

## FACULTY PROFILE

<b>Contact Number(s):</b>	9940904969	<b>Dr. R. SATHESH FRANKLIN</b>
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### I. Academic Qualifications (From SSLC...)

Sl. No.	Degree with Subject	College/University	Year of Completion	Class
01.	SSLC	Tamil Nadu State Board	1999	I
02.	XII	Tamil Nadu State Board	2001	I
03.	B.A. (His)	Arul Anandar College, Karumathur	2004	I
04.	B.P.Ed.	Y.M.C.A. College of Physical Education	2005	I
05.	M.P.Ed.	Y.M.C.A. College of Physical Education	2007	I
06.	M.Phil.	Y.M.C.A. College of Physical Education	2008	Distinction
07.	M.B.A.	Pondicherry University	2011	I
08.	Dilp. in Yoga	M. S. University, Tirunelveli	2008	I
09.	Ph.D.	TNPES University, Chennai	2014	Awarded
10.	NET	University Grand Commission	2011	Passed
11.	SET	University Grand Commission	2011	Passed
12.	NET	University Grand Commission	2012	Passed

**URL of Blog/Webpage**

<https://sites.google.com/view/sfsxce/>

**ORCID ID**

0000-0003-1217-5169

**Researcher Id**

Sathesh Franklin Rayappan

**Vidwan Id**

186806

**Scopus Id**

Sathesh Franklin

**Academia Id**

Sathesh Franklin R

### II. Professional Experience (From Present to Past)

Sl. No.	Designation	Name of the Institution	Period	Experience (In Years & Months )
01.	Assistant Professor	Arul Anandar College (Autonomous), Karumathur	2008-2013	5 Years
02.	Director of Physical Education	St. Xavier's College of Education (Autonomous), Palayamkottai	Since 2013	11 Years

**Research Gate Id**

Sathesh Franklin

**Google Scholar Id**

Sathesh Franklin Rayappan

**LinkedIn Id**

sathesh-franklin-98

### III. Area of Specialization (Based on Interest/Courses Handling/Handled)

Sl. No.	B.Ed / M.Ed	Specialised Area	Experience (In Years)
01.	B.Ed.	Physical Education	10 Years
02.	B.Ed.	Physical and Health Education	10 Years
03.	B.Ed.	Yoga Education	1 Year
04.	B.Ed.	Disaster Management	2 Years
05.	B.Ed.	Physical, Health Education and Yoga	2 Years

**Contact Address (Office)**

Director of Physical Education  
St. Xavier's College of Education,  
Palayamkottai

**Contact Address (Home)**

2/318, Periyar Nagar  
N. Panjampatti [P.O]  
Dindigul – 624 303.

**IV. Publications in the Journals with ISSN Number**

Sl. No.	Title of the Article/Paper	Name of the Journal	Month & Year, Volume & Issue	Details of the Publisher	ISSN Number	Authorship (Author/ Co-author)	Type of Journal (Scopus Indexed/UGC Care/Peer Reviewed with Impact Factor (if any))
01.	Analysis of Penalty Corner Drag Flick in FIH Champions Challenge – I Men Competition 2011	Health, Fitness and Sports Science	April 2013 & 1 (1)	Research Department of Physical Education National College, Trichy	2310-5202	Sathesh Franklin R & Rajinikumar P	Nil
02.	Biomechanical Analysis of Penalty Corner Drag Flick in Field Hockey	Star International Research Journal on Physical Education	October 2014		2321-676X	Sathesh Franklin R & Rajinikumar P	Nil

**V. Books Published with ISBN**

Sl. No.	Title of the Book	Month & Year of Publication	Details of the Publisher	ISBN Number	Authorship (Author/ Co-author)
01.	Yoga, Health and Physical Education	2023	Mitra Dev Publications, Sivakasi	978-93-95151-20-7	Sathesh Franklin R
02.	யோகா, உடல்நலம் மற்றும் உடற்கல்வி	2023	Mitra Dev Publications, Sivakasi	978-93-95151-26-9	Sathesh Franklin R

**VI. Chapters Contributed in the Book with ISBN**

Sl. No.	Title of the Book	Title of the Chapter Contributed	Month & Year of Publication	Details of the Publisher	ISBN Number	Authorship (Author/ Co-author)
01.						

**VII. Books Edited with ISBN**

Sl. No.	Title of the Book	Chief Editor/Editor/ Co-Editor	Month & Year of Publication	Details of the Publisher	ISBN Number
01.	Human Rights Education for Teacher Educators	Sathesh Franklin R Co-Editor	November & 2015	St. Xavier's College of Education, Palayamkottai	978-93-84192-01-3

02.	Social Media: Influence on Youth in their Psycho-Social Behavioural Functions	Sathesh Franklin R Co-Editor	March & 2017	St. Xavier's College of Education, Palayamkottai	978-93-84192-09-9
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### VIII. Articles Published in Monographs with ISBN (Conference/Seminar/Webinar Proceedings)

Sl. No	Title of the Seminar/Conference/Webinar	Date(s) of the Seminar/Conference/Webinar	Organised By	Month & Year of Publication	Title of the Article/Paper	Authorship (Author/Co-author)	ISBN Number
01.	Innovative Concepts in Physical Education and Yoga	01 & 02 February 2013	Arul Anandar College, Karumathur, Madurai	February 2013	Analysis of Penalty Corner Drag Flick Technique in Field Hockey	Author	978-93-80686-07-3
02.	Physiological Aspects of Training Nutrition on Recovery and Performance	10 <sup>th</sup> August 2013	Mannar Thirumalai Naicker College	August 2013	Influence of Circuit Training on Aerobic, Anaerobic Capacity among Hockey Players	Author	978-93-80657-73-8
03.	Producing Employable Teacher: Prospects, Challenges and Strategies	March 2016	St. Xavier's College of Education	March 2016	Communicative Skills and Physical Education Teachers'	Author	(978-93-84192-04-4
04.	Exercise Physiology and Nutrition for Enhancing Health, Fitness, and Sports Performance	5 <sup>th</sup> - 7 <sup>th</sup> March 2019	Tamil Nadu Physical Education and Sports University, Chennai	March 2019	Effects Combination of strength and Plyometric Training on Selected Motor Fitness Components of Male Kabaddi Players	Author	978-81-937479-1-9
05.	Institutional Practices Fostering Mental Health	10 <sup>th</sup> & 11 <sup>th</sup> January 2020	Internal Quality Assurance Cell (IQAC) and Fr. Bonhoure Centre for Research of St. Xavier's College of Education	January 2020	Perceptions of Leadership Styles and Job Satisfaction of Physical Education Teacher in Tirunelveli District	Author	

06.	Re-engineering Teacher Education: Approaches and Challenges	2 <sup>nd</sup> & 3 <sup>rd</sup> February 2024.	St. Xavier's College of Education	March 2024	Nurturing Mental Health among Prospective Teachers for Holistic Education	Author	978-93-84192-22-8
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#### IX. Seminars / Workshops/Conferences/Debates/Discussions Participated

Sl. No.	Title of the Seminar/ Conference/ Webinar/Quizzes	Date(s) of the Seminar/Conference /Debates/Discussions	Organised By	Venue
01.	E-content Development Phase- I	5 <sup>th</sup> – 7 <sup>th</sup> November 2014	Fr. Bonhoure Centre for Research, SXCE	St. Xavier's College of Education
02.	E-content Development Phase- II	22 <sup>nd</sup> – 24 <sup>th</sup> May 2014	Fr. Bonhoure Centre for Research, SXCE	St. Xavier's College of Education
03.	Sports Biomechanics	15 <sup>th</sup> October 2015	Department of Sports Biomechanics and Kinesiology	Tamil Nadu Physical Education and Sport University
04.	Extension Activities: Challenges and Opportunities	12 <sup>th</sup> & 13 <sup>th</sup> February 2016.	Jesuit Madurai Province Higher Education Commission and Extension Department - SHEPHERD	St. Joseph's College, Trichy
05.	Counselling Skills – Module I	23 <sup>rd</sup> & 24 <sup>th</sup> February, 2016	St. Xavier's College of Education	St. Xavier's College of Education
06.	SPSS Essentials	26 <sup>th</sup> & 27 <sup>th</sup> February, 2016	St. Xavier's College of Education	St. Xavier's College of Education
07.	Creating Personal Website	23 <sup>rd</sup> December 2016.	IQAC, St. Xavier's College of Education	St. Xavier's College of Education
08.	Research in 21 <sup>st</sup> Century	18 <sup>th</sup> & 19 <sup>th</sup> August 2017.	Fr. Bonhoure Centre for Research and IQAC	St. Xavier's College of Education
09.	Writing Research Papers, Citation Analysis, Plagiarism, Getting Patent & Copy Right	29 <sup>th</sup> and 30 <sup>th</sup> June 2018	Department of Library	Ramco Institute of Technology, Rajapalayam
10.	Restriction of Plagiarism: A Quality Measure in Social Science Research	25 <sup>th</sup> August 2018	Fr. Utarid Library, SXCE	St. Xavier's College of Education
11.	Effective Mentoring	20 <sup>th</sup> September 2018	Internal Quality Assurance Cell (IQAC)	St. Xavier's College of Education
12.	Education and Research: Trends, Issues and Challenges	28 <sup>th</sup> April 2018	St. Xavier's College of Education	St. Xavier's College of Education
13.	Colloquium on Best Practices of Colleges of	13 <sup>th</sup> March 2019	Internal Quality Assurance Cell (IQAC)	St. Xavier's College of Education

	Education (CBPCE-2019)			
14.	Project – Writing for funding Agencies and Article- Writing for Impact Journals	18 <sup>th</sup> June 2019	Internal Quality Assurance Cell (IQAC)	St. Xavier’s College of Education
15.	Learning Disabilities	5 <sup>th</sup> October 2019	St. Ignatius College of Education	St. Ignatius College of Education
16.	SPSS & AMOS Utilities	10 <sup>th</sup> December 2019	Fr. Bonhoure Centre for Research and IQAC	St. Xavier’s College of Education
17.	Leadership in higher Education Institutions	May 4 <sup>th</sup> – 6 <sup>th</sup> 2019	St. Joseph’s College, Tiruchirappalli and Jesuit Higher Education Association of South Asia	JMJ Center, Sirumalai Hills, Dindigul, Tamil Nadu
18.	Faculty Development Programme on “Ignatian Pedagogical Paradigm (IPP)”	25 <sup>th</sup> February 2022	Internal Quality Assurance Cell (IQAC)	St. Xavier’s College of Education (Autonomous), Palayamkottai
19.	Posh Act & Pocso Act	18 <sup>th</sup> August 2022	Internal Quality Assurance Cell (IQAC)	St. Ignatius College of Education & St. Xavier’s College of Education
20.	Mindfulness for Teachers: A Practical Guide	25 <sup>th</sup> March 2023	Bonhoure PG and Research Department of Education	St. Xavier’s College of Education
21.	Augmenting Prowess in Qualitative Research	07 <sup>th</sup> October 2023	Bonhoure Centre for Research & IQAC	St. Xavier’s College of Education (Autonomous), Palayamkottai
22.	ITEP in the Light of NEP 2020	10 <sup>th</sup> August 2024	Internal Quality Assurance Cell (IQAC)	St. Ignatius College of Education & St. Xavier’s College of Education

#### X. Workshops/Conferences/Debates/Discussions/Webinar/E-Quizzes/ Participated (On-line)

Sl. No.	Title of the Seminar/ Conference/ Webinar/Quizzes	Date(s) of the Workshops/Conferences/Debates/Discussions/Webinar/E-Quizzes	Organised By	Platform
01.	Exercise Physiology Online Course	14 <sup>th</sup> September 2019	Udemy	Udemy
02.	Free Weight loss Course: Weight Loss Made Simple Online Course	14 <sup>th</sup> September 2019	Udemy	Udemy
03.	Webinar on ‘The Nomenclatural Code And Its Relevance To Fungi’	4 <sup>th</sup> May, 2020	Department of Botany , Sri Aurobindo College	Zoom
04.	Webinar on ICT – An Efficient Tool for Effective Training	16 <sup>th</sup> May 2020.	National Institute of Technology, Warangal	Zoom

05.	National Level Webinar on "Reflections and Suggestions on using Technology in Indian Schools and Universities"	20 <sup>th</sup> May, 2020.	School of Education, VELS Institute of Science, Technology and Advanced Studies (VISTAS), Chennai	Zoom
06.	Two days International Level Webinar on "Role of Sports in Building a Successful Career"	18 <sup>th</sup> May 2020 & 19 <sup>th</sup> May 2020.	Thoothukudi District Hockey Association with Pothigai Sports and Skill Development Organisation (POSSDO)	Zoom
07.	Online Learning and Management System & Designing E – Content	28 <sup>th</sup> May, 2020 – 31 <sup>st</sup> May, 2020	K.L.E Society's J. G. College of Commerce, Hubballi	Zoom
08.	A one-day National Webinar on Fitness Protocols for Kids and Elderly People during Pandemic	29 <sup>th</sup> May 2020	Sri Ramakrishna Mission Vidyalya Maruthi College of Physical Education, Coimbatore.	Zoom
09.	Webinar on 'Yogasana and Pranayama during COVID— 19 Pandemic'	30 <sup>th</sup> May 2020	School of Education, Tamil Nadu Open University, Chennai	Zoom
10.	National Webinar on "Art and Science of Writing Research Article in Education"	31 <sup>st</sup> May, 2020.	Department of Educational Planning and Administration, Tamil Nadu Teachers Education University	Zoom
11.	Online International Faculty Development Programme on Establishing Research beyond the Horizon	26 <sup>th</sup> to 30 <sup>th</sup> May, 2020	N.K.T. National College of Education for Women, Chennai	Zoom
12.	International Webinar Series on Mental Health and Wellness during Covid-19 Pandemic	1 <sup>st</sup> June 2020 to 7 <sup>th</sup> June 2020	Department of Special Education and Rehabilitation Science Alagappa University & Department of Psychology, The American College, Madurai	Zoom
13.	National Level Webinar on Post Lockdown Class Room Management - Challenges and Chances	03 <sup>rd</sup> June 2020.	Sri Gayathri College of Education, Salem	Zoom
14.	International Faculty Development Programme (Online) on "Injury Free Sports: Do's & Don'ts"	3 <sup>rd</sup> June 2020	Department of Physical Education , Ayya Nadar Janaki Ammal College, Sivakasi	Zoom
15.	National Level Webinar on Fitness and Career in Fitness	04 <sup>th</sup> June 2020.	Department of Physical Education, G. T. N. College, Dindigul	Zoom
16.	National Webinar on digital tools for Interactive Teaching	05 <sup>th</sup> June 2020.	St. Xavier's College of Education (Autonomous), Palayamkottai	Zoom
17.	Webinar on Tapping our Inner Resources to Win COVID – 19	11 <sup>th</sup> June 2020.	Fr. Utarid Library, St. Xavier's College of Education (Autonomous), Palayamkottai	Zoom
18.	Online Faculty Development Programme on Rejuvenation of Body, Mind and Soul	15 <sup>th</sup> June 2020 to 19 <sup>th</sup> June 2020.	Department of Physical Education, Ethiraj college for Women	Zoom

19.	Webinar on Turn your Thesis in Articles	16 <sup>th</sup> June 2020.	Bonhore Centre for Research, St. Xavier's College of Education (Autonomous), Palayamkottai	Zoom
20.	Online Faculty Development Programme on Field Hockey	23 <sup>rd</sup> June to 30 <sup>th</sup> June 2020.	IQAC and Department of Physical Education of Shri Shankaralal Sundarbai Shasun Jain College in collaboration with Hockey Unit of Tamil Nadu	Zoom
21.	National Level Webinar on Unknown Facts about Mangrove Forests	26 <sup>th</sup> June 2020.	St. Xavier's College of Education (Autonomous), Palayamkottai	Zoom
22.	International Webinar on Curriculum Development and Delivery learning Objectives	26 <sup>th</sup> June 2020.	Sarah College of Education for Women, Uthukkuli	Zoom
23.	Webinar on "How to Get Your Article Published in Indexed Journals"	03 <sup>rd</sup> July 2020.	St. Ignatius College of Education (Autonomous) Palayamkottai	Zoom
24.	One Day National Level Webinar on "Research Methodology in Physical Education"	7 <sup>th</sup> July 2020.	Organised by IQAC and Dept. of Physical Education	Zoom
25.	National Webinar on Periodization of Training for Athletes organized by	13 <sup>th</sup> July 2020.	Department of Physical Education, G.T.N. Arts College, Dindigul	Zoom
26.	National Webinar on Modern Trends in Physical Education	25 <sup>th</sup> July 2020.	Department of Physical Education, G.T.N. Arts College, Dindigul	Zoom
27.	Online Faculty Development Programme on "Ranking: Gateway to Excellence"	3 <sup>rd</sup> August 2020	NIRF, Kamaraj College	
28.	Five Day International Online Faculty Development Programme on Soft Skills for Capacity Building.	22 <sup>nd</sup> – 25 <sup>th</sup> February 2021	St. Joseph's Academy of Soft Skills, St. Joseph's College, Tiruchirapalli	Zoom

#### **XI. Courses Completed (Short term/Orientation/Refresher)**

Sl. No.	Title of the Short term/Orientation/Refresher Course	Duration	Organised By	Venue/ Platform (if online)
01.	Orientation Course	28 Days (01.06.2018 to 28.06.2018)	Human Resource Development Centre, Pondicherry University, Pondicherry	Pondicherry University
02.	Refresher Course	14 days (20.10.2021 to 02.11.2021)	Human Resource Development Centre, Bharathidasan University, Trichy	Online Zoom
03.	Refresher Course	14 days	UGC, HRDC, Lakshmibai National Institute of Physical	Online Zoom

		(04 <sup>th</sup> January 2023 to 17 <sup>th</sup> January 2023)	Education, Deemed University, Gwalior	
04.	Refresher Course	14 days 06 <sup>th</sup> February 2024 to 19 <sup>th</sup> February 2024	UGC, MMTTC, Lakshmbai National Institute of Physical Education, Deemed University, Gwalior.	Online Zoom

### XII. E-Modules/E-Content Developed

Sl. No.	Title of the E-Module/E-Content Developed	Developed At (Venue)	Sponsored/Organised By	The Link (if Any)
01.	Revive of Hockey in India	St. Xavier's College	St. Xavier's College of Education	<a href="https://www.youtube.com/watch?v=hIFpZL6f_qY&amp;t=70s">https://www.youtube.com/watch?v=hIFpZL6f_qY&amp;t=70s</a>
02.	Surya Namaskar	St. Xavier's College of Education	St. Xavier's College of Education	<a href="https://www.youtube.com/watch?v=tTKLIA8s7pw&amp;t=3s">https://www.youtube.com/watch?v=tTKLIA8s7pw&amp;t=3s</a>
03.	Basic Work Out	St. Xavier's College of Education	St. Xavier's College of Education	<a href="https://www.youtube.com/watch?v=Uj-8XYXUhp8">https://www.youtube.com/watch?v=Uj-8XYXUhp8</a>
04.	Strengthening Exercise	St. Xavier's College of Education	St. Xavier's College of Education	<a href="https://www.youtube.com/watch?v=C0ay8AyggLg">https://www.youtube.com/watch?v=C0ay8AyggLg</a>
05.	Abs Workout	St. Xavier's College of Education	St. Xavier's College of Education	<a href="https://www.youtube.com/watch?v=tIVEXDaKOz8&amp;t=17s">https://www.youtube.com/watch?v=tIVEXDaKOz8&amp;t=17s</a>

### XIII. Organized (Seminar/Workshop/Conferences/Extension Lectures at International/National/Regional and Institutional Level)

Sl. No.	Title of the Programme	Type of the Programme	Organised By	Date(s)
01.	Innovative Concepts in Physical Education and Yoga	UGC Sponsored National Seminar	Arul Anandar College, Karumathur, Madurai	01 <sup>st</sup> & 02 <sup>nd</sup> February 2013
02.	Human Rights Education for Teacher Educators	UGC Sponsored National Seminar	St. Xavier's College of Education	31 <sup>st</sup> October & 01 <sup>st</sup> November 2014
03.	Itep in the Light of NEP 2020	Seminar	St. Xavier's College of Education	10 <sup>th</sup> August 2024
04.	4 <sup>th</sup> Inter-Collegiate Volleyball Tournament on	Tournament	St. Xavier's College of Education	29 <sup>th</sup> March, 2014
05.	64 <sup>th</sup> College Annual Sports Meet	Sports Meet	St. Xavier's College of Education, Palayamkottai	26 <sup>th</sup> April, 2014
06.	XATEC- 2014 Inter – Collegiate Cultural Competition	Cultural Competition	St. Xavier's College of Education, Palayamkottai	2 <sup>nd</sup> April 2014
07.	Gramapravesam	Community Camp	St. Xavier's College of Education, Palayamkottai	30 <sup>th</sup> January to 02 <sup>nd</sup> February 2014.
08.	Acupuncture and Food as Medicine	Extension Lectures	St. Xavier's College of Education, Palayamkottai	8 <sup>th</sup> February, 2014.
09.	5 <sup>th</sup> Inter-Collegiate State Level Volleyball Tournament	Tournament	St. Xavier's College of Education, Palayamkottai	28 <sup>th</sup> March, 2015



10.	XATEC- 2015	Inter-Collegiate Cultural Competition	St. Xavier's College of Education, Palayamkottai	31 <sup>st</sup> March 2015
11.	65 <sup>th</sup> College Annual Sports Day	Sports Meet	St. Xavier's College of Education, Palayamkottai	17 <sup>th</sup> April 2015.
12.	Dengue Awareness	Extension Lectures	St. Xavier's College of Education, Palayamkottai	31 <sup>st</sup> January, 2015
13.	Flood Relief Camp	Community Camp	St. Xavier's College of Education, Palayamkottai	18 <sup>th</sup> – 21 <sup>st</sup> December, 2015
14.	Nature-life is a natural life	Special Lecture	St. Xavier's College of Education, Palayamkottai	19 <sup>th</sup> March, 2016.
15.	66 <sup>th</sup> College Annual Sports Meet	Sports Meet	St. Xavier's College of Education, Palayamkottai	28 <sup>th</sup> March 2016
16.	Management of Dengue through Siddha Medicine	Extension Lecture	St. Xavier's College of Education, Palayamkottai	08 <sup>th</sup> October 2016
17.	Yoga Training Programme for Girls students	Training Programme	St. Xavier's College of Education, Palayamkottai	10 <sup>th</sup> October 2016
18.	Electronic Resources and Academic Libraries: Exploring New Trends, Technologies, Practices, services and Management	National Conference	St. Xavier's College of Education	2 <sup>nd</sup> & 3 <sup>rd</sup> January 2024
19.	Save World without Drugs	Extension Lecture	St. Xavier's College of Education, Palayamkottai	18 <sup>th</sup> January 2017
20.	Community Service Camp	Camp	St. Xavier's College of Education, Palayamkottai	2 – 4 February 2017
21.	67 <sup>th</sup> College Annual Sports Meet	Sports Meet	St. Xavier's College of Education, Palayamkottai	28 <sup>th</sup> March 2017
22.	Social Media: Influence on Youth in their Psycho-Social Behavioral Functions	National conference	St. Xavier's College of Education	24 <sup>th</sup> & 25 <sup>th</sup> March 2017
23.	Operation Clean Look Programme	Awareness	St. Xavier's College of Education (Autonomous), Palayamkottai	6 <sup>th</sup> September 2017
24.	UGC-NET Preparatory Programme for LIS Professionals	NET Preparatory Programme	St. Xavier's College of Education	06 <sup>th</sup> to 08 <sup>th</sup> October 2017
25.	Swachh Bharat Camp	Awareness Programme	St. Xavier's College of Education	30 <sup>th</sup> August 2019
26.	Social Media and Youth: Towards Social Transformation	National level Seminar	St. Xavier's College of Education	25 <sup>th</sup> November 2019
27.	TNTEU Tirunelveli District Level Inter-Collegiate Cultural Meet	Cultural Meet	Tamil Nadu Teachers Education University and St. Xavier's College of Education	10 <sup>th</sup> February 2020.
28.	TNTEU Tirunelveli District Level Inter-Collegiate Sports Meet	Sports & Cultural Meets	Tamil Nadu Teachers Education University and St. Xavier's College of Education	11 <sup>th</sup> February 2020

29.	Age Related Disorders & Remedy through Fitness	National level Webinar	St. Xavier's College of Education	12 <sup>th</sup> June 2020
30.	Effective Speaking and Writing in English	International Webinar	Tamil Nadu Teachers Education University, Chennai and St. Xavier's College of Education, Palayamkottai	14 <sup>th</sup> August 2020.
31.	Systems of Education around the Globe - A Critical Appraisal	International Webinar	St. Xavier's College of Education, (Autonomous), Palayamkottai & JCERT	19 <sup>th</sup> to 22 <sup>nd</sup> October 2020
32.	Deaddiction	Awareness Programme	Google Meeting St. Xavier's College of Education	07 <sup>th</sup> December 2020
33.	Independence Day	Celebration	St. Xavier's College of Education, Palayamkottai	14 <sup>th</sup> & 15 <sup>th</sup> August 2021
34.	A three-day program on 'Yoga and its benefits'	Orientation	Health Club, St. Xavier's College of Education, Palayamkottai	25 - 27 October 2021.
35.	72 <sup>nd</sup> College Annual Sports Day	Sports Meet	St. Xavier's College of Education	28 <sup>th</sup> May 2022
36.	Cyber Crime Awareness	Extension Lecture	St. Xavier's College of Education	30 <sup>th</sup> April 2022.
37.	De-addiction Programme	Extension Lecture	St. Xavier's College of Education	20 <sup>th</sup> May 2022
38.	Swacch Campus – 2022	Camp	St. Xavier's College of Education, Palayamkottai	23 <sup>rd</sup> March 2022
39.	Tobacco and its impact on health & COTPA	Extension Lecture	St. Xavier's College of Education (Autonomous), Palayamkottai	06 <sup>th</sup> July 2022
40.	Effective Teaching Learning Strategies for Primary School Teachers of Tirunelveli City	Workshop	St. Xavier's College of Education, Palayamkottai	30 <sup>th</sup> July 2022
41.	76 <sup>th</sup> Independence Day	Celebration	St. Xavier's College of Education (Autonomous), Palayamkottai	15 <sup>th</sup> August 2022
42.	Media Analysis	Workshop	St. Xavier's College of Education, Palayamkottai	31 <sup>st</sup> January 2023
43.	National Science Day	VENTEL Programme- IV	St. Xavier's College of Education, Palayamkottai	28 <sup>th</sup> February 2023.
44.	73 <sup>rd</sup> College Annual Sports Meet	Sports Meet	St. Xavier's College of Education, Palayamkottai	23 <sup>rd</sup> February 2023.
45.	Republic Day	National Integration	St. Xavier's College of Education, Palayamkottai	26 <sup>th</sup> January 2023
46.	National Science Day	VENTEL Programme – IV	St. Xavier's College of Education, Palayamkottai	28 <sup>th</sup> February 2023
47.	Awareness Rally on “No” to Plastics and “Yes” to Manjapai	Awareness Rally	St. Xavier's College of Education with St. Ignatius College of Education and St. John's College of Education, Palayamkottai	24 <sup>th</sup> March 2023.

48.	77 <sup>th</sup> Independence Day	Celebration	St. Xavier's College of Education, Palayamkottai	15 <sup>th</sup> August 2023.
49.	A value added course on 'Yoga for Human Excellence'	Training Programme	St. Xavier's College of Education, Palayamkottai	23 <sup>rd</sup> August 2023 to 25 <sup>th</sup> August 2023
50.	Demonstration on Shell Painting on	VENTEL Programme- I	St. Xavier's College of Education, Palayamkottai	04 <sup>th</sup> October 2023.
51.	Campaign against Menace of Drug Abuse	Awareness	St. Xavier's College of Education, Palayamkottai	10 <sup>th</sup> October 2023.
52.	A Man Beyond Science	VENTEL Programme- II	St. Xavier's College of Education, Palayamkottai	14 <sup>th</sup> October 2023.
53.	National Education Day	VENTEL Programme- III	St. Xavier's College of Education, Palayamkottai	08 <sup>th</sup> November 2023.
54.	Re-engineering Teacher Education: Approaches and Challenges	National Conference	St. Xavier's College of Education (Autonomous), Palayamkottai	2 <sup>nd</sup> & 3 <sup>rd</sup> January 2024
55.	75 <sup>th</sup> Republic Day	Celebration	St. Xavier's College of Education, Palayamkottai	26 <sup>th</sup> January 2024
56.	74 <sup>th</sup> College Annual Sports Meet	Sports Meet	Department of Physical Education, St. Xavier's College of Education, Palayamkottai	09 <sup>th</sup> March 2024
57.	Swachh Campus	Orientation	St. Xavier's College of Education, Palayamkottai	14 <sup>th</sup> March 2024
58.	Field Visit to Madurai for B.Ed. First Year students	Field Visit	St. Xavier's College of Education, Palayamkottai	15 <sup>th</sup> March 2024
59.	Nagercoil Alumni/ae Chapter Meeting	Meeting	Carmel Higher Secondary School, Nagercoil	06 <sup>th</sup> July 2023.
60.	Trichy Alumni/ae Chapter	Meeting	St. Joseph's College Hr. Sec. School, Trichy	July 21, 2023
61.	Dindigul Alumni/ae Chapter Meeting	Meeting	St. Mary's Hr. Sec. School, Dindigul	06 <sup>th</sup> November, 2023.
62.	Madurai Alumni/ae Chapter Meeting	Meeting	St. Mary's Hr. Sec. School, Madurai	October 17, 2023.
63.	Sivaganagai and Ramanathapuram Chapter Meetings	Meeting	St. Arulanandar Higher secondary School, Oriyur & Debritto Higher Secondary School - Devakottai	27 <sup>th</sup> & 28 <sup>th</sup> November 2023.
65.	Thoothukudi Alumni/ae Chapter Meeting	Meeting	St. Francis Xavier's Higher Secondary School, Thoothukudi	05 <sup>th</sup> February 2024.
66.	Tirunelveli Alumni/ae Chapter Meeting	Meeting	Xavier's Higher Secondary School, Palayamkottai	08 <sup>th</sup> March 2024
67.	IPEP in the Light of NEP 2020	Seminar	St. Xavier's College of Education, Palayamkottai	10 <sup>th</sup> August 2024

**XIV. Resource Person (In Seminar/Workshop/Conferences/Orientation at International/National/Regional and Institutional Level)**

Sl. No.	Title of the Programme	Topic Presented	Type of the Programme	Date(s)	Organised By & Venue
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01.	Yoga Training Programme	Yoga for Wellness	Training Programme	16 <sup>th</sup> -14 <sup>th</sup> December 2013	Health Club, St. Xavier's College of Education, Palayamkottai
02.	Inter-Colligate Hockey Tournament	Rules of Field Hockey	Tournament	15 <sup>th</sup> – 16 <sup>th</sup> October 2014.	Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai
03.	Workshop on Field Hockey	“Techniques of Field Hockey”.	Orientation	10 <sup>th</sup> Oct 2015	Tamil Nadu Physical Education and Sports University, Chennai
04.	Yoga Training Programme	Yoga for Healthy Life	Training Programme	16 <sup>th</sup> to 22 <sup>nd</sup> December 2015	Health Club, St. Xavier's College of Education, Palayamkottai
05.	Yoga Training Programme	Yoga for Wellness	Training Programme	17 <sup>th</sup> - 21 <sup>st</sup> March 2016	Health Club, St. Xavier's College of Education, Palayamkottai
06.	College Annual Sports Day	Essentials of Fitness for Prospective Teachers.	Celebration	30 <sup>th</sup> April 2016	St. Joseph's College of Education, Kalakkdu, Tirunelveli.
07.	Yoga Training Programme	Yoga for healthy Lifestyles	Training Programme	10 <sup>th</sup> – 16 <sup>th</sup> October 2016	Health Club, St. Xavier's College of Education, Palayamkottai
08.	Annual Sports Day	Influence of Sports on Academic Performance	Celebration	18 <sup>th</sup> March 2017	St. Joseph's Matriculation School, Kalakkdu, Nagunari, Tirunelveli.
09.	Christmas Celebration	Christmas Eve Services and Candlelight Vigils	Celebration	12 <sup>th</sup> December 2018.	St. John's College of Physical Education, Vervanallour, Tirunelveli
10.	97 <sup>th</sup> Sports Meet	Rules and Regulation of Track and Fields	Officiating	16 <sup>th</sup> to 21 <sup>st</sup> September, 2019	St. Xavier's College (Autonomous), Palayamkottai
11.	Interview Panel Member	Selecting the candidate for the post of Physical Education	Interview	19 <sup>th</sup> July 2019	St. Justin's College of Education, Madurai
12.	Central Evaluation Work	Evaluation of Answer Scripts of B.Ed., degree Examinations	Evaluation	24 <sup>th</sup> July 2019 to 26 <sup>th</sup> July 2019	Tamil Nadu Teacher Education University & St. John's College of Education, Palayamkottai
13.	16 <sup>th</sup> Rural Sports Meet	Promoting Inclusivity and Diversity in Grassroots Sports	Sports Meet	27 <sup>th</sup> February 2020	Arul Anandar College (Autonomous), Karumathur, Madurai.
14.	Sports Day	Importance of Physical Activity for Women	Celebration	14 <sup>th</sup> March 2020	Bharath Institute of Education for Women, Thenkasi.

		Prospective Teachers			
15.	Sports Management and Sports Nutrition	“Fitness – A Way of Life”	Webinar	18 <sup>th</sup> & 19 <sup>th</sup> February 2021	Arul Anandar College, Karumathur, Madurai, Tamil Nadu
16.	Official for the Sports Events at from	Rules and Regulation of Track and Fields	Officiating	28 <sup>th</sup> March 2022 to 01 <sup>st</sup> April 2022.	St. Xavier’s College (Autonomous), Palayamkottai
17.	Annual Citizenship Training Camp	“Yoga: An Art of Fitness”	Orientation	07 <sup>th</sup> July 2021	Meston College of Education (Autonomous), Royapettai, Chennai
18.	Jesuit Madurai Province Higher Education Commission Recruitment Board	Selection for the Assistant Professor in the Department of Physical Education	External Expert	06 <sup>th</sup> July 2021.	Arul Anandar College, Karumathur, Madurai
19.	External Examiner for Hockey Selection Trails	Selection of Hockey Players	External Expert	19 <sup>th</sup> August 2021	Arul Anandar College, Madurai
20.	Intensive English Training Programme	English Communication Skills	Group Discussion	15 <sup>th</sup> September 2021 to 09 <sup>th</sup> October 2021	St. Xavier’s College of Education, Palayamkottai
21.	Yoga Education	Yoga for Perspective Teachers	Orientation	21 <sup>st</sup> March 2022	Health Club, St. Xavier’s College Palayamkottai
22.	Sports And Games	Selection of the Hockey Players	External Selection Committee	06 <sup>th</sup> July 2022.	Arul Anandar College (Autonomous), Karumathur, Madurai
23.	Interview panel	Selection for the post of Assistant Professor in Physical Education	External Expert	27 <sup>th</sup> July 2022.	St. Xavier’s College (Autonomous), Palayamkottai
24.	Central Evaluation Work	Evaluation of Answer Scripts of B.Ed., degree Examinations	Evaluation	11 <sup>th</sup> August 2022.	Tamil Nadu Teachers Education University, Chennai & St. Xavier’s College of Education (Autonomous), Palayamkottai
25.	Opportunities in Physical Education	‘Career Opportunities in Physical Education: An Ultimate Guide’	Extension Lecture	05 <sup>th</sup> November 2022.	Department of Physical Education, Arul Anandar College (Autonomous), Karumathur, Madurai
26.	Emerging Trends for Sustainable Development in Libraries	Member Organising Committee	National Conference	20 <sup>th</sup> & 21 <sup>st</sup> January 2023	Fr. Urarid Library of St. Xavier’s College of Education jointly with SALIS, Tirunelveli Chapter

27.	External Selection Committee Member	the Sports and Games selection trails in Hockey, Kabaddi and Athletics	External Expert	13 <sup>th</sup> April 2023.	Arul Anandar College (Autonomous), Karumathur, Madurai
28.	Member of the Interview	Panel for the post of Assistant Professor in Physical Education	External Expert	28 <sup>th</sup> April 2023.	St. Xavier's College (Autonomous), Palayamkottai
29.	B.Ed., Paper Valuation	Evaluating Physical and Health Education Papers	Evaluation	19 <sup>th</sup> May 2023	N.V.S.K.D. College of Education (Autonomous), Attoor
30.	MK University C Zone Hockey Tournament	Officiating Skills in field Hockey	Officiating	23 <sup>rd</sup> September 2023	Arul Anandar College (Autonomous), Karumathur, Madurai
31.	B.Ed., Paper Valuation	Evaluating Physical and Health Education Papers	Evaluation	26 <sup>th</sup> May 2023	St. Ignatius College of Education (Autonomous), Palayamkottai
32.	B.Ed., Paper Valuation Camp	Evaluating Yoga Education Papers	Evaluation	08 <sup>th</sup> September 2023 to 14 <sup>th</sup> September 2023.	Tamil Nadu Teachers Education University, Chennai & Sri Sarada College of Education, Tirunelveli
33.	B.Ed., Paper Revaluation Camp	Revaluating Yoga Education Papers	Revaluation	30 <sup>th</sup> November 2023.	Tamil Nadu Teachers Education University, Chennai & Sri Sarada College of Education, Tirunelveli
34.	Re-engineering Teacher Education: Approaches and Challenges	Organising Member	National Conference	2 <sup>nd</sup> & 3 <sup>rd</sup> January 2024	St. Xavier's College of Education (Autonomous), Palayamkottai
35.	The External Selection Committee Member	Sports and Games selection trails in Hockey, Kabaddi and Athletics	External Expert	03 <sup>rd</sup> April 2024	Arul Anandar College (Autonomous), Karumathur, Madurai
36.	Member of Scrutinizing committee	Scrutinizing Physical and Health Education Paper	Examiner	03 <sup>rd</sup> April 2024	St. Ignatius College of Education, Palayamkottai
37.	Recruiting Teaching Staff	External Expert for the Department of Physical Education	Interview Panel	06 <sup>th</sup> May 2024	St. Xavier's College, Palayamkottai

38.	B.Ed., Paper Valuation Camp	Evaluating Physical and Health Education Papers	Evaluation	16 <sup>th</sup> May 2024	St. Ignatius College of Education, Palayamkottai
39.	Recruiting Teaching Staff	Internal Expert for the Department of Physical Education	Interview Panel	21 <sup>st</sup> May 2024	St. Xavier's College, Palayamkottai
40.	Recruiting Teaching Staff	Internal Expert for the Department of Physical Education	Interview Panel	31 <sup>st</sup> May 2024	St. Xavier's College, Palayamkottai
41.	B.Ed., Paper Valuation Camp	Evaluating Physical and Health Education Papers	Evaluation	07 <sup>th</sup> June 2024	N.V.K.S.D. College of Education, Attoor
24.	Intensive English Training Programme	English Communication Skills	Training Programme	03 <sup>rd</sup> to 26 <sup>th</sup> July 2024	St. Xavier's College of Education, Palayamkottai
43.	Inauguration of Student's Association	Essential of Physical Education and Sports	Orientation	23 <sup>rd</sup> July 2024	St. Xavier's College Palayamkottai
44.	B.Ed., Paper Valuation Camp	Evaluating Health and Physical Education Papers	Evaluation	27 <sup>th</sup> July 2024	Sri Sarada College of Education, Salam

#### XV. Awards Received/Fellowships

Sl. No.	Title of the Award	Given By the Organisation/Agency	Received on	Venue
01.	Fr. Chacko Valiaveetil Best Teacher Award	Arul Anandar College, Madurai	March 2013	Arul Anandar College, Madurai
02.	Best Library User Award	St. Xavier's College of Education, Palayamkottai	April 2024	St. Xavier's College of Education, Palayamkottai

#### XVI. Research Supervisor

Sl. No.	Number of Candidates Enrolled	Number of Candidates Submitted	Number of Candidates on Going	Number of Candidates Awarded
PhD (As Research Supervisor)	Nil			
PhD (As Research Co-Supervisor)	Nil			

MPhil/MEd	Nil			
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#### **XVII. Research Advisory Committee Member**

Sl. No.	Name of the Research Supervisor	Name of the Candidate	Duration	
			From	To
01.	Nil			
02.				

#### **XVIII. Research Projects Completed**

Sl. No.	Title of the Project	Sanctioned Agency	Period		Grant/Amount Mobilized (Rs. Lakhs)
			From	To	
01.	Nil				
02.					

#### **XIX. Research Projects on Going**

Sl. No.	Title of the Project	Sanctioned Agency	Period		Grant/Amount Mobilized (Rs. Lakhs)
			From	To	
01.	Nil				
02.					

#### **XX. Funds Received other than Research Projects (Seminar/Workshop/Conference etc...)**

Sl. No.	Title of the Programme/Event	Sanctioned Agency	Period		Grant/Amount Mobilized (Rs. Lakhs)
			From	To	
01.	Nil				
02.					

#### **XXI. Editor/Advisor/Board member/Consultant of Reputed Journal/ Publishers**

Sl. No.	Name of the Journal/Publisher	Role	Period	
			From	To
01.	Nil			
02.				

#### **XXII. Membership of Professional Societies/Bodies (Levels: International/National/Regional/Institutional)**

Sl. No.	Name of the Professional Body	Level	Period		Role/Expertise
			From	To	
01.	Life Member in Society for Advancement in Library & Information Science (SALIS), Chennai	National Level	2022	Till Date	Member
02.	Academic Council	Institutional Level	2013	Till Date	Member
03.	Board of Studies	Institutional Level	2013	Till Date	Member
04.	Internal Quality Assurance Cell	Institutional Level	2018	Till Date	Member



05.	Staff Association	Institutional Level	2019	2020	Secretary
06.	Alumni Association	Institutional Level	2021	Till Date	Secretary

### XXIII. Positions/Responsibilities at Institutional Level

Sl. No.	Position/Responsibility	Period		Remarks
		From	To	
01.	Coordinator, Health Club	2013	Till Date	
02.	Member, Sports and Games Committee	2013	Till Date	
03.	Member, Students Welfare Committee	2013	Till Date	
04.	Member, Extension Services Committee	2013	Till Date	
05.	Member, Disciplinary Committee	2013	Till Date	
06.	Member, Anti Ragging Squad	2013	Till Date	
07.	Member, Sports and Games Committee	2013	Till Date	
08.	Member, Anti-tobacco	2013	Till Date	
09.	Member in Fine Arts Club	2013	Till Date	
10.	Coordinator, Swachh Campus Committee	2018	Till Date	
11.	Coordinator, National Service Scheme (NSS).	2021	Till Date	
12.	Coordinator, Extension Service	2018	Till Date	
13.	Coordinator, Anti-Drug Committee.	2018	Till Date	
14.	Member, Equal Opportunity Cell	2020	Till Date	
15.	Member, College Website and system maintenance committee	2020	Till Date	
16.	Member, Covid- 19 Guidance and Monitoring Committee	2020	Till Date	
17.	Member, MOTESC & ARCH Committee	2018	Till Date	
18.	Coordinator, VENDEL Programme.	2021	Till Date	
19.	Coordinator, Eat Right Club.	2021	Till Date	
20.	Member, SUPW Committee	2018	Till Date	
21.	Member, Public Relation Committee	2018	Till Date	
22.	Member, Women Cell Committee	2018	Till Date	
23.	Member, Fr. Joseph Srinivasan Learning Centre	2021	Till Date	
24.	Member, Green Audit Committee.	2023	Till Date	

### XXIV. Visit to Foreign Countries

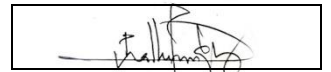
Sl. No.	Purpose of Visit	Period		Sponsoring Agency	Grant/Amount Mobilized (Rs. Lakhs)
		From	To		
01.	Nil				
02.					

**Note:**

- a) Kindly Delete the Column or Table whichever is not applicable to you.
- b) Kindly provide information based on the evidence you possess

**Declaration**

**The above said information submitted by me is true to the best of my knowledge.**



**Signature of the Faculty**