

**DEPARTMENT OF PHYSICAL EDUCATION**  
**STAFF MEMBERS**

**1. DIRECTRESS OF PHYSICAL EDUCATION:**

**Name** : Dr.R.VIDHYA SREE

**Qualification** : B.P.E.S., M.P.E.S., M.Phil., Ph.D (Phy.Edu). , M.Sc Yoga

**Designation** : Assistant Professor / Director of Physical Education

**Department Name** : Department of Physical Education

**Date of Appointment** : From 01.11.2006 to 01. 02. 2018 in Annamalai University,  
(From 02.02.2018 to 06.02.2018 in TVK College,  
Tiruvarur), From 07.02.2018 to till in GCW, Kumbakonam

**Office Address** : Department of Physical Education, Govt.College for Women,  
Indra GandhiRoad,Kumbakonam

**E-mail ID** : rajendranvidhya\_12@yahoo.co.in

**Specialization** : Basket Ball (Practical) & Exercise Physiology (Theory)

**Experience (UG/PG)** : UG – 12 Yrs and PG – 12Yrs (Theory& Practical)

**Research Guidance** : 15 -M.Phil Completed in Dept. of Phy.Edu and 4-Ph.D Candidates  
in Yoga Dept. from Annamalai University.

**Papers Published In Journals :**

<b>S.No</b>	<b>Title of the paper/Article</b>	<b>Name of the Journal</b>	<b>Date/PageNo/ Issue No/Vol.No</b>	<b>Name of the Publishers &amp; ISSN/ISBN No</b>	<b>Impact Factor</b>
1	<b>“Relief From Stress: It Is In Your Finger Tips”</b>	Inter National Journal of Health, Physical Education & Computer Science in Sports	July 2018 to Sep 2018, Vol.No -31 Page No -27to 29	ISSN NO-2231-3265	5.115
2	<b>“8” Shaped Walk Maintain Good Health”</b>	Inter National Journal of Physical Education, Sports and Health	Nov 2018 & Dec 2018, Vol.No-5,Issue No- 6, Page No-01 & 02	ISSN NO-2394-1693	5.38
3	<b>“Meditation For Pregnancy”</b>	Inter National Journal of Health, Physical Education & Computer Science in Sports	Oct 2018 to Dec 2018, Vol.No -32 Page No -65to66	ISSN NO-2231-3265	5.115
4	<b>“Step Aerobics is the Best”</b>	Inter National Journal of Health, Physical Education & Computer Science in Sports	Jan-2019 to Mar-2019 Vol. No-33 Page No-101to 104	ISSN NO-2231-3265	5.115
5	<b>“Emotional Balance through Yoga”</b>	Inter National Journal of Physical Education, Sports and Health	Mar-Apr -2019 Vol.No-6, Page No-78 to 80	ISSN NO-2394-1693	5.38

6	<b>“Clapping Hands: Boon for Your Health”</b>	Inter National Journal of Yoga, Physiotherapy and Physical Education	Nov- Dec – 2019 Vol.No- 4, Issue-6, Page- 16 to 18	ISSN NO- 2456-5067	5.24
7	<b>“Exercise for home Makers”</b>	Inter National Journal of Health, Physical Education & Computer Science in Sports	Jan-2021 to Mar-2021 Vol.No-41 Issue - 1 Page No – 47 to 51	ISSN NO- 2231-3265	5.115

**Research Paper:**

<b>S.No</b>	<b>Title of the paper/Article</b>	<b>Name of the Journal</b>	<b>Date/PageNo/ Issue No/Vol.No</b>	<b>Name of the Publishers &amp; ISSN/ISBN No</b>	<b>Impact Factor</b>
<b>1</b>	“Effectof Simplified Kundalini Yoga with and Without SuperBrain Yoga on Memory Among Adolescent Girls With Learning Disability Factors”	Sambodhi – UGC Care Approved	Jan-2021 to March 2021 Vol- 44,No-01 Page No- 48 to 52	ISSN No - 2249-6661	5.80
<b>2</b>	“Effectof Simplified Kundalini Yoga with and Without SuperBrain Yoga on Self Confidence among Adolescent Girls With Learning Disability Factors”	Wesleyan Journal of Research - UGC Care Approved	Vol-14, No-1 2021 Page No - 60 to 63	ISSN No – 0975-1386	
<b>3</b>	“ Changes observed on Stress After Twelve weeks of Pranayama Practices Among College Women”	Xi’an Shiyou University - <b>Scopus</b> & UGC Care Approved	Vol.No-17, Issue No – 04 Page No-	ISSN No- 1673-064X	5.6
<b>4</b>	“Affluence of Yogic Practices on Competition Anxiety Among College Women”	Journal of Advances and Scholarly Researches in Allied Education	Vol No-16, Issue – 4 Page No-	ISSN No- 2230-7540	3.46

		- UGC Care Approved			
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**Details of Conference /Seminars/Workshop (offline):**

S.No	Title of The Event& Date	National/ Inter national	Paper Topic	Organised By
1	<b>Seminar</b> : “Need of Women Fitness In Modern Era”  28.03.2016 & 29.03.2016	National	“Fitness Through Cycling”	Department of Physical Education & Sports Sciences, Annamalai University, Chidambaram
2.	<b>Conference:</b> “Wellness Education”  (ICWE – 2019 )  18.01.2019 & 19.01.2019	<b>International</b>	“Psychological Benefits Through Physical Activity”	School of Education, Pondicherry University, Puducherry.
3	<b>Conference:</b> “Emerging Trends in Multidisciplinary Research”  23.02.2019 & 24.02.2019	<b>International</b>	“Learn Yoga – Control Emotion”	Arunai International Research Foundation &Shanmuga Industries Arts and Science College, Tiruvannamalai.
4	<b>Seminar</b> : Research in Social Sciences on 26.06.19 & 27.06.19	<b>International</b>	Participated	PG & Research Department of Commerece, Government College for women, Kumbakonam
5	<b>Workshop</b> : Preparation of Student Project Proposal for state & central Govt Funding Agencies on 16.08.19	National	Participated	Science Club, Govt. College for Women, Kumbakonam

6	<b>Faculty Development Programme</b> on Prospects of Outcome based Curriculum on 31.07.2019	FDP	Participated	International Quality Assurance cell , Govt college for women, Kumbakonam
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**Details of Short term course:**

S.No	Topic/ Grade	Date	Organised By
1	“Counselling Skills and Strategies for Nurturing Young Minds” – (7 Days) – “A” Grade	From 24.12.2018 to 30.12.2018	Centre for Yoga Studies, , Annamalai University Chidambaram
2	“ Healing Through Yoga & Meditation” – (Online 7 Days)	From 13.07.2020 to 19.07.2020	Tamil Nadu Teachers Education University, Chennai
3	“Applied Aspects of Yoga” – (Online 10 Days)	From 14.10.2020 to 23 10 2020	Centre for Yoga Studies, Annamalai University, Chithambaram

**Faculty Development Programme:**

S.No	Topic	Date	Organised By
1	“ Revival of Health, Fitness and Entrepreneurial Opportunities through Physical Education” (Online – 7 Days)	From 08.07.2020 to 14.07.2020	Department of Physical Education Bharathiar University, Coimbatore.
2	“ Rebooting and the Opportunites of Physical Educartion And Sports” ( Online – 7 Days)	From 20.07.2020 to 26.07.2020	Department of Physical Education, Annamalai University, Chithambaram
3	“ COVID – 19 and General Health Awareness” ( Online- 7 Days)	From 01.07.2021 to 07.07.2021	Department of Physical Education, Rajapalayam Raju’s College association with PEFI, Rajapalayam.

<b>4</b>	“Referesh the Mind tThrough Meditation” (Online-5 Days)	From 12.07.2021to 16.07.2021	AICTE Training And Learning(ATAL) Academy & Sri Ramakrishna Mission Vidyalaya College of Education
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**Workshop (Online):**

<b>S.No</b>	<b>Name of The Programme</b>	<b>Level</b>	<b>Organised By</b>
<b>1</b>	Yogic Diet- Making Food Without Fire and Oil”- 25.10.2020	International	Patanjali College of Yoga & Research Centre and Indian Young Olympian Federation , Chennai

**Seminar/Conference/Workshop/Symposia/Training programme organized**

<b>S.No</b>	<b>Name of the Seminar/ Conference/ Workshop/Symposia/Training programme organized</b>	<b>Date</b>	<b>Name of the Organizing Secretary</b>
<b>1</b>	<b>Webinar</b> on “Yoga at Home; Yoga with Family in COVID-19 Pandemic Situation”	21.06.2020	Dr.R.Vidhya sree

**Resource Person and Delivered Lecture:**

<b>S.No</b>	<b>Name of The Programme</b>	<b>Topic /Position</b>	<b>Organised By</b>
<b>1</b>	“Fresher’s Orientation Programme”(UGC Grant Sponsored )-13.08.19 & 14.08.19	“Basic Yoga” (Delivered Lecture)	IQAC, Government College For Women, Kumbakonam

<b>2</b>	Webinar on “Elevating Strength Through Physical Activity” – 24.08.2020 to 30.08.2020	“Exercise for Women” (Resource Person)	Tamil Nadu Teachers Education University, Chennai
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### **WEBINAR DETAILS - (NATIONAL)**

<b>S.No</b>	<b>Title of The Event &amp; Date</b>	<b>Level</b>	<b>Organized by</b>
<b>1.</b>	“Wellness of Yoga for Human excellence” -25.06.2020	National	IQAC, Periyar E.V.R College, Tiruchirappalli
<b>2.</b>	“Exercise and Cognition” -30.06.2020	National	Dept. of. Phy. Edu, SCAD College of Education, Tirunelveli
<b>3</b>	“Science Involved in Physical Education”-03.07.2020	National	Dept. of. Phy.Edu, Puratchi Thalaivar Dr.MGR Govt.Arts College, Uthiramerur
<b>4</b>	“Easy Fitness at home-Join and Boost Your Vigour”-04.07.2020	National	Dept.of. Phy.Edu, Holy Cross College, Tiruchirappalli.
<b>5</b>	“Research Methodology in Physical Education”- 07.07.2020	National	IQAC & Dept.of. Phy.Edu, Sri KolliNageshwar Rao GangaiahGovt.First Grade College, Karnataka
<b>6</b>	“Need and Importance of Physical Activity and Yoga During COVID-19 Pandemic”- 16.07.2020	National	Dept.of. Phy.Edu, KhadirMohideen College, Thanjavur
<b>7</b>	“Psychological & Social Well-Being”- 27.07.2020 to 29.07.2020	National	NSS, Govt.Polytechnic College, Chekkanurani, Madurai
<b>8</b>	“COVID-19 A new Climate Under Pandemic Outbreak”- 28.07.2020	National	Dept. of. Phy.Edu, Manbumigu PuratchiThalaivar MGR Govt.Arts and Science College, Kattumannarkoil



<b>9</b>	“Yogic Self-Care During COVID-19 Pandemic”- 29.07.2020	National	Dept.of.Civil Engineering, EGS Pillay Engineering College, Nagapattinam
<b>10</b>	“Exercise: The Secret to Better Health”-03.08.2020	National	Dept. of. Phy.Edu, Sri Pushpam College, Thanjavur
<b>S.No</b>	<b>Title of The Event &amp; Date</b>	<b>Level</b>	<b>Organized by</b>
<b>11</b>	“Yoga for Physical and Mental Well-Being”- 20.08.2020 & 21.08.2020	National	Dept. of. Phy.Edu, Sai Ram Engineering College, Chennai
<b>12</b>	“Women Empowerment Through Martial Arts”- 18.11.2020	National	Dept.of.Sports Management and Sports Psychology &Sociology, TNPESU, Chennai
<b>13</b>	“Sports First Aid and Injury Rehabilitation”-24.11.2020	National	University Health Centre, TNPESU, Chennai
<b>14</b>	“Impact of COVID-19 on Sports and its Effect on Social Development”- 01.12.2020	National	Dept.of.Sports Management and Sports Psychology &Sociology, TNPESU, Chennai
<b>15</b>	“Change of Pleasure”- 02.12.2020	National	Dept.of.Sports Management and Sports Psychology &Sociology, TNPESU, Chennai
<b>16</b>	“Fitness and Health”- 05.12.2020	National	Dept. of. Phy.Edu, KL Deemed to be University, Guntur
<b>17</b>	“Neuro-Linguistic Programming for Psychological Well-being- An Introduction”- 08.12.2020	National	Dept.of.Sports Management and Sports Psychology &Sociology, TNPESU, Chennai
<b>18</b>	“Why...Yoga?”- 10.12.2020	National	District Institute of Education and Training, Krishnagiri

<b>19</b>	“Yoga: A Panacea For Metabolic Syndrome” – 11.12.2020	National	Department of Yoga, TNPESU, Chennai
<b>20</b>	“Sports for Life”- 14.12.2020	National	Dept.of.Sports Management and Sports Psychology & Sociology, TNPESU, Chennai
<b>S.No</b>	<b>Title of The Event &amp; Date</b>	<b>Level</b>	<b>Organized by</b>
<b>21</b>	“ Women Empowerment & Yoga” – 06.03.2021	National (Symposium)	Meenakshi Academy Of Higheer Education & Research, Chennai
<b>22</b>	“ Yoga For Awareness on COVID-19 Pandemic” – 17.05 2021	National	Department of Yoga & Wellbeing, Saveetha School of Law, SIMATS
<b>23</b>	“ Yoga- Something To Be Practiced Not Learned” – 17.06.2021	National	Department of Science and Humanities, RAAK College of Engineering and Technology, Puducherry

**WEBINAR DETAILS - (INTERNATIONAL)**

<b>S.No</b>	<b>Title of The Event &amp; Date</b>	<b>Level</b>	<b>Organized by</b>
<b>1</b>	“Recent Advancement in Research”-29.06 to 01.07.2020	<b>Inter National</b>	Dept. of. Phy.Edu, Annamalai University, Chidambaram
<b>2</b>	“ Personality & Psychological Elements in Shaping the Elite Athletes- 2020” – 16.08.2020	<b>Inter National</b>	International Federation of Physical Education & Fitness and Sports Science Association, Hyderabad
<b>3</b>	“Role of Yogic Practices in Prevention & Management of Communicable Diseases” - 27.10.2020 & 28.10.2020	<b>Inter National</b>	Kuvempu University, Dept. of.P.G Studies & Research in Phy.Edu, Karnataka
<b>4</b>	“Women Disorders-Remedies in Yogic Way” -29.12.2020 to 31.12.2020	<b>Inter National</b>	Yogalaya Health Care Institute& Meenakshi Academy of Higher Education and Research,Chennai
<b>5</b>	“Elixir:International E-Conference on Health, Fitness, Wellness and Longevity”- 23.01.2021	<b>Inter National</b> (Conference)	Deprt.of.Phy.Edu, Govt.Arts& Science College, Kondotty, Kerala
<b>6</b>	“Futuristic Trends of Yogic Practices In The Next Normal” – 19.03.2021	<b>Inter National</b> (Conference)	Seva Bhatati Mahavidyalaya, West Bengal Collaboration With PEFI
<b>7</b>	“ Practical Aspects Of Yoga A Life Time Companion For Women” -12.06.2021 to 20.06.2021	<b>Inter National</b>	Department of Yoga, TNPESU, Chennai

<b>8</b>	“ Challenges And Strategies : A Mark To Win Tokyo Olympics-2020” – 10.07.2021	<b>Inter National</b> (Conference)	YMCA College Of Physical Education, Chennai
<b>9</b>	“The Secret Of Inner Power” – 19.07.2021 & 20.07.2021	<b>Inter National</b>	PG & Research Department of Zoology, Government College For Women, Kumbakonam

**Ph.D Candidates:**

<b>S.No</b>	<b>Ph.D/M.Phil</b>	<b>Name of the student with Reg.No /Roll no</b>	<b>Name of the Research guide</b>	<b>Title of the dissertation</b>
<b>1</b>	Ph.D. (Submitted)	P.ShanmugaPriya Roll No-843160004	Dr.R.Vidhyasree	“Impact of Isolated and Combined Yogic Practice on Selected Psychological Variables Among Female Students”
<b>2</b>	Ph.D. (Ongoing)	B.Yamuna Roll.no -843160006	Dr.R.Vidhyasree	“Effect of Simplified Kundalini Yoga with and Without SuperBrain Yoga on Selected Learning Disability Factors Among Adolescent Girls”
<b>3</b>	Ph.D. (Ongoing)	P.Priya, Roll no -843180004	Dr.R.Vidhyasree	“Implimentation of Hatayoga on Selected Physiological and Psychological Parameters Among Middle Aged Sedentary Women”
<b>4</b>	Ph.D (Ongoing)	C.Maheswari Roll No:1943180003	Dr.R.Vidhyasree	“Effect of Yogic Practices On Selected Physiological and Psychological Variables

				Among Dysmenorrhea Adolescent Girls”
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