitness”** Organised by Dept. of Physical Education, G.T.N College, Dindigul on 04th June, 2020.
2. One day National Webinar on **"Joy of Orderly Living"** conducted by Kamadhenu CAS, Sathyamangalam on 05.05.2020.
3. One Day National Level Webinar on **"Rules and Interpretations of Track Events"** Organised by Dept. of Physical Education, Kongu Arts College, Erode on 11th May, 2020.
4. One Day National Level Webinar on **"Eight Limbs of Yoga"** Organised by Dept. of Value Education, Tamilnadu Teachers Education University, Chennai on 14th May, 2020.
5. National Level Webinar on **"Stay Healthy and Keep Fit during Lockdown"** Organised by Tamilnadu Physical Education and Sports University, Chennai on 14th to 16th May, 2020.
6. One Day National Level Webinar on **"Item Analysis"** Organised by Dept. of Value Education, Tamilnadu Teachers Education University, Chennai on 18th May, 2020.
7. One Day National Level Webinar on **"New Approaches in Sports Training Methods"** Organised by Dept. of Physical Education, SRKV CAS, Coimbatore on 20th May, 2020.

8. National Level Webinar in the topic of "**Conquering the Invisible Enemy: Strategies for Cooperatives in the Pandemic World**" presented by "Dr. Frank Ratnakumar" organized by SRKVCAS, Coimbatore on 22/05/2020.
9. National Online Webinar on "**Guidelines for Writing Research Paper**" Organized by Research Committee, Arasu Engineering College, Kumbakonam on 22nd May, 2020.
10. One Day National Level Webinar on "**Rules and Regulations in Athletics**" Organised by Dept. of Physical Education, CSME and PMMMMNMTT, M.S. University, Tirunelveli on 22nd to 30th May, 2020.
11. National Level Webinar on "**Obstacles and Guidelines for Publishing Papers in Journals**" conducted by PRUCAS Library on 23.05.2020.
12. National Online Webinar on "**Reduce Obesity and Be Fit**" organised by Department of Physical Education, Justice Basheer Ahmed Sayed College for women, Chennai on 24th May, 2020.
13. One Day National Level Webinar on "**Fitness During and after Lock-Down**" Organised by Dept. of Physical Education, G.T.N College, Dindigul on 05th July, 2020.
14. One Day National Level Webinar on "**Yoga for Health - Need of the Hour**" Organised by Dept. of Physical Education, G.T.N College, Dindigul on 05th July, 2020.
15. One Day National Level Webinar on "**Research Methodology in Physical Education**" Organised by IQAC and Dept. of Physical Education, Sri Kolli Nageshwar Rao Gangaiah Government First Grade College Gangavathi, KA on 7th July, 2020.
16. One Day National Level Webinar on "**Periodisation Training for Athletes**" Organised by Dept. of Physical Education, G.T.N College, Dindigul on 13th July, 2020.

FACULTY DEVELOPMENT PROGRAMME

1. A Seven Day National Level Webinar Faculty Development Programme (Multidisciplinary) organized by Bharathiar University Arts & Science (Constituent) Thondamuthur, Coimbatore 641 109 held on 11th to 17th May, 2020.
2. One day Online Faculty Development Programme on “Effective Teaching Strategies & Wellness to Overcome Stress” organized by Bishop Ambrose College, Coimbatore on 15th May 2020.
3. A Seven Day National Level Webinar Faculty Development Programme on Effective Learning and Teaching Methods of Business Practices organized by Kalasalingam Academy of Research and Institute, Krishnankovil on 19.05.2020 to 25.05.2020.
4. A Seven Day National Level Webinar Faculty Development Programme (Physical Education) on “Futuristic Approach and Professional Preparation in Physical Education” organized by Y.M.C.A College of Physical Education, Chennai held on 27th June to 03rd July, 2020.
5. 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 641 109 held on 08th to 14th July, 2020.

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 jump rope training on explosive power among inter-collegiate volleyball players	Star Research Journal - International	March, 2013	Vol.1, issue 5; Pp: 1 – 6. ISSN: 2321-676X
2.	Effects of Submaximal aerobic training in combinations with psychological counseling on selected health related physical fitness components and hormonal variables among people with Hypothyroidism	International Journal of Applied Research	July, 2016	Vol. 2 issue 7, Part I Pp: 595 – 599. ISSN No: 2394-7500 Impact No:5.2
3.	Effects of submaximal aerobic training in combinations with yogic practices on selected physiological and hormonal variables among people with hypothyroidism	International Journal of Applied Research	July, 2016	Vol. 2 issue 7, Part I Pp: 806 – 809. ISSN No: 2394-7500 Impact No:5.2
4.	Effect of Yogic Practices on selected Psychological variables among College Students	International Journal of Applied Research	Dec, 2019	Vol. 5 issue 12, Part B Pp: 77 – 78. ISSN No: 2394-7500 Impact No:5.2 http://www.allresearchjournal.com/

Experience as Coach / Manager / Member

S. No.	Positions held	Name of the Institutions	Duration		Years of Experience	Remarks
			From	To		
1.	Team Manager	Madurai Kamarau University Hockey Men team (South Zone) held at Bangalore	2019	2019	1 Yr	Participated
2.	Coach	Bharathiar University Volleyball Women team (All India) held at IIS University, Jaipur	2018	2018	1 Yr	Participated
3.	Coach	Bharathiar University Volleyball Women team (South Zone) held at KLEU, Vijayawada, AP	2018	2018	1 Yr	Second Place
4.	Coach	Bharathiar University Volleyball Women team (South Zone) held at Kannur University, Kannur , Kerala	2017	2017	1 Yr	Participated
5.	Team Manager	Bharathiar University Handball Men team (SZ)	2016	2016	1 Yr	Participated
6.	Selection Committee Member	Bharathiar University Teakwondo (W) team (31.01.2017)	2016	2017	1 Yr	
7.	Selection Committee Member	Bharathiar University Volleyball (W) team (29.09.15 to 30.09.2015)	2015	2016	1 Yr	
8.	Organizing Secretary	NIFT – TEA College of Knitwear Fashion Sports Club	2015	2019	4 Yr	