

**Aditanar College of Arts and Science
Virapandianpatnam – 628216
Tiruchendur
Bio - Data**



Name of the Department : **PHYSICAL EDUCATION**

Name of the faculty member : **DR. D. JIM REEVES SILENT NIGHT**

Qualification : **M.PEd., M.Phil., PhD., NSNIS.**

Present Designation : **Director of Physical Education**

Vidwan id : **437972**

Residential Address : **1/569, 3rd Street, Kurinji Nagar
Virapandianpatnam – 628 215
Tiruchendur**

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Email : **djimreeves67@gmail.com**

Gender : **Male**

Community : **BC**

Date of Birth and Age : **25.12.1967**

Date of joining : **26.12.1997**

Date of Retirement : **31.12.2027**

I. Particulars of Educational Qualification

Category	Name of the Degree	Specialization	Year of Passing	Name of the College	Name of the University	% of Marks / Grades obtained	Class obtained
UG	BSc	Chemistry	1991	St. John's college, Palayamkottai	Madurai Kamaraj	52.8%	Second
PG	MPEd	Physical Education	1993	Alagappa University College of Physical Education, Karaikudi	Alagappa University	71.3%	First
M. Phil	M.Phil Phy.Edu.	Exercise Physiology	1995	Annamalai University	Annamalai University	67%	First
Ph.D.	PhD.Physical Education	Circadian Rhythm and Exercise Physiology	2004	Alagappa University College of Physical Education, Karaikudi	Alagappa University	--	Highly Commendable
NSNIS	Cert. Coaching	Hockey	1995	Sports Authority of India, Bangalore	Sports Authority of India, Bangalore	--	'A'

**II Additional Qualification
NET/SLET****: Cleared National Eligibility Test (NET) UGC Lectureship****December 1993****III Title of Ph.D. Thesis****: "Influence of Circadian Rhythm on selected Physical Physiological and Psychological variables of trained men and women"****IV Faculty/Discipline/Subject in which Ph.D. was awarded****: Physical Education and Sports**

List of Publications

: (Details Attached in separate sheet)

No. of Candidates Completed Ph.D. under your Guidance

: (Details Attach separatesheet)

No. of candidates doing Ph.D. under your Guidance

: (Details Attach separatesheet)

S. No.	Name of the Ph.D Scholar	Year of Registration & No.	Titles of Theses	Status	University
1	K. Antony Peter Jude	06.01.2009 3362	“Awareness of Health and Physical Fitness, Status of Physical Fitness and Academic Achievement among School Boys and Girls”.	Awarded	MSU
2	J. Stephen	01.08.2009 3888	“Effect of Aerobic Dance and Classical Dance on Selected physical, Physiological and Psychological Variables”.	Awarded	MSU
3	C. Esakkiappan	14.07.2010 5466	“Comparison of Physical Fitness Components and Selected Psychological Variables Among Optimistic and Pessimistic Adolescence”.	Awarded	MSU
4	W. Kinskumar Solomon	26.07.2010 5467	‘The Effect of Yogic Practices on Selected Motor Fitness, Physiological and Psychological Variables of University Level Hockey Players”.	Awarded	MSU
5	J. Karthikeyan	29.07.2010 5468	“Influence of Varied Intensity of walking on selected Physical, Physiological and Psychological Variables”.	Awarded	MSU
6	A. Ganesamoorthy	12.08.2010 5982	“Effect of Mass Drill Exercise Training on Selected Fine and Gross Motor Skill Performance Among School Children”.	Awarded	MSU
7	P. Brighton Joel	18.04.2011 8023	“Effect of Skill Training with and without Visual Practices on performance Variables Among Varsity Women Soccer Players”.	Awarded	MSU

8	K. Chandrasekar	10.02.2014 11372	“Comparative Effect of Different Intensity of Physical Fitness Exercises on Physical, Physiological, Psychological and Body Composition Variables”.	Awarded	MSU
9	K. Boopathirajan	30.03.2015 11858	“Effect of Ladder and Drop Jump Training on Performance related Fitness Variables among Football Players”.	Awarded	MSU
10	T. Sundara Raj	29.04.2011 8027	“Effect of Cognitive And Somatic Techniques on Performance Enhancement of Volleyball Players”.	Submitted	MSU

11	S. Balasingh	26.06.2015 11955	“Effect Traditional Aerobic Exercise and Sprint Interval Training on Selected Physical, Physiological and Hematological Variables Among College Male Athletes”.	Awarded	MSU
12	A. Nelson Durai	29.06.2016 12252	“Comparative Effect of Anaerobic Training, Interval Training And Combined Training on Selected Motor Fitness, Physiological And Skill Related Variables Among Intercollegiate Volleyball Players”.	Awarded	MSU
13	D. Abraham Samson	10.08.2017 17234012121004	“Comparative Effect of Core Training, Plyometric Training and Combined Training Associated With Speed Training on Selected Motor Fitness Variables Among Volleyball Players”.	Awarded	MSU
b) Publications:					
i) No. of Research Papers published in UGC approved (with UGC approval Number) Journals: International / National / Regional (use separate sheets attached)			52		
ii) List of Research Projects completed (Provide details of name, amount, funding agency, project no. etc in separate sheet)			--		
			1. Promotion of Yoga Health and Physical Fitness among various types of Higher Secondary students in Thoothukudi district. Amount. Rs. 45,000/- Funding Agency: UGC Project No. MRP-6810/16(SERO/UGC) (Completed)		

V Academic Experience:

Name & address of the Institution/Organisation	Post held	Period of Service		Duration	
Aditanar College of Arts and Science, Tiruchendur.	Director of Physical Education (Selection Grade)	26.12.2009	Till date	13 years & 10months	
Aditanar College of Arts and Science, Tiruchendur	Director of Physical Education (Selection Grade)	26.12.2006	25.12.2009	3 years	
Aditanar College of Arts and Science, Tiruchendur	Director of Physical Education (Senior Scale)	26.12.2002	25.12.2006	4 years	
Aditanar College of Arts and Science, Tiruchendur	Director of Physical Education (Lecturer Scale)	26.12.1997	25.12.2002	5 years	
Dr.SivanthiAditanar College of Physical Education, Tiruchendur	Lecturer in Physical Education	04.07.1994	26.12.1997	3 years, 5 months& 22 days	

VI Administrative/other Experience

VI Administrative/other Experience	
	<ol style="list-style-type: none"> 1. Organised more than 38 Intercollegiate tournaments over a period of 24 years. 2. Served as Convener of M. S University Intercollegiate Tournaments for men and women for three years, 2013-14 2014-15&2022-2023 and received awards of appreciation. 3. Trained more than 350 students of various games of Aditanar college teams to contribute University teams for the past 24 years. 4. Associated with ManonmaniamSundaranar University in organising Interuniversity tournaments and other sports programmes for the past 24 years 5. Served as Selection committee member to select various teams of M. S. University for the past 24 years. 6. Served as Manager/Coach of various teams of M. S. University for the past 22 years. 7. Conducted Coaching camps for M. S University teams of Kabaddi for many years. 8. Served as “Sports Secretary in charge” for

	selection of teams of various games of M.S University for two months.
VII Other Relevant Information :	Organised UGC Sponsored national level Seminar on “Awareness of Health, Physical Fitness and Yoga” during

Book Chapters or Papers published in national/international conference/Seminar/Workshop proceedings

Title of the Chapter /Paper	Title of the Book/Proceedings of the conference	Name of the conference	National/ International	Year of publication	ISBN number of Book/ proceedings	Publisher/Affiliating Institute at the time of Publication

Research Papers Published in the Journals:

Title of Paper	Name of journal	Volume, Issue, Page No, Year	ISSN number
“Effective of Core Training on Abdominal Strength and Back Strength Volleyball Players”	INFOKARA RESEARCH JOURNAL	134-137, 2020 Volume 9, Issue 9	1021-9056,UGC-CARE Group-II Journal, UGC Serial Number: 15775.2020
“Effect of Plyometric Training on Explosive Power among Volleyball”	JOURNAL OF INFORMATION AND COMPUTATIONAL SCIENCE	10(9), 416-421, 2020	1548-7741, UGC-CARE Group-II Journal, UGC Serial Number: 13037.2020
“Influence of Core Stability Training on Static and Dynamic Balance Among volleyball Players”	GIS SCIENCE JOURNAL	12(10),404-408, 2020	1869-9391, UGC-CARE Listed Group-II Journal
“Effect of Anaerobic Training on Agility and Explosive Power among Inter Collegiate Volleyball Players”	THE INTERNATIONAL JOURNAL OF ANALYTICAL AND EXPERIMENTAL MODEL ANALYSIS	Volume XII, Issue II,2093-2095, 2020	0886-9367
“Effect of High-Intensity Interval Training on Explosive Power and Speed among College Volleyball Players”	JOURNAL OF INFORMATION AND COMPUTATIONAL SCIENCE	Volume 10, Issue 3, 1409-1413, 2020	1548-7741
“Effect of Interval Training on Forced Vital Capacity and Tidal Volume among Volleyball Players”	INFOKARA RESEARCH	Volume 9, Issue 2, 517-519, 2020	1021-9056
“Effect of Anaerobic Training With Specific Skill Training On Overhead And Underhand Passing Skills Among Volleyball Players”	AGEAEUM JOURNAL	Volume 8, Issue 9, 653-657, 2020	0776-3808
“Effect of internal training on selected performance related physical fitness variable among athletes	INTERNATIONAL JOURNAL OF YOGIC,HUMAN MOVEMENT AND SPORTS SCIENCES	3(2), 183-185, 2018	2456-4419

“Effect of Yoga and physical Exercises on Bio Chemical variable of College Teachers”	JOURNAL OF PHYSICAL EDUCATION,SPORTS AND FITNESS	Volume 1, Issue 6, 2018. 10-13	2278-9782
“Effect of interval and circuit training on Vo2 max of kabaddi players”	INTERNATIONAL JOURNAL OF YOGIC, HUMAN MOVEMENT AND SPORTS SCIENCES	Volume 3(2), 186-187, 2018	2456-4419
“Effect of drop jump training on bio motor variables among football players”	INTERNAL JOURNAL OF YOGIC, HUMAN MOVEMENT AND SPORTS SCIENCES	Volume 3(2), 28-30, 2018	2456-4419
“Effect of Aerobic Interval Training on Selected Physical Variable among College Athletes”	OUT REACH	Volume X, Issue 1, 2017, 54-56	0975-1246
“Comparative Effect of Different Intensity of Physical Fitness Exercises On Muscular Strength and Anaerobic Power of Obese School Boys”	EMPERIR INTERNATIONAL JOURNAL OF FINANCE AND MANAGEMENT RESEARCH	Volume IV, Issue 01, 2018. 124-131	2395-5929
“Comparative Analysis on Body Mass Index (Bmi) among Rural and Urban Based School Children”	OUTREACH	Volume X, Issue-1, 2017. 79-83.	0975-1246
“Effect of Different Intensities of Physical Fitness Exercises On Selected Body Composition Variables Among Obese School Boys”	INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION, YOGA AND HEALTH SCIENCES	Volume 4, Issue-1, 2017. 98-102	2349-6312
“Influence of Circadian Rhythm on Selected Physiological Variables and Swimming Performance of School Boys”	INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION, YOGA AND HELTH SCIENCES.	Volume-3, Issue-2, 2016. 47-52.	2349-6312
“Effect of Drop Jump Training On Selected Performance Related Fitness Variables Among Football Players”	INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION, YOGA AND HEALTH SCIENCES	Volume-3, Issue-2, 2016. 34-36	2349-6312
“Influence of Varied Intensity of Walking On Selected Physical, Physiological And Psychological Variables Among Middle Aged Men “	INTERNATIONAL JOURNAL OF HEALTH, PHYSICAL EDUCATION & COMPUTER SCIENCE IN SPORTS	Volume-15, Issue-1, 2014. 464-466.	2231-3265
“Effect Of Visual Practice With And Without Skills Training On Dribbling And Kicking of Men Soccer Players”	INTERNATIONAL JOURNALS OF SPORTS TECHNOLOGY, MANGEMENT AND ALLIED SCIENCES	Volume-3, Issue 2, 2014. 1-5.	2319-5274
“A Study Of Circadian Rhythm On Selected Climatic Variables And Physiological Variables of Long Distance Runners”	INTERNATIONAL JOURNALS OF PHYSICAL EDUCATION, YOGA AND HEALTH SCIENCES	Volume-2, Issue-2, 2015. 10-15.	2349-6312
“Analysis of Emotional Intelligence among Hockey Players in Relation to Their Positional Play”	RESEARCH JOURNAL OF PHYSICAL EDUCATION SCIENCES	Volume-3, Issue-7, 8-11. 2015.	2320-9011
“Effect of Aerobic Dance Classical Dance on Selected	INTERNATIONAL JOURNAL OF RECENT	Volume-2, Issue-6(4). 2015	2349-4891

Physiological Variables of School Girls”	RESEARCH AND APPLIED STUDIES	15-19	
“Modern Technology And Its Role In Enhances Sports Performance”	ROLE OF SPORTS SCIENCES AND MODERN TECHNOLOGY FOR ENHANCING SPORTS PERFORMANCES.	2015 79-85	978-93-80686-41-7
“Importance of Sports and Yoga Therapy”	ROLE OF SPORTS SCIENCES AND MODERN TECHNOLOGY FOR ENHANCINF SPORTS PERFORMANCES	2015 109-111	978-81-928690-4-9
“Effect Of Aerobic Exercise and Circuit Training On Obesity Among School Student”	ROLE OF SPORTS SCIENCES AND MODERN TECHNOLOGY FOR ENHANCES SPORTS PERFORMANCES	2015 111-112	978-81-928690-4-9
“Yoga Rehabilitation For Mental Retardation”	ROLE OF SPORTS SCIENCES AND MODERN TECHNOLOGY FOR ENHANCES SPORTS PERFORMANCES	2015 75-77	978-81-928690-4-9
“Comparative Study Of Sale Concept and Physical Fitness Components Between Schedule Community And General Community School Students”	ROLE OF SPORTS SCIENCES AND MODERN TECHNOLOGY FOR ENHANCES SPORTS PERFORMANCES	2015 78	978-81-928690-4-9
“Influence Of Varied Intensity Of Walking On Selected Muscular Strength Variable Among Middle Aged Men”	ROLE OF SPORTS SCIENCES AND MODERN TECHNOLOGY FOR ENHANCES SPORTS PERFORMANCES	2015 201-203	978-81-928690-4-9
“An Analysis Of Indian Premier League T-20 Cricket Tournament 2014”	ROLE OF SPORTS ACIENCES AND MODERN TECHNOLOGY FOR ENHANCES SPORTS PERFORMANCES	2015 204	978-81-928690-4-9
“Effect Of Mass Drill Exercise Training On Walking Performance Among Primary School Children”	UGC SPONSORED NATIONAL SEMINAR ON SOUND BODY SOUND MIND FITNESS THROUGH YOGA & SPORTS	2015 116-118	978-93-80686-60-8
“Effect Of Aerobic Dance And Classical Dance On Psychological Variables”	UGC SPONSORED NATIONAL SEMINAR ON SOUND	2015 119-121	978-93-80686-60-8
“Effect Of Walking And Running On Cardio Respiratory Endurance Variable Among middle Aged Men”	UGC SPONSORED NATIONAL SEMINAR ON SOUND	2015 179-181	978-93-80686-60-8

“Effect Of Technique Training With And Without Visual Practice On Selected Performance Variables Of Soccer Players”	IMPACT OF PHYSICAL EDUCATION IN DEVELOPING WHOLESOME PERSONALITY AMONG STUDENT COMMUNITY	156-158	978-81-923573-0-0
“Influence Of Yogic Training And Physical Exercises On Personality Traits And Selected Physiological Variables”	RECENT TRENDS IN YOGA AND PHYSICAL EDUCATION	222-225	
“Physical Health By Diet, Exercise & Yoga- Challenging Threat”	RECENT TRENDS IN YOGA AND PHYSICAL EDUCATION	164-166	
“Effect Of Plyometric Exercises And Suryanamaskar On Selected Motor Fitness, Physiological And Psychological Variables On college Men”	UGC SPONSORED NATIONAL SEMINAR ON PHYSIOLOGICAL ASPECTS OF TRAINING NUTRITION RECOVERY AND PERFORMANCE	2012 69-71	978-93-80657-73-8
“Awareness In Physical Fitness And Status Of Health And Physical Fitness For ICSE School Boys”	FACTS OF SPORTS SCIENCES	2011 3-5	978-81-907252-4-8
“Effect Of Plyometric Training On Strength And Strength Endurance Of Sedentary College Men”	FACTS OF SPORTS SCIENCES	2011 154-157	978-81-907252-4-8
“Analysis Of Thoracolumbar Spine Extension Among Sprinters, Jumpers And Throwers”	MODERN TERNDNS IN SPORTS MANAGEMENT	314	978-63-80487-18-2
“Awareness Of Physical Activity And Status Of Health And Physical Fitness For Government Aided School”	PROMOTION OF YOGA,HEALTH AWARENESS AND PHYSICAL FITNESS-A MULTI DIMENSIONAL APPROACH	255-257	978-93-84734-02-2
“Analysis Of Psychometric Intelligence Of Yoga Practice Hockey Players”	PROMOTION OF YOGA,HEALTH AWARENESS AND PHYSICAL FITNESS-A MULTI DIMENSIONAL APPROACH	152-157	978-93-84734-02-2
“Influences Of Varied Intensity Of Walking On Selected Muscular Strength Variable Among Middle Aged Men”	PROMOTION OF YOGA,HEALTH AWARENESS AND PHYSICAL FITNESS-A MULTI DIMENSIONAL APPROACH	104-106	978-93-84734-02-2
“Effect Of Mass Drill Exercise Training On Selected Gross Motor Skills Among School Children”	PROMOTION OF YOGA,HEALTH AWARENESS AND PHYSICAL FITNESS-A MULTI DIMENSIONAL APPROACH	47-49	978-93-84734-02-2
”Effect Of Visual Practice With And Without Skills Training On Heading And Passing Of Men	PROMOTION OF YOGA,HEALTH AWARENESS AND	30-33	978-93-84734-02-2

Soccer Players”	PHYSICAL FITNESS-A MULTI DIMENSIONAL APPROACH		
“Analysis Of Emotional Intelligence of University Level Kabadi, Football And Cricket Players”	INDIAN JOURNAL FOR RESEARCH IN PHYSICAL EDUCATION AND SPORTS SCIENCES	32-37 2007-2008	0973-9025
”Influences Of Circadian Rhythm On Profile Of Mood States Of Trained And Untrained Men”	INDIAN JOURNAL FOR RESEARCH IN PHYSICAL EDUCATION AND SPORTS SCIENCES	14-17 2007	0973-9025
“Influences Of Circadian Rhythm On Profile Of Mood States”	JOURNALS OF STUDIES IN PHYSICAL EDUCATION AND SPORTS SCIENCES	29-37 Issue-3 Volume-1 2015	
“Effect Of Aerobic Dance And Classical Dance On Bio- Chemical Variables”	INDIAN JOURNAL FOR RESEARCH IN PHYSICAL EDUCATION AND SPORTS SCIENCES	39-44 2015	0973-9025
“Effect Of Yoga And Walking Training On Selected Bio Chemical Variables Among Middle Aged Man”	INDIAN JOURNAL FOR RESEARCH IN PHYSICAL EDUCATION AND SPORTS SCIENCES	52-56 2012-2013	0973-9025
“Comparative Study Of Neuroticism, Introversion And Extroversion Between Optimistic And Pessimistic Adolescence”	INDIAN JOURNAL FOR RESEARCH IN PHYSICAL EDUCATION AND SPORTS SCIENCES	Volume-7(2) 2013 70-73	0973-9025
“Promoting Awareness And Status Of Health And Physical Fitness Of Students Of Engineering College Via A Health Report Card Approach”	INDIAN JOURNAL FOR RESEARCH IN PHYSICAL EDUCATION AND SPORTS SCIENCES	Volume-6(2) 2011-2012 28-31	0973-9025
“Effect Of Skill Training With And Without Visual Practices On Performances Variables among College Men Soccer Players”	INDIAN JOURNAL FOR RESEARCH IN PHYSICAL EDUCATION AND SPORTS SCIENCES	Volume-8(1) 2013 74-77	0973-9025