

**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.S.MUTHURAMALINGAM**
 2. Designation : Associate Professor & Head
 3. Academic Qualification : B.Sc., M.A., M.P.E.S., C.N.I.S (Yoga),
M.Phil., Ph.D.,

Course	UG	PG	M.Phil.	Ph.D.
Year	1984	1987, 1990	1997	2012
College & University	A.V.V.M. SriPushpamCollege, Poondi, University of Madras.	A.V.V.M. SriPushpamCollege, Poondi, BharathidasanUniversity, AnnamalaiUniversity	BharathidasanUniversity Trichy.	AlgappaUniversityKaraikudi

4. Date of Birth & Age : 14.04.1964&58
 5. Date of Appointment : Self – Finance : ---
FIP : Nil
Aided : 01.07.1991
 6. Total Service : 31 Years
 7. Teaching Experience in Completed years : UG-31 PG – Nil M.Phil.- Nil.
 8. Residential Address : Melamahanam, Kovilur (Post)
Thanjavur – 613 502
Tamilnadu, India
 Mobil Number : 9894438304
 E-Mail Address : muthu.poondi@gmail.com
 9. No. of Orientation/Refresher Courses and Training Programmes attended : 04 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 : 06 Annexure – IV
 14. No. of Books Published : Nil
 15. No. of Guest Lectures delivered in other institutions : 05 Annexure – V
 16. No. of Research Projects undertaken : Nil
 17. No. of Seminars organized : 02 Annexure – VI
 18. No. of M.Phil. Scholars Guided : Complete 5 Ongoing ___ Annexure –VII
 19. No. of Ph.D. Scholars Guided : Nil
 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

Sl. No.	COURSE	UNIVERSITY	PERIOD	TITLE
1.	Orientation Course	Academic Staff college, University of Madras	24.08.1994 to 20.09.1994	Orientation Programme
2.	Refresher Course	Physical Education and Sports Science, Annamalai University.	28.02.2000 to 19.03.2000	Physical Education of Sports
3.	Refresher Course	Academic Staff college University of Madras	01.11.2000 to 21.11.2000	Physical Education
4.	Refresher Course	Tamil University, Thanjavur.	05.11.2001 to 25.11.2001	Research Methodology in social sciences
5.	Special Orientation Programme	A.V.V.M Sri Pushpam College	06.04.2015 to 18.04.2015	Special Orientation Programme for Professor

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.	U.G.C. National Seminar of Performance	National	Alagappa University Karaikudi	April 1994
2.	National Seminar on Millennium Management Trends in Physical Education	National	Govt. Arts. College Thiruvanthapuram, Kerala.	29, 30, 31 st January 2001
3.	U.G.C. National Seminar of Applied Yoga	National	Dept. of Physical Education, Yoga centre, Bharathidasan University, Trichy	28 th March 2001.
4.	Seminar on personality Development	State	Alagappa University Karaikudi.	22 nd January 2005
5.	National seminar on Multidimensional Futuristic Approach to Excellence in Physical Education and sports	National	Tamilnadu Physical Education and Sports University Chennai.	21 st July 2007.
6.	International conference on physical education and sports sciences.	International	Kasturba Medical College, Manipal	28 th & 30 th April 2006
7.	International workshop on advanced scientific Training and coaching.	International	Tamilnadu Physical Education and Sports university Chennai.	2 nd & 3 rd February 2010
8.	Workshop on Integrating Technologies into Learning and Teaching	National	A.V.V.M Sri Pushpam College (Autonomous)	7 th & 8 th February 2013
9.	7 th Asia – Pacific conference on Exercise and Sports Sciences	International	Manav Rachna International University	October 14 th – 16 th 2015

10.	National Workshop on Tennis and Racketlon	National	Bharathidasan University	23th March 2019
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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.	Skill and Performance in sports	National	Annamalai University, Chidambaram.	3 rd & 4 th March 2003
2.	Harmony through sports	National	FASOHD and CECRI, Karaikudi	26 th , 27 th July 2003
3.	Cinematic Fitness and Marketing	National	Dr.Sivanthi Adithanar College, of Physical Education	17 th -19 th December 2004
4.	Health and Fitness through yoga	National	Dept. of Physical Education and Yoga centre, Bharathidasan University	21 st March 2007.
5.	Pranayama and Physiological benefits	International	Tamilnadu Physical Education and Sports University Chennai.	15 th and 16 th February 2008.

ANNEXURE – IV

RESEARCH PAPERS PUBLISHED

Sl. No.	Title of the Paper	JOURNAL			Page Number
		Name	Volume	Year/ Month of Publication	
1.	Influence of physical exercise and yogic practices on Anxiety, Aggression and achievement motivation level of college Men.	Indian Journal of Scientific Yoga	Vol. I	July 2008	12
2.	Cardiovascular fitness and body composition in relation to the practice of selected yogic exercise	Indian Journal of Scientific Yoga	Vol. 2	Dec. 2009	27
3.	Investigation of Body Composition Variables Among different Topography University athletes	International Journal of Physiology Nutrition and Physical Education ISSN:2456-0057	volume 4(1)	June 2019	P1233-1235
4.	Analysis of Pulmonary Variables among Different Topography University Athletes	International Journal of Yoga Human Movement and sports sciences ISSN:2456-4419	Volume4(1)	June2019	P746-748
5.	Effect of Fartlek Training on Upper Body Strength among Inter-Collegiate Players	Our Heritage Journal Volume-68, ISSN:0474-9030	Volume-68,Issue-30	Feb 2020	P572-575
6.	Effect of Fartlek Training on Speed among Inter-Collegiate Players	Our Heritage Journal ISSN:0474-9030	Volume-68,Issue-30	Feb 2020	P365-368,

ANNEXURE - V

GUEST LECTURES DELIVERED

Sl. No.	Title of the Guest Lecture	Place	Date
1.	Yoga (young Students Scientist Program)	A.V.V.M. SriPushpamCollege,	03.05.1999 to 31.05.1999
2.	Yoga (young Students Scientist Program)	A.V.V.M. SriPushpamCollege,	02.05.2000 to 31.05.2000
3.	Yoga (young Students Scientist Program)	A.V.V.M. SriPushpamCollege,	30.04.2001 to 29.05.2001
4.	Little Scholar Metric Higher Secondary School	Thanjavur	20.08.2016 and 04.08.2018
5.	CS Metric Higher Secondary School	MariammanKovil, Thanjavur	01.09.2017

ANNEXURE - VI

SEMINARS, CONFERENCES, SYMPOSIA, WORKSHOPS ORGANIZED

Sl. No	Title of the Seminar/Conference / Symposia Workshop	Name of the Sponsoring Agency	Amount Sanctioned	Period	UG submitted If Yes, Date and Year
1.	National Seminar on 'Yoga and Holistic Health'	A.V.V.M. SriPushpamCollege, Poondi.	-	One day	Own 10 th December 2005
2.	Handball RefereeClinic	A.V.V.M. Sri Pushpam College, Poondi.	-	Two day	Own 14 th - 15 th April 2008

ANNEXURE – VII

RESEARCH EXPERIENCE (M.Phil.) – GUIDED AND GUIDING

Sl. No.	Name of the Scholar	Title of the Dissertation	Year of Study	University
1.	B.MohammedArif	Effect of Plyometric Training on selected Physical fitness variables of Kabaddi players	2009	AnnamalaiUniversity
2.	T.Ramu	Effect of Yogasanas on selected physical variables among school Athlets.	2009	AnnamalaiUniversity
3.	K.Selvakkumar	Effect of Designed Resistance Training on body composition among males	2009	AnnamalaiUniversity
4.	BeharaKarwnkumar	Effectof weight Training on leg strength and Arm strength of Basketball players	2009	AnnamalaiUniversity
5.	R.Amburose	Effect of circuit Training of Selected Physical Fitness of volley ball players	2009	AnnamalaiUniversity

ANNEXURE – XII

PARTICIPATION IN ACADEMIC RESEARCH BODIES IN OTHER INSTITUTIONS (Mention the period in the relevant column)

Name of the Institution	Academic Council	BOS	Research Committee	Academic Audit committee	Member in University committee	Any other (Specify)
H.H. Raja's College, Pudukottai		2 Yrs				
Physical Education and sports sciences (B.P.E) Annamalai University		3 Yrs	2012			
Bharathidasan University, Physical Education, Trichy		3 Yrs			1 Yrs.	
H.H. Raja's College, Pudukottai		2 Yrs	2015-2017			
Bharathidasan University, Physical Education ,Trichy		3 Yrs	2015-2016		1 Yrs.	
Bharathidasan University, Physical Education Trichy						Valuation Board Chairman - 2015 to 2018
Annamalai University Physical Education, Chidambaram						Valuation Board Chairman - 2017
Bharathidasan University, Physical Education Trichy					27.07.2016	
TUK College, Karanthai, Thanjavur					27.08.2018	
One Man Commission for Yoga					2019, 2020	
Bharathidasan University, Physical Education Trichy		3 Yrs	2018 -2021			

ANNEXURE – XIII

SERVICE IN ACADEMIC / EXTRA CURRICULAR / EXTENSION ACTIVITIES

Sl.No.	Name of the Activity	Period
1.	Organising member of state level A.KrishnasamyVandayar Memorial Tennies Tournaments	1991 – 2018
2.	Organising memberof state level A.VeeriyaVandayar Memorial Tournaments of Basket Ball, Hockey, Foot Ball, Volley Ball, Handball.	1991 – 2018
3.	Tamil Nadu Junior Championship Athletic meet conducted organizing member of	1993 & 1997
4.		2006

5.	State level Inter Physical Education Tournaments	2000 – 2018
6.	Rotary District 2980 sports and Tournament organizing member	
7.	Coach and Manager of Bharathidasan University Athletics Team	1992 – 1997 2010 – 2018 2002
7.	Handball	2003 – 2004
7.	Kho-Kho	
7.	Kabaddi	
8.	Thanjavur District Blood camp organizing member	2006 -2018
9.	Masters Athletics Meet	2016 – 2017
10.	Inter School Papanasam Zone Athletic Meet	2017 – 2018
11.	Inter School Papanasam Zone Athletic Meet	2018 – 2019
12.	Inter School Papanasam Zone Athletic Meet	2019– 2020
	Blood Donation Camp	

ANNEXURE – XIV

MEMBERSHIP IN PROFESSIONAL BODIES

Name of the Professional Body	National / International	Period
National Referee Diploma for Handball Federation of India	National	2012
Organiszing committee member for the IHF men Asian continental challenge Trophy.	International	2011
Thanjavur District secretary Handball Association	National	2008 – 2018

ANNEXURE – XV

HONORS AND AWARDS RECEIVED

1. All India Inter University Gold Medalist of 4x100 mts Relay Team members in the year 1988 – 1989 at Calicut, Kerala.
2. In the year 1988 – 89 and 1989 – 90 in Athletics Annamalai University Blue for the Long Jump and 100 mts.
3. AllIndiaInterUniversity silver medalist of 4x100mts Relay member on 1989-90 at Chandigraha, Hariyana.
4. Represented Indian University Team 4x100 mts Relay member to open National at Madras-1989.
5. Participated in Athletic Event of Long Jump and sprint Relay member to the state and National championship.
6. Rotary Club President – 2007-2008.
7. Best President Award – 2007 – 2008.