


ACADEMIC PROFILE

Name	Dr V. BALAMURUGAN	
Designation	Assistant Professor	
Date of Birth	05.07.1984	
Office Address	Ramakrishna Mission Vidyalaya Maruthicollege of Physical Education Coimbatore – 641 020	
Resi. Address	C-20, Ramanujar Street S.R.K. Vidyalaya Staff Quarters, S.R.K.V. Post Coimbatore – 641 020	
Phone (Office)		
Resi.		
Mobile	9600841280	
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Academic Qualifications		
Degree	University	Year of Passing
PhD	Ramakrishna Mission Vivekananda Educational and Research Institute, Faculty of General and Adapted Physical Education and yoga, Coimbatore.	2013-2018
M.Phil		
M.P.Ed	Ramakrishna Mission Vivekananda Educational and Research Institute, Faculty of General and Adapted Physical Education and yoga, Coimbatore.	2010-2012
B.P.Ed	Ramakrishna Mission Vivekananda Educational and Research Institute, Faculty of General and Adapted Physical Education and yoga, Coimbatore.	2008-2009
H.P.Ed		
BCS		
PGDSM		
PGDY	Ramakrishna Mission Vivekananda Educational and Research Institute, Faculty of General and Adapted Physical Education and yoga, Coimbatore.	2008-2009

PGDP	
PGDT	
PGDSO	
TTCY	
CFC	
CCAT	

Proficiency in Sports and Games

Name of the Course	University / Organization
Athletics	All India Inter University tournament during 2004-2005 held at Acharya Nagarjuna University, NagarjunaNagar.
Kho-kho	Kho-Kho Team in the South Zone Inter University tournament during 2004-2005 held at Bangalore University, Bangalore.
Volleyball	PSG Arts and science
Handball	Shivaji University, Kolhapur
Basketball	Karunya university
Longjump	State Level 41 st Republic Day Sports Meet organized by Inspectress of Physical Education, Kancheepuram.
400mts Hurdles	18 th State Junior Inter-District Athletic Championship 2003 organized by Thiruvallur District Amateur Athletic Association, Avadi.

Membership in Academic Bodies / Board of Studies / Editorial Board (Journals)

Paper Presentation in International Conference/Seminar

Sl.No	Paper title	Conference
1.	Importance of yogic practiceduring Covid19 pandemic	International E-conference on Synthesis of traditional yoga and modern science: Solution for the current Pandemic organized by MaruthiCollege of Physical Education, Coimbatore on 20 th & 21 st June 2021.
2.	Effect of Trunk strength on dynamic balance and agilityamong varsity basketball players	National Conference on Science in Sports, organized by Department of Physical Education, Avinashilingam Institute for HomeScience and Higher Education for Women, Coimbatore on 21 st & 22 nd February 2020

3.	Comparative study of physical fitness variables between Volleyball and Handball players	National Conference on understanding teaching and training methods in Pencak silat organized by Selvam College of Physical Education on 13 th & 14 th March 2020.
4.	Influence of Pranayama practice with flexibility exercises on Selected Physiological Variables of Obese school Boys	National Seminar on Road Map to 2020 Olympics organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education on 23 rd & 24 th Feb. 2017
5.	Benefits of Plyometric training for Long jumpers	UGC Sponsored National Seminar on Sports Medicine: Application and Recent Trends organized by Department of Physical Education, V.O. Chidambaram College, Thoothukudi on 3 rd and 4 th March 2017.
6	Influences of Pranayama with flexibility exercises on selected Motor Abilities of Obese school Boys	National Seminar on Better Health & Fitness Management Through Physical Education organized by J.M.J. College for Women on 10 th & 11 th Aug. 2017
7.	Effect of anxiety on physiological, psychological and behavioural aspects in sports performances	UGC Sponsored International Conference on Bridging Innovations in Sports, Education and Nutrition organized by Department of Physical Education, Avinashilingam Institute for Home Science and Higher Education for Women, Coimbatore on 8 th & 9 th February 2018
8.	Jump rope training for 400 meters runners	State-level seminar on Modern Trends in Physical Education and Sports organized by Department of Manonmaniam Sundaranar University Constituent College, Kadayannallur on 23 rd February 2018.
9.	Importance of Pranayama for obese	National Conference on Modern perspectives of sports science and yoga for the enhancement of sports performance organized by Ganesar College of Arts and Science, Pudukottai on 3 rd March 2018
10.	Importance of Yogic Practice for Athletes	National Symposium of Yoga SYTAAR 2018, organized by Shri Paranjothi Yoga College, Udumalpet on 17 th March 2018
11.	Comparative study of physical fitness variables between athletes and Handball players	National Conference on understanding teaching and training methods in Pencak silat organized by Selvam College of Physical Education on 29 th February 2012.

Special Information

- Secured **University FIRST RANK** with a **Gold medal** B.P.Ed degree, Ramakrishna Mission Vivekananda University, Coimbatore.
- Received **Best Sports Man Award** from Sri Ramakrishna Mission Vidyalaya College of Arts and Science, Coimbatore.
- Received **Best Student Award** from Sri Ramakrishna Mission Vidyalaya Sports School Hostel, Coimbatore.

Books Publication

Sl.No	Book Title	Publisher	ISBN
1.	Vilayattu Vidhimuraikal	Lavanya pathipagam	978-93-85641-92--1
2.	Udalkalvi Asiriyarkalukana Kaiyedu	Lavanya pathipagam	978-93-85647--47-8

Organization of Academic Conferences / Workshops / Designing Courses

S.No	Name of the seminar /conference/ symposia etc organised	Level - International/National/State/District	Name of the Sponsoring Agency	Place and Date
1	World Sports Yoga Federation Yoga Professional and Continuing Education	International		25.08.2018
2	Traditional Sports, Games and Physical Cultures	State Level Workshop	Ramakrishna Mission Vivekananda Educational and Research Institute	25th to 26th September 2018.
3	Yoga and Nature Cure	National		04.10.2011
4	Yoga and Celebration of Virtual International Yoga	International		17th to 21st June 2020
5	Fitness Protocols for kids and Elderly people during pandemic	National level Webinar		29.05.2020
6	Officiated the 77th All India Inter-University Athletic Championship 2016-17	All India	Bharathiyar university	10th to 16th January 2017
7	Sports Science and Yoga	International Webinar		19th to 20th June 2020.
8	Physical Education and Yoga: Major Immunity Boosters during Pandemic	National Webinar		26th to 30th August 2020.
9	Approaches in Sports Training Methods	National Webinar		20.05.2020.
10	Valviyal Nokkil Vedasakthi Varma kalai	International Conference	Ramakrishna mission vidyalaya college of arts & science	29.05.2020

Invited Lectures / Chairing / Resource Person / Keynote Address