

## FACULTY PROFILE

Name of the Staff : **Mr. POUNRAJ C**  
Official Address : Assistant Professor  
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### Personal Details:

Age : 32  
Date of Birth : 20/05/1992  
Sex & Marital Status : Male & Married  
Blood Group : B+  
Citizenship : Indian  
Department : PHYSICAL EDUCATION  
Date of Joining : 08/02/2023

### Qualification:

Degree	Programme and Specialization	Class/CGPA	Month & Year of Passing	Institute/University
M.Phil	PHYSICAL EDUCATION	FIRST	11/2018	Madurai Kamaraj university
M.P.Ed	PHYSICAL EDUCATION	FIRST	04/2017	Madurai Kamaraj university
B.P.Ed	PHYSICAL EDUCATION	FIRST	04/2015	Alagappa University

### Professional Experience:

### Teaching Experience:

Designation	Institute/University	Period		Nature of Duties
		From	To	
Assistant Professor	Nachiappa swamigal arts and science college/ alagappa university	01/12/2021	20/06/2022	Teaching

### Research Achievements:

### International Journal Publications:

S.No	Title of the Paper	Name of the Journal	Vol.No & Page No.	Month & Year	Current Status
1	CONSEQUENCE OF JUMP ROPE TRAINING AND KETTLE BELL TRAINING ON SELECTED AGILITY AND MUSCULAR STRENGTH OF COLLEGE MEN BADMINTON PLAYERS	JOURNAL OF XIDIAN UNIVERSITY	14/ PG NO: 664-669	04/2020	Published

S.No	Title of the Paper	Name of the Journal	Vol.No & Page No.	Month & Year	Current Status
2	CONSEQUENCE OF BULGARIAN BAG TRAINING AND SWISS BALL TRAINING ON SELECTED EXPLOSIVE POWER AND MUSCULAR STRENGTH OF COLLEGE MEN VOLLEYBALL PLAYERS	HIGH TECHNOLOGY LETTERS	26/ PG: 539-547	06/2020	Published
3	COLLISION OF BALLISTIC AND PLYOMETRIC TRAINING ON SELECTED SPEED AND EXPLOSIVE POWER OF COLLEGE MEN VOLLEYBALL PLAYERS	HIGH TECHNOLOGY LETTERS	26/ pg: 593-601	05/2020	Published