



**Dr. M. Saroja**  
**Assistant Professor**

### Contact

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**Academic Qualifications: M.A., M.PEd., M.Sc., B.Ed., P.G.D.S.M., M.Phil., Ph.D.,**

**Teaching Experience: 10 Years 4 Months**

**Research Experience: 10 Years 4 Months**

### Additional Responsibilities

1. Fitness Equipment Lab In charge
2. Physiotherapy Lab In charge
3. Yoga class handling for B.Ed., and M.Ed., at college of education during the year 2015 – 2016

## Areas of Research

Research Methodology, Statistic Physiotherapy, Yoga and training Method.

## Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	02	07
	M.Phil.	40	06

## Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
21	24	19	63	Chapter-1(Role of Women in Indian Society P.No.308. 1 <sup>st</sup> edition -2013 ISBN-978-93-80-820-53-8

## Funded Research Projects

### Completed Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	AURF	13.04.2010	13.04.2011	Influence of Yogic practices and treadmill training on selected bio motor abilities physiological and bio chemical variables among University women students.	20,000
2					

## Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized: xx

1. Organising Secretary national seminar on Yoga and Physiotherapy for Stress management 29.10.2010
2. Co-ordinator National workshop on volley ball 07.03.2009

## Events Participated

### Conferences / Seminars / Workshops

1. UGC Sponsored national workshop on statistical software applications in Physical Education and Sports Sciences Research 18,19.03.2012, Bharathidasan University, Trichy
2. National workshop on expansion and enrichment of distance learning (EEDL-2012) 27, 28.03.2012
3. UGC Sponsored faculty development programme on small business management at 14, 15.03.2014 Alagappa University
4. International workshop on enhancing the quality of social science research 24, 25.02.2014
5. International workshop on data science and analytics 27, 28.09.2016
6. UGC Sponsored sensitisation workshop on capacity building for women managers in higher education. April 1<sup>st</sup> to 5<sup>th</sup> 2008
7. International Workshop on football school of physical education 14.02.2010
8. Interdisciplinary approach to an evaluation of human performance UGC (SAP) Sponsored national workshop of department of physical education and sports sciences. Annamalai University, Chidambaram. 30, 31.03.2008
9. Workshop on Yoga for Healthy life style two days Annamalai University, Chidambaram.
10. Orientation programme under UGC XI plan, Alagappa University, College of Physical Education, Karaikudi.24,25.02.2010
11. National level workshop on shift development system, Alagappa University, Karaikudi. 22.08.201
12. National workshop on shift system in Government colleges on the total development of students, Alagappa University, Karaikudi. 30.03.2010
13. National workshop on Employers based curriculum design in Physical Education, Maruthi College, Coimbatore. 18 Aug 2012
14. National workshop on yoga, allied therapy and physical education Koviloor andawar college of Physical Education-27.03.2013
15. National workshop on Physical education and communication skill, Kovillor andawar college of Physical education. 28.02.2014

## **Other Training Programs**

1. UCG – Academic staff college, Bharathidasan University, Tiruchirapalli – Orientation Course held from 02.05.2007 to 29.05.2007
2. UCG Sponsored Refresher course University of Kerala held from 12.06.2012 to 02.07.2012, Kariavattam. Thiruvanthapuram.
3. UGC Sponsored Refresher course Chennai University in Physical Education and Yoga. Batch VI from 14.11.2014- 04.12.2014
4. British council – 120 hours English improvement and methodology course – International workshop conducted by the British Council and Alagappa University held from 29.10.2007 to 22.11.2007
5. Faculty development programme on entrepreneurship organised by entrepreneurship cum skill development centre, Alagappa University from 12.11.2015 to 26.11.2015.
6. International Society for the advancement of Kin Anthropometric (ISAK level one) course from June 6<sup>th</sup> to 10<sup>th</sup> 2011, Alagappa University

## **Membership in**

### **Professional Bodies**

1. Life Member: (NAPESS) National Association of Physical Education and Sports Sciences from 25.07.2008 on words.
2. State referee in the game of KHO-KHO
3. State referee in the game of KABADI

### **Editorial Board**

1. 01 Editorial board member in International journal of Physical Education (IJPE) ISSN 0974-2638

### **Advisory Board**

1. Sports Advisory board committee member of Alagappa University for the year 2016-2017

### **Academic Bodies (such as Board of Studies etc.,)**

1. Board of studies member of Vivekanda Arts and Science College, Tiruvengatam
2. Board of studies member Department of Physical Education, Karaikudi.

## **Others**

1. Question Paper setter Tamil University Yoga paper 21.02.2014
2. Question Paper setter Tamilnadu Physical Education and Sports University, Chennai.
3. Question Paper setter Madurai Kamaraj University
4. Question Paper setter Alagappa University Karaikudi.

## **Inter University Team Manager**

1. Inter University Volley ball (Women) Tournament held at north Maharashtra University JALGAON 22.10.2009 to 28.10.2009

## **Inter University Team Coach**

1. South west zone Inter Zonal Inter University Basket ball (Women) Tournament organised by S.U University from 21<sup>st</sup> to 29<sup>th</sup> June 2008. Venue V.R.College, Nellore, Andra Pradesh

## **University Team Selection Committee**

1. Inter collegiate KHO KHO Team selector Alagappa University 26.10.2009 & 12, 13.09.2013.
2. Inter Collegiate Kabaddi team selector Alagappa University 23.10.2009
3. Inter Collegiate volley ball team selector 01.10.2010 & 04, 05.09.2011
4. Inter collegiate table tennis team selector 19.08.2011

## **Organising Committee Member**

1. National seminar 14.09.2007 Alagappa University
2. National seminar 18<sup>th</sup> sep 2008, Alagappa University
3. National seminar 2<sup>nd</sup> mar 2009, Alagappa University
4. National seminar 25<sup>th</sup> sep 2009, Alagappa University
5. International conference 18, 19<sup>th</sup> Dec 2007, Alagappa University
6. International conference 05, 06 mar 2009 Alagappa University
7. International conference 12, 13<sup>th</sup> Feb 2010, Alagappa University
8. International conference 8, 9<sup>th</sup> Mar 2010 Alagappa University
9. International conference 27,28<sup>th</sup> Jan 2011 Alagappa University
10. International conference 19, 20.10.2012 Alagappa University
11. APSA National Seminar 12, 13<sup>th</sup> Sep 2014, Thiruppathur Technical Committee Member.

## Resource persons in various capacities

Power Grid Corporation of India Special Lectures delivered about yoga meditation at  
03.09.2012

## Others

1. No. of PhD Thesis evaluated
  - (i) Gulbarga University, Karnataka, Refree for evaluation of Ph.D., Thesis
  - (ii) Sri Venkateswara University, Andra, Refree for evaluation of Ph.D., Thesis
  - (iii) Karnataka state womens sports University, Karnataka, Refree for evaluation of Ph.D., Thesis
2. No. of PhD Public Viva Voce Examination conducted
  - (i) Gulbarga University, Karnataka External Refree of Ph.D., viva-voce
  - (ii) Karnataka state womens sports University, Karnataka, External Refree of Ph.D., viva-voce
  - (iii) Thiruvalluvar University Tamilnadu External Refree of Ph.D., viva-voce

## Recent Publications

1. Dr .M. Saroja - July to September 2016 – Effect of circuit training and plyo metric training on breath holding time of college men kabaddi players – Quarterly international journal of physical education sports and yogic science Mrs.Ruby Sharma – New Delhi, India volume – 6 – ISS NO.3 – Page 34-36 – Peer reviewed, referred, index with impact factor