

**Thesis Topic** – Exercise Identity and Exercise training on Health related Physical fitness Variables and Psycho motor Domain.

**Experience** – 30 years

**Area of interest** – yoga, Research, Fitness and Guidance and Counselling

## **Publications / Project**

### **MINOR PROJECT**

- **Title of the Project** - Teacher stress and Teacher Commitment among women Teachers of Rural Primary Schools.
- **Name of the funding Agency** - UNIVERSITY GRANTS COMMISSION
- **Duration** - Two Years, Completed the minor project 2014 – 16.
- Two Day National Seminar on Enhancing Holistic Wellness in classrooms for sustainable Development of Teachers on 14<sup>th</sup> & 15<sup>th</sup> February 2019 was partially Sponsored by the Tamilnadu state Council for Higher Education, Chennai.

## **Publications / Participations in Seminars and Workshops**

- Attended International Conference on Counselling Athletes, New York, USA on 15 to 18th June 2000.
- Published a Paper on Influence of Yoga on Health Fitness in the Proceedings of International Conference on Sports Nutrition held at Avinasilingam Institute of Home Science and Higher education for women university, Coimbatore on 8.3.12 and 9.3.12.
- Published a Paper on Teachers Awareness of Obesity and Healthier Life Styles in the Proceedings of National Conference held at Annammal College of Education, Tuticorin on 8.3.13 & 9.3.13.
- Published a Paper Titled On Job Stress in the Educational Researcher journal, Vol.13 Issue 2 Nov 2014. ISSN 0974 -2123.
- Published a Paper titled Sound Body and Sound Mind fitness through Yoga in the National Seminar on Sound Body, Sound mind and Fitness through yoga and Sports Proceedings July 2015, ISBN 978- 93- 5212-379-7.
- Published a Paper Titled On Academic Stress among Hr.Sec Students of Working and Non Working Mothers in relationship with their academic achievement in Chennai District in the International Journal of Education, Technology and Social Media. ISSN 2321-0885. Vol.IV No 1 Jan – Dec 2015.
- Published a research Article on Teacher Stress among Women Teachers of Primary Schools in a Peer reviewed journal-journal of education and Humanities Vol-V no1 Jan-Dec 2016. ISSN 2320-0316.
- Attended the Two – Day State level Workshop on Statistical Analysis and Interpretation at IASE Saidapet, Chennai on 5.4.2016 and 6.4.2016.
- Published a Research Article on Teacher stress among women teachers of Rural Primary schools in a peer reviewed journal – journal of Education and humanities Vol – V no 1

Jan – Dec 2016.

ISSN 2320 – 0316.

- Published a Research article on Teacher Commitment among women Teachers of rural primary schools in Research Demagogue an international refereed index and peer reviewed Biannual journal in Edn Vol III issue I oct 2016.
- Participated in the National Level Advanced Workshop on Effective Strategies in Research Project Proposal Writing and Linking Funding Agencies on 23.10.17 & 24.10.17.
- Participated in the National Seminar on Research in education at Stella Matutina College of Education, Chennai on 2.3.18.
- Presented a Paper on Effect of Aerobic Training on Health related Physical Fitness variables among Teacher Trainees in the International Conference on Health and Safety of the Younger Generation in Modern World, CMS College of Education, Coimbatore on 9<sup>th</sup> & 10 August 2018.
- Applied for the Minor projects to Tamilnadu State Council for Higher Education, Chennai and Central University of Kerala on 27.08.2018.
- Presented a Paper on Media and Health of the Children in the ICSSR Sponsored National Conference on Media and Child Development, Government college of Education, Vellore on 28 & 29th September 2018.
- Presented a Paper on Be the (R)evolution in the IQAC organized National Seminar on Mind the Gap: Relevance of Teacher Education held on 30 th Nov & 1st Dec 2018 at Loyola College of Education. Chennai -34.
- Presented a Paper on Enriching teaching learning process for skill construction through Multiple Intelligence and Constructivist Approach in the ICSSR Sponsored National Seminar on Skill Development and Goal Setting Strategies for Urban and Rural Students, Tamilnadu Teacher Education University, Chennai on 6 & 7th December 2018.

### **Organized Seminars / Workshops**

- Organized Work shop on Therapeutic Yoga Practices for Teachers on 22.10.13. Served as a Programme Co-ordinator.
- Organized One Day Seminar cum Work shop on Yoga Practices for Teachers Trainees on 1.10.14. Served as a Programme Co-ordinator.
- Organized Work shop on Yoga – A Way of Life for Teachers 16.10.15. Served as a Programme Co-ordinator.
- Organized Seminar Cum Work shop on Treating Obesity through Diet and Yoga for Teachers on 5.10.16. Served as a Programme Co-ordinator.
- Organized seminar cum work shop on Zumba and yoga for wellness for Teacher Trainees on 13.10 2017. Served as a Programme Co-ordinator.
- Served as a Organizing Secretary for the Two Day National Seminar on Enhancing Holistic Wellness in classrooms for sustainable Development of Teachers was organized by IQAC Stella Matutina College of Education on 14 th & 15<sup>th</sup> February 2019 which was partially Sponsored by the Tamilnadu state Council for Higher Education, Chennai.
- Organized Webinar on Commit to be fit for Teachers on 4.5 2020. Served as a Programme Co – Ordinator.

## Faculty Development Programme

- Attended International Faculty Development Programme on injury free sports : do's & don'ts by Ayya Nadar Janaki Ammal College,Sivakasi on 3.6.2020.
- Attended Two Day Online Faculty Development Programme on Effective learning and teaching practices in digital era by Nirmala College for Women, Coimbatore on 8.6.2020 &9.6.2020.
- Attended Faculty Development Programme on rejuvenation of body mind and soul Department of Physical Education by Ethiraj College for Women, Chennai on 15.6.2020 to 19.6.2020.
- Attended Faculty Development Programme on yoga at home and yoga with family by Dr.MGR Educational and Research, Chennai on 15.06.2020 to 21.06.2020
- Attended Faculty Development Programme Webinar onyoga for healthy lifestyle by Department of Physical Education, Kongu Arts and Science College, Erode. 20.6.2020
- Attended Faculty Development Programme on digital skills for 21 st century teachers District Institute of Education and Training, Mannargudi, Tiruvarur. 22.6.2020 to 26.6.2020
- Attended one week E Faculty Development Programme on revised naac assessment and accreditation frame work for teacher education institutions by Tamilnadu Teachers Education University and NSS Training College ,Pandalam on 19.11.2020 to 25.11.2020
- Attended Faculty Development Programme on Hands on psychometric behavioural testing and training by Silicon City College of Management and Commerce, Bengaluru on 25.01.2021 to 31.01.2021
- Attended National Level One week Short term Yoga Course for Faculty Members on Yoga Practices for Physical and Mental Health Management During this Pandemic Situation Department of Physical Education, Mother Teresa Women's University, Kodaikanal &WCSC Aliyar on 17.5.2021 to 22.5.2021  
Attended Six Days Faculty Development Programme on Strategic Resilience and Organization Agility by Valluvar College of Science and Management Karur. 26.5.2021 to 31.5.2021
- Attended three Days Faculty Development Programme E – Content Development Programme Angels College of Education, Namakkal. 31.5.2021 to 2.6.2021
- Attended International One week Online Faculty Development Programme on Virtual Practices and Security by Tamilnadu Teachers Education University and Dr.MGR Educational Research Institute on 7.6.2021 to 13.6.2021.
- Attended five Days Online International Professional Development Programme on Scholarly Publishing:Swirls Unfurled by Patrician College Adayar and Delany Librarian IQAC on 14.6.21 to 18.6.21
- Attended One Week Online Faculty Development Programme on High Quality Research Approach,Design & Publishing by Silicon City College of Management and Commerce, Bengaluru on 21.6.2021 to 25.6.2021
- Attended five Day National Online Interactive Faculty Development Programme on Digital Pedagogy by Vikram Dev Autonomas College, Jeypore, Odisha on 21.6.21 to 25.6.21.
- Attended seven Day International Faculty Development Programme on Covid 19 and General Health Awareness by Rajapalayam Raju's College, Department of Physical

Education, Rajapalayam on 1.7.21 to 7.7.21

- Attended three Days online Faculty Development Programme on ICT Tools for Effective Teaching and Blended Learning, by Servite Arts and Science College for Women, Thogaimalai, Karur on 4.8.2021 to 6.8.2021.
- Attended one week UGC sponsored Faculty development short term online Course on Yogic Practices for Holistic Fitness and wellness by Human resource development centre, University of Mumbai.

### **External Examiner for Ph.D Viva Voice**

- Served as a External Examiner and conducted Viva Voce examination for the Ph.D candidate Ms. A. Bini at YMCA college of physical education.
- Served as a External Examiner and conducted Viva Voce examination for the Ph.D candidates P. Narasimha Reddy at IASE, Saidapet on 5.8.13.
- Served as a Indian Examiner and External Examiner for the Viva Voce of Ph.D candidate Mr.P.Sivakumar at Sports University, Chennai on 1.7.15.

### **Organized /Participated in Cultural and Sports events**

- Served as a cultural co-ordinator for the Inter collegiate cultural festival organized by Meston College of education, Chennai. Three years (2000 to 2003) consecutively won the overall championship winners trophy and also won the runner-up rolling shield on 13<sup>th</sup> March 2006.
- Served as a cultural co-ordinator for the Inter collegiate cultural festival organized by NKT College of education won the overall championship in the year 2010.
- Organised Inter collegiate and State level inter collegiate Volley ball tournament among the colleges of education from 1995 to 2010.
- Served as a Committee member for the athletic sports meet conducted by Tamilnadu Teachers Education University, Chennai for the year 2011,2012,2014 and won the overall Championship for three years.
- Served as a Convener for the Chennai Zone athletic sports meet conducted by Tamilnadu Teachers Education University, Chennai for the year 2013 and won the overall championship in the state level Athletic sports meet.
- Served as a Committee member for the athletic sports meet conducted by Tamilnadu Teachers Education University, Chennai for the year 2017-2018 and won the overall Championship in the District Level Athletic meet on 2.2.18.
- Served as a Co-ordinator and conducted the Tamilnadu Teachers Education university Zonal and Cultural Sports Meet on 4th & 5th February 2019.

### **Chief Guest for the Sports Meet**

- Chief guest for annual sports meet of Thai sathya Matriculation School, Chennai on 31.1.1993.
- Chief guest for annual sports meet of Cambridge Nursery and Primary School, Chennai on 2.9.2000.

- Chief guest for 29<sup>th</sup> Annual school day celebrations of Annai Vellankanni Matriculation School, Chennai on 12.03.2004.
- Chief guest for 26<sup>th</sup> Annual Sports Day of JRK matriculation Higher secondary school, Chennai on 26.8.2004.
- Chief guest for 46<sup>th</sup> Annual sports meet of Dr.Rathnavel Subramanian Muthialpet Girl's Hr.Sec.School, Chennai on 12.8.2006.
- Chief Guest for the sports day of Vivekananda Matric Hr.Sec school Ambattur on 6.8.2008.
- chief guest for 35<sup>th</sup> Annual Sports Day of Springfield Matriculation Higher secondary school, Chennai on 25.0.2009.
- Chief guest for Annual Citizenship Training Camp – Camp fire programme of Holy Cross College of Education on 12.1.2010.
- Chief Guest for the sports day of Ramakrishna mission saradha vidyalaya, T.Nagar Chennai on 29.7.2011.
- Chief Guest of the 14<sup>th</sup> Annual sports day celebration of JRK matriculation school katangulathur Chennai On 10.1. 2013.
- Chief Guest of the Annual sports day of Good Shepherd Matriculation Hr.Sec.School Nungambakkam, Chennai on 12.07.13.
- Chief Guest for Pongal celebration held at Nirmala primary school K.K Nagar Chennai on 10.01.14.
- Chief Guest For the Annual Sports Day Celebration of Sacred Heart Hr.Sec School, Church Park, Chennai on 12.7.14.
- Chief Guest For the Annual Citizenship Training camp of sathya sai College of Education, Avadi, Chennai on 20.1.15.
- Chief Guest For the Investiture Ceremony of Annai Velankanni Matriculation School, MGR Nagar, Chennai on 10.7.15.
- Chief Guest For the Annual Sports Day Celebration of Angels Babyland Matriculation Hr.Sec School, Thondiarpeta on 2.9.16.
- Served as a jury in the Meenakshi Ammal Trust for the Selection of Best Teacher Award for the year 2016 – 17 on 24.8.17.
- Served as a judge for the Inter School aerobics and Calisthenics Competitions held at YMCA College of Physical Education, Chennai on 12.2.18.
- Chief Guest For the Annual Sports Day Celebration of St. Marys Primary school, Chennai on 29.01.19.

- Chief Guest for the Annual Sports Meet of Our Lady Centre Matriculation School, Broadway, Chennai on 26.7. 2019

### **Subject Expert / Resource Person**

- Resource person for Health education held by Sarva Shikshiya Abiyan for all. Anna institute management Adayar.
- Resource person for B.Ed programme TNOU and Sastra and Ceylon refugee teachers.
- Resource person for physical Education Teachers training held at Presidency school on 11.10.2010.
- Resource person and conducted Minor games training for Physical Education School Teachers on 18.8.2010.
- Gave a lecture on Yoga and Stress Management, in the Department of Education, University of Madras, Chennai on 12.12.2014.
- Guided 55 M.Ed students in Stella Matutina College of Education.
- Prepared a Physical Education Module for secondary school DIET .
- Authored series of text books on Physical Education and health for school students from 6standard to 12 standard.
- Served as a subject expert in physical education to select the Physical Director of Dwaralea Doss Goverdhan Doss Vaishnawa College Arumbakkam.
- Served as a subject expert in the workshop on Designing Curriculum for Teacher Education Programme for Physical Education at St. Christopher College of Education on 22.8.2016 to 24.8. 2016.
- Served as a chair person in the IQAC organized National Seminar on Mind the Gap: Relevance of Teacher Education held on 30 th Nov & 1<sup>st</sup> Dec 2018 at Loyola College of Education. Chennai.
- Served as a Resource Person for the Guest lecture on Planning your Research Project – The Need of the Hour on 3<sup>rd</sup> October 2019, SRM Institute of Science and Technology, Chennai.
- Served as a Resource Person on Five day International Webinar Yoga and Wellness for Teaching Professionals. Topic - Yoga for Personality Development on 26.7.2020, Organized by Tamilnadu Teachers Education University, Stella Matutina College of Education and Bharathiar University Arts and Science College, Coimbatore.
- Organized online Quiz programme for Curriculum Development, Yoga and Health and Physical Education on 1.7.2020 and 3.8.2020.

### **Completed Online Courses**

- Enhancing Soft Skills and Personality, NPTEL Online Course on February 2020 to April 2020.

- Body Language: Key to Professional Success, NPTEL Online Course on September 2020 to October 2020
- Stress Management, NPTEL Online Course on 2020 to October 2020.
- Writing and Publishing a Research Paper – Research Paper Guide, Udemy online Course, on August 2021.

### **Positions held**

**Currently serves as Dean of student Affairs.**

**Served as a women cell co- Ordinator (1996 to 2013)**

**Contact Detail** – shanthini67@gmail.com