

BIO-DATA



1. Name (in Block Letters) **K. BHUVANENDHIRAN**
2. Father's name/Mother's name **E. KANNABIRAN**
3. Department **Department of Physical Education & Sports Science**
4. Current Designation & Pay with Grade Pay **Asst. Professor**
5. Date of Appointment **18-1-2007**
6. Date and place of Birth **06-06-1978, Chidambaram**
 - i) In the institution **Annamalai University**
 - ii) In the present post **Asst. Professor**
7. Sex **Male**
8. Blood Group **A1 +**
9. Marital Status **Married**
10. Nationality **Indian**
11. Religion and Caste **Hindu-Gavera**
12. Indicate whether belongs to SC/ST/MBC/OBC/BC/FC category **BC**
13. Address for correspondence **Assistant Professor
Department of Physical Education & Sports Science
Annamalai University
Annamalai Nagar – 608 002
Tel: 04144-237229**

14. Permanent Address **No:843, Kannan Koil Street,
Keerapalayam, Chidambaram, T.K
Cuddalore, District,
Pin: 608 602.
Tamilnadu, India.**
- 15 Local Address **No:843, Kannan Koil Street,
Keerapalayam, Chidambaram, T.K
Cuddalore, District,
Pin: 608 602.
Tamilnadu, India.**
16. Telephone No. **04144-241031**
Mobile No. **9791641447**
Email. **Rithubhuvan@Rediffmail.com**

17. ACADEMIC QUALIFICATIONS

| Qualifications | Name of the Board/university | Year of Passing | Percentage of marks obtained | Division/ Class/ Grade | Subject |
|-----------------|------------------------------|-----------------|------------------------------|------------------------|--------------------|
| B.P.E.S | Annamalai university | 2000 | 59.28% | 2 nd Class | Physical Education |
| B.P.ED | Annamalai university | 2001 | 63.52% | 1 st Class | Physical Education |
| M.P.Ed | Bharathiar University | 2003 | 64.62% | 1 st Class | Physical Education |
| M.Phil | Annamalai university | 2005 | 58.9% | 2 nd Class | Physical Education |
| P.G.DIP.IN YOGA | Annamalai university | 2008 | 62.32% | 1 st Class | Yoga |
| MSC.Yoga | Annamalai university | 2017 | 68.42 | 1 st Class | Yoga |

18. RESEARCH DEGREE:

| DEGREE | TITLE | STATUS | YEAR OF COMPLETION |
|---------|---|-----------|--------------------|
| M.P.Ed | Comparative study of vital capacity among Basketball and Volleyball Players | - | 2003 |
| M.Phil. | Effect of plyometric training on selected skill performance of Basketball Players | Part-Time | 2005 |
| Ph.D | Effect of maximal power and plyometric trainings on selected speed and power parameters | Part Time | March-2013 |

19. Appointment held prior to joining this institution – Lecturer, Department of physical Education, Sri Ramakrishna Mission Vidhyalaya College of Arts & Science, Coimbatore.

20. POSTS HELD AFTER APPOINTMENT AT THIS INSTITUTION

| Designation | Department | Date of joining | | Grade Pay |
|-----------------|------------|-----------------|-----------|-----------|
| | | From | To | |
| Asst. Professor | Phy-Edn | 18-1-2007 | 9-11-2011 | 6000 /- |

21. PERIOD OF TEACHING : PG : 1 Year UG: 6 Years M.Phil: Years

| COURSE | THEORY | | PRACTICAL | |
|-----------------|-----------------------------------|--|-----------|------|
| | SUBJECT | Duration | Duration | |
| BACHELOR DEGREE | B.Ed | yrs | yrs | |
| | B.P.E.S | yrs | yrs | |
| | | yrs | | |
| | B.P.E | 1.Sports Sociology | 3 yrs | 4yrs |
| | | 2.Organisati on and Adminisrati on of physical Education | 2yrs | |
| | B.P.Ed | Educational psychology | 5yrs | 2yrs |
| D.P.Ed | | yrs | 1yr | |
| MASTER DEGREE | Master of Physical Education | | yrs | |
| | Elective Paper | Health Education | 2yrs | |
| | Master of Business Administration | | yrs | |
| M.Phil | M.Phil | | yrs | |

22. Research Experience excluding years spent in PhD : 5yrs

23. FIELDS OF SPECIALIZATION UNDER THE SUBJECT/DISCIPLINE

| DEGREE | Area of Specialization (Game /s of specialization for M.P.Ed) |
|--------|--|
| M.P.Ed | Basket ball |
| M.Phil | Training methods |
| Ph.D | Training methods |

24. ORIENTATION / REFRESHER COURSE ATTENDED

| Name of the course/summer school | Place | Duration | Sponsoring Agency |
|----------------------------------|------------|----------|-----------------------|
| ORIENTATION | Pondichery | 28 Days | Pondichery University |
| REFRESHER | Coimbatore | 21 Days | Bharathiar University |

25. TEACHING, LEARNING AND EVALUATION RELATED ACTIVITIES**i. Lectures, Seminars, Tutorials, Practicals, Contact Hours
(Give semester-wise details, where necessary)**

| S. No | Course/Paper | Level | Mode of Teaching | Hours per week allotted | % of classes |
|-------|--------------------|-------|------------------|-------------------------|--------------|
| 1. | Run for Health | PG | Lecture | 2 | 80 |
| 2. | Save Heart to Live | PG | Lecture | 2 | 81 |

ii. Reading / Instructional Material Consulted and Additional Knowledge Resources Provided to students

| S. No | Course/Paper | Consulted | Prescribed | Additional Resource Provided |
|-------|--------------|-----------|------------|------------------------------|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |

iii. Use of participatory and Innovative Teaching – Learning Methodologies, Updating of Subject Content – Course improvement – etc.

| S. No | Short Description |
|-------|-------------------|
| 1. | |
| 2. | |
| 3. | |
| 4. | |
| | |

iv. Examination Duties Assigned and performed.

| S. No | Type of examination Duties | Duties Assigned | Extent to which carried out |
|-------|----------------------------|-----------------|-----------------------------|
| | | | |

| | | | |
|----|----------------------------|--------------|--|
| 1. | Model Examination | Invigilatore | |
| 2. | University Examination,DDE | UR | |
| 3. | | | |
| 4. | | | |
| 5. | | | |
| 6. | | | |

26.CO-CURRICULUR, EXTENSION, PROFESSIONAL DEVELOPMENT RELATED ACTIVITIES

| S. No | Type of Activity | Average Hrs/Week |
|-------|------------------|------------------|
| 1. | Scatting | |
| 2 | | |
| 3. | | |

27. RESEARCH, PUBLICATIONS AND ACADEMIC CONTRIBUTIONS

A. Published Papers in Journals

| S. No | Title with page nos | Journal | ISSN/IS BN No | Whether Peer Reviewed Impact Factor if any | No. of Co-authors | Whether you are the main author |
|-------|--|--|---------------|--|-------------------|---------------------------------|
| 1 | Effect of plyometric training on speed, stride length and stride frequency, 37-38. | International journal of Physical Education. | 0976-7924 | - | 1 | Yes |
| 2 | Effect of maximal power training on speed, 39-40. | International journal of Physical Education. | 0976-7924 | - | 1 | Yes |
| 3 | Plyometric and maximal power training on anaerobic power, 53-60. | Voice of sports | 0975-4687 | - | 1 | Yes |

B(i). Articles /Chapter Published in Books

| S.No | Title with page nos | Book Title editor and publisher | ISSN/ISBN No | Whether Peer Reviewed | No. of Co-authors | Whether you are the main author |
|------|---------------------|---------------------------------|--------------|-----------------------|-------------------|---------------------------------|
| 1 | | | | | | |
| | | | | | | |
| | | | | | | |

B(ii). Full papers in Conference Proceedings

| S.No | Title with page nos | Details of Conference Publications | ISSN/ISBN No | No. of Co-authors | Whether you are the main author |
|------|---|--|------------------|-------------------|---------------------------------|
| 1 | Effect of maximal power and plyometric trainings on Elastic Power | Recent Trends in Yoga and physical Education | 97881-910426-8-9 | 1 | Yes |

B(iii) Books Published as Single author or as editor : 8**C (I). Ongoing Projects/Consultancies :****C(II) Completed Projects /Consultancies :****D. Research Guidance -**

| DEGREE | | YEAR | STATUS | NUMBER OF STUDENTS REGISTERED | NUMBER OF STUDENTS COMPLETED |
|--------|---|------------------|------------------|-------------------------------|------------------------------|
| M.P.Ed | | As on 25.07.2007 | Regular | | |
| M.Phil | | | Regular | 8 | 6 |
| | | | Correspondence | 15 | 14 |
| Ph.D | Department of Physical Education and Sports Sciences, Annamalai University. | | Part time | - | - |
| | | | External | - | -- |
| | | | Other University | External | - |

M.PHIL AND PH.D GUIDANCE PARTICULARS

| M.PHIL | | | |
|---------------|-----------------------|---|------|
| No | Name of the candidate | Title | Year |
| 1. | S. Jeevanandhan | Comparison of cardiovascular endurance on Football players and Long distance runners | 2007 |
| 2. | E.Suresh kumar | Effect of specific agility and coordination exercises on the development of reaction time of volleyball players | 2007 |
| 3. | S. Muthuvel | Effect of selected exercise programme on the development of agility and leg explosive power of college level hand ball players | 2007 |
| 4. | M. Mani | A critical analysis on motor fitness components of pre adolescent girls | 2007 |
| 5. | R. Amirtharaj | A comparative study on selected anthropometric and physiological variables between batsman and fast bowlers of vellore district cricket players | 2007 |
| 6. | J. Kesavaperumal | Comparative study of explosive and stretching exercises on selected components of physical fitness | 2007 |
| 7. | G. Kulandaivel | The comparative study of vital capacity among basketball players and volley ball players at inter collegiate level | 2007 |
| 8. | Vasudevan | Effect of specific drills on selected skills of soccer players at inter collegiate level | 2008 |
| 9. | S. Gobalsamy | Effect of asanas on physical and physiological variables | 2009 |
| 10. | R.Rajasuthakar | Effect of varied intensities of weight training on selected speed and strength parameters | 2009 |
| 11. | B.Thiyagarajan | Effect of plyometric training on selected physical fitness variables of volleyball players | 2009 |
| 12. | D.Ramesh | Effect of maximal power training on selected speed and strength parameters | 2011 |
| 13. | S.Sheela | Effect of circuit training and parcourse training on selected strength parameters | 2011 |
| 14. | Amutha Vinoo | Effect of plyometric training on selected biomotor abilities of university badminton players | 2011 |
| 15. | K.Prasad | Effect of maximal power training on selected strength parameters | 2011 |

| Ph.d | | | |
|---------------------------|-----------------------|-------|---|
| No | Name of the candidate | Title | Year of Registration And Year of Awarding |
| 1. | | | |
| 2. | | | |
| Other Universities | | | |
| Name of the University | | | |
| 1 | | | |
| 2 | | | |

E (i). Training Courses, Teaching-Learning-Evaluation Technology Programmes, Faculty development Programmes (not less than one week duration)

| S.No | Programme | Duration | Organized by | |
|------|----------------------------------|----------|--|---|
| 1 | KakKa-KakKa Idhayam kakka | 1 week | Yoga study centre Annamalai University | |
| 2 | In-Service training programme | 11 Days | Annamalai University | - |

E(ii) Papers presented in /attended conferences, Seminars, Workshops, Symposia

| Name of the seminar/ Conference/ Workshop | Organized By | Date | Title of the Paper (Author/Co Author) | Whether Internati onal/Nat ional stage/re gional/c ollege or universit y level | As Delegate/ Resource person/ Participant |
|---|-----------------|------|--|--|---|
| | | | | | |

| | | | | | |
|---|--|--|--|--------------------------|-------------|
| Faculty Development programme "Towards better teaching | Nallamuthu Gounder Mahalingam college | 30 th sep-2006 | - | University | Participant |
| Multi Dimensional Approach for excellence in sports: Talent identification | Maruthi College of physical education | 3, march-2006 | - | National Seminar | Participant |
| Advanced scientific training and coaching | Tamilnadu physical education and sports university | 2 nd & 3 rd Feb 2010 | - | International Workshop | Participant |
| Modern trends in sports technology, management and allied sciences | Alagappa University | 8 th & 9 th Mar 2010 | Effect of maximum power training on strength endurance | International Conference | |
| K.S.al Sonaopchalam Memorial XXI inter disciplinary research methodology workshop | Annamalai University | 8 th to 11 th Feb 2011 | - | National | Participant |

| | | | | | |
|--|--|--|--|---------------|-------------|
| Scientific innovation in sports and technology | Selvam College of physical education | 5 th Mar 2011 | Effect of resistance on selected strength parameters | National | Delegate |
| Scientific training in football | Tamilnadu physical education and sports university | 12 th & 13 th Mar 2009 | | International | Participant |
| Emerging trends in fitness for longevity and education for empowerment | Alagappa University | 5 th & 6 th Mar 2009 | Effect of isotonic and isometric training on leg strength | International | Delegate |
| Role modern training in physical education and sports | University of Madras | 19 th & 20 th Mar 2010 | - | National | Participant |
| Social aspects of sports in Indian context | Tamilnadu physical education and sports university | 12 th Mar 2010 | Comparison of mental depression between kabaddi player and ballbadminton players | Nanional | Delegate |

| | | | | | |
|---|--|---|--|---------------|-------------|
| Application of science, engineering and technology in sports | M.A.M college of engineering , Trichy | 7 th & 8 th Dec 2009 | Effect of pranayama on selected respiratory parameters | International | Delegate |
| Sports medicine | Annamalai University | 29 th Jan 2007 | - | National | Participant |
| Emerging needs and application of biomechanics in sport And games | YMCA college of physical education, Chennai | 29 th & 30 th Mar 2010 | - | National | Participant |
| Cardio respiratory fitness | Tamilnadu physical education and sports university | 23 rd Mar 2010 | - | National | Participant |
| Recent development in sport sciences and their contribution towards physical education and sports | Maruthi College of physical education, Coimbatore | 9 th & 10 th April 2010 | Effect of power training on leg strength, strength endurance and explosive power | National | Delegate |

| | | | | | |
|---|--|--|---|----------------|--------------|
| Track and field planning construction rules and interpretation | Tamilnadu physical education and sports university | 24 th & 25 th Jan 2011 | - | National | Participant |
| Yoga therapy and fitness an integrated approach | Alagappa university | 12&13-02-2010 | Effect of maximal power training and plyometric training on anaerobic power | Inter national | Delegate |
| Training prescribed and functional response on different population | Annamalai University | 28&29-03-2011 | Effect of plyometric and power training on anaerobic power | National | Delegate |
| software based statistical application in physical education | Ramakrishna mission Vivekananda university. | 17&18-12-2010 | - | National | Participated |
| Fitness for urban and rural youth and for special population | Annamalai university | 16&17-12-2009 | Effect of maximal power training on leg strength | National | Delegate |

| | | | | | |
|---|----------------------|---|---|----------------|--------------|
| challenges in promoting fitness and sports competition for different levels of achievements | Annamalai University | 20 th and 21-03-2009 | Effect of maximal power training on leg strength endurance | National | Delegate |
| Yoga, physiotherapy, nutrition and sports for lifelong fitness | Alagappa university | 27&28-01-2011 | Effect of selected pranayama practice on pulse rate and breath holding time | Inter national | Delegate |
| International workshop on football | Alagappa university | 14-02-2010 | - | Inter national | Participated |
| Computerized statistical application in physical education and sports research | Annamalai University | 6 th to 8 th Mar 2007 | - | National | Participate |
| Performance analysis in football | Annamalai University | 12 th Mar 2011 | - | Internati onal | Participate |

| | | | | | |
|--|--|---------------------------|--|----------|--------------|
| Interdisciplinary approach to an evaluation of human performance | Annamalai university | 30 & 31-03-2011 | - | National | Participated |
| Innovation concept of inter disciplinary approaches towards physical education | Alagappa University | 14 th Sep 2007 | Effect of plyometric training on back strength | National | Delegate |
| yoga; caring, sharing and empowering | Tamilnadu Physical education university, Chennai | 20 & 21-12-2010 | Effect of yogic breathing on selected respiratory parameters | National | Delegate |
| Intel tech to the future | Intel Tech | 7 th Nov 2009 | - | - | Participant |

28-Guest lecture/special lecture/ keynote address in a seminar/conference/workshop/refresher course/orientation course , Resource Person etc

29-Served as a member at national/ council/ federation/ commission etc

30)Extension Work / Community Work

31)Government Assignments 32)Professional Achievements

33)Other Qualification

34. Organization Experiences Of Seminars, Workshops, Refresher Courses and, Inter University Tournaments

SEMINARS

1. *National seminar on Training prescribed and functional response on different population*, Served as a member in **Allotment of scientific sessions on 28th & 29th Mar 2011.**
2. *National seminar on Fitness for urban and rural youth and for special population*, **Served as a member in Inaugural function on 16th & 17th Dec 2009.**
3. *National seminar on challenges in promoting fitness and sports competition for different levels of achievements*, Served as a member in **Stage Arrangements on 20th & 21st Mar 2009.**

WORKSHOPS

1. *National workshop on Computerized statistical application in physical education and sports research*, **Served as a member in Purchasing on 6th to 8th Mar 2007.**
2. *National workshop on sports medicine*, Served as a member in **Stage Arrangement on 29th Jan 2009.**

INTER UNIVERSITY TOURNAMENTS

1. *All India inter university Track and field tournament for women*, Served as a member in **Certificates on Feb 2008.**

REFRESHER COURSE

Attended Bharathiar University-Jun-2009

Signature of the Faculty with Designation, Place & Date