

CHINDHIYAARS

MPed, PGDYE, NET

E-mail ID: chindhiyape@nct.ac.in

chindhiyaasubburaj@gmail.com

Phone No: +91 9626462237

Address: 4/156-3A, Chandragiripuram, Pavali (Post),
Virudhunagar, Tamilnadu, India -626103



OBJECTIVE

To contribute my skills and dedication towards the growth of both myself and the organization, while playing a key role in achieving its goals through collaboration, innovation, and continuous improvement.

CORE COMPETENCIES

- Leadership Skills
- Self-Confidence, Positive Attitude and Believe in Hard Work & Smart Work
- Good in organizing skills and team management
- Willingness to learn and accept the challenge
- Good at communicative skills.
- Good at Photoshop, PowerPoint, Excel, Visual Editing & Documentation

ACADEMIC QUALIFICATION

- **MPed**- 78 % (2023-2025)
YMCA College of Physical Education, Chennai. **FIRST RANK**
- **BPEd** - 76% (2021-2023)
YMCA College of Physical Education, Chennai. **FIRST RANK**
- **PG Diploma in Yoga Education** - 82.50%, **FIRST CLASS WITH DISTINCTION** (2021-2022)
Alagappa University, Karaikudi.
- **BSc Physical Education** – 90.50% (2018-2021)
Department of Physical Education and Sports Sciences, National College, Trichy. **BDU University Gold Medal**
- **HSC** – 80% (2018)
Kshatriya Girl's Higher Secondary School, Virudhunagar.
- **SSLC** - 93% (2016)
Kshatriya Girl's Higher Secondary School, Virudhunagar.

ADDITIONAL QUALIFICATION

- Qualified **UGC NET** – JUNE 2025
- Qualified UGC NET for Admission to Ph.D – JANUARY 2025
- Qualified as a State Technical Official – Hockey Unit of Tamilnadu
- Qualified as a Tamilnadu State Kho-Kho Referee – Tamilnadu State Kho-Kho Association
- Qualified as a State Technical Official – Tamilnadu Athletic Association
- Qualified as a State Technical Official - Tamilnadu Pencak Silat Association
- Qualified as a State Referee – Tamilnadu Taekwondo Association
- Completed the Certificate Course in Fitness Management, Gym Training and Sports Therapy

INTERNSHIP EXPERIENCE

- International Student Intern at IOHSK – USA (2021- 2023)
- Teaching Training Internship – A.M.M Matriculation Higher Secondary School, Chennai (1 Month)
- Coaching Training Internship - Shri Shankarlal Sundarbai Shasun Jain College for Women, Chennai (1 Month)

PROFESSIONAL BODIES

- Relationship Officer at Physical Education Foundation of India (PEFI) - (2025)
- Vice President of International Student Council – IOHSC, USA. (2022- 2024)
- International student intern and Sports ambassador of India – IOHSC, USA. (2021- 2024)
- President of Rotaract Club of YMCA College of Physical Education. (2024-2025)
- Board Member in the International Congress on Renaissance in Sports (ICRS). (2019 & 2024)
- Co – Chair of Young Indians (National College). (2018-2021)
- Director of External Affairs – Rotaract Club of YMCA College of Physical Education. (2022-2023)
- Board Member of University student wing of YMCA (UNI- Y). (2023-2024)
- Captain of YMCA Women’s Hockey Team. (2024-2025)
- YMCA Women’s Hostel Secretary. (2024-2025)
- Board Member of YMCA Anti- Ragging and Anti-Doping Committee. (2024-2025)

SPECIALIZATION

- Archery
- Hockey
- Kho-Kho
- Basketball
- Aerobics & Zumba
- Athletics
- Yoga
- Gym training & Fitness Training
- Training Methods
- Kinesiology & Biomechanics
- Technology in Sports

AWARDS

- IOHSC Merit Scholarship Award for the Outstanding Academic Performance, Achievement, Dedication, Leadership, Valuable Contribution & Community Service (1000 USD)- (IOHSC’S 7th International Conference) **University of Santo Tomas, Manila, Philippines - 2024**
- Best Research Critique Presentation Award – (IOHSC’S 6th International Conference) **Chulalongkorn University, Bangkok, Thailand. - 2023**
- University Gold medalist - 2022
Bharathidhasan University, Trichy.
- Outstanding Achiever Award – 2022
Young Indians – Trichy Chapter
- Dr.Meckenzi International Scholarships Award -2022
International Organization of Health, Sports and kinesiology (IOHSC), USA.
- Best Outgone Student of the Year -2022
PG & Research Department of Physical Education and Sports Sciences, National College.
- International Best Student Intern Award – 2021
International Organization of Health, Sports and kinesiology (IOHSC), USA.
- Star Performer Award - 2020
National College, Trichy.
- Outstanding Sports Person of the year -2019
Rotary Club of Virudhunagar.
- Best Player Award of the Tournament - 2018
Tamilnadu State Kho-Kho Association
- Yuva Kala Baharathi Award - 2017
Madurai Kendhra.

SPORTS PERFORMANCE

- Represented TNPESU in the AIU – South Zone Inter University Hockey Tournament for Women.
- Secured Gold Medal at Inter-Collegiate Archery Tournament.
- Secured Runner-up in the inter-Collegiate Women's Cricket Tournament.
- Secured Second Runner-Up in the Inter- Collegiate Women's Hockey Tournament
- Secured Gold Medal in the Archery - YMCA Buck Tournament.
- Secured 4th Place in the State Level Kho-Kho Tournament.
- Participated in 400 M Dash in State Level Athletic Tournament.
- Won Silver Medal in 200 M Dash in the Intercollegiate University Meet.
- Qualified for the SGFI Meet and Represent Tamilnadu Kho-Kho Team.
- 3 Times Divisional Winners in Kho-Kho Tournament.
- centenary Birth Anniversary of Dr.MGR Tournament Winner at 400M, 800M, Kho-Kho.

PUBLICATION

- Research Critique on “A Student – Centered Digital Technology Approach: The Relationship Between Intrinsic Motivation, Learning Climate and Academic Achievement of Physical Education Pre – Service Teachers” (IOHSC's 7th International Conference - **University of Santo Tomas, Manila, Philippines - 2024**)
- MPed Thesis on “Effect of Realtime Video Feedback on Performance Improvement in Hockey Scoop Skill” (YMCA College of Physical Education 2024-2025)
- A Study on “The Role of Mobile Application and Integration of Artificial Intelligence (Ai) Tools in the Digital Initiatives Development of Physical Education in India”.
(ICRS - International Congress on Renaissance in Sports – 2024)
- Research Critique on “A Study on Sports Empowerment in Rural Areas of India “
(IOHSC's 6th International Conference - **Chulalongkorn University, Bangkok, Thailand. – 2023**)
- Introduction of Indian Indigenous Activity – Dhands and Baithaks
(International Virtual Conference IOHSC USA /2022)
- An Introduction of Traditional Sport – KHO KHO
(International Conference virtual IOHSC -USA / 2022)
- Effects of Physical Activity on Self-Esteem and Mental Health of College Students During COVID-19: Cross-Cultural Comparisons Among Bangladesh, India, Kosovo, Philippines, Sri Lanka, and USA
(International Virtual Conference IOHSC - USA / 2021)
- Effects of Aided Awareness Strategy and Social Media on Journal Impacts Using an Alternative Multiple Baseline Design
(International Virtual Conference IOHSC -USA / 2021)
- Women's participation in sports in India
(ICRS - International Congress on Renaissance in Sports – 2019)

SEMINORS & SOCIAL ACTIVITIES

- Participated in over 75 seminars and workshops organized by National College, Trichy, and YMCA College of Physical Education, Chennai, enhancing my knowledge and professional development.
- Contributed to Numerous Social Initiatives as an NSS Volunteer and Rotarian, including awareness campaigns, blood donation drives, Fit India activities, flood relief efforts, tree plantation drives, and organizing 10-day camps in rural areas.
- Served as an NSS Volunteer at the South Zone **Pre-Republic Day Parade Camp** in 2019 and 2020, demonstrating leadership and dedication to national service.
- Worked with the Virudhai Viluthkal team to successfully plant 5000 trees in the southern districts of Tamil Nadu, supporting environmental sustainability efforts.
- As part of "**The Blue Brigade National Service Scheme**," facilitated one-hour sports activity sessions for village students, promoting physical fitness and community well-being.

VOLUNTEER OF ORGANIZATIONS

- Physical Education Foundation of India (PEFI)
- National Service Scheme
- Yi India
- ICRS - International Congress on Renaissance in Sports

- International Organization of Health, Sports and kinesiology (IOHKS), USA
- Rotaract Club
- Youth Exnora
- UNI-Y (University Student Wing of YMCA)
- Virudhai Viludhukal

PERSONAL PROFILE

- Father's Name : R. Subburaj
- Mother's Name : S. Jeyalakshmi
- Date of Birth : 07/11/2000
- Age : 24
- Sex : Female
- Marital Status : Single
- Religion : Hindu
- Nationality : Indian
- Languages known : Tamil, English
- Hobbies : Traveling, Photography & Documentation

REFERENCE

- Dr.D.Prasanna Balaji – Vice Principal & Head and Director of PG & Research Department of Physical Education & Sports Sciences, National College- Trichy.

E-Mail id: Prasanna@nct.ac.in

Ph.No : 9994491882

- Dr. Hosung So - CEO of International Organization for Health, Sports, and Kinesiology (IOHKS), USA and Professor at California State University, San Bernardino, USA.

E- Mail id: hosungso@csusb.edu

DECLARATION

I, Chindhiyaa R S, declare the above-mentioned particulars are true based on my Knowledge.

