



Mother Teresa Women's University Kodaikanal 624101. Dindigul District, Tamil Nadu Ph:04542-245671 Cell:9698644991 Email: rajammtwu4@gmail.com Fax:04542-241122					
		Name		Dr.(Mrs.) A. Rajam	
		Designations		Assistant Director of Physical Education & Sports	
		Department		Physical Education	
Education		M.Com.M.PEd.,M.Phil.PhD(Phy. Education),,B.Lit(T),,M.A(Y),,DYHE(Y),,NIS(Y)			
Professional Degrees		PhD	Physical Education	Alagappa University,Karaikudi	
		M.Phil	Physical Education	Alagappa University, Karaikudi	
		M.P.Ed.	Physical Education	Alagappa University Karaikudi	
		B.P.Ed.	Physical Education	Madras University, Chennai	
Professional Related Degrees Diplomas		M.A.	Yoga	Bharathidasan University, Trichy	
		DYHE	Yoga	Bharathiyar University, Coimbatore	
		NIS	Yoga	SAI, Thiruvananthapuram, Kerala	
Academic Degrees		B.Com	Commerce	Madras University, Chennai	
		M.Com	Commerce	Madras University, Chennai	
		B.Lit.	Tamil	Anna Malai University, Chidambarm	
Positions Held		Academic	Working as Assistant Director of Physical Education and Sports in University Colleges by taking classes giving training and coaching to students		
		Administrative	Working as Assistant Director of Physical Education and Sports on behalf of University for all affiliated colleges to organize , convene all Sports Activities		

Membership in Academic Bodies	1.Mother Teresa Women’s University, Kodaikanal 2.Bharathidasan University, Trichy -Member in Board of Study in Yoga		
Executive Membership in Social Bodies	Executive Member in World Community Service Centre Aliyar & Dr. Athithanar Welfare Society, Tiruchendur		
Membership in Professional Bodies	Member in Tamil Nadu State Level Yoga Federation headed at Coimbatore and also as National Level Qualified Referee. Selection Committee Member in Sports Related Activities in 10 Affiliated Colleges of Mother Teresa Women’s University.		
Project Completed	1.Received Fund from UGC and formed Library for Yoga and Simplified Exercises and degree diploma courses 2.Fund Received from UGC and project completed for Stage in Play Ground & running track 3.Many Sports related equipments were purchased from UGC Fund		
On Going Project	Project submitted for Indoor Stadium with all facility for a value of around 1 corer		
Research Experience	Around 5 Years	Yoga	M.Phil –Awarded 6- Ongoing 6
		Yoga	Ongoing -5
Awards and Honors	<ol style="list-style-type: none"> 1. Life Long Achievement Award from Tamil Nadu Physical Education Teachers Assn. 2. Best Kargam Performer Award from Dt. Collector , Dindigul 3. State Level Winner in Yoga for Open Category. 		
Publications	Works are going on to publish a book on Yoga Therapy.		
Seminars, Conferences and Workshops	Seminars		5
	Conferences		17
	Workshops		10

Innovation & Contributions	Innovation	Merging simple Breathing Techniques with Simplified Kundalini Yoga for fast result with World Community Service Centre a Research Centre for Yoga for Human Excellence at Aliyar, Pollachi, Tamil Nadu.	
	Contribution	Worked as an Instrument to make sign of MOU with World Community Service Centre Aliyar to bring their Yoga Diploma Course to our University and all affiliated Colleges	
Training & Extension Programme	One Week Training was given to our University students along with Madurai Dt. Cultural Centre for Karagam and with which our University Karagam Team received the Best Performer Award from Dt. Collector Dindigul.		
Teaching Experience	Asst. Director of Physical Education and Sports	5 Years 2009-2014	Mother Teresa Women's University, Kodaikanal
	Physical Education Teacher	11 Years 1998-2009	Government Higher Secondary Schools , Tamil Nadu Governement
	Physical Director	7 Years 1991-1998	Sri Saradha Nicketan College for Women, Karur.
	N.S.S. Programme Officer	7 Years 1991-1998	Sri Saradha Nicketan College for Women, Karur-Under Bharathidasan University, Trichy
Team Manager/Coach For all India Level Competition	Kabaddi/Kho-Kho/Volley Ball/Basket Ball/Ball Badminton/Athletic		5 Years –University Level /All India Level Representation 7 Years – College Level Representation
Qualified Referee	Kabaddi/Through Ball		
Orientation/Refresh Course	Both have been completed in Physical Education		