

CURRICULUM VITAE

Name - J. Anitha
Husband Name - Mr. N. Rajkumar
Date of Birth - 2nd January, 1977
Nationality - Indian
Address - No: 12, Rajan Nager, IInd street
Injambakkam, Chennai, Tamil Nadu,
India -600 115.
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Educational Qualifications - M.Sc., M.Phil., Ph.D.,

INSTITUTIONS STUDIED

S.No	Course	Institution Studied	Year
1.	Doctor of Philosophy in Statistics	University of Madras, Chennai	2006
2.	M.Phil., (Master of Philosophy in Statistics)	Loyola College, Chennai	2000-2001
3.	M.Sc., Statistics	Loyola College, Chennai	1998-2000
4.	BSc. (Mathametics)	Stella Maris College, Chennai	1995-1998

EXPERIENCE

- Working as an Assistant Professor in the Department of Statistics and Computer Applications in Tamil Nadu Physical Education Sports University since 4th September 2008.
- Worked as lecturer in St. Joseph college of Engineering from 1st May 2005 to 30th August 2008.
- Worked as Guest Lecturer in University of Madras form 2002 to 2005.

RESEARCH PAPERS PUBLISHED IN REFEREED JOURNALS:

S.No	Title of the Article	Author	Co-Authors	Name of the Journal Vol.No & PP	Impact Factor
1.	Effect of plyometric training and circuit training on speed muscular endurance among men volleyball players	J. Anitha	-	International Journal of physiology, nutrition and physical education, Volume 1, Issue 1, January (2016), 60-61	5.43
2.	Effect of plyometric training and circuit training on vital capacity anaerobic capacity among men volleyball players	J. Anitha	-	International Journal of physiology, nutrition and physical education, Volume 1, Issue 2, July (2016), 220-221	5.43
3.	Effect of SAQ training and interval training on selected physiological variables among men handball players	J. Anitha	-	International Journal of physiology, nutrition and physical education, Volume 2, Issue 1, January (2017), 455-457	5.43
4.	Effect of SAQ training and interval training on selected physical fitness variables among men handball players	J. Anitha	-	International Journal of yogic, human movement and sports sciences Volume 2, Issue 1, January (2017), 100-103	5.18
5.	Effect of plyometric training on physical fitness variables among	J. Anitha	-	International journal of yoga physiotherapy and physical education	5.24

	college level volleyball players			Volume 2, Issue 3, May-June (2017),, 87-88	
6.	Effect of plyometric training on physiological variables among college level volleyball players	J. Anitha		International Journal of physiology, nutrition and physical education, Volume 2, Issue 2, July (2017), 1094-1095	5.43
7.	Effect of plyometric training and circuit training on selected physical and physiological variables among male volleyball players	J. Anitha	P. Kumaravelu C. Lakshmanan K.Govindasamy	International Journal of Yoga Physiotherapy and Physical Education Volume 3, Issue 4, July (2018), 26-32	5.24
8.	Analysis of anthropometric peculiarities among fast and spin bowlers in the cricket academy of Tamilnadu cricket association	J. Anitha	K. Govindasamy P. Thangamuthu C. Lakshmanan M. Marithangam	International Journal of physiology, nutrition and physical education, Volume 3, Issue 2, July (2018), 1017-1019	5.43
9.	Effect of Sport Loading Training on Selected Physical fitness variables among the coastal Area womens Basketball players	J. Anitha	P. Kamaravelu C. Lakshmanan K. Govindasamy	International Journal of Health, physical education, and computer science in sports Volume3 2, Issue 1, October (2018),, 47-51	5.115

10.	The Effect of Fitness Training and Nutrition Psychological Counseling on Tension depression t3, t4 and THS in Middle Aged Ladies with Hypothyroidism	Dr.J.Anitha	K Govindasamy, Dr G Kumaresan, Dr. P Kumaravelu	International Journal of Physiology Sports and Physical Education Vol-1/Iss-1/Jan-2019, 16-22	5.34
11.	Effect of Continuous Training and Interval Training on Selected Hematological Variable among TNPESU Men Students	Dr.J.Anitha	-	Journal of Information and Computational Science Vol-10/Iss-6/2020,404-413	6.2
12.	Effect of Traditional Strength Training and Functional Strength Training of Arm Strength of Pole-vaulters	Dr.J.Anitha	-	AEGAEUM Journal Vol-8/Iss-3/March-2020	6.2
13.	Effect of Isolated and Companied core Strength Training and Yogasana Practice on Selected Psychomotor Variables	Dr.J.Anitha	Dr. P Kumaravelu, Dr.T Arun Prasanna, K Govindasamy.	Journal of Xi'an University of Architecture and Technology Vol-12/Iss-3/2020,2965-2972	3.7

RESEARCH PAPERS PRESENTED IN NATIONAL SEMINAR/CONFERENCE

- Presented a paper in National seminar on Advances in statistic and Annual Conference of Indian Bayesian on 4 August 2002 at Pune. The paper entitled, “**A preservation theorem of monotonicity on L-Superadditive function**”.
- Presented the paper entitled, “**Preservation theorem of Schur convexity**” National Conference on Statistics and Probability in Kerala Statistics Congress –2003on 23-25 June 2003 at Trivandrum .
- Presented a paper entitled “**L-Superadditive function**” at national seminar conducted Department of Statistics University of Madras.
- Presented a paper entitled **Effects of Varied Yogic Practices** in the National conference on Modern Trends in Yoga and Naturopathy organized by Indian Institute of Yoga and Naturopathy held on 11 October 2009 at Coimbatore.
- Presented a paper entitled **Effects of Yogasana and Physical Exercise on selected Health Related Fitness Variables Among College Male Students** in the International conference on Sports and Nutrition organized by Avinashilingam Institute for Home Science and Higher Education for Women held on 8th and 9th March 2012.
- Effect of Yogic Practices and physical Exercises on Stress and Anxiety among school Boys in Moraji Gesai National institute at New Delhi on 18th to 24th Feb 2013.
- Effect of Suryanamaskar and Physical Exercise on Muscular Endurance and Vital Capacity among College Men Students in Journal of Physical Education Sports and Allied Disciplines on Jan 2013.
- **Effects of suryanamaskar on Flexibility and BMI among college students** in the international Conference on Recent Trends in Engineering and Technology held on 29.04.2016 organized by Joseph’s institute of Technology.
- Presented a paper titled **Statistics for Physical Education** in International conference on Statistics and Information Analytics (ICSIA2012) held at Loyola College.

- Presented a paper titled Relationship Study on Selected Kinematic variables and Performance of Basketball Players in set shot in International conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports performance held at Tamilnadu Physical Education and Sports University on March 2019.

Experience As Guide

Guiding 2 Scholars in the Master of Philosophy in Physical Education

RESOURCE PERSON IN NATIONAL CONFERENCE,FDP, PH.D PROGRAMME

- Acted as Resource person in the UGC stride sponsored training programme on “Environmental Sustainability and Research Ethics organized by Department of Physical Education, school of Education Avinashilingam Institute for Home Science and Higher Education for Women from 15 to 19 February 2021.
- Acted as a chairperson in the International conference on “Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports performance” organized by the department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University Chennai between 5th to 7th March 2019.
- Acted as a chairperson in the International conference on “**Better life better world through yoga with allied sports sciences**” organized by the department of yoga, Tamil Nadu Physical Education and Sports University Chennai between 16th and 18th February 2012.
- Acted as Resource person in the International Conference on Statistics and Information Analytic ICSIA 2012 organized by PG and Research Department of Statistics, Loyola College.
- Delivered a lecture on the topic “**Non parametric Statistics**” to the participants of Ph.d Scholar of Physical Education at Maruthi College in Coimbatore.

- Delivered a lecture on the topic **“Advance Statistics”** to the participants of Ph.d scholar of Physical Education at Puthucherry University.

RESEARCH PAPERS PUBLISHED IN JOURNALS

- Effects of Yogasana and Physical Exercise on selected Health Related Fitness variables among college male students in International Journal.
- Effect of Suryanamaskar and Physical Exercise on Muscular Endurance and Vital Capacity among College Men Students in National Journal.
- Effect of Yogic Practices and physical Exercises on Stress and Anxiety among school Boys in Moraji Gesai National institute at New Delhi on 18th – 24th Feb 2013.
- Effect of plyometric training and circuit training on speed muscular endurance among men volleyball players in International Journal of physiology, nutrition and physical education, Volume 1, Issue 1, January (2016), 60-61
- Effect of plyometric training and circuit training on vital capacity anaerobic capacity among men volleyball players in International Journal of physiology, nutrition and physical education, Volume 1, Issue 2, July (2016), 220-221
- Effect of SAQ training and interval training on selected physiological variables among men handball players in International Journal of physiology, nutrition and physical education, Volume 2, Issue 1, January (2017),, 455-457.
- Effect of SAQ training and interval training on selected physical fitness variables among men handball players in International Journal of yogic, human movement and sports sciences Volume 2, Issue 1, January (2017),, 100-103.
- Effect of plyometric training on physical fitness variables among college level volleyball players in International journal of yoga physiotherapy and physical education Volume 2, Issue 3, May-June (2017),, 87-88.

- Effect of plyometric training on physiological variables among college level volleyball players in International Journal of physiology, nutrition and physical education, Volume 2, Issue 2, July (2017), 1094-1095.
- Effects of Suryanamaskar and Physical Exercise on Muscular Endurance and Vital Capacity among College Men students in Journal of Physical Education Sports and Allied Disciplines of Tamilnadu physical Education and Sports University January 2013.
- Effect of Suryanamaskar on Flexibility and BMI among college students in 1st International conference on Recent Trends in Engineering and Technology St. Joseph's Institute of Technology OMR Chennai on 29.04.2016.
- Effect of Yogic Practices and Stretching exercise on Heart rate and Job satisfaction among information Technology sector men in International Conference on "Emerging Trends in Sports Medicine, Physical Education, Sports Science and yoga" Tamilnadu Physical Education and Sports University on 18th and 19th January 2017.
- Effect of Yogasana and Physical Exercise on Selected Health related fitness Variables among college male students in International conference on Sports and Nutrition 2012.
- Effect of Yogic Practices and physical Exercises on Stress and Anxiety among school Boys Yoga for Adolescents Morarji Desai National institute at New Delhi on 18th – 24th Feb 2013.

PARTICIPATION IN INTERNATIONAL WORKSHOP/ CONFERENCE

- Participated in the International Workshop on **"Advanced Scientific Training in Football"** held at Jawaharlal Nehru Stadium, Chennai on 12th and 13th March 2009.
- Presented a paper titled Statistics for Physical Education in International conference on Mathematical and Statistics Modelling in ICMSM13 on October 03.05.2013.

- Invited as a Resource person to deliver lecture on the topic “Statistics for Physical Education” on 03-05 October 2013 in International conference On Mathematical and Statistical Modelling conducted by PG and Research Department of Mathematics, Loyola College Chennai.

PARTICIPATION IN NATIONAL CONFERENCE/ WORKSHOP/ORIENTATION COURSE/REFRESHER COURSE

- Participated in the National Workshop on Yoga “Be Healthy, Be Divine” organized by Department of Yoga, Tamil Nadu Physical and Sports University on 9th April 2016.
- Participated in National Workshop on **Yoga “Your life your choice”** organized by Department of Yoga TNPESU on 27th February 2016.
- Participated in the International Workshop on A contemporary outlook of self through self Enhancement organized by Department of Sports Psychology and Sociology, Tamil Nadu Physical and Sports University on 11th January 2016.
- Participated in the National Workshop on Yoga “Your life Your Choice” organized by Department of Yoga, Tamil Nadu Physical and Sports University on 27th February 2016.
- Participated in the National Workshop on Sports Biomechanics organized by TNPESU on 15th October 2015.
- Participated in the National Workshop on Yoga “Strengthen the Pride” organized by TNPESU on 28th & 29th October 2015.
- Participated in the National Level workshop on “Sports well-Being and Social Development” held at TNPESU on 3rd November 2015.
- Participated in the National Workshop on Impact of Technology on Sports materials organized by Dept. of Sports Technology, TNPESU on 8th October 2015
- Participated in the National Workshop on Recent Trends in Sports Medicine and Sports Injury Management held at TNPESU on 19th October 2015.
- Participated in the National Workshop on NCTE Curriculum Frame Work in Physical Education organized by TNPESU on 3rd Oct 2015
- Participated in the Yoga Demonstration / Yoga Exhibition of the International Day of Yoga organized by TNPESU on 21st June 2015.
- Participated in the National Workshop on Applying Psychology for Managing Personal and Professional Challenges held at Science city Chennai on 22nd January 2013.

- Participated in the international Conference on Statistics and Information Analytics held at PG and Research Department of Statistics, Loyola College Chennai August 23-25 2012.
- Participated in National Workshop on **“Physiological Adaptations on Training and Nutrition”** Organised by Department of exercise Physiology, held on 9th February 2011 at Tamil Nadu Physical Education and Sports University, Chennai.
- Participated in the National Workshop on **“Track & Field: Planning, Construction, Rules and Interpretations”** organized by Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai on 24th and 25th January 2011.
- Participated in National workshop on **“Modern Trends in Scientific Sports Coaching”** Department of Advanced Training and Coaching, Tamil Nadu Physical Education and Sports University, held at EVK Sampath Maaligai, Chennai on 29th and 30th October 2010.
- Participated in the National Workshop on **“Women Empowerment: Directions and Dimensions”** organized by Department of Psychology and Sociology, Tamil Nadu Physical Education and Sports University, held at EVK Sampath Maaligai, Chennai on 8th September 2010.
- Participated in **National Level Workshop on SPSS** organized by Department of Management Studies at Nehru Institute of Engineering and Technology on 24th July 2010.
- Participated in the National workshop on **“Comprehensive approaches in Physical Education”** held at Tamil Nadu Physical Education and Sports University, Chennai on 22nd April 2010.
- Participated in the National workshop on **“Sports Technology and sports Management”** held at Tamil Nadu Physical Education and Sports University, Chennai on 12th and 13th April 2010.
- Participated in the National Workshop on **“Role of Physical Education and Sports Coaching for the Promotion of Competitive Sports”** organized by the Department of Advanced Training and Coaching, Tamil Nadu Physical

Education and Sports University, held at EVK Sampath Maaligai, Chennai on 26th and 27th March 2010.

- Participated in the National Level Workshop on **“Cardio Respiratory Fitness”** held at St. Joseph’s College of Engineering, Chennai on 23rd March 2010, Jointly organized by the department of Exercise physiology and Nutrition, Tamil Nadu Physical Education and Sports University, Chennai and St. Joseph’s College of Engineering, Chennai.
- Participated in the national Seminar on **“Social aspects of Sports in Indian Context”** organized by the department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University held at Jawaharlal Nehru Stadium Chennai on 12th March 2010.
- Participated in the national workshop on **“International Workshop on Advanced Scientific Training and Coaching”** organized by the department of physical education, Tamil Nadu Physical Education and Sports University held at Jawaharlal Nehru Stadium Chennai on 2nd and 3rd February 2010.
- Participated in the national workshop (assisted by TANSCHÉ) on **“Popularization of physical education and sports related to sciences to the school level physical education teachers”** organized by the department of physical education, Tamil Nadu Physical Education and Sports University on 9th October 2009.
- Participated in the national workshop on **“New Frontiers in Sports Physiotherapy”** organized by the University Health Center, Tamil Nadu Physical Education and Sports University on 28th November 2008.
- Participated in **National Conference on Impact of Biomechanics on Excellence in Sports** organized by the Department of Biomechanics and Kinesiology in TNPESU on 30th October 2008
- Participated in **“Refresher course on Fitness and Nutrition”** organized by Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University on 15th and 16th September 2008.

MEMBERSHIP AND EXAMINER SHIP

- Member of board of studies in framing syllabus for M Phil., Physical education in Tamil Nadu Physical Education and Sports University.
- Member of board of studies for framing and updating the syllabus for M.Sc sports biomechanics and kinesiology.
- Member of board of studies for framing and updating the syllabus for MSc Sociology and Psychology.
- Question Paper setter for the subjects namely Basic Statistics in B. PEd course, Research Methodology for M.Phil Biomechanics and Exercise Physiology and Research Methodology and Statistics for M.Sc Coaching course.
- Evaluator Answer scripts for B.PEd, M.P.Ed, MSc, M.Phil (sociology and psychology), MSc, M.Phil (Exercise Physiology and Biomechanics) and M.Tech course of study in the centre valuation at Tamil Nadu Physical Education and Sports University.
- Participated in the UGC sponsored 101th Orientation Course at University of Madras obtained grade A held from 17th May to 13th June 2011.

BOOKS/LESSON MATERIALS

- Lesson writer for writing lesson materials for
 - P.G Diploma in yoga in the subject of Research methodology Statistics
 - MSc in yoga therapy in the subject of Research methodology Statistics
 - P.G Diploma in statistics in the subject of Parametric and Non parametric statistics
 - Research Processes and Statistics for M.Sc in Acupuncture
 - Research Processes and Statistics for M.Sc Yoga.
 - Statistics for Management for BBA

OTHER ACADEMIC ASSIGNMENTS

- Nominated as Nodal Officer for UGC skill Development Programme NSQF
- Serving as Assistant Warden (women) Hostel from July 2018 till now.
- Nominated as **University NSS Programme Officer** of TNPESU from 25th June 2015 till October 2016
- Conducted **NSS Special Camp 2015-2016 and 2016-2017** in month of march for NSS Volunteers
- Serving as Coordinator for International Women's day of this University from 2008-2014.
- Serving as Transport Coordinator for University Bus from 2012 till now.
- Invited as Resource Person to handle Personal Conduct Programmes at Asana Andiappan College of Yoga and Research Centre Anna Nagar.
- Invited as Resource Person on Statistics for Physical Education in Pondicherry University on 16th and 17th November 2011.
- Nominated as Resource Person to handle PCP classes of Yoga Therapy in Directorate of Distance Education Programme held at Viniyoga Healing Foundation of India
- Invited as Resource Person on Non Parametric Statistics at Maruthi College in Coimbatore.
- Nominated as Resource Person to handle PCP Classes in our University.
- Serving as Coordinator for Sports Well Being and social Development organized by Department Sports Management and Psychology and Sociology of TNPES University from 2008-2014.
- Served as Inspection Commission member approval to the Tamil Nadu Physical Education Sports University Distance Education study center following place T.Ashok Kumar, Ellakkalampatty, Dharmapuri

- Served as Inspection Commission member approval to the Tamil Nadu Physical Education Sports University Distance Education study center following place Mozhi Foundation, Maduravoyal, Chennai
- Served as Resource person to take PCP classes in distance education programme. at Shri Saradha college of Physical Education, Salem
- Member of accommodation Committee and Transport Committee for the Conduct of South Zone Inter University Kho-Kho Tournament held at TNPESU from 04.01.2016 to 07.01.2016.
- Served as Inspection Commission member approval to the Tamil Nadu Physical Education Sports University Distance Education study center at T.Ashok Kumar, Ellakkalampatty, Dharmapuri on 31.01.2013
- Served as Inspection Commission member approval to the Tamil Nadu Physical Education Sports University Distance Education study center at Mozhi Foundation, Maduravoyal, Chennai 19.07.2013.
- Served as a coordinator for the International Women's day celebration on 8th March 2013.
- Served as a coordinator for the International Women's day celebration on 8th March 2014.
- Organizing coordinator for cultural programmes on 70th Independence Day Celebration at Tamilnadu Physical Education and Sports University on 15th August 2016.
- Coordinator for the National Workshop on Sports, Well-Being and Social Development conducted at TNPESU on 3rd November 2015.
- Coordinator for the International Workshop on "A Contemporary outlook for self Enhancement" conducted at TNPESU on 11th January 2016.
- Coordinator for the National Seminar on "Physical Education in Thirukkural" organized by TNPESU on 27th October 2015.
- Chair person for International Conference on Emerging Trends in Sports Medicine, Physical Education, Sports Science and yoga on 18th January 2017.
- Organized special camp "Empowering the Youth of Future India" for the NSS volunteers held at Melakkottaiyur from 21.03.2016 to 27.03.2016
- Organized special camp "community Enrichment" for the NSS volunteers held at Melakkottaiyur from 15.03.2017 to 19.03.2017.
- Organized Disaster Awareness Programme for the NSS volunteers at Tamilnadu Physical Education and Sport University.

AWARD & SCHOLARSHIP

- Award as I Rank in MPhil Statistics in the year 2001.
- Qualified for **Project Associateship** from University Grants Commission for pursuing research in 2003 and 2005.

DECLARATION

I, Dr. J. Anitha, declare that the above said details and information are true to the best of my knowledge.

Dr. J. Anitha