



Dr. K. DIVYA

Assistant Professor

Contact

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Academic Qualifications: BA., B.P.Ed., M.P.Ed., M.Phil.

Degree	Subject	Institution/ University	Year of completion	Class	%
X	State Board	O.C.P.M.Hr.Sec.School, Madurai	1998-1999	I	65
XII	State Board	O.C.P.M.Hr.Sec.School, Madurai	2000-01	I	73.24
B.A.,	Economics	Holy Corss College, Trichy Bharathidasan University, Trichy	2001-04 (May 2004)	II	59.58
B.P.Ed	Physical Education	Sri Saradha College of Physical Education Periyar University, Selam	2004-05 (Apr 2005)	I with Distinction	68
M.P.Ed	Physical Education	Alagappa University, Karaikudi	2005-07 (Apr-2007)	I University Gold Medal	77
M.Phil	Physical Education	Alagappa University, Karaikudi	2007-08	I	76

			(June-2008)		
Ph.D	Physical Education	Alagappa University, Karaikudi	2009-2011 (Mar-2012)	Awarded March 2012	
M.Sc	Yoga	Koviloor TNPE&SU, Chennai	May-2011	I	74.75
Diploma Course					
PGDSM	PG, Diploma in Sports Management	Alagappa University , Karaikudi	2006-07 (Sept 2006)	II	55
PGDY	PG, Diploma in Yoga	Koviloor Andavar College of Physical Education, Tamil Nadu Physical Education and Sports University	2009 (May-2009)	I	65.71

Certificate Courses

Degree	Subject	Institution/ University	Year of completion	Class	Percentage
NIS (K-K)	NIS (Kho-Kho) Certificate Course in Sports Coaching	SAI, NSNIS Bangalore	2006-07 June2006	I	70
NIS (Fencing)	NIS (Fencing) Certificate Course in Sports Coaching	SAI, NSNIs, Patiala	2007-08 June-2007	II	65
TTCY	Teacher Training Certificate course in Yoga	Dept.Physical Education Alagappa University, Karaikudi.	2008 Apr-2008	I	-
ISAK Level I Level II	International Society for Advancement of Kinathropometry	Level : I Bharathidasan University Level : II Alagappa University	2011	Completed	

Teaching Experience: 05 Years

Teaching Experience

S. No	Name of the Institution	Designation	Date of From to	Scale of Pay
1	Koviloor Andavar College of Physical Education, Koviloor, Kundarakudi	Assistant Professor	July 1 st 2011 to 2 nd March 2013	Rs.8,000
2	Alagappa Univeristy College of Physical Education Karaikudi	Assistant Professor	Since 04.03.2013	UGC Norms

Research Experience: 5 Years

Research Guidance	Completed	Ongoing
Ph.D	-	1
M.Phil	9	1
M.P.Ed	11	3

Additional Responsibilities

1. Deputy Warden of AUCPE Women Hostel since 2015.
2. Depty Director of Leaders Training Camp 2013
3. Programme Officer of Red Ribbon Club since 2013
4. Programme Officer of NSS since 2016
5. Intra mural Director 2014 – 2015
6. Intramural Depty Director 2013-2014 , 2015-2016 &2015-2016

Areas of Research

Yoga, sports training and sports physiology

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	--	01

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
8	4	3	16	--

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized

S.NO	Name of the event	Institution/ University	Date	Nature of work
1	National level Dwarf Sports and games Championship & State level para athletic Championship- 2017	Alagappa University Para Sports Centre, AUCPE, karaikudi.	20.01.2017 to 21.01.2017	Organizing secretary

No	Name of the Workshop	Institution/ University	Date	Nature of work
	Workshop Cum Refree Examination			
1	State level Kho-Kho workshop Cum Refree Examination	Alagappa University College of Physical		

		Education, Karaikudi		Organizing Secretary
2	State level Kho-Kho workshop Cum Refree Examination	Alagappa University College of Physical Education, Karaikudi	27 th Feb 2015	
3	Workshop on Badminton	Alagappa University College of Physical Education, Karaikudi	27 th Feb 2015	
4	State level Badminton tournament	Alagappa University College of Physical Education, Karaikudi	28 th Feb 2015 to 1 st March 2015	Co-ordinator

S.No	Title	Date	Nature of work
1	Recent Development in Sports and Yogic Sciences,	19 th & 20 th March 2015	Organizing Committee Members
2	Fit and Healthy India Vision 2023 NSFHI 2015	28 th &29 th sept 2015	
3	International conference on health indicators for physical and cognitive fitness education	26 th &27 th Feb 2016	
4	Role of Barathanatiyam in Rhythmic and Physical Education – Organizing Committee Members	12 th Jan 2017	

Red Ribbon Club (RRC) Programme

S.No	Name of the Programme	Place were organized	Date	Nature of the work
1	Workshop on HIV & Youth Impact	Alagappa University College of Physical	7 th April 2014	Programme

		Education Karaikudi		Officer Organizing secretary
2	One day Peer Educator Training on Celebrating Life	Alagappa University College of Physical Education Karaikudi	25 th March 2015	

National Service scheme (NSS) Programme

S.No	Name of the Programme	Place were organized	Date	Nature of the work
1.	visaka Training for NSS Programme officer (promoting a digital economy)	Alagappa university		participated
2.	AUCPE NSS volunteers visaka training programme	Seminar hall, dept.of IC, Alagappa university	20.12.2016 2.00-3.30pm	Programme Officer
3.	Launch of visaka (promoting a digital economy)	Alagappa university	27.12.2016-06.01.2017	
4.	visaka Training to affiliated college students	1.Sri Saradha Niketan College for women, Amaravathipudur. 2.Govt.Arts college for women, Ramanathapuram 3.Nachiappa Swamigal Arts and Science College,	9.01.2017(10.00am) 10.01.2017(10.00am) 9.01.2017(2.00pm) 10.01.2017(3.00pm)	

		Koviloor 4.Singai Sithar Ayya Arts and Science, A.Thekkur		
5.	visaka Training to Aopted Village	K.Aththangudi	10.01.2017 (11.00am)	
	visaka Training to vendors	Sri ram nagar, Barma colony, Vairavapuram karaikudi	7.01.2017 (200pmto 7.00pm)	
6.	visaka Training to Hostel Students	AUCPE, Womens Hostel	8.01.2017	
7.	visaka Training to AUCPE Students	AUCPE Students	04.01.2017	
8	Voters awareness Programme	K.Aththangudi	26.01.2017	

Events Participated

Conferences / Seminars / Workshops

Paper Presentation In Seminar And Conferences

International

S.No	Seminar Title	Paper Title	Institution / University	Date/ month/ year
1	Health related physical fitness and wellness	Effect of aerobic exercise on selected flexibility, muscular strength, and quickness among College men students	Poornaprajan college udupi	22 nd and 23 rd Aug 2014
2	International conference on women and social transformation: new era of just and gender fair society(icws:2015)	Sexual harassment in sports towards females	Department of women studies and center for women studies, Alagappa university, karaikudi.	21 st & 22 nd Aug 2015
3	International conference on health indicators for physical and cognitive fitness education	Effect of yogic practice on selected physiological variables of college women students	Faculty of education, Alagappa university, Karaikudi	26 th & 27 th Feb 2016
	International conference on health indicators for physical and cognitive fitness education	Effect of Plyometric and weight training on explosive power of college students	Faculty of education, Alagappa university, Karaikudi	26 th & 27 th Feb 2016

National

S. No	Seminar Title	Paper Title	Institution / University	Date/ month/ year
1	Women sports participation in india	Effect of yogic practice and saq training on physiological variables among school boys	Bharathiar university, dept. phy.edu	30-31 st jan 2014

			Coimbatore	
2	Challenges and rehabilitation practices for the differently able	Abt sports and games for differently able	Ramakrishna mission vivekanandha university coimbatore	4-6feb 2014
3	Physical activity, sports, fitness, and dietetics the elixir quarter of health	Effect of specific training programme on speed, agility and explosive power of school boys basketball players	Research dept.of phy.edu. bishopheper, trichy	15 th feb 2014
4	Contribution of allied sciences to sports performance		Dept.of phy.edu. &sports science , annamalai university, Annamalai nagar	25 &26 th march 2014
5	The Role of Sports Sciences in Achieving Human Excellence	Drug Abuse in Sports	Sriramakrishna Mission Vidyalaya, Marruthi College of Physical Education	13 th March 2015
6	Recent Development in Sports and Yogic Sciences,	Effect of Aerobic Training on Flexibility among college men Handball Players	Alagappa University College of Physical Education Karaikudi	19 th & 20 th March 2015
7	Recent Development in Sports and Yogic Sciences	Effect of Yogic Practice on Stress and Blood Glucose level in Management Students	Alagappa University College of Physical Education Karaikudi	19 th & 20 th March 2015
8	Recent Development in Sports and Yogic Sciences	Yoga for Anxiety disorder	Alagappa University College of Physical Education Karaikudi	19 th & 20 th March 2015
9	Sound Body sound mind fitness-	Effect of Yogic Practice & Aerobic exercise on selected	Dept.of Phy Education G.T.Arts	25 th & 26 th March

	through yoga & sports	physiological parameters among obese school girls.	College Dindigul	2015
10	Role of Physical Education to Health Recreation and Sports Promotion	Effect of Various Frequencies and Intensities of Plyometric training on selected physical fitness variables and physiological variables of college students.	Faculty of Physical Education Vinayaka Mission's College of Physical Education, Vinayaka Mission University, Salem	11 th April 2015
11	Role of Physical Education to Health Recreation and Sports Promotion	Effect of Pressure training and Resistance training on the performance of shooting accuracy of men handball players	Faculty of Physical Education Vinayaka Mission's College of Physical Education, Vinayaka Mission University, Salem	11 th April 2015
12	Dalit Education Challenges and Emerging Issues in India	Relative Dispaity in the Implementation of Reservation Policy in India	Dept.of Education Directorate of Distance Continuing Education M.S. University Tirunelveli	28 th & 29 th April 2015
13	Fit and healthy india- vision 2023	Effect of resistance training on explosive power among college level men athletes	AUCPE &tamilnadu paralympic sports association,karaikudi	28 th &29 th sept 2015
14	Safety and security of women and girls in public spaces: planning and designing mechanism	Department of women studies ,Alagappa university,Karaikudi		4 th &5 th December 2015
15	Information for all : changing role of public libraries in digital India initiatives	Pros and cons of digital library for learning and research in physical education and sports	Dept.of library and information science karaikudi, &raja rammohun roy library foundation	2 nd &3 rd 2016

16	Educational practice in chola kingdom (850-1279AD) EPICK-2016 (Indian council of historical research)	Chola's martial art	Department of history and directorate of distance education, alagappa university	Of and of	6 th & 7 th October 2016
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Workshop Participation

International

S.No	Name of the Workshop	Institution/ University	Date
1	Workshop on Enhancing the quality of social Science	Department of Women Studies Alagappa University, Karaikudi	24 th & 25 th Feb 2014
2	Workshop on Enhancing the quality of Social sciences	Dept.of Women studies, Alagappa University, Karaikudi	24 th & 25 th Feb 2015
3	Symposium on emerging trends in social science research	Dept of social work & department of women's studies , Alagappa university, karaikudi	1 st September 2016
4	Workshop on data analysis using SPSS	School of Mathesmetics, Alagappa university, karaiku	15 th -19 th 2 December 016
5	Workshop on E- Content Development	Alagappa University College of Education	6 th & 7 th January 2017

National

S. No	Name of the Workshop	Institution/ University	Date
7	Workshop on Yoga, allied therapy and Physical Education	Koviloor Andavar College of Physical Education, Koviloor	27 th March 2013
8	Workshop on Physical Education and Communication skills	Koviloor Andavar College of Physical Education, Koviloor	28 th Feb 2014
9	Workshop on Rules and Interpretation of chess and carom	Vinayaka Mission's College of Phy.Edu.Vinayaka Mission University, Salam	1 st March 2014

State

sl.No	Name of the Workshop	Institution/ University	Date	Nature of work
1	Workshop on Athletics	Alagappa University College of Physical Education, Karaikudi Organizing Secretary	19 th - 21 th July 2014	Participation

Other Training Programs

Programmes

S.No	Name of the Programme	Place were organized	Date
1	Orientation Programme	Para Sports National Education Academy and Alagappa University College of Physical Education Karaikudi	Nov 26 th to Dec 28 th 2013
2	Orientation Programme	UGC –Academic Staff College Bharathidasan University, Trichirapalli- 620 023	20 th May 2014 to 16 th June 2014
3	Refresher course	UGC HRD centre Bharathiar University Coimbatore	6 th May 2015 to 26 th May 2015
Short Term Course			
1	UGC –Short term course on Application of SPSS and Feminist Research Methodology	Department of Women studies and Centre for Women’s studies, Alagappa University, Karaikudi	25 th September to 1 st October 2015

2	The skill development course in sports sciences	SAI NSNIS , Patiala, Punjab ,india	8 th -23 rd October 2016
Faculty Development Programme			
3	UGC Sponsored Faculty development Programme on "Diveristy in Teaching	Alagappa Institute of Management Alagappa University	March 7 th & 8 th 2015
4	UGC Sponsored faculty development programme on "Small Business Management"	Alagappa Institute of Management Alagappa University	March 14 th &15 th , 2014
Special Programmes			
5	Community Coaches Training Programme (level II) for promotion of sports and Games for Disabled	Sivagangai (Dist)	17 th Feb 2014
User awareness Programme			
6	User awereness programme on shodhganga and anti plagiarism software- "urkund"	Innflibnet centre & Alagappa university, Karaikudi	29 th April 2016
Soft skill training			
7	Soft skill training for pre-service and in-service teachers (serve to serve)	Alagappa university college of Education, Karaikudi	23 rd &24 th march 2016

Membership in

Professional Bodies

1. **Life member** of Indian federation of computer science in sports in the year 2016.(affiliated to International Association of computer science in sports)
2. **Life member** of national association of physical education and sports (**NAPES-INDIA**)
3. **Member of the International society for exercise immunology (isei.dk)since 24.06.2016.**
4. Joint Secretary of Sivagangai District Athletic Association.
5. Life Member of Tamilnadu Kabaddi Amateru Association.

Editorial Board

1. Editorial Board Member in Vilayattulagam Tamil Monthly Sports Magazine

Recent Publications

1. Divya.k,(2013), "Effect of Packages of Training on selected Motor ability components, physical variables and playing ability of college Basketball players", International Journal of Sports Technology, Management and allied sciences, October –December , Volume: 2 ,No.4,PP.41-47.(ISSN – 2319-5274)
2. Divya.k,(2013), "Effect of Elastic training and mobility exercise on selected Physical & Physiological variables among college women students", International Journal of Sports Technology, Management and allied sciences, October –December , Volume: 2 ,No.4,PP.102-110.(ISSN – 2319-5274)
2. 3.Divya.k,(2014), "Effect of Plyometric training and weight training on Explosive power of college Students", International Journal of Sports Technology, Management and allied sciences, Mar ,volume: 3 no.1, PP.40-42. (ISSN -2319-5274)
3. .Divya.k,(2014), " Effect of varied intensities of plyometric training on Anaerobic power, Muscular Endurance, Speed and Elastic power of college women students", International Journal of Sports Technology, Management and allied sciences, Mar ,volume: 3 no.1, PP.90-93. (ISSN -2319-5274)
4. Divya.k, (2014), "Effect of Specific Training Programme on speed, Quickness and Agility for intercollegiate Men Handball Players", International Journal of recent research and allied studies, August 2014 ,vo1.issue: 3(6) pp: 26-28. (ISSN -2319-5274) (Impact Factor: 2.656).
5. Divya.k, (2015), "Effect of Continuous training on cardio respiratory Endurance among college Men Long Distance Runners", International Journal of Recent

Research and Applied studies, August ,Vol. 2, Issue 8, pp. . (ISSN -2319-5274)
(Impact Factor: 2.656).

6. Divya.k, (2016), “Effect of different method of training on physiological variables among school students”, International journal of advanced research, August 2015,Vol. 2, Issue 8, pp. . (ISSN -2319-5274) (Impact Factor: 5.336).
7. Divya.k, (2016), “Effect of different method of training on physiological variables among school students”, International journal of applied research, August,Vol. 2, Issue 9, pp. 619-622. (ISSN (print):2394-7500)(ISSN(online):2394-5869) (Impact Factor: 5.2)
8. Divya.k, (2014), “Effect of Physical Exercises & Yogic Practices on Cardio vascular Efficiency and Body Fat Percentage of College Women Students”, Research Journal of Physical Education and Sports (Voice of Sports), March, Vol. III, Issue II, pp. 19-25. (ISSN 0975-4687)
9. Divya.k, (2014), “Effect of Physical Exercise & Yogic Practices on selected physical fitness variables of college women students”, Research Journal of Adapted Physical Education And Yoga, June Vol.4, Issue I, pp. 59-56.(ISSN 2229-4821)
- 10.11.Divya.k, (2016), “Effect of Physical Exercise & Yogic Practices on selected physical fitness variables of college women students”, Indian journal of applied research, August, Vol.6, Issue8, pp. 59-56. (ISSN: 2249-555x, ic value: 74.50) (Impact Factor: 3.919).