



**Dr. A. RUBE JESINTHA**  
**Assistant Professor of Physical Education**

**Contact**

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**Academic Qualifications:**

<b>Degree</b>	<b>Institution</b>	<b>Year</b>	<b>Branch</b>	<b>Class</b>
Ph.D	Madras University	Nov-2011	Physical Education	Awarded
M.P.Ed	Alagappa University	1995	Physical Education	I
M.Sc.(Yoga)	Annamalai University	2020	Yoga	I
P.G.Diploma in Yoga	Annamalai University	2019	Yoga	I
P.G.D.C.A	Bharathidasan University	2007	Computer Science and Applications	I

**Teaching Experience: 7 Years**

Position	Institution	Duration
Assistant Professor	Alagappa University College of Education Alagappa University, Karaikudi, India.	04.02.2016-till date

**Research Experience: 4 Years**

Position	Institution/University	Duration
Assistant Professor	Alagappa University College of Education Alagappa University, Karaikudi, India.	4 Years

**Academic and Additional Responsibilities**

S.No	Position	University Bodies	Period	
			From	To
1	Warden	PG Women's Hostel, Alagappa University	25.05.2023	Till date
2	University Basket Ball Women Team Selection Committee Member	Alagappa university	2024	-
3	University Basket Ball Women Team Selection Committee Member	Alagappa university	2023	-
4	Organizing Committee Member in Yoga Day	Alagappa University	June 2021	-
5	University Kho-Kho Women Team Selection Committee Member	Alagappa university	21.09.2019	22.09.2019
6	SDAT Tamil Nadu State Inter University Football Women – Organizing Committee Member.	Alagappa university	2019	-
7	University Kho-Kho Men Team Selection Committee Member	Alagappa university	10.01.2018	-
8	Joint convener (Inter collegiate sports & tournament)	Alagappa university	2017	2018

9	University Ball Badminton Men& Women Team Selection Committee Member	Alagappa university	14.10.2017	-
10	University Kho-Kho Women Team Selection Committee Member	Alagappa university	29.09.2017	-
11	University Kho-Kho Men Team Selection Committee Member	Alagappa university	05.01.2017	-
12	University Team Manager (Hockey Women Team)	Alagappa University	2017	-
13	University Women TeamCoach(kho-Kho South Zone)	Alagappa University	2016	-
14	University Ball Badminton Men&Women Team Selection Committee Member	Alagappa university	20.12.2016	-

### Areas of Research

- Yoga
- Sports Training
- Sports Psychology
- Exercise Physiology

### Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D	-	04

### Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
09	45	03	15	02

### Funded Research Projects

**Ongoing Projects:**

S.No	Agency	Period		ProjectTitle	Budget (Rs.Inlakhs)
		From	To		
1.	RUSA 2.0 PI-13	Oct- 2019		Effectiveness of cognitive, meta-cognitive, Neuro cognitive Intervention Strategies in Enhancing Teaching competence of Prospective Teachers.	27.50

### Completed Projects

S.No	Agency	Period		Project Title	Budget (Rs.Inlakhs)
		From	To		
1	AURF	March 2017	Sep- 2018	Effect of Ladder Training and Plyometric Training on Selected Physical Fitness Components Among B.ED Student-Teachers.	0.25

### Distinctive Achievements/ Awards

1. Secured Form III in All India Athletic meet at Rajasthan in 1994
2. Secured Individual Championship in Inter Collegiate Competition at Annamalai University in 1994
3. A.P.J.Abdulkalam International Award-2023. – International Multidisciplinary Conference on Curriculum Development in Global Level at Pattaya, Thailand – World Tamil Illakiya Peravai-Thailand, World Tamil Parliament-Dubai, World Thirukkural Organization-Malaysia, Kalaipookkal kalaikazhagam- Srilanka

### Events organized in leading roles

Number of Seminars /Conferences /Workshops/ Events organized:

Position	Programme	Duration	Institution
Organizer	Intramural Competition (Annual Sports Day)	21 <sup>st</sup> March 2023	Alagappa University College of Education.

Organizer	Inter Collegiate Kho-Kho Men Tournament	10 <sup>th</sup> January 2018	Alagappa University College of Education.
Organizer	Inter Collegiate Hockey-Men & Women Tournament	31 <sup>st</sup> October 2016	Alagappa University College of Education.
Organizer	Inter Collegiate Ball Badminton Men & Women Tournament	20 <sup>th</sup> December 2016	Alagappa University College of Education.

## Events Participated

**Number of Conferences:** 75

**Seminars:** 35

**Workshops:**20

## Overseas Exposure / Visits

- Attended an International conference on Insights and Innovations in the Humanities, Arts and Science – 2019 at Kuala Lumpur, Malaysia during 22.08.2019 to 24.08.2019 organized by University Putra Malaysia and Bodhi International Journal of Humanities, Arts and Science and presented a paper entitled “**The Effect of Yogic Practice on Developing Cognitive Abilities among Student – Teacher**”
- Participated in the International Workshop on Innovation in Teaching Methods and Evaluation: Global Perspectives at Penang, Malaysia On 25.08.2019

## Membership

### Professional Bodies

1. Life Member: Qualified state Technical Official for Tamilnadu, Amateur Athletic Association.
2. Life Member: Qualified State Referee for Tamilnadu Handball Association.
3. Life Member: Qualified State Referee or Tamilnadu Throwball Association.
4. Life Member: Qualified State Referee for Tamilnadu Kho-Kho Association.
5. Life Member of CAPE Forum–YOU Trust, Kanyakumari Dt.

6. Life Member in Association for Women Empowerment and ChildDevelopment.
7. Life Member Council for Teacher Education (CTE).
8. Indian Academic Researchers Association Fellow Membership.
9. Fellow Member in Indian Academic Researchers Association.

#### **Advisory Board**

<b>Year/Period</b>	<b>Name of the BoS/ Administrative Committee / Academic Committee</b>	<b>Role</b>
2019	Sports Board(Advisory Membership), Alagappa University	Member
2019	Board Based Board of Studies BOS (B.ED)	Member

#### **Academic Bodies in Other Institutes/Universities**

<b>Year/Period</b>	<b>Name of the BoS/ Administrative Committee / Academic Committee</b>	<b>Role</b>
2019	Doctoral Committee (Ph.D Programme) Bharathidasan University	Member

#### **Selected Publications**

<b>S. No</b>	<b>Authors/Title of the paper/Journal</b>	<b>Impact Factor</b>
1	<b>A.Rube Jesintha</b> ,(2023),A Comparative Study Of Resisted Sprint Training On Selected Motor Abilities On Hockey And Football Players., Journal of Xidian University, ISSN NO: 1001-2400, Volume 17, Issue 5, 2023.	-
2	<b>A.Rube Jesintha</b> (2022), “Impact of yogic practices on selected health related physical fitness parameters among school level fencers”.International Journal of Yoga, Physiotherapy and Physical Education, Indexed Journal, Refereed Journal, Peer Reviewed Journal ISSN: 2456-5067.	-
3.	<b>A.Rube Jesintha</b> ,(2021).,Effect of Assisted and Resisted sprint training on leg strength performance among college Athlete in Andhra Pradesh., International Journal srd Journal, Volume X Issue III, March-2021. Science Technology and Development Journal.	-

4	<b>A.Rube Jesintha</b> (2020), Enhancing Teaching Competency through Bio-cognitive strategies among B.Ed students. International Journal of Advanced Science and Technology (Scopus Index) February & 2020, Volume 29. No.2, 40-52.	-
5	<b>A.Rube Jesintha</b> (2020), An Impact of Raja Yoga Meditation on Perception and Attention among School Girls Journal of Information and Computational Science.(ISSN:1548-7741), Volume-10,591-596.	-
6	M. Parimala Fathima., M. Sanmuga Revathi., G. Rajeswari & <b>A. Rube Jesintha</b> (2020), Enhancing Teaching Competency through Bio-Cognitive Strategies among B.Ed. students, International Journal of Advanced Science and Technology,29 (2), pp. 40-52. ISSN:2005-4238.	-
7	<b>A.Rube Jesintha</b> (2019), Physiological Benefits of Asanas and Pranayama, AJANTA- An International Multidisciplinary Quarterly Research Journal, 8(1), PP.73-77.	-
8	A.Rube Jesintha (2019), Yoga for Human Well- Being, AJANTA- An International Multidisciplinary Quarterly Research Journal, 8(1), PP.112-115.	-

### Resource persons in various capacities

National Conferences	:	06
International Conferences	:	10
Invited Lectures	:	10