

PROFILE

Name	DR. N. VEERA PARAMESWARI		
Department	PHYSICAL EDUCATION		
Designation	Assistant Professor & Head		
Email	veeraphyedu@gmail.com veera@aactni.edu.in		
Teaching Experience	UG: 8 years	PG: -	

Recognised Educational Qualifications

S. No.	QUALIFICATION	INSTITUTION	BOARD/ UNIVERSITY	YEAR OF PASSING	GRADE/CLASS
1	Ph.D		TamilNadu Physical Education & Sports University, Chennai	2016	
2	M.Phil		Alagappa University	2009	8.4
3	M.P.Ed	Alagappa University College of Physical Education,	Alagappa University	2008	7.8
4	B.P.Ed	Alagappa University College of Physical Education,	Alagappa University	2006	7.4
5	B.Sc (Mathematics)	E. M.G. Yadava Women's College	M.K.University	2005	57.4

Work Experience

S.No	Name of the Institution/Organisation	Designation	Nature of Work	Period	AOI (Any Other Information)
01	Sakthi College of Arts and Science	Physical Directress		1 year	

02.	Ultra College of Engineering and Technology	Assistant physical Directress		2 years	
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Publications (Contributions in Journals/Edited Books/Proceedings)

Title of the Paper	Name of the Journal/Book/Proceedings	Whether Journal/Book/Proceedings	Volume and No	Page Nos	ISSN/ISBN No	Publisher and Place

Journals Published

Name of the Book/Journal/Conference Proceedings	Author/Co Author	ISSN/ISBN No	Volume No	Publisher and Place	Year of Publishing and Edition
Physical Education & Sports Research Journal	Author		Vol 7	IJRSR	February 2016
International Journal of Recent Scientific Research	Author	ISSN 2277-3665		Laxmi Book Publication	January 2015
International Online Sports Research Journal	Author	ISSN 2277-3665		ASS	March 2012

Projects Completed

Title of the Project	Principal Investigator/Co investigator	Funding Agency	Duration	Amount	AOI

Reviewer Details

Name of the Journals	Date

Consultancy Offered

Status-Consultant/Co Consultant	Nature of Consultancy	Organisation/Institution Offered	(Paid/Honorary)	Amount	Period/Dates

Ph.D. Guideship Details

Subject	University	Guideship Id No	No of Scholars pursuing	No of Scholars Completed	AOI

Conference/Workshop/Seminar – Organised

S. No.	NAME OF THE SEMINAR/CONFERENCE/WORKSHOP	ORGANISING CAPACITY	SPONSOR	PERIOD/ DATE	REMARKS
-	-		-	-	-

Papers presented in Seminars/Conferences/Workshop

Title of the Paper	Title of the Seminar/conference/Workshop	Level of Seminar/Conference/Workshop	Organising Institution	Date
Effects of Physical Exercises and Suryanamaskar Practices on Selected Health Related Physical Fitness among College Women Students	INTERNATIONAL CONFERENCE ON YOGA FOR HARMONY OF BODY AND MIND	INTERNATIONAL CONFERENCE	Alagappa University College of Physical Education	24 th & 25 th October 2019
Influences of Skill Training with and without Yogic Practices on selected Physical and Physiological Variables among College level Kabaddi Players	INTERNATIONAL CONFERENCE ON FOCUS ON MINDFULNESS: GLIMPSES OF NEUROSCIENCE EDUCATION - 2017	INTERNATIONAL CONFERENCE	Alagappa University	7 th & 8 th December 2017.
Pilates on Muscle Endurance Flexibility and Balance - An Effective Study	INTERNATIONAL CONFERENCE ON FUTURISTIC TRENDS IN PHYSICAL EDUCATION (UGC Sponsored)	INTERNATIONAL CONFERENCE	Department of Physical education, Punjab University , Patiala.	24 th to 26 th January 2013

“Health and Fitness Management through Yoga”	INTERNATIONAL CONFERENCE ON YOGA, PHYSIOTHERAPY, NUTRITION & SPORTS FOR LIFE LONG FITNESS	INTERNATIONAL CONFERENCE	Alagappa University	27 th & 28 th January 2011
“Yoga poses for women’s fitness”	INTERNATIONAL CONFERENCE ON YOGA THERAPY AND FITNESS – AN INTEGRATED APPROACH.	INTERNATIONAL CONFERENCE	Alagappa University	12 th & 13 th February 2010.
“Comparative study of Motor Ability Components between Basketball players and Volleyball players”	INTERNATIONAL CONFERENCE ON EMERGING TRENDS IN FITNESS FOR LONGEVITY AND EDUCATION FOR EMPOWERMENT	INTERNATIONAL CONFERENCE	Alagappa University	5 th & 6 th March 2009.
“Effect of an exercise on body composition and physical fitness in obese female college students”	FIT AND HEALTHY INDIVID- VISION 2023	NATIONAL SEMINAR	Alagappa University College of Physical Education	28 th & 29 th September 2015.
“Implementing yoga in school curriculum for managing their better mental health in this modern life”		ROLE OF YOGA AND PHYSICAL EXERCISE FOR ENHANCEMENT OF HEALTH AND FITNESS	Pondicherry University	25 th March 2013.
“Effect of Physical Exercise and Suryanamaskar practices on selected physiological variables among college women students”.	INNOVATIVE CONCEPTS IN PHYSICAL EDUCATION AND YOGA	NATIONAL SEMINAR	Arul Anandar College, Karumathur, Madurai.	1 st & 2 nd February 2013.
“Effect of Volleyball playing performance on motor fitness for	NATIONAL SEMINAR ON PHYSIOLOGICAL ASPECTS OF	NATIONAL SEMINAR	Mannar Thirumalai Naicker College, Madurai.	10 th August 2012

sedentary students”	TRAINING NUTRITION RECOVERY AND PERFORMANCE”			
“Stress Relief Through Yoga”	HEALTHY AGEING THROUGH YOGA THERAPEUTIC MEANS AND SPORTS	NATIONAL SEMINAR	Alagappa University	18 th September 2008
“Benefits of Yoga”	INNOVATIVE APPROACHES TO EXCELLENCE IN PHYSICAL EDUCATION	NATIONAL SEMINAR	Kongunandu Arts and Science College, Coimbatore.	27 th February 2008
“Common Injuries in Hockey and its Prevention”	INNOVATIVE CONCEPTS OF INTERDISCIPLINARY APPROACHES TOWARDS PHYSICAL EDUCATION	INTERNATIONAL CONFERENCE	Alagappa University	14 th September 2007.

Resource Person

Whether Speaker/Moderator/Panellists	Title of the Presentation	Title of the Seminar/Conference/Workshop	Organising institution and Place	Date

Seminars/conferences/Workshops Attended

Title of the Seminar/conference/Workshop	Level of Seminar/Conference/Workshop	Organising Institution	Date and Place	AOI

Fellowship Received

Title of the Project/Research	Name of the Fellowship	Sponsoring Institution/Organisation	Period	Amount	Any other Information

Visits Abroad: -

Countries Visited	Purpose	Dates of Visit	AOI

E Content Created

Title of the Content	Type of Content	Link	AOI

Patents Obtained/Applied

Title			Status (Received/Applied)

Academic Positions held

Post	Institution	Period	AOI

Achievements & Awards
Other Details
