

Dr. B. SUJATHA

Director of Physical Education

### Professional Summary

Highly energetic and dedicated Physical Education specialist with 26 years of career experience as Director and Lecturer in the field of Physical Education. Proficient at creating fun, interactive exercise programs based on students' ages that promote teamwork, physical well-being, Time Management and sportsmanship.

### Professional Experience

Working as a **Director of Physical Education** in **Sri GVG Visalakshi College for Women**, Udumalpet since **from August, 2010**.

Worked as a **Lecturer in Physical Education** at **Avinashilingam University for Women** from **November 1995 – August, 2010**.

Physical Directress at **Park's College**, Tiruppur from **July 1995 - Nov 1995**.

### Membership

- Member in **Coimbatore District and Tamil Nadu State Basketball Association** and officiated various State Level Basketball Tournaments.
- **Selection committee member in under 18 girls District level Basketball selection** consecutively for four years.
- **Selection committee member in Bharathiar University Inter-collegiate Basketball tournament** for the past six years to select the Bharathiar University team.
- **Joint Secretary in Tirupur District Hockey Association from 2022 onwards.**

### Awards and Recognition

- Received **Best Physical Director Award** from Environmental Advisory for Sustainable Trust, Tirunelveli on 24.01.2019.
- Received **Best Performer Award** from the Managing Secretary, Sri GVG Visalakshi College for Women, Udumalpet for the academic year 2018-19.

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Tamil Nadu – 641 009

Educational Qualification:  
B.A., M.P.Ed., NSNIS (cc),  
Ph.D

Date of Birth & Age:  
16.06.1972, 42 Years

### SKILLS

- Excellent life management skills.
- Sound knowledge of physical fitness and human anatomy.
- Adaptability.
- Collaboration
- Strong Work Ethic
- Time Management
- Critical Thinking
- Handling Pressure
- Strong leadership and teamwork attributes
- fostering teamwork and sportsmanship

- Received **Best Performer Award** from the Managing Secretary, Sri GVG Visalakshi College for Women, Udumalpet for the academic year 2016-17.
- Secured **Best Poster Presentation award** in an International Conference organized by Avinashilingam Deemed University, Coimbatore on March 2012.
- Achieved **Best Out Going Student award** from Sri Saradha College for Women, Salem for the academic year 1994-95.
- Bagged **Best Out Going Player award** from Nirmala College for Women, Coimbatore for the academic year 1991-92.

### Educational Qualification

- **Bachelor of Arts (1992)**, in Economics Nirmala College for Women, Affiliated to Bharathiar University, Coimbatore – 641 018.
- **Bachelor of Physical Education (B.P.Ed 1994)**, Sri Saradha College of Physical Education, Affiliated to University of Madras, Salem – 16.
- **Master of Physical Education (M.P.Ed 1995)**, Sri Saradha College of Physical Education, Affiliated to University of Madras, Salem – 16.
- **CNIS in Basketball certificate course (1996)**, Nethaji Subash National Institute of Sports, Patiala, Punjab.
- **Ph.D in Physical Education (2011)**, Maruthi College of Physical Education, Affiliated to Bharathiar University, Coimbatore.

### Relevant Qualification

- Passed **NET and SLET Lectureship** Examinations in 1999.
- Passed **National Level Referee Examination in Basketball** in 2004.
- Passed **National Level Referee Examination in Handball** in 2006.
- Passed **State Level Referee Examination in Track and Field** in 2002.

### Laurels Achieved

- Participated in **Mini National Basketball Tournament** held at Jamshedpur, 1985.
- Participated in **Women National Basketball Tournament** held at Cuttack, 1990.
- Represented **Bharathiar University** South Zone Inter University Basketball Tournament held at Mysore, 1990
- Participated in **Women National Basketball Tournament** held at Bangalore, 1992.
- Participated in **Women National Basketball Tournament** held at Haryana, 1993.
- Represented **Madras University** in South Zone Inter University Basketball Tournament held at Bangalore, 1994.
- Represented **Madras University** in **All India Inter University Basketball Tournament** held at Patiala, 1994.

## Participation in Workshops/ Seminars/ Conferences

- **29<sup>th</sup> & 30<sup>th</sup> March, 1997** – Attended a UGC sponsored National Conference on “Sports Psychology” organized by Thiagarajar College, Madurai.
- **3<sup>rd</sup> August, 1997** – Attended a Workshop on ‘Sports Psychology and Injury Prevention’ organized by Rotary Club of Coimbatore.
- **8<sup>th</sup> – 10<sup>th</sup> May, 1998** – Presented a paper on ‘**Evaluation of Accuracy in Shooting before and after the game situation**’ in the Sixth Tamizhaga Ariviyal Peravai Conference organized by Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University.
- **22<sup>nd</sup> November, 1998** – Attended a Referee’s Clinic in Basketball organized by YMCA Basketball Club, Coimbatore.
- **31<sup>st</sup> January, 1999** – Attended a seminar on ‘Sports Medicine’ organized by Medical Trust Hospital, Mahatma Gandhi University, Cochin.
- **13<sup>th</sup> March, 2001** – Participated in One Day Seminar on ‘Sport Management’ organized Avinashilingam Institute for Home Science and Higher Education for Women, Deemed University.
- **27<sup>th</sup> & 28<sup>th</sup> March, 2001-** Participated in a Clinic on ‘Current Trends in Track and Field’ organized by Maruthi College of Physical Education, Coimbatore.
- **January 2002** – Published an article entitled ‘Principles of Shooting in Basketball’ in the Journal of Physical Education and Sports.
- **8<sup>th</sup> February, 2004** – Attended S.Venkatakrishnan Memorial State Level One Day Referee’s Clinic Organized by Coimbatore District Basketball Association at PSG College of Technology, Coimbatore.
- **28<sup>th</sup> – 30<sup>th</sup> March, 2006** – Participated in a National Seminar on ‘Multi Dimensional Approach for Excellence in Sports: Talent Identification’ held at Ramakrishna Mission Vidhyalaya, Maruthi College of Physical Education, Coimbatore.
- **18<sup>th</sup> November, 2006** – Attended a Referee’s Clinic and passed Referee’s Examination in Handball organized by Tamilnadu Handball Association held at Kumaraguru College of Technology.
- **12<sup>th</sup> – 14<sup>th</sup> March 2007** – Participated in three day National Conference on ‘To Evolve a Standardized age test and Age related Changes in Factors Affecting Sports Performance’ held at Ramakrishna Mission Vidhyalaya, Maruthi College of Physical Education, Coimbatore.
- **14<sup>th</sup> September, 2007** – Participated in a First Aid Clinic and passed the Examination in First Aid organized by St. John Ambulance Association held at Avinashilingam University for Women, Coimbatore.
- **15<sup>th</sup> & 16<sup>th</sup> February, 2008 - Participated and Presented** a paper on ‘Food and Fluid for Performance’ in the International Conference and Exhibition on ‘Modern Trends in Exercise Physiology and Nutrition’ organized by Department of Exercise Physiology and Nutrition, TamilNadu Physical Education and Sports University held at Jawaharlal Nehru Stadium, Chennai.

- **18<sup>th</sup> September, 2008 – Participated and Presented a paper** on “**Yoga for peaceful mind**” in **Nationalseminar** on Healthy ageing through means and sports, organized by Alagappa University, Karaikudi.
- **12<sup>th</sup> & 13<sup>th</sup> February 2009** – Attended a seminar on Multiple Approaches towards Intellectually Challenged Children organized by Maruthi college of Physical Education and Ramakrishna Mission Vivekananda University, Coimbatore.
- **17<sup>th</sup> & 18<sup>th</sup> December, 2010** – Attended a National seminar on Software Based Statistical Application in Physical Education, organized by Ramakrishna Mission Vivekananda University, Coimbatore.
- **27<sup>th</sup> & 28<sup>th</sup> January, 2011 – Participated and Presented a paper** entitled “**Effect of Yogic Practice on Heart Rate among College Women**” in the **International Conference** on Yoga, Physiotherapy, Nutrition and Sports for Lifelong Fitness organized by the department of Physical Education and Health Sciences, Alagappa University, Karikudi.
- **9<sup>th</sup> February, 2011** – Participated a National Workshop on Physiological Adaptations on Training and Nutrition organized by Tamilnadu Physical Education and Sports University, Chennai.
- **19<sup>th</sup> & 20<sup>th</sup> September, 2011** - Attended and **presented a paper in International Seminar** on Positive Perspective of Adapted Physical Education organized by **Vivekananda University, Coimbatore.**
- **6<sup>th</sup> & 7<sup>th</sup> February, 2012** - Attended a NAAC sponsored **National Level workshop on Internal Quality Assurance System – A tool for Measuring Excellence** organized by Sri GVG Visalakshi College for Women, Udumalpet.
- **8<sup>th</sup> – 10<sup>th</sup> March, 2012** - Attended and **Presented a poster in International Conference** on Sports and Nutrition organized by Avinashilingam University, Coimbatore, **bagged Second prize in best poster award out of 75 participants and Chaired a Scientific Session.**
- **22<sup>nd</sup> August, 2012** – Participated in One day Basketball Clinic Conducted by Tamilnadu College of Engineering.
- **5<sup>th</sup> & 6<sup>th</sup> October, 2012** - Presented a paper on “**Disordered eating among collegiate athlete – an analysis**” in UGC Sponsored **National Seminar** on Recent Development in Sports Sciences and their Contributions towards Physical Education and sports organized by Sree Sevagan Annamali College, Devakottai.
- **19<sup>th</sup> & 20<sup>th</sup> October, 2012** - Presented a paper on “**Bottomline Nutritional Knowledge among Varsity students**” in **International Conference** on “Innovative Technology in Sports and Allied Sciences’ organized by Department of Physical Education and Health Sciences, Alagappa University, Karaikudi. **ISBN No: 978-81-920866-4-4 Page No – 238.**
- **3<sup>rd</sup> & 4<sup>th</sup> June, 2013** – Attended a Workshop on “**Mechanics of Writing a Research Article**” organized by Sri GVG Vishalakshi College for Women, Udumalpet.
- **10<sup>th</sup> & 11<sup>th</sup> September 2016** – Attended an **International Yoga Workshop for Reversing Lifestyle Disorders** organized by Vivekananda Cultural Centre in collaboration with Manushi School of Yoga & International Tamil Veg Union.
- **30<sup>th</sup> September & 1<sup>st</sup> October 2016** – Presented a paper on “**Sport, Gender Inequality and Violence against Women – A Study**” in UGC Sponsored **National level Seminar** on

“Violence against Women: Unearthing Strategies to Combat” Organized by Annamalai University, Annamalainagar, Chidambaram.

- **13<sup>th</sup> April 2017** – Presented a paper on **“Dramatic Measure of Yoga, Power Yoga and Pilates Exercise on Muscular Endurance among College Women”** in One day **National Level Conference** on “Health & Fitness in Modern Society” organized by Department of Physical Education, University College of Science, Tumkur University, Karnataka.
- **13<sup>th</sup> April 2017** – Presented a paper on **“Effects of Continuous Running and Intermittent training Programmes on selected Bio-motor Components of Professional College Men Athletes”** in One day **National Level Conference** on “Health & Fitness in Modern Society” organized by Department of Physical Education, University College of Science, Tumkur University, Karnataka.
- **6<sup>th</sup> - 8<sup>th</sup> July 2017** – Presented a paper on **“An Origin of Basketball – A Historical Perspective”** in a Three day **International Conference** on **“History: Seen and Unseen – Thinking Historically”** organized by Environmental Advisory for Sustainable Trust (EAST), Tirunelveli.
- **22<sup>nd</sup> July 2017** – Presented a paper on **“Impact of Short-Term Practice of Yoga on – Anxiety & Stress Control among Volleyball Players”** in the National Conference on “Blissful Yoga” organized by Tumkur University, Karnataka State.
- **11<sup>th</sup> & 12<sup>th</sup> November 2017** – Attended a Clinic on **“New Amendments in Basketball”** organized by Tamilnadu State Basketball Association held at PSG college of Technology.
- **25<sup>th</sup> & 26<sup>th</sup> February 2022** – Participated in Two days National Level Conference on **“Paradigm Shift in Education for 21<sup>st</sup> Century: National Education Policy”** Organized by IQAC & Curriculum Development Cell, Sri GVG Visalakshi College for Women, Udumalpet, Tamilnadu.

## Articles Published

- January 2002, Published an article entitled “Principles of shooting in Basketball” in a Journal of physicaleducation and sports.
- **12<sup>th</sup> & 13<sup>th</sup> February, 2007** – Published an article entitled, **“ The Quality of Teaching Progress in Physical Education”** in a souvenir of state level seminar on “Enhancing the Pedagogic skills of Teachers in Higher Education” organized by Faculty of Education at Avinashilingam University for Women, Coimbatore.
- **8<sup>th</sup> & 9<sup>th</sup> March, 2012** - Published a paper entitled **“The effect of Specific training and Psyche-up strategies on selected skill variables of adolescent male basketball players”** in International Conference on Sports and Nutrition organized by Avinashilingam University for women, Coimbatore and Published in **Macmillan Publishers India Limited. ISBN No: 978-9350-59339-4 Page no- 323.**
- **19<sup>th</sup> & 20<sup>th</sup> October, 2012** – Published a paper on **“Bottomline Nutritional Knowledge among Varsity students”** in **International Conference** on “Innovative Technology in Sports and Allied Sciences’ organized by Department of Physical Education and Health Sciences, Alagappa University, Karaikudi. **ISBN No: 978-81-920866-4-4 Page No – 238.**
- **13<sup>th</sup> April 2017** – Published a paper on **“Dramatic Measure of Yoga, Power Yoga and Pilates Exercise on Muscular Endurance among College Women”** in One day **National Level Conference** on “Health & Fitness in Modern Society” organized by Department of Physical Education, University College of Science, Tumkur University, Karnataka. **ISBN No: 978-93-82694-31-1 Page No: 87-90.**
- **13<sup>th</sup> April 2017** – Published a paper on **“Effects of Continuous Running and Intermittent training Programmes on selected Bio-motor Components of Professional College Men Athletes”** in One day **National Level Conference** on “Health & Fitness in Modern Society”

organized by Department of Physical Education, University College of Science, Tumkur University, Karnataka. **ISBN No: 978-93- 82694-31-1 Page No: 153-158.**

- **6<sup>th</sup> - 8<sup>th</sup> July 2017** – Published an article on “**An Origin of Basketball – A Historical Perspective**” in a Souvenir in Three day **International Conference on “History: Seen and Unseen – Thinking Historically**” organized by Environmental Advisory for Sustainable Trust (EAST), Tirunelveli. **Page No – 55.**
- **22<sup>nd</sup> July 2017** – Published a paper on “**Impact of Short-Term Practice of Yoga on – Anxiety & Stress Control among Volleyball Players**” in the Proceedings of National Conference on “Blissful Yoga” organized by Tumkur University, Karnataka State. **ISBN No: 978-93-82694-35-9 Page No: 16-20.**
- **July – August 2018** – Published a paper on “An Origin of Basketball – A Historical Perspective” in Education Times – **A Peer Reviewed / Refereed Journal. An International Journal of Education & Humanities** in APH Publishing Corporation, New Delhi. Volume VIII, Number 4 and the **ISSN No: 2319-8265** Page No: 236-240.
- **October – December 2021** – Published a paper on “Effects of Circuit Training on Selected Physical Fitness Components among Basketball Players” in the **Journal of Modern Thamizh Research (A Quarterly International Multilateral Thamizh Journal)** published in Raja publications, Tiruchirappalli. Volume 9, Number 4 and the **ISSN No: 2321 – 984X** Page No. 1614 – 1620.
- **October – December 2021** – Published a paper on “Effect of Small-Sided Game Intervention on Speed and Self-Confidence among Men Intercollegiate Soccer Players” in the **Bharathiar National Journal of Physical Education and Exercise Sciences**. Volume 12, Issue 4 and the **ISSN No: 0976 – 3678.**
- **April – June 2022** – Published an article on “Influence of Aerobic and Weight training on flexibility among Middle age Women” in the **Journal of Indian Art History Congress**. Volume – 27, Issue No 416 and the ISSN No: 0975-7945 Page no 44 - 48.
- **December 2022** – Published an article on “The Influence of Various Exercise Regimens for Improving Bone Health of Postmenopausal Women – A Review, "**International Journal of Human Movement and Sports Sciences**, Vol. 10, No. 6, pp. 1337 - 1347, 2022. DOI: 10.13189/saj.2022.100625 ISSN: 2381-4403.

### Special Assignments

- Invited as an **Official for CICAA Basketball Tournament** from 29<sup>th</sup> July – 3<sup>rd</sup> August, 2009 organized by Department of Physical Education, Bharathiar University, Coimbatore.
- Appointed as an **External Examiner to conduct Teaching Practice Examinations** for BPED (CBAS) on 18.05.2011 at Ramakrishna Mission Vivekananda University, Coimbatore.

- Invited as a **Resource Person** to deliver a lecture on “**Young adult stress and its management**” on 02.04.2012 organized Health and Fitness Club at Kongunadu Arts and Science College, Coimbatore.
- Invited as a **Resource Person** to deliver a lecture on “**Health Awareness**” on 27.08.2012 organized by NSS Unit, Sri GVG Visalakshi College for Women, Udumalpet.
- Nominated as a **Basketball team coach** for the Bharathiar University Basketball Women team to participated in **South Zone Inter-University Basketball Tournament** held at **Maharashi Dayanand Saraswati University, Ajmer, Rajasthan** from 15.11.2010 to 20.11.2010. In this regard **Basketball Coaching Camp was organized** at Bharathiar University basketball court from 08.11.2010 to 12.11.2010.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at Kovai Kalaimagal College of Arts and Science, Coimbatore between 22<sup>nd</sup> & 23<sup>rd</sup> September, 2011 **for selecting Bharathiar University Basketball Women Team for the academic year 2011-2012.**
- Nominated as a **Basketball team coach** for the Bharathiar University Basketball Women team to participate in **South Zone Inter-University Basketball Tournament** held at **Kannur University, Kannur, Kerela** from 05.10.2011 to 09.10.2011. In this regard **Basketball Coaching Camp was organized** at Bharathiar University basketball court from 26.09.2011 to 04.10.2011.
- Invited as a **Basketball team coach** for the Bharathiar University Basketball Women team to participated in **All India Inter-University Basketball Tournament** held at **Kurukshetra University, Kurukshetra** from 16.11.2011 to 21.11.2011. In this regard **Basketball Coaching Camp was organized** at Bharathiar University basketball court from 05.11.2011 to 11.11.2011.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at Providence College for Women, Coonoor, between 24<sup>th</sup> & 25<sup>th</sup> September, 2012 **for selecting Bharathiar University Basketball Women Team for the year 2012-2013.**
- Appointed as a **Team Manager** to participate in Junior State Ballbadminton Championship held at ExcelEngineering College, Kumarapalayam between 17<sup>th</sup> & 18<sup>th</sup> August 2013.
- Nominated as a **Basketball team coach** for the Bharathiar University Basketball Women team to participate in **South Zone Inter-University Basketball Tournament** held at **Dr. NTR University of Health Sciences, Vijayawada (AP)** from 21.12.13 to 24.12.13. In this regard **Basketball Coaching Camp was organized** at Bharathiar University basketball court from 13.12.13 to 20.12.13.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at Bharathiar University between 16<sup>th</sup> & 17<sup>th</sup> September, 2013 **for selecting Bharathiar University Basketball Women Team for the year 2013-2014.**
- Invited as a **Chief Guest to deliver the inaugural address** on “**Will Citizenship Training Camp promotes human values**” during the 7<sup>th</sup> Citizenship Training Camp organized by **Lisieux College of Education, Viswasapuram, Coimbatore** on 10.12.13.
- Appointed as a **Technical Committee Member** to conduct the **JASA South India Inter Collegiate Invitation Basketball Tournament for Women**, organized by JASA – Jayalakshmi Sports Academy, Coimbatore between 8<sup>th</sup> & 9<sup>th</sup> August 2014 at Nehru

Stadium, Coimbatore.

- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at AJK college of Arts and Science, Navakkarai between 22<sup>nd</sup> & 23<sup>rd</sup> September, 2014 **for selecting Bharathiar University Basketball Women Team for the year 2014-2015.**
- Nominated as a **Basketball team coach** for the Bharathiar University Basketball Women team to participate in **South Zone Inter-University Basketball Tournament** held at **Hindustan University, Chennai** from 04.11.2014 to 09.11.2014. In this regard **Basketball Coaching Camp was organized** at Bharathiar University basketball court from 29.10.2014 to 03.11.2014.
- Invited as a **Special invitee** for the felicitation function in to give a **motivational Speech in District Level Tournament for school Boys and Girls** organized by Ultimate Basketball Tournament held at Nehru Stadium, Coimbatore on 05.05.2014.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Badminton Women Tournament held at Bharathiar University, Coimbatore between 4<sup>th</sup> & 5<sup>th</sup> August, 2015 **for selecting Bharathiar University Badminton Women Team for the year 2015-2016.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Table Tennis Women Tournament held at Kongunadu Arts and Science College, Coimbatore on 19<sup>th</sup> August, 2015 **for selecting Bharathiar University Table Tennis Women Team for the year 2015-2016.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at AJK College of Arts and Science, Coimbatore between 8<sup>th</sup> & 9<sup>th</sup> September, 2015 **for selecting Bharathiar University Basketball Women Team for the year 2015-2016.**
- Nominated as a **Basketball team coach cum Manager** for the Bharathiar University Basketball Women team to participate in **Tamilnadu State Inter-University Sports Meet in Basketball** held at **SDAT Stadium, Madurai** from 29.01.2016 to 31.01.2016.
- Invited as a **Resource Person** in **Multi-Sport Summer Camp 2016** organized by Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women University, Coimbatore on 27<sup>th</sup> & 28<sup>th</sup> May 2016.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Badminton Women Tournament held at Bharathiar University, Coimbatore between 23<sup>rd</sup> & 24<sup>th</sup> August, 2016 **for selecting Bharathiar University Badminton Women Team for the year 2016-2017.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Table Tennis Women Tournament held at RVS College of Arts and Science, Coimbatore on 29<sup>th</sup> August, 2016 **for selecting Bharathiar University Table Tennis Women Team for the year 2016-2017.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at PSG College of Arts and Science, Coimbatore between 6<sup>th</sup> & 7<sup>th</sup> September, 2016 **for selecting Bharathiar University Basketball Women Team for the year 2016-2017.**
- Nominated as a **Basketball team Manager** for the Bharathiar University Basketball Women team to participate in **South Zone Inter-University Basketball Tournament** held at **Calicut University, Calicut** from 08.12.2016 to 14.12.2016.



- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Hockey Women Tournament organized by Vidyasagar College of Arts and Science, Udumalpet between 16<sup>th</sup> & 17<sup>th</sup> December, 2016 **for selecting Bharathiar University Hockey Women Team for the year 2016-2017.**
- Invited as a **Resource Person** in Leadership Training Camp to deliver a lecture on **“Personality Development”** organized by Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women University, Coimbatore on 03.11.2017.
- Invited as a **Chief Guest** in Valedictory function of Leadership Training Camp organized by Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women University, Coimbatore on 03.11.2017.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at PSG College of Arts and Science, Coimbatore between 21<sup>st</sup> & 22<sup>nd</sup> August, 2017 **for selecting Bharathiar University Basketball Women Team for the year 2017-2018.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Hockey Women Tournament organized by Vidyasagar College of Arts and Science, Udumalpet between 14<sup>th</sup> & 15<sup>th</sup> December, 2017 **for selecting Bharathiar University Hockey Women Team for the year 2017-2018.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at Rathinam College of Arts and Science, Coimbatore between 20<sup>th</sup> & 21<sup>st</sup> August, 2018 **for selecting Bharathiar University Basketball Women Team for the year 2018-2019.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Hockey Women Tournament organized by Vidyasagar College of Arts and Science, Udumalpet between 27<sup>th</sup> & 28<sup>th</sup> September, 2018 **for selecting Bharathiar University Hockey Women Team for the year 2018-2019.**
- Invited as a **Chief Guest** to deliver the inaugural address to **inaugurate the Sports Association** for the academic year 2019-20 at Avinashilingam Institute for Home Science and Higher Education for Women on 13<sup>th</sup> August 2019.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Table Tennis Women Tournament organized by RVS College of Arts and Science, Coimbatore on 14<sup>th</sup> September 2019 **for selecting Bharathiar University Table Tennis Women Team for the year 2019- 2020.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Hockey Women Tournament organized by Kumaraguru Liberal College of Arts and Science, Coimbatore between 19<sup>th</sup> & 20<sup>th</sup> September, 2019 **for selecting Bharathiar University Hockey Women Team for the year 2019- 2020.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at C.S.I. Bishop Appasamy College of Arts and Science, Coimbatore from 15<sup>th</sup> to 17<sup>th</sup> October 2019 **for selecting Bharathiar University Basketball Women Team for the year 2019- 2020.**
- Organized a **National level E-Quiz on Yoga & Fitness** from 21.06.2020 to 25.06.2020 on the occasion of **International Yoga Day** celebrations. Totally **1515 participants** registered for this event which inclusive of Professors and students from our institution and Professors and students from other institutions within Tamilnadu and from other

states also took part in this occurrence.

- Organized an **Elocution and Essay competitions** both in English and Tamil for our students on the occasion of **Youth Awakening Day** in remembrance of Bharat Ratna Dr. A.P.J. Abdul Kalam on 13.10.2020 exclusively for our college students. Totally **190 students** took part in this competitions.
- Invited as a **Resource Person** for Rotaract and Health Care Club to deliver a lecture on “**Gender Gap and Women Health Care**” organized by Department of Physical Education, PSGR Krishnammal College for Women, Coimbatore on 19.03.2021.
- Invited as a **Resource Person** for the webinar on the “**Three days Virtual Workshop on Internalization of Quality Culture and Institutionalization of Best Practices – Life skills** ” organized for our Mentee institution - Sree Abiraami Arts and Science College for Women, Keelalathur, Gudiyattam under UGC- Paramarsh Scheme scheduled on **30<sup>th</sup> June 2021 at 11:30am**, on “ **Promotion of Sports in HEI** ”.
- Organized a **Virtual Mini Marathon - 2021** on the occasion of **National Sports Day** to commemorate the birth anniversary of Hockey Wizard Dhayan Chand held on 29.08.2021. Totally **120 participants registered** for this competition which inclusive of Professors, College students and School Boys and Girls. Out of which **88 participants** took part in this event.
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Hockey Women Tournament held at Kumaraguru Liberal College of Arts and Science, Coimbatore from 09<sup>th</sup> to 10<sup>th</sup> December 2021 **for selecting Bharathiar University Hockey Women Team for the year 2021-2022.**
- Appointed as a **Selection Committee Member** in Bharathiar University Inter-Collegiate Basketball Women Tournament held at Suguna College of Arts and Science, Coimbatore from 17<sup>th</sup> to 18<sup>th</sup> December 2021 **for selecting Bharathiar University Basketball Women Team for the year 2021-2022.**
- Nominated as a **Selection Committee Member** in connection with the interview for the post of Assistant Director of Physical Education and Sports at **Goa University as the Subject Expert** on 24.06.2022.
- Nominated as **Selection Committee Member** to select Bharathiar University Basketball Women team in Bharathiar University Inter Collegiate Basketball Women Tournament held at PSG College of Arts and Science, Coimbatore between 14<sup>th</sup> & 15<sup>th</sup> November 2022.
- Appointed as an **External Examiner** for the EOS Examination for the paper entitled “**Physical Fitness and Wellness**” to attend the **Central Valuation** on 05.12.2022 at Gobi Arts and Science College, Gobichettipalayam.
- Nominated as a **Team Manager** for the Bharathiar University Basketball Women Team to participate in South Zone Inter University Basketball Women Tournament held at Suriya Engineering College, Villupuram from 03.01.2023 to 09.01.2023.
- Invited as a **Chief Guest** to deliver a Sports Day address in Annual Sports Day Celebration in Lourde Matha Convent Matriculation School, Udumalpet on 13.01.2023.
- Nominated as a **HOD Member** for the **First Doctoral Committee** of Ph.D Research Scholar Mr. S. Karhick held at Department of Physical Education, Government Arts College, Udumalpet on 23.01.2023.

- Nominated as a **HOD Member** for the **First Doctoral Committee** of Ph.D Research Scholar Mr. E. Pandeewaran, held at Department of Physical Education, Government Arts College, Udumalpet on 28.01.2023.
- Nominated as a **HOD Member** for the **First Doctoral Committee** of Ph.D Research Scholar Mr. T. Rajaram, held at Department of Physical Education, Government Arts College, Udumalpet on 28.01.2023.
- Nominated as a **Subject Expert** in connection with an **interview** for the post of Physical Director in Kendriya Vidhyalaya, Udumalpet on 03.03.2023.
- Appointed as an **External Examiner** for the EOS Examination for the paper entitled **“Physical Fitness and Wellness”** to attend the **Central Valuation** on 24.05.2023 at Gobi Arts and Science College, Gobichettipalayam.

### Courses Attended

- Attended the UGC – sponsored 95th Orientation Programme conducted by the UGC – Academic Staff College, Bharathiar University, Coimbatore from 20.11.2012 to 17.12.2012.
- Attended the UGC sponsored Refresher Course in Physical Education conducted by the UGC – Academic Staff College, Bharathiar University, Coimbatore from 19.02.2014 to 11.03.2014.
- Attended the UGC sponsored Refresher Course in Physical Education, Sports Sciences & Yoga conducted by the UGC – Human Resource Development Centre, Bharathiar University, Coimbatore from 23.11.2018 to 13.12.2018.
- Attended the UGC sponsored Online Refresher Course in Physical Education conducted by the UGC – Human Resource Development Centre, Bharathiar University from 10.11.2021 to 23.11.2021 and obtained “A+” Grade.

### Convener /Member in College Committee

- Convener in Discipline Committee from the academic year 2011 – 12 onwards.
- College Calendar committee member during the academic year 2017-18.
- College Magazine Committee member during the academic year 2017-18.
- College Union Member during the academic year 2018-19.
- College Student Council Member during the academic year 2019-20.
- College Curriculum Development Cell during the academic year 2021 – 2022.
- College Staff Club Member during the academic year 2021 -2022.
- College Faculty Development Cell Member during the academic year 2021 -2022.
- College Admission Committee Member during the academic year 2021 – 2022.
- College Staff Club Member during the academic year 2022 -2023.
- College Admission Committee Member during the academic year 2022 – 2023.
- College Faculty Development Cell Member during the academic year 2022 -2023.
- College Staff Club Member during the academic year 2023-2024.

### Details of Online Activities

S.No.	Webinar / FDP / Quiz	State/ National / International	Date	Title of the Programme	Organizer
1.	FDP	National	04.05.2020 to 08.05.2020	Covid -19 Pandemic: Strategies for effective Work Life Balance of Academicians	Karpagam College of Engineering
2.	FDP	National	08.05.2020	Course and Curriculum Design in Higher Education	Sri GVG Visalakshi College for Women
3.	FDP	National	06.05.2020	Institutional Governance and Best Practices	Sri GVG Visalakshi College for Women
4.	Webinar	National	11.05.2020	Rules and Interpretations of Track Events	Kongu Arts and Science College
5.	Webinar	National	14.05.2020 - 16.05.2020	Stay Healthy and Keep Fit during Lockdown	TNPESU
6.	Webinar	State	15.05.2020	Facilitating the role of teacher as career Counselor	ASFASM & PWC
7.	Webinar	International	18 <sup>th</sup> & 19 <sup>th</sup> May 2020	Role of Sports in Building a Successful Career	Thoothukudi Hockey Association and Podhigai Sports and Skill Development Organization
8.	Webinar	State	19.05.2020	Be Fit during Lock Down Covid-19	G.T.N. Arts College
9.	E-Quiz	National	20.05.2020	Know the Deadly Virus Covid -19	Sarvodaya Higher Education Society's
10.	Webinar	State	22.05.2020	Industry Institute Interface: The Changing Dimensions	ASFASM & PWC
11.	Webinar	State	22.05.2020 – 30.05.2020	Rules and Regulations in Athletics	Manonmaniam Sundaranar University
12.	E-Quiz	National	27/05/2020	-	Bharathidasan College of Arts and Science
13.	Webinar	National	27.05.2020	Yoga and Fitness the way of Life	Sri Krishna Arts and Science College
14.	E-Quiz	State	28.05.2020	General Sports	Guru Nanak College
15.	Webinar	National	29.05.2020	Fitness Protocols for Kids and Elderly People during Pandemic period	Maruthi College of Physical Education
16.	Webinar	International	28 <sup>th</sup> & 29 <sup>th</sup> May 2020	Sports Science	TNPESU & Centre for Sports Science
17.	Webinar	National	30.05.2020	Subaltern Literature	Sri GVG Visalakshi College for Women
18.	E-Quiz	State	May 2020	Physical Education and Covid 19	Saraswathy Narayanan College
19.	Webinar	State	08.06.2020	Aging and Exercise	Pioneer Kumaraswamy College
20.	Webinar	National	09.06.2020	Online Tools for Teachers and Teaching	Sri Gayathri College of Education
21.	Webinar	International	12.06.2020	Game of Basketball and Familiarizing its Rules	Rajapalayam Raju's College
22.	E-Quiz	State	12.06.2020	Health, Physical Fitness	Nirmala College for

				and Sports	Women
23.	FDP	International	13 <sup>th</sup> -19 <sup>th</sup> June 2020	A Step by Step Guide to Write a Good Research Paper	RFI and World Virtual Conference Forum
24.	E-Quiz	National	21.06.2020	International Yoga Day	PSGR Krishnammal College for Women
25.	E-Quiz	State	21.06.2020	Yoga	Bharathiar University Arts and Science College, Thondamuthur
26.	E-Quiz	National	27.06.2020	Cricket	GTN Arts College
27.	Webinar	State	30.06.2020	Exercise and Cognition	Scad College of Education
28.	Webinar	State	30.06.2020	Ego Holiday	The Standard Fire Works Rajarathinam College for Women
29.	Webinar	State	6 <sup>th</sup> July 2020	Exercise for Betterment of Health	Holy Cross College
30.	E-Quiz	State	06.09.2020	CSIR-NET/SET/TET Preparation in Sports	Mannar Thirumalainaicker College
31.	Webinar	State	-	Sports	SSDM Arts College
32.	FDP	State	14.07.2020	Promoting Quality Assurance Mechanism in Higher Education Institutions – Through NAAC	Vinayaka Mission's Research Foundation
33.	Webinar	International	17.07.2020	Resumption and Readiness towards Transforming lives "Post Pandemic"	Madras Christian College
34.	Quiz	State	20.07.2020	Yoga	J.J.College of Arts and science
35.	Webinar	National	22.07.2020	Preparation of Annual Quality Assurance Report (AQAR) for Physical Education Institutions	SRMV MCPE
36.	Quiz	International	22.07.2020	Sports Guess Competition	Hajee Karutha Rowther Howdia College
37.	Quiz	State	21.07.2020	Basketball level 1 online quiz	Salem Star Sports Academy
38.	Virtual Conference	International	01.08.2020 to 03.08.2020	Paper presented on "Impact of Covid -19 Pandemic on Sport Activities"	GTN Arts College, Dindigul
39.	FDP	National	05.08.2020 to 11.08.2020	Statistical Analysis using SPSS	Under PMMMNMTT organized by M S University, Tirunelveli
40.	Webinar	International	29.08.2020	Modern Technology in Physical Education & Sports 2020	The American College, Madurai
41.	Seminar	National	10.11.2020	Rejuvenation of Health through yoga in NEP	Avinashilingam University
42.	Webinar	National	08.05.2021	Stay Physically Active during Self-Quarantine	GTN Arts College, Dindigul.

43.	Webinar	National	11.05.2021	Latest Developments in Basketball	SRMV – MCPE CBE
44.	Web Series		27 <sup>th</sup> May – 29 May 2021	FDP	Sri GVG Visalakshi College for Women
45.	Webinar		13.03.2021	Action Research in Physical Education	MS Univ & PMMMMNMTT
46.	Conference	International	30 <sup>th</sup> & 31 <sup>st</sup> Jan 2021	Gymnastics	Interl. Ass. Of Physical Edn, Pakistan Gymnastic Federation & Sports Promotion Society
47.	Webinar	National	21.06.2021	Happy Life us an Art with Yoga	GVGVC
48.	One month Workshop	-	21.05.2021 to 21.06.2021	Preventive Health Care: Yoga for Anxiety and Stress Management	Janaki Devi Memorial College Univ of Delhi
49.	FDP	National	27.05.2021 to 02.06.2021	Promoting Excellence in Physical Education and Sports	Guru Angad Dev Teaching and Learning Centre PMMMMNMTT
50.	Short Term Course	State	15.05.2021 to 21.06.2021	Yoga for Physical and Mental Wellness	Sri Saradha College of Education
51.	FDP	National	31 <sup>st</sup> May to 06 <sup>th</sup> June 2022	Basic Research Methodology and Issues in Plagiarism (An Inter disciplinary Approach)	Guru Angad Dev Teaching and Learning Centre PMMMMNMTT

## Personal Details

Name : Dr. B. SUJATHA  
 Date of Birth & Age : 16. 06.1972, 50 Years  
 Sex : Female  
 Educational Qualification : B.A., M.P.Ed., NSNIS (cc), Ph.D  
 Nationality : Indian  
 Religion : Hindu  
 Community : Backward Class  
 Marital Status : Married  
 Spouse name : Mr.R. Govindaraj