

## RESUME

**C.MANOJ M.P.T., M.Sc., M.B.A.,**

Physiotherapist,

Tamil Nadu Physical Education and Sports University,

Melakottaiyur, Chennai, Tamilnadu,

**India**-600 127.

(M): +91 99769 37456

E-mail: [physiomanoj@gmail.com](mailto:physiomanoj@gmail.com), [physiomanoj@yahoo.co.in](mailto:physiomanoj@yahoo.co.in)



### ACADEMIC PROFILE

- ❖ **MASTER OF PHYSIOTHERAPY** **M.P.T. Elective** **Duration**  
Trinity Mission & Medical Foundation **(Sports PT)** (2003-2005)  
TN Dr.MGR Medical University, Tamilnadu, India.
- ❖ **M.Sc. SPORTS BIOMECHANICS & KINESIOLOGY** (2011-2013)  
Tamilnadu Physical Education and Sports University  
Tamilnadu, India.
- ❖ **MASTER OF BUSINESS ADMINISTRATION** **M.B.A** (2007-2009)  
Tamilnadu Physical Education and Sports University ( Sports Management)  
Tamilnadu, India.
- ❖ **BACHELOR OF PHYSIOTHERAPY** **B.P.T.** (1997-2002)  
Pioneer College of Physiotherapy  
TN Dr. M.G.R. Medical University

### PROFESSIONAL EXPERIENCE

Name of the Institution / Hospital	Designation	Work Experience
Tamil Nadu Physical Education and Sports Education, Melakottaiyur, Chennai – 127	<b>Physiotherapist</b>	12 years 01.11.2007 to till date
Pioneer College of Physiotherapy, Madurai Road, Ramanathapuram.	<b>Vice principal</b>  <b>Lecturer</b>	2 years 01.09.2005 to 30.10.2007 1 Year 16.08.2002 to 30.09.2003
Pioneer Hospitals, Madurai Road, Ramanathapuram.	<b>Chief</b> <b>Physiotherapist</b>	5 Years 16.08.2002 to 30.10.2007

- ❖ Cleared **UGC National Eligibility Test for Assistant Professor** conducted by **University Grants Commission** in 2018.

### **Additional Responsibilities:**

- ❖ **“Social Media Champion”** of Tamil Nadu Physical Education and Sports University as per the direction of Ministry of Human resource and Development.
- ❖ **Travel Concession Co-ordinator** of TNPESU.
- ❖ **Member**, Project Proposal Development Committee, TNPESU
- ❖ **Member**, TNPESU, University Flash Newsletter
- ❖ **Course Coordinator** for School of Distance Education courses

### **Clinical Experience including internship-Training Programme (BPT)**

<b>Sl. No.</b>	<b>Name of the Hospitals</b>	<b>Units Posted</b>
1	<b>The Institute of Orthopedic Research and Accident surgery- Chenthil Nursing Home, Madurai</b>	In patient and Out Patient Department
2	<b>Ganapathy Critical Care Centre-Erode</b>	Intensive Cardiac Care Unit Intensive Care Unit Intensive Trauma Care Unit
3	<b>Mithra Hospitals – Chennai</b>	Department of Neuro Developmental Therapy. Department of Play Therapy
4	<b>District Rehabilitation Center, Ramanathapuram.</b>	Rehabilitation Unit, Primary Health Care Center.
5	<b>Pioneer Hospital, Ramanathapuram</b>	Orthopedic and Surgical Units. Intensive Care Unit Neurological and Gynecology Wards In Patients and Out Patients Department
6	<b>Hand Clinic, Madurai</b>	Hand rehabilitation, Plastic surgery & rehabilitation.

## **Additional Qualifications**

Certified Practitioner of **CPR** (Cardio Pulmonary

Resuscitation

–Basic life support) according to the standards of AHA

PGDGC (Post Graduate in **Diploma in Geriatric Care**)

Diploma in **MS- Office**

**PROFESSIONAL MEMBERSHIP** : Member in **INDIAN ASSOCIATION OF PHYSIOTHERAPIST**

(IAP Reg.No. L12728)

## **New Courses framed and introduced for TNPESU:**

- ❖ PG Diploma in Onfield Sports Injury Management
- ❖ PG Diploma in Sports First Aid
- ❖ PG Diploma in Exercise Therapy
- ❖ Certificate in Health Literacy

## **Acted as Invited Lecturers / Resource Person :**

- ❖ Re-orientation Class on Sports Injury Prevention for Physical Education Teachers – SDAT, Ramanathapuram on 27.06.2007.
- ❖ Lecture on “Sports First aid” in UGC Sponsored National Seminar on Sports Medicine : Application and Recent Trends at V.O.Chidambaram College, Tuticurin, Tamilnadu on 04.03.2017.
- ❖ Lecture on “Injury Management” in Short term course FD-73 “Orientation Programme for Physical Education Teachers” at National Institute of Technical Teachers Training and Research, Chennai on 17.09.2009.
- ❖ Lecture on “Sports Physiotherapy” in UGC Sponsored National Workshop on Sports Management at Ayya Nadar Janaki Ammal College, Sivakasi, Tamilnadu on 07.02.2011.
- ❖ Lecture on First aid Training Workshop for teachers of Chennai Public School, Chennai 10.07.2013.

- ❖ Lecture on First Aid and Sports Injury Management in Workshop for Physical Education students of YMCA College of Physical education, Chennai on 27.11.2013.
- ❖ Keynote Speaker for National Level Workshop on “Innovative Ideas in Imparting Techniques and Therapeutic aspects in Kabaddi” at Selvam college of Physical Education, Namakkal, Tamilnadu on 16.12.2017.
- ❖ Resource Person for National Service Scheme Camps at TNPESU from 2009 to tilldate.
- ❖ Resource Person for Physical Education Classes for +2 students of Velammal International School, Chennai on 09<sup>th</sup> to 11<sup>th</sup> April, 2018.
- ❖ Lecture on “Sports First aid” in National Workshop on Professional Preparation in Physical Education and Sports Sciences – A Multi Disciplinary Approach at Tamil Nadu Physical Education and Sports University, Chennai on 28.11.2018.
- ❖ Lecture on “First Aid in Sports” in Short term course FD-136 “Modern Trends in Physical Education and Sports sciences” at National Institute of Technical Teachers Training and Research, Chennai on 16.11.2018.
- ❖ Resource Person for Physical Education Classes for +2 students of Sushil Hari International School, Chennai on 25<sup>th</sup> to 29<sup>th</sup> December, 2018.
- ❖ Lecture on First aid Training Workshop for students of Madras Christian College, Chennai on 01.03.2019.
- ❖ Lecture on “Cardiovascular, Musculo skeletal, Nervous Physiology” for Electro Homeopathy students at Madhu Institute of Medical Sciences, Madurai on 15<sup>th</sup> and 16<sup>th</sup> June,2019.
- ❖ Lecture on “Anatomy and Physiology” for acupuncture students at Nivarthi Alternate Healing Solutions, Chennai on 10<sup>th</sup> and 11<sup>th</sup> August,2019.
- ❖ Lecture on “Biomechanics” for Physio MRB Coaching class at Global Institute of Health Sciences on 07.09.2019.

- ❖ Lecture on “Gross Anatomy and Acupuncture” in National Workshop on Yoga Therapy and Acupuncture for Healthy Life at Tamil Nadu Physical Education and Sports University, Chennai on 09.09.2019.
- ❖ Lecture on “Anatomy and Physiology” for Physio MRB Coaching class at Global Institute of Health Sciences on 21.09.2019.
- ❖ Lecture on “Respiratory, Urinary and Special Senses Physiology” for Electro Homeopathy students at Madhu Institute of Medical Sciences, Madurai on 22.09.2019.
- ❖ Lecture on “Postural Analysis in Yoga” in National Workshop on Modern Approaches of Traditional Yoga at Tamil Nadu Physical Education and Sports University, Chennai on 27.09.2019.
- ❖ Lecture on “Pain Management” in VPP organized by Department of Yoga, TNPESU on 24<sup>th</sup> October, 2019.

### **Course Handled in TNPESU (Regular Mode):**

- M.P.Ed Physical Education
- M.Sc. Exercise Physiology and Nutrition
- M.Sc. Sports Biomechanics & Kinesiology
- M.Sc. Yoga
- M.Sc. Yoga Therapy
- M.Sc. Sports Coaching
- B.P.Ed Physical Education
- B.Sc. Exercise Physiology and Nutrition
- B.Sc. Sports Coaching

### **Courses handled in School of Distance Education:**

- M.B.A. & BBA in Sports Management
- M.Sc. , PG Diploma, Diploma and Certificate in Yoga

- M.Sc. & PG Diploma Yoga Therapy
- M.Sc., PG Diploma, Diploma and Certificate in Yoga therapy Varma and Herbal Sciences
- M.Sc., PG Diploma, Diploma and Certificate in Varma and Thokkanam Massage Sciences
- M.Sc., PG Diploma, Diploma and Certificate in Acupuncture
- PG Diploma in Onfield Sports injury Management
- PG Diploma in Sports First Aid
- PG Diploma in Exercise Therapy
- PG Diploma in Fitness and Nutrition
- PG Diploma in Fitness and Wellness Management
- PG Diploma in Obesity and Weight Management
- Diploma & Certificate in Aerobic Instructor
- Diploma in Life Guard Training
- PG Diploma, Diploma and Certificate in Gym Instructor course
- PG Diploma, Diploma and Certificate in Panchakarma therapy
- PG Diploma, Diploma and Certificate in Karate
- PG Diploma, Diploma and Certificate in Silambam Fencing

### **Books Published :**

- “Instant Notes on Sports Medicine, Physiotherapy and Rehabilitation- A reference guide for physical education students” – Second Author
- Monographs for School of Distance education Courses – 14

### **Articles Published :**

- **Dr. A.Manoj kumar & Dr. C.Manoj (2017)**, ‘Relationship of selected physiological variables with playing ability among University men soccer players’, International

journal of current research and modern education (ijcrme) volume 2, issue 1, 2017 page no.156-158. Impact factor: 6.725, ISSN (online): 2455 – 5428.

- **C.Manoj and Sriram (2018)**, Efficacy of ultrasound therapy and interferential therapy on pain and foot ankle disability index in the management of acute ankle sprain, International Conference on Emerging trends in Sports Medicine, Physical Education, Sports Sciences and Yoga Conference Proceedings.
- **C.Manoj and Dr.P.Rajinikumar(2019)**. Reconstructive versus non reconstructive physical therapy rehabilitation on anterior cruciate ligament injury of knee – An evidence based review, International Journal of Fitness Health, Physical Education & Iron Games, UGC Approved Journal, Vol.6. No.2, PP.154-162.(ISSN 2349-722X)
- **C.Manoj., and Dr.P.Rajinikumar**, “Efficacy of Physical Therapy Rehabilitation with Proprioceptive Training on Proprioceptive Parameters and Functional Outcome of Grade II ACL Injured Knee” International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance organized by Department of Exercise Physiology and Biomechanics of Tamilnadu Physical Education and Sports University on 5<sup>th</sup> to 7<sup>th</sup> March,2019. ISBN : 978-81-937479-1-9.

**Funds Received** Received Rs.20,000/- for the conduct of National Workshop in Sports Physiotherapy granted by **TANSCH**.

- Academic** ➤ **“Best Outgoing Student”** of Pioneer College of Physiotherapy
- Achievements** (1997 Batch).
- Two Best paper awards in International Conferences

- Professional Achievements**
- Member, Board of Studies in Exercise Physiology and Nutrition course
  - Member, Interview committee in TNPESU & YMCA
  - Member, Editorial Board, TNPESU Journal
  - Member, TNPESU Committees for University events
  - Question Paper Setter for TNPESU, Bharathidasan University, and Vinayaka Mission University
  - Practical Examiner and Paper Evaluator for TNPESU, TN Dr.MGR Medical University and Vinayaka Mission University
  - Served as Physiotherapist for All India & South zone Inter University Physical Education tournaments and Inter Collegiate Tournaments organised by TNPESU.
  - Served as Physiotherapist for TNPESU Rolling trophy for 3 editions.
  - Served as Physiotherapist for B.P.Ed and M.P.Ed Project Sports Meet. And Intramural Tournaments of TNPESU
  - Served as Assistant Health Director for B.P.Ed Annual Leadership training Camp.

## **PAPERS PRESENTED :**

### **International –**

1. “ The Effect of Static Stretch with different durations on the flexibility of Hamstring muscles” – International Conference and Exhibition on Modern Trends in Exercise Physiology and Nutrition, February 2008.



2. “Comparison of Effects of Mills Manipulation versus Active Release technique for the treatment of Lateral Epicondylitis” – International Conference and Exhibition on Sports technology, March 2008.
3. “Advancement in Prosthetic Limbs for Physically Challenged Athletes” – International Conference on Recent Trends in Sports Technology, December 2008.
4. “Screening and Risk Stratification and Effect of Exercise Prescription on Fitness Components among Information technologists” – International Conference on Emerging Trends in Fitness for Longevity and Education for Empowerment, March 2009.

**National –**

1. “Healthy Life in Tamil Sports” - National Conference on Tamilian Sports and Human Development , November 2007.
2. “Efficacy of a four week combined exercise intervention program on physical performance and gait kinematics in Geriatric men” – National Conference on Impact of Biomechanics on Excellence in Sports, October 2008.
3. ““Efficacy of Proprioceptive Neuromuscular Facilitation Stretch in improving flexibility on Hamstring muscle” – National Seminar on Current Trends for Fitness Development, March 2009.
4. “Quantitative Gait Analysis in Injury Rehabilitation” – National Conference on Recent Advances in Materials Science-2009 , August 2009.
5. “ Efficacy of Vapocoolant spray on selected clinical scales for acute soft tissue sports injuries” – National Seminar on Practical Approaches and Applications in Sports Medicine, January 2010.
6. “Juvenile Delinquency and Sports – An Overview” – National Seminar on Social aspects of Sports in Indian Context, March 2010.
7. “Yoga – A Healing Touch for Low Back Pain” - National Conference on “Yoga – Caring, Sharing and Empowering”, December 2010

8. “Efficacy of Proprioceptive Neuromuscular Facilitation Stretch on Hamstring muscles flexibility in Normal Indian Collegiate Males” – National Seminar on Modern Trends in Sports Management, March 2012.

## **Conferences :**

### **International –**

1. International Conference and Exhibition on Modern Trends in Exercise Physiology and Nutrition, February 2008.
2. International Conference and Exhibition on Sports technology, March 2008.
3. International Conference on Recent Trends in Sports Technology, December 2008.
4. International Conference on Emerging Trends in Fitness for Longevity and Education for Empowerment, March 2009.
5. International conference on “Better Life Better World, Through Yoga with Allied Sports Sciences”, February 2012 – Acted as Chairperson.
6. , International Conference on Emerging trends in Sports Medicine, Physical Education, Sports Sciences and Yoga, Jan 2018.
7. International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance organized by Department of Exercise Physiology and Biomechanics of Tamilnadu Physical Education and Sports University on 5<sup>th</sup> to 7<sup>th</sup> March, 2019

### **National –**

1. National Symposium on Bronchial asthma, July 1999.
2. National Conference on Tamilian Sports and Human Development, November 2007.
3. National Conference on Impact of Biomechanics on Excellence in Sports, October 2008.
4. National Conference on Recent Advances in Materials Science-2009 , August 2009.
5. National Conference on “Yoga – Caring, Sharing and Empowering”, December 2010.

**State Level –**

1. Conference on the real facets and the contemporary trends of Physiotherapy, 2006.

**Workshops****International –**

1. International Workshop on Advanced Scientific Training in Football, March 2009.
2. International Workshop on Advanced Scientific Training and Coaching, February 2010.
3. International Workshop on Sports Awareness and Coaching Strategies in Football on 20<sup>th</sup> February, 2018

**National –**

1. National Workshop on Cardiopulmonary Physiotherapy, April 2004.
2. National Workshop on Role of Physical Education and Sports Coaching for the Promotion of Competitive Sports, March 2010.
3. National Level Workshop on Cardio Respiratory Fitness, March 2010.
4. National Workshop on Sports Technology and Sports Management, April 2010.
5. National Workshop on Comprehensive Approaches in Physical Education, April 2010.
6. National Workshop on “Women Empowerment : Directions & Dimensions”, September 2010.
7. National Workshop on Modern trends in Scientific Sports Coaching, October 2010.
8. Workshop on Mckenzie Techniques for Cervical and Lumbar Spine, December 2010.
9. National Workshop on Track & Field – Planning, Construction, Rules and Interpretations, January 2011.
10. National Workshop on Physiological Adaptations on Training and Nutrition, February 2011
11. National Workshop on Applying Psychology for managing Personal and Professional Challenges, January 2013.

12. National level workshop in Handball organized by DPE, TNPESU on 23<sup>rd</sup> & 24<sup>th</sup> Feb, 2018
13. National Workshop on Yoga Therapy and Acupuncture for Healthy Life organized by TNPESU on 09.09.2019.
14. National Workshop on “Modern Approaches to Traditional Yoga” organized by TNPESU on 26<sup>th</sup> and 27<sup>th</sup> September, 2019.

**State Level -**

1. Workshop on Sports Injuries, February 1999.
2. Workshop on Sports Medicine. February 2000.
3. Workshop on “Treatment Principles based on Neuro Development Therapy and Motor Control Theories”, April 2003.
4. Workshop on Myofascial trigger, June 2008.
5. Workshop on “Popularization of Physical Education and Sports related to Sciences to the School level Physical Education Teachers”, October 2009.
6. National Workshop on Communication and Soft Skills on 09<sup>th</sup> March 2018
7. Participated in Workshop on Research Methodology organised by Tamil Nadu Open University on 27.10.2018.
8. Participated in Workshop on Research Methodology organised by Tamil Nadu Open University on 10.11.2018.
9. Participated in Workshop on Research Methodology organised by Tamil Nadu Open University on 08.12.2018.
10. Participated in National Workshop on SPSS in Statistics organised by Tamil Nadu Physical Education and Sports University on 05.01.2019.
11. Participated in Workshop on Research Methodology (Thesis Writing) organised by Tamil Nadu Open University on 09.02.2019
12. Workshop on “Utilization of E-Resources for Research” on 09.08.2019

## **Seminars:**

### **National –**

1. National Level Continuing Physiotherapy Education Programme in “ Critical Care Physiotherapy”, January 2007.
2. National Level Continuing Physiotherapy Education Program on “Physiotherapy Practice and Sports Medicine”, April 2008
3. National Seminar on Current Trends for Fitness Development, March 2009.
4. National Seminar on Modern Trends in Sports Management, March 2012.
5. National level Seminar on Performance Psychology – Cutting an Edge on 23.03.2018

### **State Level -**

1. Seminar on Oral Manifestation of AIDS, March 1998.
2. Health Education Seminar on Spine and Back Care, July 2001.
3. Continue Medical Education Program on “Spine”, April 2005.
4. State level CME Programme on “Modern Trends in Physical Therapy”, April 2005.
5. Hand Therapy course, December 2005.
6. Continuing Physiotherapy Education Program on “PNF & its Clinical Applications”, April 2007
7. Continuing Physiotherapy Education Program on “Motor relearning Programme for Stroke”, July 2007
8. Continuous Physiotherapy Education Program on “Falls Screening & Evidence Based Management”, December 2007.
9. Refresher Course on Fitness and Nutrition, September 2008.

## **Awards :**

1. **Best Paper Award** - “Comparison of Effects of Mills Manipulation versus Active Release technique for the treatment of Lateral Epicondylitis” – **International Conference and Exhibition on Sports technology, March 2008 – Staff Category.**
2. **Best Paper Award** - “Efficacy of Proprioceptive Neuromuscular Facilitation Stretch on Hamstring muscles flexibility in Normal Indian Collegiate Males” – **National Seminar on Modern Trends in Sports Management, March 2012.**

## **PERSONAL INFORMATION**

Father's Name	:	V. Chandrabose
Date of Birth	:	18.08.1979
Gender	:	Male
Nationality	:	Indian
Marital Status	:	Married
Languages Known	:	<b>Tamil, English</b>
Permanent Address	:	C.Manoj, S 31, Phase I, Ruby Avenue, Arul Nagar, Irumbuliyur, Chennai,Tamilnadu State, India-600 059.