



Dr. T. NAGARAJ, Ph. D
nagaraj.mped@gmail.com

Mobile No: 09894588107

Personal Profile

Date of Birth : 14-05-1986

Gender : Male

Nationality : Indian

Father:G.THEERTHAMALAI

Mother: T. RANI

Nationality: Indian

Material Status: Married

Permanent Address

126, Odai Street,
Gandhi thirunallur,
Puducherry -605009.
INDIA

Hobbies

- Reading books
- Playing sports and game
- Travelling
- Teaching & Coaching cricket

Area of Interest

- Research Methods
- Test and Measurements
- Training Methods
- Kinesiology
- Bio-Mechanics
- Sports psychology

CURRICULUM VITAE

OBJECTIVES

As a fully qualified **Physical educationist** with varied experience, there's much I can offer to the Physical education. I have more than 15 years of experience in sports from **sports school** as player by playing variety of games and **Two** years' experience in **ICSE School**, **Two** years' experience in **CBSE School as a P.E.T** and **Two** years' experience in a **college as a P.E.D.** I'm confident that my passion for the student's development, together with my skills and experience will enable me to make a significant difference at your esteemed institution.

Academic Details

- 2018** **Ph. D.** (Doctor of Philosophy in Physical Education)
Pondicherry University
- 2014** **M. Phil.** (Master of Philosophy in Physical Education)
Pondicherry University
- 2011** **M. P. Ed.** (Master of Physical Education)
Pondicherry University
- 2007** **B. P. E**(Bachelor of Physical Education)
Annamalai University
- 2007** **UG. Diploma yoga**
Annamalai University

Academic Project

- M.P.Ed. :-** Comparative study on anthropometric variables between cricket and football players
- M.Phil. :-** Effect of Weight training and resistance band training on motor fitness variables among cricket players.
- Ph.D. :-** Effect of general specific and combined fitness training on selected skill related fitness and skill related performance variables among cricket players.

International and National Papers & Proceedings

INTERNATIONAL

- Published a paper through **Peripex Indian journal**, title of Isolated and Combined Effect of General and Specific Fitness Training on Selected Skill Related Fitness among Cricket Players.
- Attended the **International Conference** on Sports Health and Sports Economics Organized by Guru Granth Sahib World University, Fatehgarh Sahib, Patiala 2015.and Presented a paper Effect of weight training and resistance band training on explosive power and muscular strength of men cricket Players.

Specialization

- Cricket

Games Known to Play & Teaching

- Badminton
- Volleyball
- Football
- Kho-Kho
- Athletics

Language knows

- English
- Tamil

Computer Skills

- Knowledge in MS Word, Excel and power Point
- SPSS

Additional Qualification

1. HIGHER in Type Writing
2. Completed UG Diploma in Yoga
3. Inmate of Rajiv Gandhi School of Sports from 1997 – 2004 in the discipline of Cricket

Sports Achievements

Inter university

- Represented Annamalai University **Cricket Team** 2005-2006 at Manipal University, Karnataka
- Represented Pondicherry University **Cricket Team** 2006-2007 at Osmania University Hyderabad.
- Represented Pondicherry University **Cricket Team** 2010-2011 at Kakatiya University Warangal (AP).1

NATIONAL

- Attended UGC Sponsored **National Seminar** on training Nutrition and anaerobic regimen on corporeal property and high performance in sports organized by Bharathiar University, Coimbatore Tamil Nadu and **presented a paper “Isolated and combined effect of general and specific fitness training on agility and balance among cricket players”**.
- Attended UGC Sponsored **National Seminar** on Role of Yoga and technology in enhancing sports performance and populace health on January 2016 and **Presented** a paper “**effect of weight training and resistance band training on speed and agility of men cricket players**”.

PROCEEDINGS

- **Sports Health and Sports Economics:** -Effect of weight training and resistance band training on explosive power and muscular strength of men cricket Players.
- **Role of Yoga and technology in enhancing sports performance and populace health:** -effect of weight training and resistance band training on speed and agility of men cricket players.

Workshops

- Attended the National Level Workshop On “**Present Trend in Cricket Officiating**” Organized By Pondicherry University, Puducherry – 2012.
- Attended National level conference NITI Aayog for Cooperative Federalism, Sustainable **Development and Inclusive Growth and Research Methodology of Research** organized by Pondicherry, Puducherry – 2015.
- Attended one day workshop on **Role of Exercise in Cardiopulmonary Health, organized by department of physiology**, Indira Gandhi Medical College and Research Institute Puducherry – 2015.
- Attended international level workshop on “**sports psychology, sports, health and sports economics**” Organized by Guru Granth sahib World University, Fatehgarh Sahib, Patiala 2015.
- Attended the National Level Workshop “**Content and language Integrated Teacher Education**” organized by Pondicherry, Puducherry – 2017

Inter College

- **Winner in Cricket** in the year 2010 Conducted by Pondicherry University.
- **Runnerup in Cricket** 2009 Conducted by Pondicherry University.
- **Runnerup in Cricket** 2011 Conducted by Pondicherry University.
- **Winner in Kho-Kho**2011 conducted by Pondicherry University.

Inter District

- **Runner up** Pondicherry district in **NCC Football** tournament in the year of 1999 held at Chennai.
- Represented **Pondicherry Cricket Association** Team in Under- 14,15,16,17 age level and Senior District tournament.

Inter Zonal

- **Winner in Cricket** during the year 2003-04 Conducted by the Directorate of School Education, Government of Puducherry.

Inter School

- **Cricket Winner** 2004 conducted by Pondicherry Government.
- **Football Winner** 1999 conducted by Government of Puducherry.
- **Volleyball Winner**2003 conducted by Pondicherry Government.
- **Gold medalist in 200 meters** run in the year 2004

SPORTS ACTIVITIES

- Working as **Assistant Cricket Coach** at Subu's Cricket Academy from 2009.

EXPERIENCE

- Worked as a **physical education teacher** from 2007 to 2009 in Sai Matha English High School, Puducherry.
- Worked as a **physical education director** in shri Krishnaa College of engineering and technology from 2012 to 2014.
- Working as a **Physical education teacher** at **Aklavya International school**, Acharya educational trust, Puducherry from august 2017

REFERENCE

1. **Dr. G. Vinod Kumar**
Professor
Dept. of Physical Education
Pondicherry University
Mobile No: 09789445822
Email: victorvickyvimal@gmail.com
2. **Dr. P. K. Subramaniam**
Professor and Guid
Dept. of Physical Education
Pondicherry University
subramaniampk@gmail.com
Ph. 9443634506
3. **Dr. M. Elayaraja**
Associate professor
Dept. of Physical Education
Pondicherry University
✉ : elaya.cricket@gmail.com
Ph. 9443550918
4. **Dr. R. Ram Mohan Singh**
Assistant professor
Dept. of Physical Education
Pondicherry University
✉ : dr.rammohansingh@gmail.com
Ph. 9080549221
5. **Dr. K. Chandrasekaran**
Assistant Director of Physical Education
Pondicherry University
✉ : sekar253@gmail.com
Ph. 9443413592

Declaration

I hereby inform that the information furnished above is true to best of my knowledge and belief.

Place: PUDUCHERRY

Date:

(T. NAGARAJ)