


## PROFILE

<b>Name</b>	<b>DR.C.MUTHURAJA</b>		
<b>Department</b>	PHYSICAL EDUCATION		
<b>Designation</b>	ASSISTANT PROFESSOR		
	ARUL ANANDAR COLLEGE		
	KARUMATHUR –MADURAI		
<b>Email</b>	<a href="mailto:Muthuraja.mm@gmail.com">Muthuraja.mm@gmail.com</a>		
<b>Teaching Experience</b>	<b>UG: 1</b>	<b>PG:</b>	

### Recognised Educational Qualifications

S. No.	QUALIFICATION	INSTITUTION	BOARD/ UNIVERSITY	YEAR OF PASSING	GRADE/CLASS
1.	<i>Ph.D</i>	MADURAI KAMARAJ UNIVERSITY, MADURAI	MADURAI KAMARAJ UNIVERSITY, MADURAI	Aug-2020	
2.	M.Phil. (P.E)	ALAGAPPA UNIVERSITY, KARAİKUDI.	ALAGAPPA UNIVERSITY, KARAİKUDI	May2013	I
3.	M.P.Ed.	ALAGAPPA UNIVERSITY, KARAİKUDI.	ALAGAPPA UNIVERSITY, KARAİKUDI	Apr 2012	I
4.	B.P.Ed.	ALAGAPPA UNIVERSITY, KARAİKUDI.	ALAGAPPA UNIVERSITY, KARAİKUDI	Apr 2010	I
5.	B.Com.	Sourashtra College, Pasumalai, Madurai	MADURAI KAMARAJ UNIVERSITY, MADURAI	Apr 2005	III

6.	PGDCA	N.M.S.V.N. College, Nagamalai, Madurai	MADURAI KAMARAJ UNIVERSITY, MADURAI	Apr 2008	I
7.	N.I.S	L.N.C.P.E. Thiruvananthapuram, Kerala	KERALA UNIVERSITY	may2011	III

### Work Experience

S.No	Name of the Institution/Organisation	Designation	Nature of Work	Period	AOI (Any Other Information)
1.	Arul Anandar College	Assistant Professor		1 Year	
2	Sri Sadhana Matriculation Higher Secondary School, Madurai	Physical Director		3 year	
3	KMR International School, Nagamalai Madurai	Physical Director		1 year	

### 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
Effect of mini hurdles training on selected motor components among college men players.	International journal of interdisciplinary research in arts and humanities		Volume-2 Issue-2	92-97	2456-3145	DV Publication Perambalur Tamilnadu India]

Effect of short hill training on selected cardio respiratory parameters among college men players	International journal of current research and modern education		Volume-2 Issue-2	363-365	2455-5428	R & D Modern research publication  Perambalur  Tamilnadu  India]
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### Books/Journals Published or Edited

Name of the Book/Journal/Conference Proceedings	Whether Journal/Book/Conference Proceedings	Author/Co Author	ISSN/ISBN No	Volume No	Publisher and Place	Year of Publishing and Edition

### 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	Nature of Consultancy	Organisation/Institution	(Paid/	Amount	Period/

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Consultant		Offered	Honorary)		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	AOI
Effects of Plyometric training and interval training on selected physical and Physiological Parameters Among College Handball all Players”	“FOCUS ON MINDFULNESS: GLIMPSES OF NEUROSCINCE EDUCATION”	International Level Conference	<i>Department of Physical Education and Health Science, Alagappa University, Karaikudi</i>	7 <sup>th</sup> &8 <sup>th</sup> December 2017.	

Effect of Alternate Pace Running and Interval Running on Selected Strength and Endurance Parameters”	“RENAISSANCE IN SPORTS STRATEGIES, CHALLENGES AND CHOICES”	International Level Conference	<i>National College, Thiruchirappalli</i>	10 <sup>th</sup> & 11 <sup>th</sup> February 2017	
“Effect of Hatha Yogic Training on Selected Physiological Variables among School Athletes”	“EMERGING TRENDS IN SPORTS MEDICINE, PHYSICAL EDUCATION. SPORTS SCIENCE AND YOGA.”	International Level Conference	<i>Tamilnadu physical Education and Sports University, Chennai</i>	18 <sup>th</sup> &19 <sup>th</sup> January 2017.	
“Comparative Study of Speed, Agility and Flexibility among Basketball and Kho-Kho Players”	“INNOVATIVE TECHNOLOGY IN SPORTS AND ALLIED SCIENCES”	International Level Conference	<i>Department of Physical Education and Health Science, Alagappa University, Karaikudi</i>	19 <sup>th</sup> & 20 <sup>th</sup> October 2012.	
Effect of aerobic training on selected physiological variables among college men handball players	Role of sports sciences and yoga on human performance enhancement	International Level Conference	<i>Department of physical education Madurai kamaraj university Madurai</i>	06 <sup>th</sup> & 07 <sup>th</sup> February 2012.	
Paper presented “Effect of Core Training on Selected Skill Performance Variables Among College Men Basketball Players”	MODERN PERPECTIVES OF SPORTS SCIENCE AND YOGA FOR THE ENHANCEMENT OF SPORTS PERFORMANCE”	National Level Conference	<i>Department of Physical Education, Ganesar College of Arts and Science, Melasivapuri, Puthukkottai District</i>	3 <sup>rd</sup> March 2018	
“Mental Training and its Effects on	“RECENT DEVELOPMENTS IN	National Level	<i>Department of Physical</i>	5 <sup>th</sup> & 6 <sup>th</sup> October	

Psychological Parameters of College Women Football Players”	SPORTS SCIENCE AND THEIR CONTRIBUTION TOWARDS PHYSICAL EDUCATION AND SPORTS”	Conference	<i>Education, SreeSevugan Annamalai College, Devakottai</i>	2012.	

### Resource Person

Whether Speaker/Moderator/Panalists	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
“FOOTBALL”	International level Workshop	School of Physical Education, Alagappa University, Karaikudi	14 <sup>th</sup> February 2010.	
_on “INTELLECTUAL PROPERTY RIGHTS AND INNOVATION MANAGEMENT IN KNOWLEDGE ERA”	National Level Workshop	Internal Quality Assurance Cell Madurai Kamaraj University	10 <sup>th</sup> April 2017.	
Participated <u>One Day</u> on “INTELLECTUAL PROPERTY RIGHTS AND INNOVATION	National Level Workshop	Internal Quality Assurance Cell	10 <sup>th</sup> April 2017.	

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MANAGEMENT IN KNOWLEDGE ERA”		Madurai Kamaraj University		
“RESEARCH METHODOLOGY FOR PEASE”.	National Level Workshop	MK University Department of Gandhian Studies and Research, Gandhi Museum & Sarvodaya kkiyapannaion	14 <sup>th</sup> February 2017	
“SPSS FOR RESEARCH AND RESEARCH SCHOLARES”	Three Days National <u>Workshopon</u>	THE M.D.T. Hindu College, Tirunelvelion	4 <sup>th</sup> & 6 <sup>th</sup> January 2017.	
“SPORTS BIOMECHANICS”	National Level Workshopon	Department of physical Education, Bharathidasan University, Thiruchirappall ion	19 <sup>th</sup> December 2016.	
“PLAY DAY”	National Level Workshopon	Alagappa University College of Physical Education,, Kar aikudion	7 <sup>th</sup> & 8 <sup>th</sup> February 2012.	
“VOLLEYBALL”	National Level Workshop	Alagappa University College of Physical Education,, Kar aikudion	4 <sup>th</sup> February 2011.	

### 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

<b>Achievements &amp; Awards</b>
<b>Other Details</b>

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