



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

STAFF PROFILE as on:31.01.2022



1. Name of the Staff : S.DHARAKESWARI
2. Designation : Assistant Professor
3. Academic Qualification : M.P.Ed, Mscyoga, Ph.D

Course	UG	PG	PH.D.
Year	2009	2011	2019
College & University	Avinasilingam University	Annamalai University	Pondicherry University

2. Date of Birth & Age : 01.08.1988/ 32 yrs
- | D | D | M | M | Y | YYY | | |
|---|---|---|---|---|-----|---|---|
| 0 | 9 | 0 | 9 | 2 | 0 | 1 | 6 |
3. Date of Appointment : Self – Finance :
FIP :
Aided :
- | | | | | | | | |
|---|---|---|---|---|---|---|---|
| 1 | 7 | 0 | 6 | 2 | 0 | 1 | 7 |
|---|---|---|---|---|---|---|---|
4. Total Service : 6Years
5. Teaching Experience in completed years : UG PG
6. Residential Address : 96 Jeevanagar,
Railway colony,
Manamadurai,
Sivagangaidist,
Tamilnadu
Mobile Number : 9597071483
E-Mail Address : tharadev3888@gmail.com
7. No. of Orientation / Refresher Courses and Training Programmes Attended : 02 Annexure – I
8. Whether FDP availed, if yes, furnish details : Nil
9. No. of Seminars attended : 10 Annexure – II
10. No. of Papers Presented : 10 Annexure – III
11. No. of Papers Published : 04 Annexure – IV
12. No. of Books Published : Nil
13. No. of Guest Lectures delivered : Nil
in other institutions : Others
14. No. of Research Projects undertaken : Nil
15. No. of Seminars organized : Nil
16. No. of M.Phil. Scholars Guided : Nil
17. No. of Ph.D. Scholars Guided : Nil
18. Participation in Academic Research : Nil
Bodies in other institutions
19. Service rendered in academic / Extra Curricular / Extension Activities within the College other than teaching : 01 Annexure – V
20. Service rendered in Professional bodies outside the College : Nil
21. Honors / Awards received : Nil

Signature of the Staff

DETAILS OF ORIENTATION, REFRESHER COURSES AND TRAINING PROGRAMMES ATTENDED:

SL. NO.	COURSE	UNIVERSITY	PERIOD	TITLE
1.	Orientation course	Pondicherry university	2013-2014	Research methodology
2.	Orientation course	Madurai Kamaraj university	2019-2020	90 th Orientation course

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.	effect on pranayama practices on breath holding time and vital capacity among university women players” Internet Kedadthekatham	National	Alagappa university	29.10.2010.
2.	Yoga therapy for obesity	National	. Tamil Nadu physical education and sports university	20 th and 21 st Dec-2010.
3.	Exercise prescription for pregnant women	National	Annamalai university	28 th and 29 th Mar -2011.
4.	Laughter yoga	Inter national	Alagappa university	19 th and 20 th Oct-2012.
5.	Career opportunities for student athletes	National	Pondicherry University	
6.	Knowledge and perception of parent of disable children about Childs right to recreation	Inter national	Pondicherry university	18 th , 19 th and 20 th -2013.
7.	Yoga In education	Inter National	Fatima College Madurai	13 th Apr-2013
8.	Importance of physical education as an extracurricular activity for better education	Inter National	Fatima college Madurai	13 th Apr-2013

9.	Analysis of abdominal muscular endurance among school student with different BMI	Inter National	Osmania university	19 th and 20 th 2017
10.	IMPACT OF SOCIO-ECONOMIC STATUS ON PERSONALITY TRAITS OF DROPPED -OUT SPORTS WOMEN IN MADURAI DIST	National	Vinayaka Missions College of Physical Education, Salem,	23 and 24 mar 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.	effect on pranayama practices on breath holding time and vital capacity among university women players” Internet Kedadthekatham	National	Alagappa university	29.10.2010.
2.	Yoga therapy for obesity	National	. Tamil Nadu physical education and sports university	20th and 21st Dec-2010.
3.	Exercise prescription for pregnant women	National	Annamalai university	28th and 29th Mar -2011.
4.	Laughter yoga	Inter national	Alagappa university	19th and 20th Oct-2012.
5.	Career opportunities for student athletes	National	Pondicherry University	18th , 19th and 20th -2013.
6.	Knowledge and perception of parent of disable children about Childs right to recreation	Inter national	Pondicherry university	13th Apr-2013
7.	Strength training and its effect on sedentary women	National	Pondicherry University	25 mar 2013
8.	Yoga In education	Inter National	Fatima College Madurai	13th Apr-2013
9.	Importance of physical education as an extracurricular activity for better education	Inter National	Fatima college Madurai	19th and 20th 2017

10	Analysis of abdominal muscular endurance among school student with different BMI	Inter National	Osmania university	
11.	Impact of socio-economic status on personality traits of dropped -out sports women in Maduraidist	National	Vinayaka Missions College of Physical Education, Salem	23 and 24 mar 2018

ANNEXURE – IV

RESEARCH PAPERS PUBLISHED:

Sl. No.	Title of the Paper	Journal			Page Number
		Name	Volume	Year / Month of Publication	
1.	effect of six weeks basic strengt training among sedentary women	International research	2	Oct- 2013	
2.	Importance of physical education as an extracurricular activity for better education	journal on health fitness, sports and science		30-1 JUN 2013	
3.	Personality of women dropout from sports-A status study	Internation journal on education	3	Nov-2015	

ANNEXURE – V

GUEST LECTURES DELIVERED:

Sl. No.	Title of the Guest Lecture	Place	Date
1.	Stress management in yoga	Pandiyan Co- operative society	31.08.2021

ANNEXURE – VI

MEMBERSHIP IN PROFESSIONAL BODIES

Name of the professional body	National / International	Period
Editorial board member	Science PG	2020

HONORS AND AWARDS RECEIVED

- **Secured gold medal in M.P.Ed -2010-2011**
- **NET Cleared in Dec-2012**
- Participated in senior national Hand ball held on Orissa on 18 to 21 Jan-2009 .
- Participated in 13th Junior national Hand ball Championship held on Delhi on 16 to 21 Oct-2007 .
- Participate in south zone junior athletic championship held in thiruvananthapuram.
- Participate in inter university athletic meet held in Bangalore 2007-2008