



**A.V.V.M. SRI PUSHPAM COLLEGE (AUTONOMOUS)  
POONDI – 613503, THANJAVUR – DT.**



STAFF PROFILE as on: 31.01.2022

1. Name of the Staff : **Dr.M.MADAN MOHAN**  
2. Designation : Associate Professor  
3. Academic Qualification : M.P.E.S. M.Phil., Ph.D.,

Course	UG	PG	M.Phil.	Ph.D.
Year	1993	1996	2000	2011
College & University	A.V.V.M. SriPushpamCollege (Autonomous), Poondi. BharathidasanUniversity.	AnnamalaiUniversity,	AlagappaUniv ersity, Karaikudi	AlgappaUn iversityKar aikudi

4. Date of Birth & Age : 22-06-1970 & 51  
5. Date of Appointment : Self – Finance : ---  
FIP : 2004 to 2006  
Aided : 13-07-2000  
6. Total Service : 21 Years  
7. Teaching Experience in Completed years : UG-21 PG – Nil M.Phil.-6  
8. Residential Address : Pulavarnatham (Post),  
Thanjavur – District. 613 501.  
Tamilnadu, India  
Mobil Number : 04362 267449, 9443167768.  
E-Mail Address : [mmmohan70@gmail.com](mailto:mmmohan70@gmail.com)  
9. No. of Orientation/Refresher Courses and Training Programmes attended : 05 Annexure – I  
10. Whether FDP availed, if yes, Furnish details : Nil  
11. No. of Seminars attended : 10 Annexure – II  
12. No. of Papers Presented : 05 Annexure – III  
13. No. of Papers Published : 12 Annexure – IV  
14. No. of Books Published : Nil  
15. No. of Guest Lectures delivered in other institutions : Nil  
16. No. of Research Projects undertaken : Nil

17. No. of Seminars organized : Nil
18. No. of M.Phil. Scholars Guided : Complete 06 Ongoing Nil
19. No. of Ph.D. Scholars Guided : Awarded 3 Submitted 2 Ongoing 01
20. Participation in Academic Research Bodies in other institutions : Nil
21. Service rendered in academic/ Extra Curricular/Extension activities within the college other than teaching : Nil
22. Service rendered in Professional bodies outside the college : Nil
23. Honors / Awards received : Nil

***Signature of the Staff***

## ANNEXURE – I

### DETAILS OF ORIENTATION, REFRESHER COURSES AND TRAINING PROGRAMMES ATTENDED

SI.No.	COURSE	UNIVERSITY	PERIOD	TITLE
1.	Orientation Course	BharathidasanUniversity	16.08.2002 to 12.09.2002	-
2.	Refresher Course	TamilUniversity	15.02.2005 to 07.03.2005	“Scientific Textualization”
3.	Refresher Course	AnnamalaiUniversity	01.12.2006 to 21.12.2006	Modern Techniques and Training in sports.
4.	Refresher Course	MaduraiKamarajUniversity	20.02.2008 to 11.03.2008	Modern Trends in Physical Education.
5.	Certificate NIS	SAI Southern Centre, Bangalore	May – June 1994	-

## ANNEXURE – II

### SEMINARS / CONFERENCES, SYMPOSIA, WORKSHOPS, ETC ATTENDED

Sl. No.	Title of the Seminars/Conferences, Symposia, Workshops	Level (State /National /International)	Sponsoring Agency and Name of the Institution	Date
1.	Role of Yoga on Health and fitness	National	Department of Physical Education Bharathidasan University	20 <sup>th</sup> March 2002
2.	Physical Fitness and Excellence in sports	National	FASOHO Ceri Nagar, Karaikudi	26, 27 <sup>th</sup> July 2003
3.	A wining Basket ball Philosophy	National	Department of Physical Education, Annamalai University	5, 6 <sup>th</sup> March 2004
4.	Cinematic Fitness and performance	National	OR. Sivanthi Aditanar College of Physical Education Tiruchendur	17, 19 <sup>th</sup> December 2004
5.	International Conference of Physical and sports Science	International	Kasturba Medical College, Manipal.	28 & 30 <sup>th</sup> April 2006
6.	Effect of Pranayama and Breathing Exercises are selected physiological variables among Asthma patients.	National	Department of Physical Education Bharathidasan University	21 March 2007
7.	National Seminar on Yoga for Holistic Health	National Seminar	Tamil Nadu Physical Education and Sports University, Chennai	10 <sup>th</sup> March, 2007
8.	International Conference on Metabolic Syndrome in Yoga and Naturopathy	International	Department of Physical Education & Health Science, Alagappa University, Karaikudi.	18 <sup>th</sup> & 19 <sup>th</sup> , December, 2007
9.	Effect of Circuit resistance training and plyometric raining on muscular strength among Bharathidasan University Football players	International	Department of Physical Education All Saint's College, Triuvandrum, Kerala	19 <sup>th</sup> & 20 November 2015
10.	Effect of Resistance training on maximum strength among male students.	National Conference	Ganesar College of Arts and Science Melasivapuri, Pudukkottai.	3 <sup>rd</sup> March 2018

## ANNEXURE – III

### PAPERS PRESENTED IN SEMINARS / CONFERENCES, SYMPOSIA, WORKSHOPS, ETC.

Sl. No.	Title of the Paper	Level (State /National /International)	Sponsoring Agency and Name of the Institution	Date
1.	Yoga for Holistic Health	National	Tamilnadu Physical Education and sports university	10 <sup>th</sup> March 2007
2.	Multidimensional Fantastic Approach to Excellence in Physical Education and sports	National	Tamilnadu Physical Education and sports university	21 July 2007
3.	Influence of Explosive strength training on some selected variables of physical Education students.	National	Department of Physical Education Bharathidasan University	21 March 2009
4.	Physical Fitness for Empowering youth and Adults	International	School of Physical Education Alagappa University	5 <sup>th</sup> & 6 <sup>th</sup> March 2009
5.	Advanced scientific training in foot ball	International	Tamilnadu Physical Education and sports, university	12 <sup>th</sup> & 13 <sup>th</sup> March 2009

## ANNEXURE – IV

### RESEARCH PAPERS PUBLISHED

Sl. No.	Title of the Paper	JOURNAL			Page Number
		Name	Volume	Year/ Month of Publication	
1.	Effect of ASANAS and Meditation on selected performance factors among Kabaddi Players	IJRRAS International Journal of Recent Research and Applied Studies	Vol. 2 Issue 9 (10)	November 2015	48
2.	Effect of Specific Yogic Practice on Selected Physical Variables among Male Kabaddi Players	IJRRAS International Journal of Recent Research and Applied Studies	Vol. 3 Issue 9 (10)	September 2016	12

3.	Effect of Interval Training on Selected Power Parameters among College Male Students	Review of Research UGC Approved Journal	Vol. 7 Issue 12	September 2018	1-4
4.	Effect of Circuit Training on Selected Strength parameters among male Students	STAR Research Journal	Vol. 5 Issue 10 (1)	October 2017.	1-4
5.	Impact of physical exercises on physical fitness variables among hockey players	IJRRAS International Journal of Recent Research and Applied Studies	Vol. 2 Issue 12 (13)	December 2015	
6.	Impact of physical exercises on selected physical fitness variables among hockey players	IJRRAS International Journal of Recent Research and Applied Studies	Vol. 3 Issue 9 (11)	September 2016	
7.	Effect of High Intensity Progressive Resistance Training on Selected Power Parameters	STAR Research Journal	Vol.6, Issue 3 (4)	March 2018.	
8.	Effect of High Medium and Low intensities of Progressive Resistance Training on selected Strength Parameters	STAR Research Journal	Vol.6, Issue 3 (18)	March 2018.	
9.	Effect of High Intensity Progressive Resistance Training on Selected Power Parameters	Sambodhi Journal (UGC Care Journal)	Vol. 45 (2)	October – December 2020	452
10.	Effect of High Medium and Low intensities of Progressive Resistance Training on selected Strength Parameters	Sambodhi Journal (UGC Care Journal)	Vol. 45 (2)	October – December 2020	463
11.	Effect of specific basketball drills and SAQ running on selected physical fitness variables among youth basketball players	Sambodhi Journal (UGC Care Journal)	Vol. 45 (2)	October – December 2020	443
12.	Effect of specific basketball drills and SAQ running on selected skill performance variables among youth basketball players	Sambodhi Journal (UGC Care Journal)	Vol. 45 (2)	October – December 2020	482