

About the Editor



Editor

Dr. R. Murugesan (54) received his initial Under Graduate Degree in Physical Education, Master degree, M.Phil, (Gold Medal) and Ph.D., in Physical Education done from the Department of Physical Education and Sports, Pondicherry University, Kalapet, Puducherry, he acquired Yoga Education in the Premier Institute of Gordhandas Seksharia College of Yoga and Cultural Synthesis, Kaivalyadham, Lonavla, Pune, Maharashtra, and also completed Post-Graduate Degree in Yoga for Human Excellence from the Tamilnadu Physical Education and Sports University, Chennai. He started his carrier as a Part- Time Physical Education Teacher in the Bala Bhavan from 1995 to 1998, he served as Physical Education Teacher in Thiruvalluvar Government High School, Ambagarathur, Karaikal, Puducherry from 1998 to 2000, he later joined as Physical Instructor in the Department of Physical Education at Jawaharlal Nehru Institute of Post-Graduate in Medical Education and Research (JIPMER) Puducherry from 2000 to 2012 and currently working as Assistant Professor in the Department of Physical Education and Yoga from 2012 onwards at Pondicherry University Community College, Lawspet, Puducherry. He has recently published a book on Physical Education and Yoga in the year 2023. He presented research papers on Physical Education and Yoga Education in the National, International Conferences and in the Seminar. He has conducted the International Workshop in Yoga. He obtained Bronze Medal in the First All India Inter-University Yoga Championship held in the Hisar Agricultural University in the year 1992, and also represented the Pondicherry University two times in the South Zone inter-University Volleyball Tournament held at Bangalore University and Mahatma Gandhi University, Karnataka and Kerala in 1992 and 1994 respectively. He has been Coach for the Pondicherry University Yoga Team for both Men and Women since 1993. He also acted as Manager for the various teams of Pondicherry University since 1993. He handled Teaching for Bachelor of Physical Education (B. P. Ed) from 2012 to 2015, then he is teaching Post-Graduate Diploma in Yoga (PGDY) from 2015 to till date and teaching the Degree of Bachelor of Physical Education and Sports (B.P.E.S) from the academic year 2022 to till date.



Co-Editor

Dr. D. Sendil Kumar graduated M.Tech in Energy Technology from Pondicherry Engineering College, Puducherry. His Ph.D in Mechanical Engineering was awarded in 2015 from Pondicherry University in the field of Refrigeration. He has 16 years of teaching experience in the field of Mechanical Engineering at different levels. He had published 12 research papers in the field of Refrigeration and Electroless Coating Technology. He had also completed a research project for 1.25 lakhs funded by Department of Science and Technology, Government of Puducherry. Presently he holds the administrative position as Director at Senthil College of Education, Puducherry

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