

NEHRU MEMORIAL COLLEGE (AUTONOMOUS)

PUTHANAMPATTI-621007

STAFF PROFILE

NAME OF THE STAFF : Dr.S.SAHAYA LATHA RANI
DESIGNATION : PHYSICAL DIRECTRESS
DEPARTMENT : PHYSICAL EDUCATION



1. CONTACT

Address : Nehru Memorial College,
Puthanampatti,
Trichy 621 007
Contact Phone (Office) : 04327 234227
Contact Phone (Mobile) : 7010226305
Contact e-mail(s) : lathastephen@gmail.com

2. ACADEMIC QUALIFICATIONS

Degree	College/University/Board	Year of Passing/ Awarded
B.Sc	Bharathidasan University	April 1993
M.P.E.D	Manonmaniam Sundaranar University	April 1995
Ph.D	Bharathidasan University	August 2008
PGDY	Bharathidasan University	2009
PGDFM	Bharathidasan University	2012

3. TEACHING EXPERIENCE

S. No.	Institution	Duration	No. of Years	
			UG	PG
1.	Dr.Sivanthi Aditanar College of Education, Tiruchendur.	02.08.1995 to 04.07.1999	4	
2	Holy Cross Anglo Indian Higher Secondary School Tuticorin.	04.07.1999 to 28.02.2000	-	-
3.	Nehru Memorial College, puthanampatti, Trichy.	09.08.2000 onwards	20	-

4. RESEARCH EXPERIENCE (in years) : 12 years

5. AREA OF RESEARCH : Volleyball and Yoga

“Effect of Yogic Practices on Physical, Physiological, Psychological, Hematological and Performance related variables of Inter collegiate Women Volleyballers”

6. RESEARCH GUIDANCE (In Numbers)**

Program of Study		Completed
Research	Ph. D.	-
	M. Phil.	3
Project	PG	-

7. PRESENTATION(S) (In Numbers)**

Events	International
Conference(s)	1
Seminar(s)	10

8. PARTICIPATION (In Numbers)**

Events	International	National
Conference(s)	1	10
Workshop(s)		2

9. PROFESSIONAL DEVELOPMENT (In Numbers)**

Orientation Programme(s)	Refresher Course(s)	Faculty Development Programme(s)
1	3	10

10. FUNDED PROJECT(S)

List of ongoing Project(s)					
S. No.	Agency	Period		Project Title	Grant Allocated (Rs. In Lakhs)
		From	To		
3.	U.G.C	XII Plan		Development of infrastructure and Equipment facilities colleges MULTIPURPOSE GYMNASIUM and SPORTS HOSTEL FOR WOMEN	185 lakhs

List of Completed Project(s)					
S. No.	Agency	Period		Project Title	Grant Allocated (Rs. In Lakhs)
		From	To		
1.	U.G.C	X Plan		Development of infrastructure and Equipment facilities in colleges	5 Lakhs
2.	U.G.C	XI Plan		Development of infrastructure and Equipment facilities in colleges – OUTDOOR STADIUM	40 Lakhs

11. EVENT(S) ORGANIZED

S. No.	Name of the Programme	Role of Responsibility held	Date of the Event
1.	Bharathidasan University Intercollegiate Ball badminton Tournament	Ograniser /Local Convenor	
2.	Bharathidasan University Intercollegiate Cricket Tournament	Ograniser /Local Convenor	
3.	Bharathidasan University Intercollegiate Weight lifting and Powerlifting Championship for Women	Ograniser /Local Convenor	
4.	Bharathidasan University Intercollegiate Weight lifting Powerlifting and Best Physique Championship for Men	Ograniser /Local Convenor	

12. ACADEMIC / ADMINSTRATIVE RESPONSIBILITIES HELD

- Nominated as the Manager and coach of Bharathidasan University Athletics, Ball badminton, Volleyball, Weight lifting and Power lifting teams.
- Nominated as the Convener for Bharathidasan University Inter Collegiate Sports and Tournaments Committee Women for the Year 2006-2007, 2012-2013 and Trichy Zone convener for men during 2017-2018
- Recognized Research Advisor for guiding research work of candidates in physical Education leading to the Degree of Doctor of Philosophy of Bharathidasan University.

- Nominated as a board of studies member for Bharathidasan University and Bishop Heber College Trichy.
- Nominated as the Doctoral committee member for Bishop Heber College and Poombuhar College Melaiyur.
- Served as a subject expert (Physical Education) for the TNPSC Question setting during March 2019.

13. SERVED AS A RESOURCE PERSON (INVITED TALKS / GUEST LECTURES)

- Delivered a guest lecture on “ 21 st century’s Global Health Mantra- Yoga” at Seethalakshmi Ramasami College -Nutrition and Dietetics Association Trichy on 15.07.2011.
- Delivered a guest lecture and Demonstration on “ Physical Fitness” at Shrimati Indra Gandhi College Trichy on 07.08.2012.
- Delivered a special lecture at the national conference “ Health an Integrated Approach” held at Government Arts and Science College for Women, Bargur on 21.02.2018.
- Invited as a chief guest during Sports day of Rabiammal Ahamed Maideen College for Women, Tiruvarur and delivered Sports day address on 19.02.2020.

14 DETAILS OF RESEARCH GUIDANCE

Ph. D. (Completed)			
S. No.	Name	Title of thesis	Year of award
M. Phil. (Completed)			
S. No.	Name	Title of thesis	Year of award
1.	Julietrubi. K 2015PTMP014	Efficacy of hathayoga practices on select4ed physiological variables of female school level obesity atudents	Nov 2017
2.	Sathishkumar. P 2015PTMP014	“Effect of Explosive type Strength training on selected Physical and Physiological parameters of soccer players”	Nov 2017
3.	Senthilkumari. S 2015PTMP037	Effect of strength training on selected Strength and Power parameters among school boys	Now 2017

16. DETAILS OF PRESENTATION(S)

S.No	Name of the Paper	Name of the conference	Place	Duration/ Date
1..	Exercising for better physical and mental health	National Conference on health-an integrated approach	Government arts and science college for women Bargur	21.02.2018
2.	Effect of yogic practices on psychological variables of college women volleyballers	National seminar on role of yoga and technology in enhancing sports performance and populace health	Urumbu dhanalakshmi college trichy	28.01.2016 & 29.01.2016
3.	Weight loss supplements and common side effects	Physical Activities, sports, fitness and dietetics – the elixir quartet of health	Bishop Heber College, Trichy	15.02.2014
4.	Preventing lifestyle disorders Yoga towards enhancement in sports	Yoga towards enhancement in sports	Seethalakshmi Ramaswami college - Trichy	26.09.2013 to 28.09.2013
5.	Dietary antioxidants a preventive supplement to diseases	National conference on Doping in sports Invigoration, prerequisites and misapprehensions	National college Trichy	28.07.2012
6.	Antioxidants -A preventive Supplement to Diseases'	Doping in Sports- Invigoration, Prerequisites and Misapprehensions.	National College Trichy	28.07.2012
7.	Healthy Food Fats	The Felicitous intertwined trio of Physical Activities, wellness and Sports	Bishop Heber College, Trichy	05.02.2011
8.	Physical and Physiological Influences of yogic practices on college level women volleyballers	National conference on Role of Sports Sciences and Technology in enhancing sports performance	Bharathidasan University Trichy	21.03.2009
9.	'Psychological Influences of Yogic practices on college level Women Volleyballers'	National Conference on Physical Education Sports and the Art of well being'	Bishop Heber College, Trichy	20.03.2009
10.	Hematological influences of yogic practices on Intercollegiate women volleyball players	International Conference on Metabolic Syndrome in Yoga and Naturopathy	Alagappa University, Karaikudi	18.12.2007
11.	Improving memory and concentration with yoga	National Conference on Modern Trends and Developments in Yoga'	Bharathidasan University Trichy	21.03.2007
12.	Preventing injuries in Volleyball landing	National conference on Sports Medicine and sports injuries	National College Trichy	28.02.2007

17. DETAILS OF PARTICIPATION

(Conference(s) / Seminar(s) / Workshop(s) / Symposium(s))

S. No.	Name of the event(s)	Sponsored by	Conducted by	Place	Duration/ Date
Conference(s)					
1.	International Conference on Role of Sports Sciences and Yoga on Human Performance Development	-	Madurai Kamaraj University	Madurai	06.02.2020 and 07.02.2020
Workshop(s)					
1.	One day national Workshop on Tennis and Racketlon	-	Bharathidasan University		23.03.2019
2.	Statistical software application in physical education and sports science research	National workshop on statistical software application	Bharathidasan University	Trichy	18.03.2012 & 19.03.2012
2.	Capacity Building of Women Managers in Higher education Sensitivity/Awareness/ Motivation Workshop	U.G.C sponsored workshop	Department of Women Studies Bharathidasan University	Trichy	15.03.2010 19.03.2010

18. DETAILS OF PROFESSIONAL DEVELOPMENT

(Orientation / Refresher Course / FDP / Short Term Course / Online Course)

S. No.	Name of the events	Sponsored by	Conducted by	Place	Duration/ Date
Orientation Programme					
1.	Orientation course	U.G.C	Academic Staff College Bharathidasan University	Trichy	19.05.2003 to 15.06.2003
Refresher Course					
1.	Refresher Course	U.G.C	Academic Staff College Bharathidasan University	Trichy	01.06.2006 to 21.06.2006
2.	Refresher Course	U.G.C	Academic Staff College Madras University	Chennai	18.11.2010 to 08.12.2010
3.	Refresher Course	U.G.C	Academic Staff College Bharathidasan University	Trichy	10.05.2012 to 30.05.2012

Faculty Development Programme					
1.	Faculty development Programme	U.G.C	Nehru Memorial College	11.06.2018 & 12.06.2018	
2.	Innovative curriculum designing Workshop on innovative curriculum designing	U.G.C	Nehru Memorial College	24.11.2017 & 25.11.2017	
3.	Faculty development Programme on Effective teaching	U.G.C	Nehru Memorial College	12.06.2017	
4.	Revisiting Examination system in the current scenario	U.G.C	Nehru Memorial College	19.03.2016	
5.	Sustenance enhancement of quality in higher education	U.G.C	Nehru Memorial College	05.08.2015	
6.	Faculty development Programme on Impact of research on Teaching in higher education	U.G.C	Nehru Memorial College	11.06.2014	
7.	Seminar on Examinations Reforms	IQAC	Nehru Memorial College	15.03.2012	
8.	Seminar on Examinations Reforms	IQAC	Nehru Memorial College	16.02.2012	
9.	Faculty Development Programme on Higher Education	U.G.C	Nehru Memorial College	21.01.2012	
10.	Seminar on examinations reforms	(IQAC)	Nehru Memorial College	15.03.2012	