

## **CURRICULUM VITAE**



- Name in Full - **Dr. PERIYASAMY MAHENDIRAN**
- Father's Name & Occupation - **Mr. S. PERIYASAMY**
- **Sr. Grade. Assistant Professor/ Director of  
Physical Education and Sports  
Department of Physical Education and Sports  
Govt. Thanjavur Medical College  
Thanjavur-04**
- Date of Birth - **23.06.1981**
- Citizenship Status - **Citizen of India By birth:  
VADASIRUVALLUR**
- By domicile :
- Marital Status - **MARRIED**
- Permanent Address - **Vadasiruvallur – Village  
Devapandalam – Post  
Sankarapuram – Tk  
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## EDUCATION QUALIFICATION

Degree	Discipline	Class/ Percentage/ Grade	Year of Passing	University
B.P.E. S	Phy-Edn. and Sports Sciences	68.61%	2003	Annamalai University
M. P. ED	Phy.Edn.and Sports Sciences	7.35GPA	2005	Annamalai University
M. Phil	Phy.Edn.and Sports Sciences	First Class with Distinction	2007	Annamalai University
Ph.D.	Phy.Edn.and Sports Sciences	Highly commended	2013	Annamalai University
P.G. Dip in (Yoga)	Yoga	63%	2005	Annamalai University
M.sc(yoga)	Yoga	67%	2008	Annamalai University
CLIS	Library Science	61%	2001	Annamalai University
N.I.S(cc)	Kabaddi	'B' Grade	2007	SAI, NSNIS(Bangalore)
NET	Physical Education	Passed	2005	University Grand Commission
NIS	Tennis	'A' Grade	2012	SAI, NSNIS(Bangalore)
Senior Professional	First Aid		2013	St. John Ambulance (India) Indian Red Cross Society
ISAK-Level-1	Anthropometry		2019	London
Certificate Course in THAI MASSAGE	MASSAGE		2023	CHENNAI

### Details of SLET /NET Passed

Discipline	Reg. no & Year	UGC/ University
NET - Physical Education	<b>H363126 &amp; 2005</b>	University Grants Commission

### Academic Courses

Name of the course/summer school	Place	Duration	Sponsoring Agency
Completed the 84 Orientation Course	Academic Staff College, Pondicherry	between 1.06.2006 and 28.06.2006	Conducted by the U.G.C. Academic Staff College, Pondicherry University, Pondicherry
Completed U.G.C. sponsored Refresher Course between 01.12.2006 and 21.12. 2006 with an 'A' grade.	Department of Physical Education and Sports Sciences, Annamalai University	between 01.12.2006 and 21.12. 2006	Conducted by the Dept of Physical Education and Sports Sciences, Annamalai University
Completed the U.G.C.- sponsored Refresher Course 'A' grade.	Department of Physical Education and Sports Sciences, Bharathiyar University	Between 06.052015 to 26.05.2015	Conducted by the Dept of Physical Education and Sports Sciences Bharathiyar University Coimbatore
One Week Short Term Course on the Art of Academic Writing	Faculty of Arts, Annamalai University	Between 26.11.2018 to 02.12.2018	Conducted by Faculty of Arts, Annamalai University
In-Service Training Programme	Faculty of Education, Annamalai University	Between 02.11.2009 to 12.11.2009	Organized by the teachers of the Faculty of Education, Annamalai University
MOOC SWAYAM	Swayam Online Course Academic Writing	18.06.2021	Swayam Online Course

**M.Phil. and Ph.D. Completed**

Title of Thesis/Dissertation		Name of the University / Year of Award	Name of Supervisor
<b>Ph.D.</b>	<b>Analysis of Alteration in Temporal Patterns on Selected Motor Fitness Components and Bio-Chemical Parameters During Disturbed Sleep in Sprinters</b>	<b>Annamalai Uni-2013</b>	<b>Dr. K.V. BALAMURUGAN</b>
<b>M.Phil.</b>	<b>Comparison of Changes in Selected Physiological Parameters in Response to Cardiovascular Endurance Performance between Kabaddi and Kho-Kho Players</b>	<b>Annamalai Uni-2007</b>	<b>Dr. M. ELAMARAN</b>

**TEACHING EXPERIENCE**

Organization	From	To	Designation	Scale of pay
ANNAMALAI UNIVERSITY	14.03.2006	01.02.2018	ASSISTANT PROFESSOR	26960-(7000 AGP)
GOVT.THANJAVUR MEDICAL COLLGE	02.02.2018	till date	Sr. ASSIST.PROF/ DIRECTOR OF PHYSICAL EDUCATION	1,24,200(8000 AGP)

**ACADEMIC ACHIEVEMENT, HONORS RECEIVED, ETC., AWARDS / FELLOWSHIPS:**

S. No	Name of Awards / Fellowships	Awarding Agency	Date	Level: International/ National
1.	<b>Republic Day 2020 Award of Meritorious Services</b>	<b>Thanjavur Medical College</b>	<b>26.01.2020</b>	<b>National</b>
2.	<b>Independence Day 2023 Award of Meritorious Services</b>	<b>Thanjavur Medical College</b>	<b>15.08.2023</b>	<b>National</b>
3.	<b>Republic Day 2024 Award of Meritorious Services</b>	<b>Thanjavur Medical College</b>	<b>26.01.2024</b>	<b>National</b>
4.	<b>BEST PROGRAMME OFFICER AWARD BY YOUTH RED CROSS, ANNAMALAI UNIVERSITY- 2010</b>			
5.	<b>Independence Day 2025 - The Collector of Thanjavur - Appreciation Award on 15.08.2025</b>			

**PROFESSIONAL AFFILIATION, INDIAN AND FOREIGN (MEMBERSHIP OF SOCIETIES, ETC)**

Organization	Grade of Membership	Remarks
AITA Member	All India Tennis Association	Member
YRC	Youth Red Cross	Member
ISEI	International Society of Exercise Immunology (DK)	Member
ISAK	International Society for the Advancement of Kinanthropometry	Member

**Question Paper Setter**

Examiner of TNPC Tamil Nadu Public Service Commission	Question Paper Setter	P.G. Physical Education	27.05.2024 to 31.05.2024
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### Research Project

Sl. No	Title of the Project	Authority
1.	A Biomarker-Based Approach to Evaluating Myocardial Injury in Post-Workout Cardiac Events: A Diagnostic Surveillance Study among Young Gym Enthusiasts in Thanjavur	Multi Disciplinary Research Unit, Under Department of Health and Research (ICMR) Amount RS. 200000/-

### RESEARCH GUIDANCE:

#### List of Ph.D. Students

Sl.no	Name of Scholar	Title of Thesis	Award Year
	D. Sathish Kumar	EFFECT OF TENNIS-SPECIFIC ENDURANCE TRAINING ON SELECTED PHYSICAL FITNESS AND PHYSIOLOGICAL VARIABLES OF MALE TENNIS PLAYERS	2023
	Suja. S	IMPACT OF SURIYANAMASKAR YOGANIDRA FOR ALEXITHYMIA ON SELECTED PSYCHOLOGICAL AND PHYSIOLOGICAL PARAMETERS OF PRE-ADOLESCENTS.	2023
	Vijaya lakshmi	EFFECT OF ASANA AND PRANAYAMA ON SELECTED PHYSICAL AND STIGMA-INDUCED STRESS AMONG FILARIAL LYMPHODEMA PATIENTS	2023
	Rajkumar Allam	COMBINED EFFECT OF BULGARIAN BAG AND SUSPENSION BAND TRAINING WITH PRANAYAMA PRACTICES ON SELECTED PHYSICAL, PHYSIOLOGY, AND PSYCHOLOGICAL VARIABLES OF COLLEGE-LEVEL NCC CADETS.	Doing
	Ramesh Reddy Koki	IMPACT OF ISOLATED AND COMBINED ENDURANCE STRENGTH AND MOBILITY TRAINING ON SELECTED MOTOR FITNESS, PHYSIOLOGICAL, AND KABADDI PLAYING ABILITY	Doing
	Mittagadupula Anvesh	COMPARATIVE RELATIONSHIP OF SENSORY PERCEPTION AND SOMATIC REACTIVE ACTIONS ON BIOMETRIC PARAMETERS BETWEEN UNIVERSITY LEVEL ELITE AND SUB-ELITE CRICKET PLAYERS	Doing

#### List of M.Phils. Students

S.No	Name of the Candidates	Title of Thesis	Year of Award
1.	C.Ram sathish kumar	Comparison of selected anthropometric measurements, physical fitness components and physiological parameters between university soccer and	2006
2.	G. Nesamani	Comparison of sleeted motor fitness components between handball and basketball player	2007

3.	M. Ramachandran	Comparative analysis of selected anthropometric measurement and athletic performance among high school boys of deferent age groups.	2007
4	P. Ramesh	Relationship of selected anthropometric measurement and bio motor ability with hokey skill performance of college male students.	2007
5.	S, Gowdhaman	Analysis of selected anthropometric measurement and strength parameter between volley ball and basketball players	2007
6.	N. Amutha	Analysis of selected psychological parameters of high and low physical fitness among college female students.	2007
7.	B. Magesh	Analysis of volleyball skill performance in relation with selected anthropometric measurement and motor fitness component among college women students.	2007
8.	R. Murugesan	Investigation of selected bio motor ability and anthropometric measurement highly correlated with kabaddi playing ability among women student.	2007
9.	L. Kamaraj	Relationship of selected anthropometric measurement and motor fitness component on shot-putting performance.	2007
10.	C.M .Saravanan	Effect of polymetric training on strength and power parameter of trained and untrained female college students.	2007
11.	S. Saravanan	Effect of circuit training on selected bio-motor ability of college male student's brio-motor ability of college male students .	2007
12.	R. Suresh	Effect of aerobic exercise on selected performance related variables of school boys	2007
13.	K. Radhakrishnan	Comparison of agility flexibility aerobic and anaerobic power between college male basketball and hand ball player	2007
14.	Indra priyatharsani	Effect of various methods of strength and flexibility training on motor motor fitness components among non-physical education and physical education women students.	2008
15.	V. Pratheep	Effect of circuit training on selected physiological and biochemical parameters among college men students	2009
16.	J. Abitha selvarani	Effect of aerobic exercise on selected physical and biochemical parameters among college women students	2009
17.	S. Jaya Prakash	Effect of twelve weeks physical conditioning exercise program on selected physical and physiological parameters of college men students	2009
18.	K. Thayumanavan	Varied intensities of bench step training on physiological parameters of college men students	2009
19.	P.Selvam	Effect of yogasana training on selected physiological and health related physical fitness parameters	2010
20.	Sirthathan	Effect of ploymetric training on selected physical and physiological parameter among BHR puducherry school boys	2012
21.	Renuga	Effect of yogic practices on selected CHD Risk Factors among diabetes patients	2012
22.	K.Haris	Analysis of aerobic capacity among soccer player in different playing positions	2014
23	M. VIJI	Effect of eight weeks circuit training on selected physiological and motor fitness variables of pre-adolescent tennis players	2017

#### LIST THE RESEARCH PAPER PUBLICATIONS:

- **P. Mahendiran** and K.V. Balamurugan, Alteration in Temporal Patterns of Lipid Peroxidation Products and Antioxidants during Disturbed Sleep in Sprinters, Asian Journal of Science and Technology, Vol. 4, August, 2010 pp 075-077, ISSN No:0976-3376
- **P. Mahendiran** and K.V. Balamurugan, Analysis of temporal patterns of selected on electrolytes during disturbed sleep-in sprinters social science reporter A peer – reviewed inter disciplinary international research 2011vol-1, issue- 2, August-2011 ISSN 2231-0789

- **P. Mahendiran** and K.V. Balamurugan, Alteration in Sprinters temporal pattern on selected fitness components during normal and disturbed nocturnal sleep state. *International Journal of Sports Sciences and Fitness*. 2011 vol.2 (1) pp 37-49. ISSN: 2231-1599
- **P. Mahendiran** and K.V. Balamurugan, Analysis of temporal alteration of selected on electrolytes during disturbed sleep in sprinters. *Thematic journals of physical education*. 2012 vol.1.Issue 3, pp 36-40. ISSN: 2231-0789.
- **P. Mahendiran** and K.V. Balamurugan, Analysis of Temporal Alterations on Selected Biochemical Variables During Disturbed Sleep in Sprinters Annamalai university journal of science Volume 47 Number 1 September-2014 ISSN 2231-0827
- **P. Mahendiran** and K.V. Balamurugan, A study on the Influence of Diurnal Patterns on Speed among College Athletes. *International Educational E-Journal, {Quarterly}*, ISSN 2277-2456, Volume-V, Issue-II, Apr 2016.
- **P. Mahendiran**. Comparison of Flexibility and Anaerobic Power Between College Male Basketball and Handball Players. *International Journal of Current Research and Modern Education*, ISSN 2277-2456, Volume 2, Issue 2, 2017
- **P. Mahendiran**. Effect of Yogic Practices on Selected CHD Risk Factors Among Diabetes Patients. *International Journal of Applied and Advanced Scientific Research*, ISSN 2277-2456, Volume 2, Issue 2, 2017
- **Santhosh Kumar.,G & Mahendiran.,P.** A study of varied walking and terrains on selected cardio respiratory endurance and aggression of house wives, *Asian Journal of Applied Research (AJAR)* ISSN: 2395-0382 (2017) volume 03- issue 05-, pp-11-17.
- **Santhosh Kumar.,G & Mahendiran.,P.** Effect of varied walking and terrains on selected strength endurance and stress of house wives, (2017) *Asian Journal of Applied Research (AJAR)*ISSN: 2395-1729., Vol 03- Issue 05-, pp-06-12.
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- **P. Mahendiran**. Influence of Yogasana Training on Selected Resting Pulse Rate And Muscular Endurance. *International Journal of Interdisciplinary Research in Arts and Humanities*, ISSN 2277-2456, Volume 3, Issue 1, 2018 PP-349-352
- **P. Mahendiran**. Varied Intensities of Bench Step Training on Breath Holding Time of College Men Students. *International Journal of Computational Research and Development*, ISSN 2277-2456, Volume 3, Issue 1, 2018, PP-194-196
- **P.Mahendiran**. Effect of Treadmill with and Without Inclination on Selected Cardio- Respiratory Endurance Online *International Interdisciplinary Research Journal, {Bi-Monthly}*, ISSN 2249-9598, Volume-09, Mar 2019 Special Issue (02) PP-272-276
- **Mrs. Suja.S and Dr. P. Mahendiran**. Effect of Suryanamaskar Yoga Nidra and Pranayama on Body Mass Index and Anxiety of Children With Alexithymia. *International Journal of Enhanced Research in Educational Development (IJERED)* ISSN: 2320-8708, Vol. 9 Issue 5, Sept-Oct, 2021, Impact Factor: 7.326. PP 72-76
- **Mrs. Suja S, D r. P. Mahendiran and Dr. P. Satyaprakash Purohit**. EFFECT OF SURYANAMASKAR YOGANIDRA AND PRANAYAMA ON EMPATHY AND RESTING HEART RATE OF CHILDREN WITH ALEXITHYMIA. *The International journal of Analytical and Experimental Modal Analysis* ISSN: 0886-9367, October 2021 Volume No.13 Issue 10 page 851-858
- **Gnanasekaran Vijayalakshmi, Perumal Vanamail, Periyasamy Mahendiran, Ramanathan Meena and Lourduraj De Britto**. Stigma and stigma-induced stress in filarial lymphoedema patients in Puducherry India. *Journal of Health Sciences*, 13(1), 5–11. <https://doi.org/10.17532/jhsci.2023.1998>.ISSN: 2232-7576 eISSN: 1986-8049 | [www.jhsci.ba](http://www.jhsci.ba) | [office@jhsci.ba](mailto:office@jhsci.ba)

- **Sathishkumar, D. and Mahendiran, P.** INFLUENCE OF TENNIS SPECIFIC ENDURANCE TRAINING ON MAXIMAL OXYGEN UPTAKE AND REPEATED SPRINT ABILITY WITH CHANGE OF DIRECTION IN MALE TENNIS PLAYERS. International Journal of Development Research Vol. 12, Issue, 07, pp. 57574-57577, July, 2022 ISSN: 2230-9926 <https://doi.org/10.37118/ijdr.24842.07.2022>.
- **Sathishkumar, D. and Mahendiran, P.** INFLUENCE OF TENNIS SPECIFIC ENDURANCE TRAINING ON SPEED AGILITY AND MAXIMAL OXYGEN UPTAKE IN MALE TENNIS PLAYERS. International Journal of Current Research ISSN: 0975-833X Vol. 14, Issue, 06, pp.21806-21809, June, 2022 DOI: <https://doi.org/10.24941/ijcr.43689.06.2022>
- **G. Vijayalakshmi, P. Mahendiran, Meena Ramanathan, Vanamail Perumal and R. L. J. De. Britto.** Effect of Yoga on Cognitive function in Filarial Lymphoedema Patients. International Journal of Enhanced Research in Educational Development (IJERED) ISSN: 2320-8708, Vol. 9 Issue 6, Nov-Dec, 2021, Impact Factor: 7.326. PP-1-7
- **G. Vijayalakshmi, P. Mahendiran, Meena Ramanathan, Vanamail Perumal and R. L. J. De. Britto.** Effect Of Yoga on Lower Extremity Function Among Filarial Lymphoedema Patients. International Journal of Research and Analytical Reviews (IJRAR) November 2021, Volume 8, Issue 4 www.ijrar.org (E-ISSN 2348-1269, P- ISSN 2349-5138) PP 717-726

#### Papers presented at the National Conferences (Proceedings)

1. **P. Mahendiran** “Alteration in Sprinter Temporal Patterns on selected fitness component during Normal and Disturbed Nocturnal Sleep State”. International Seminar Dept of a Physical Education faculty of Arts, Banaras Hindu University, Varanasi ISSN no. 92-8867-511-8
2. **P. Mahendiran** and Dr. K.V. Balamurugan Varied intensity of bench steps training on breath holding time of college men students UGC- Sponsored National seminar on yoga towards enhancement in sports Seethalaskmi Ramaswami college Tiruchirapalli 2013. SBN no. 978-81-921759-6-6

#### Paper Presentation in Seminar / Conference

S. No	Title of the Paper Presentation	Organised by	Date of Presentation	Level
1	Indian Science Congress Association 94 <sup>th</sup> Indian Science Congress	Annamalai University	3 <sup>rd</sup> to 7 <sup>th</sup> January 2007	International
2	A Study on the Impact on Stress through Yoga nidra.	Alagappa university department of physical education & health science. Karaikudi	18 <sup>th</sup> and 19 <sup>th</sup> dec-2007.	International
3	Alteration in temporal patterns of lipid per oxidation product & antioxidants during disturbed sleep in Sprinters	Lakshmibai national institute of physical education, Gwalior M.P. India	12-15 Feb-2008.	International
4	Comparison of changes in selected physiological parameter in response to cardiovascular endurance performance between kabaddi and khokho players”	Alagappa university department of physical education & health science. Karaikudi	5 <sup>th</sup> & 6 <sup>th</sup> Mar-2009.	International
5	Impact of yogasana on human body”	Alagappa university Department of Physical Education & Health Science. Karaikudi	12 <sup>th</sup> & 13 <sup>th</sup> Feb-2010.	International

6	Effect of yogasana training selected physiological and health related physical fitness parameter”.	Alagappa university Department Of Physical Education & Health Science. Karaikudi	27 <sup>th</sup> & 28 <sup>th</sup> jan-2011	International
7	Alteration in sprinter temporal patterns on selected fitness components during normal and disturbed nocturnal sleep state	Department of Physical Education Bannaras Hindu University	19-21 January, 2012	International
8	A study on the influence of diurnal pattern on speed among college athletes UGC Sponsored	Pooranaprajan College, Udupi	22 <sup>nd</sup> and 23 <sup>rd</sup> August, 2014	International
9	International Conference on Recent Advancements in Pure and Applied Mathematics (ICRAPAM-19)	Govt. Arts College (Autonomous),Kumbakonam	25.02.2019.	International
10	Influence of Yogasana Training on Selected Resting Pulse Rate And Muscular Endurance	Sree Balaji Medical College & Hospital, Chromepet, Chennai	11 <sup>th</sup> and 12 <sup>th</sup> March 2019	International
11	Participated in international Seminar on Research in Social Sciences	Govt. College for Women, Kumbakoanm		International
12	Effect of yogasana training on selected rpr and bht in college male students	Dept.of Physical Education, Madurai Kamaraj University	06 <sup>th</sup> to 7 <sup>th</sup> Feb,2020	International
13	Comparison of selected motor fitness components between handball and hockey players” National seminar on “Contribution of scientific findings of allied subjects for the promotion of physical education and competitive sports	Dept. of Phy- Edn Annamalai University	10 <sup>th</sup> & 11 <sup>th</sup> march -2006	National
14	Relationship of selected anthropometric measurements on Kabaddi playing ability of college male students”	Dept. of Phy- Edn, Annamalai University,.	20&21 <sup>st</sup> march 2009	National
15	Effect of different methods of strength training on selected motor fitness components among physical education and non physical education women students	Dept. of Phy- Edn Annamalai University	16 <sup>th</sup> 17 <sup>th</sup> Dec-2009	National
16	Effect of yogic practices on selected CHD risk factors among diabetes patients”	Dept. of Phy- Edn, Annamalai University.	28 <sup>th</sup> & 29 <sup>th</sup> March -2011	National
17	Comparison of flexibility and anaerobic power between college male basketball and handball players	Department of Physical Education, Tiruvanandhapuram,	15 & 16 March, 2012	National
18	Effect of treadmill with and without inclination on selected cardio-respiratory endurance	H.H. The Rajah's College, Department of Physical Education, Pudukkottai,	23 <sup>rd</sup> February, 2013.	National
19	Varied intensities of bench step training on breath holding time of college men students UGC sponsored.	Seethalakshmi Ramaswami College, Thiruchirapalli	26 <sup>th</sup> to 28 <sup>th</sup> Sep,2013	National

20	Analysis of aerobic capacity among soccer player in different playing positions	Department of Physical Education & Sports Sciences, Annamalai University,	25 & 26 March, 2014.	
21	AITA National Coaching Conference 7 <sup>th</sup> AITA National Coaching Conference	Delhi, Lawn Tennis Association, Delhi	19-29 <sup>th</sup> December, 2013.	National
22	National Meet on Yoga Education NCTENCTE,	S-VYASA University, Bangalore	August 9-10, 2015	National
23	Influence of aerobic exercise on selected cardio-respiratory endurance of college women students	Department of Physical Education and Sports Sciences, Annamalai University	28 <sup>th</sup> & 29 <sup>th</sup> March, 2016	International
24.	INDUCE OF YOGASANA TRAINING ON SELECTED FLEXIBILITY AND MUSCULAR ENDURANCE	Department of Physical Education and Sports Sciences, Annamalai University	24 <sup>th</sup> and 25 <sup>th</sup> April 2025	National

## **WORKSHOP:**

### **International**

1. International workshop on Advanced scientific training and coaching, 2nd -3rd Feb-2010 at Tamil ndu physical education and sports university, Chennai, India.
2. International workshop on football, 14th Feb 2010, Alagappa University

### **National Level**

1. National level- Standardized lab and field tests to identify the physical, motor and anthropometric factors related to high level performance in sports .23rd Sep-2005 at Maruthi College of Physical Education, Coimbatore.
2. National level - Prof. K.S. Sonachalam Memorial XVI interdisciplinary research methodology workshop. 9-12 Feb-2006 at Dept.of Economic Annamalai University
3. National level- workshop on Sports Medicine. 29th Jan-2007 at Dept.of physical education Annamalai University.
4. UGC sponsored national workshop on “Computerized statistical application in Physical Education and Sports Research” 6th -8th Mar-2007 at Dept.of physical education Annamalai University.
5. UGC sponsored national workshop on “Interdisciplinary approach to an evaluation of human performance” 30th -31st Mar-2008 at Dept.of physical education Annamalai University.
6. National Level- Prof. K.S. Sonachalam Memorial XIX interdisciplinary research methodology workshop. 9-12 Mar-2009 at Dept.of Economic, Annamalai University.
7. National workshop on “Research Methodology and Statistics in Physical Education” 16th 17th Mar-2009 at Bharathiar University, Coimbatore.
8. National workshop on Recent trends in chronomedicine, 6th -7th Mar-2010 at Dept.of physical education Annamalai University.
9. National workshop on Yoga Therapy, Exercise Therapy and Allied Therapy, 29th Jan-2011 at Koviloor Andavar Institute of Yoga and Research, Koviloor.
10. National workshop on Athletics, 5th Feb 2011, at Selvam College of Physical Education, Namakkal.
11. UGC- sponsored All India workshop on Research Methodology for Research Guides, 21st - 22nd Jul-2011 at Pondicherry University.
12. One day National Workshop on SYTLE MANUALS IN RESEARCH, 22nd August, 2015 at Annamalai University Department of Library Sciences.
13. National Council for Teacher Education S-VYASA University, 9-10-August-2015 at S-VYASA University, Bangalury.
14. SMARTY- WORKSHOP, 2-3- March-2016 at Centre for Yoga Studies Annamalai University.
15. Human Right Education in India: A Road to Development, 22 of Feb-2017 at Dept. of Business Administration, Annamalai University.
16. Faculty Development Programme for one day on Achieving Publication Index Scores and Succeeding Research Project on 30.08.2017. organized by Department of Library and Information Science & Dr. Ambedkar Chair
17. One day National Level Workshop on Tennis and Racketlon Organized by Department of Physical Education and Yoga, Bharathidasan University on 23<sup>rd</sup> March 2019.
18. One Day National Level Workshop on Preparation of Students Project Proposal for State and Central Government Funding Agencies, held on August 16<sup>th</sup>, 2019 organized by The Science Club, Govt. College for Women (Autonomous), Kumbakonam.

## EXTENSON WORK / COMMUNITY WORK

S. No	Author	Title of work shop	Date	Organized by
1.	<b>Dr.P.Mahendiran</b>	3-Day state level trainers training Programme for zonal co-ordinators district organizer and programme officers	19 <sup>th</sup> -21 <sup>st</sup> Jan - 2007	Indian red cross society, Tamilnadu Branch, Chennai
2.	<b>Dr.P.Mahendiran</b>	Inter-state youth red cross training cum-study camp	29 <sup>th</sup> -31 <sup>st</sup> Dec- 2007	Bharathiar University, Coimbatore
3.	<b>Dr.P.Mahendiran</b>	3- days orientation Programme on 3 <sup>rd</sup> to 5 <sup>th</sup> March 2008	3 <sup>rd</sup> -5 <sup>th</sup> Mar-2008	Youth red cross, Annamalai University
4.	<b>Dr.P.Mahendiran</b>	3- days orientation programme on 24 <sup>th</sup> to 26 <sup>th</sup> February 2009	24 <sup>th</sup> -26 <sup>th</sup> Feb - 2009	Youth Red Cross, Annamalai University
5.	<b>Dr.P.Mahendiran</b>	Four-days state level orientation programme for YRC volunteers and Programme Officers on 16 <sup>th</sup> to 19 <sup>th</sup> March, 2009	16 <sup>th</sup> -19 <sup>th</sup> Mar- 2009	Madurai Kamaraj University Youth red cross zone, Indian red cross society, Tamilnadu Branch,
6.	<b>Dr.P.Mahendiran</b>	7-Day state level field study camp on 26 <sup>th</sup> January to 01 February 2011	26.01.2011 To 01.02.2011	Youth red cross, Killai Town Panchayath, Chidambaram, Annamalai University
7.	<b>Dr.P.Mahendiran</b>	3-workshop on Life Saving Skill	15 <sup>th</sup> – 16 <sup>th</sup> Sep 2011	Annamalai University
8.	<b>Dr.P.Mahendiran</b>	2 Day Orientation Programme	8 <sup>th</sup> and 9 <sup>th</sup> sep 2014	Annamalai University
9.	<b>Dr.P.Mahendiran</b>	2 Day Orientation Programme	18 <sup>th</sup> & 20 <sup>th</sup> April 2012	Annamalai University
10.	<b>Dr.P.Mahendiran</b>	One Day Orientation Programme on First Aid & Disaster Management	8-3-2013	Annamalai University
11.	<b>Dr.P.Mahendiran</b>	Four Days State Level YRC Students Study Camp	8 <sup>th</sup> – 11 <sup>th</sup> January, 2013.	Annamalai University
12.	<b>Dr.P.Mahendiran</b>	Five Days Inter State YRC Training-Cum-Study Camp	23 <sup>rd</sup> – 27 <sup>th</sup> Jan, 2014	Annamalai University
13.	<b>Dr.P.Mahendiran</b>	2 Day Workshop on Life Saving Skills	19 <sup>th</sup> -20 <sup>th</sup> Feb, 2015	Annamalai University
14.	<b>Dr.P.Mahendiran</b>	Workshop on Safety & Emergency Management	13 <sup>th</sup> & 14 <sup>th</sup> September, 2012	Annamalai University
15.	<b>Dr.P.Mahendiran</b>	Awareness Rally on Wearing Helmet	15 <sup>th</sup> July, 2015	Annamalai University
16.	<b>Dr.P.Mahendiran</b>	IRCS Sponsored One Day Orientation Programme	23 <sup>rd</sup> March, 2015	Annamalai University
17.	<b>Dr.P.Mahendiran</b>	IRCS Sponsored Zonal Level Three Day Orientation Programme	27 <sup>th</sup> – 29 <sup>th</sup> Jan, 2016	Annamalai University
18.	<b>Dr.P.Mahendiran</b>	Blood Donation Camp	09.10.205	Rajah Muthiah Medical College Hospital

19.	<b>Dr.P.Mahendiran</b>	Blood Donation Camp	05.08.2016	Govt. Hospital, Chidambaram
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#### ANY ACHIEVEMENT IN SPORTS AND GAMES

- Form II- Captain and Tamil Nadu Team Player- 1st National Beach Kabaddi Championship- Conducted By Indian Beach Kabaddi Association, organized by A.P. Beach Kabaddi Association. Participated. Held at Ramakrishna Beach, Visakhapatnam. 2003
- Winner- Kabaddi Team Player: Tamil Nadu and Pondicherry Inter Physical Education Tournament held at YMCA College of Physical Education, Chennai, 2003
- Republic Day Sports – State Level Kabaddi Tournament- Third Place- 1996-1997
- Republic Day Sports – District Level Kabaddi Tournament- Winner- 1996-1997
- Republic Day Sports – Zonal Level Kabaddi Tournament- Winner - 1996-1997
- Inter College Tournament- 2002-2003 Kabaddi- Runner- 2003
- Platinum Jubilee tournament 2004- Kabaddi- Winner
- Intramural Tournament 2005- Kabaddi- Runner
- Gac Gala-2006- Tennis Staff Match – Runner
- Staff Tennis Match -Winner- Tamil Nadu and Pondicherry Inter Physical Education Tournament held at YMCA College of Physical Education, Chennai 2013-2014
- Staff Tennis Match -Winner- Tamil Nadu and Pondicherry Inter Physical Education Tournament held at Annamalai University Dept of Physical Education, Chidambaram- 2014-2015.
- Villupuram Education – District Athletic Association 1996-1997- Kabaddi- Winner
- Sports Development Authority of Tamil Nadu, Villupuram Unit. Volleyball- Runner 1997-98
- Villupuram Education – District Athletic Association 1997-1998- Super Senior 100 mts Third Place
- Police Public Kabaddi Meet – 2004 Winner Cuddalore, District ... Etc...
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#### Invited Lecture / Resource Person

S.No	Title of the Invited Lecture/Paper presented	Title of Conference/ Seminar, etc.	Organized by	Date of Presentation	Level
1.	Physical Education Lesson Plan in B.Ed. Course	Personal Contact Programme	Directorate of Distance Education, Annamalai University	03.09.2011 to 05.09.2011	National
2	Physical Education Lesson Plan in B.Ed. Course	Personal Contact Programme	Directorate of Distance Education, Annamalai University	01.03.2012 to 04.03.2012	National
3	Physical Education Lesson Plan in B.Ed. Course	Personal Contact Programme	Directorate of Distance Education, Annamalai University	08.03.2012 to 10.03.2012	National
4	Physical Education Lesson Plan in B.Ed. Course	Personal Contact Programme	Directorate of Distance Education, Annamalai University	24.03.2012 to 27.03.2012	National
5	Physical Training Programme	Tamil Nadu sponsored EDP trainer resource person Entrepreneurship Development Programme (MBA)	Department of Business Administration, Annamalai University	20.01.2014 to 27.01.2014	National
6	Physical Training Programme	Tamil Nadu sponsored EDP trainer resource person,	Department of Business Administration, Annamalai University	27.02.2014 to 28.02.2014	National

		Entrepreneurship Development Programme (MBA)			
7	Chief Referee	South Zone Inter-University Tennis Tournament(M)	SRM University Chennai	15 <sup>th</sup> to 17 <sup>th</sup> Feb 2019	
8	Chief Referee	All India Inter-University Tennis Tournament	SRM University Chennai	20 <sup>th</sup> to 23 <sup>rd</sup> Feb 2019	
9	Chief Referee	South Zone Inter-University Tennis Tournament (M)	SRM University Chennai	9 <sup>th</sup> to 13 <sup>th</sup> Jan,2016	
10	Chief Referee	South Zone Inter-University Tennis Tournament(M)	SRM University Chennai	20 <sup>th</sup> to 23 <sup>rd</sup> Feb 2019	
11	Chief Referee	Tamil Nadu State Inter University Tennis Tournament (M& W)	Saveetha University and Associate with SDAT, Chennai	15 <sup>th</sup> to 16 <sup>th</sup> Feb 2020	
12	Chief Referee	South Zone Inter University Tennis Tournament(M)	SRM University Chennai	3 to 5 Jan 2021	
13.	Chair Person	Innovative Approaches in Physical Education and Sports (NCPE-2025)” organized National Level Conference	Dept. Physical Education, Annamalai University	24 <sup>th</sup> and 25 <sup>th</sup> April 2025	National