

**NAZARETH MARGOSCHIS COLLEGE AT  
PILLAIYANMANAI  
NAZARETH – 628 617.**

**STAFF PROFILE**

1. Name : **Dr. J. RAJASINGH ROGLAND**
2. Designation : **Director of Physical Education**
3. Educational Qualification : **B.Sc., M.P.Ed., M.Phil., Ph.D., C.N.I.S.,**



**P.G.D.Y.**

<b>Degree</b>	<b>Subject</b>	<b>College / University</b>	<b>Specialization</b>	<b>Year</b>
<b>B.Sc.</b>	Mathematics	Popes College, Sawyerpuram.	Mathematics	1993
<b>M.P.Ed</b>	Physical Education	Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur.	Football and Track & Field	1996
<b>M.Phil.</b>	Physical Education	Dept. of Physical Education and Health Sciences, Alagappa University, Karaikudi.	Sports Physiotherapy	1997
<b>Ph.D.</b>	Physical Education	Dept. of Physical Education, H.H. The Rajah's College, Pudukkottai. Bharathidasan University, Tiruchirappalli.	Sports Training	2014
<b>C.N.I.S</b>	Football	Nethaji Subash National Institute of Sports, Sports Authority of India(NERC), Manipur.	Coaching Football	2000
<b>P.G.D.Y</b>	Yoga	Tamilnadu Physical Education and Sports University, Chennai	Yoga	2017

4. Date of Birth : 03.03.1972
5. Date of Appointment : 19.06.2010
6. Experience : UG: ---- PG: 20 Years M.Phil.: ----
7. Communication Address : 10A / 8A, Queen Street, Nazareth – 628617.
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8. Residential Address : 10A / 8A, Queen Street, Nazareth – 628617.
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9. Area of Specialization (Research) : Sports Training  
M.Phil.: Sports Physiotherapy
10. List of Conferences / Workshop / Symposia organized: Nil

Sl. No.	Name	Conferences / workshop / Symposia	Date	Sponsor	Venue
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11. List of Conferences / Workshop / Symposia attended

Sl. No.	Name	Conferences / workshop / Symposia	Date	Sponsor	Venue
1.	Recent Trends in the Organization of Physical Fitness and Development of Performance	State Level Seminar	5 <sup>th</sup> to 7 <sup>th</sup> March 1997	St. John's College, Palayamkottai	Palayamkottai
2.	Sports Management with special focus on Sports in SAARC Nations	International Conference	16 <sup>th</sup> & 18 <sup>th</sup> June 1999	Dept. of Physical Education & Sports, Manonmaniam Sundaranar University	Kanyakumari
3.	Legal Aspects of Accidents and Emergency Care	State Level Workshop	8 <sup>th</sup> & 9 <sup>th</sup> December 2005	St. Ignatius' College of Education, Palayamkottai	Palayamkottai

4.	International Competition Management Seminar	International Seminar	6 <sup>th</sup> & 7 <sup>th</sup> March 2006	Sports Development Authority of Tamilnadu&Tamilnadu Athletic Association	Kanyakumari
5.	International Performance Sciences Workshop	International Workshop	27 <sup>th</sup> to 29 <sup>th</sup> November 2008	Department of Physical Education, Karunya University	Coimbatore
6.	Statistical Software Applications in Physical Education and Sports Science Research	National Workshop	18 <sup>th</sup> & 19 <sup>th</sup> March 2012	UGC	Dept. of Physical Education, Bharathidasan University, Tiruchirappalli
7.	Quality Enhancement Measures in HEIs	Regional Seminar	9 <sup>th</sup> December 2017	Internal Quality Assurance Cell, Nazareth Margoschis College at Pillaiyanmanai	Nazareth

## 12. List of Papers presented in Conferences:

Sl. No.	Name of the Author	Name of the Article	Conference Title and Sponsor	Venue
1.	J. Rajasingh Rogland	Contribution of selected Psychological Profiles on skills performance of University Basketball Players	UGC National Seminar on Physical Education and Sports in the New Millennium, organized by Department of Physical Education and Sports Sciences, Annamalai University	Chidambaram on 16 <sup>th</sup> & 17 <sup>th</sup> March 2001
2.	J. Rajasingh Rogland	Effect of Plyometric and weight Training on Vertical Jumping ability	ASIA-SPECIFIC International conference for sports Administrators organized by Department of Physical Education & Sports, Manonmaniam Sundaranar University	Kanyakumari from 25-28 September 2003
3.	J. Rajasingh Rogland	Assignment of Intensity (Load) in Strength Training – An Overview	National Seminar cum Workshop on Physical Education and Sports Sciences, organized by Dr. Sivanthi Aditanar College of Physical Education	Tiruchendur from 17 <sup>th</sup> to 19 <sup>th</sup> December 2004
4.	J. Rajasingh Rogland	Stepping into Youth Soccer Management	UGC Sponsored International Conference for Sports Administrators organized by Department of Physical	Kanyakumari from 16-18 August 2007

			Education & Sports, Manonmaniam Sundaranar University	
5.	B. Palanikumar & J. Rajasingh Rogland	Strength Training for Throwers-Few Tips	UGC Sponsored National Conference on Physical Education, Sports and the Art of Well-being organized by Department of Physical Education, Bishop Heber College	Tiruchirappalli on 20 <sup>th</sup> March 2009
6.	J. Rajasingh Rogland & B. Palanikumar	Training on Speed Strength	UGC Sponsored National Conference on Role of Sports Sciences and Technology in Enhancing Sports Performance organized by Department of Physical Education, Bharathidasan University	Tiruchirappalli on 21 <sup>st</sup> March 2009
7.	J. Rajasingh Rogland	Prevention and Care of Common Soccer Injuries	UGC Sponsored National Seminar on “Practical Approaches and Applications in Sports Medicine”, organized by Department of Physical Education, Health Education and Sports, The M.D.T. Hindu College	Tirunelveli, on 29 <sup>th</sup> January 2010
8.	J. Rajasingh Rogland	Effect of Concurrent Training on 1RM Squat and Bench Press among Soccer Players	National Seminar on “Prospective Approaches and Applications in Sports Medicine”, organized by Department of Physical Education, Health Education and Sports, The M.D.T. Hindu College	Tirunelveli, on 4 <sup>th</sup> February 2011
9.	J. Rajasingh Rogland	Social Networking – The Window to Explore Global Sports Network	UGC Sponsored one-day National Conference on The Felicitous Intertwined Trio of Physical Activities, Wellness and Sports, organized by Department of Physical Education, Bishop Heber College	Tiruchirappalli on 5 <sup>th</sup> February 2011
10.	J. Rajasingh Rogland	Creating Awareness on ‘Sports as a Career and Profession’ in Enhancing Quality	UGC Sponsored National Seminar on “Challenges of Quality Enhancement in Colleges of Rural & Tribal	Kottayam on 6 <sup>th</sup> & 7 <sup>th</sup> December 2012

		Education	Areas”, organized by Henry Baker College, Melukavu	
11.	J. Rajasingh Rogland	Effect of Concurrent Training and Isolated Strength Training on 1RM Squat and Bench Press among Soccer Players	National Level Conference on “Emerging Trends in Physical Education and Sports Management”, organized by Faculty of Physical Education (Vinayaka Mission’s College of Physical Education), at Vinayaka Missions University	Salem on 23 <sup>rd</sup> March 2012
12.	J. Rajasingh Rogland & Dr. A.S. Nageswaran	Effect of Isolated and Concurrent training on Speed among Soccer Players	National Conference on “Physical Education and Sports – An Inter-Disciplinary Approach”, organized by Department of Physical Education, H.H. The Rajah’s College (Autonomous)	Pudukkottai on 23 <sup>rd</sup> February 2013
13.	Dr. J. Jeyson & J. Rajasingh Rogland	Isolated and Combined Effects of Multimedia Computer Assisted Instruction and Traditional Instruction on Learning Dribbling and Passing ability of Soccer Players	Second International Conference of KAAS-2013, organized jointly by SreeAyyappa College for Women and Kanniyakumari Academy of Arts and Sciences (KAAS)	Chunkankadai on 20 <sup>th</sup> & 21 <sup>st</sup> September 2013
14.	Dr.J. Rajasingh Rogland	How to Perform Cardiopulmonary Resuscitation (CPR)	UGC Sponsored National Seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education	Karaikudi on 19 <sup>th</sup> & 20 <sup>th</sup> March 2015
15.	Dr.J. Rajasingh Rogland& Dr. J. Jeyson	Core Training – A Myth or a Magic	UGC Sponsored National Seminar on “Sports Medicine: Applications and Recent Trends”, organized by the Department of Physical Education, V.O.Chidambaram College	Thoothukudi on 3 <sup>rd</sup> & 4 <sup>th</sup> March 2017
16.	Dr.J. Rajasingh Rogland	Marketing Platforms in Modern Soccer – An Overview	National Seminar on “Physical Education in Educational Institutions: Modern Trends and Challenges” organized by Dr. Sivanthi Aditanar College of Physical Education	Tiruchendur on 6 <sup>th</sup> & 7 <sup>th</sup> April 2018.

13. List of Papers published in proceedings :

Sl. No.	Name of the Author	Name of the Article	Proceedings Title	Year	Page No.
1.	J. Rajasingh Rogland	Assignment of intensity (load) in Strength Training – an overview	Marketing Fitness, Physical Education and Achieving Excellence in Sports	2005	363
2.	J. Rajasingh Rogland	Prevention and Care of Common Soccer Injuries	Facts of Sports Medicine ISBN:978-81-907252-3-1	2010	102
3.	J. Rajasingh Rogland	Effect of Concurrent Training on 1RM Squat and Bench Press among Soccer Players	Facts of Sports Science ISBN: 978-81-907252-4-8	2011	242
4.	J. Rajasingh Rogland	Sports as Vehicle for Enhancing Quality in Higher Education	Challenges of Quality Enhancement in Colleges of Rural and Tribal Areas ISBN: 978-81-89085-71-1	2013	112
5.	Dr. J. Jeyson & J. Rajasingh Rogland	Isolated and Combined Effects of Multimedia Computer Assisted Instruction and Traditional Instruction on Learning Dribbling and Passing ability of Soccer Players	Collected Papers: Second International Conference of KAAS-2013 ISBN: 978-93-81658-07-9	2013	Vol-II PE-1
6.	Dr.J. Rajasingh Rogland	How to Perform Cardiopulmonary Resuscitation (CPR)	Recent Developments in Sports and Yogic Sciences ISBN: 978-81-928690-4-9	2015	167
7.	Dr. J. Rajasingh Rogland & Dr. J. Jeyson	Core Training – A Myth or a Magic	Sports Medicine: Applications and Recent Trends ISSN(P): 0975-1246, ISSN(O): 2321-8835	2017	212
8.	Dr.J. Rajasingh Rogland	Marketing Platforms in Modern Soccer – An Overview	Physical Education in Educational Institutions: Modern Trends and Challenges ISBN: 978-93-80800-89-9	2018	148

14. List of Books Published : Nil

15. List of Papers published in Journals :

Sl.No.	Name of the Author(s)	Title of the Paper	Name of the Journal	Year	Vol. No./ Iss. No.	Page No.
1.	J. Rajasingh	Contribution of	Indian Journal for	2006	Vol:1,	33

	Rogland	selected Psychological profiles on skills performance of University Basketball players	Research in Physical Education and Sports Sciences ISSN 0973 - 9025		No:1	
2.	J. Rajasingh Rogland & Dr. A.S. Nageswaran	Effect of Isolated Strength Training and Concurrent Training on 1RM Bench Press and 1RM Squat among Soccer Players	International Journal of Advanced and Innovative Research (IJAIR) ISSN 2278 – 7844	2012	Vol:1, Issue:7	147

16. List of invited talks :

Sl.No.	Name of the Programme	Title of the Talk	Venue	Date
1.	National Workshop on “Trends and Technologies in Sports”	Evolving Trends and Technologies in Modern Soccer	Dr. Sivanthi Aditanar College of Engineering, Tiruchendur	3 <sup>rd</sup> June 2015

17. Contribution on Resource Persons :

Sl.No.	Name of the Programme	Venue	Date
1.	UGC Sponsored National Seminar on “Sports Medicine: Applications and Recent Trends”	V.O.Chidambaram College, Thoothukudi	3 <sup>rd</sup> & 4 <sup>th</sup> March 2017
2.	National Seminar on “Physical Education in Educational Institutions: Modern Trends and Challenges”	Dr. Sivanthi Aditanar College of Physical Education, Tiruchendur	6 <sup>th</sup> & 7 <sup>th</sup> April 2018.

18. Orientation & Refresher Programme Attended:

Attended UGC sponsored **Orientation Programme** organized by Academic Staff College, Madurai Kamaraj University, Madurai from 03.02.2015 to 02.03.2015 and obtained Grade-A.

Participated in the UGC Sponsored “**Refresher Course in Physical Education**”, conducted by UGC-Human Resource Development Centre, Bharathiar University, Coimbatore, from 24th May to 13<sup>th</sup> June 2016 and obtained “A” Grade.

Participated in the **One-day Orientation Programme** for the U.G. Course on “Yoga”, conducted by Centre for Academic Affairs, Manonmaniam Sundaranar University, Tirunelveli on 18<sup>th</sup> April 2018.

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| 19. List of Ph.Ds. guided  | :              | Nil  |
| 20. List of Ph.Ds guiding  | :              | Nil  |
| 21. Minor / Major Projects completed                             | :              | Nil  |
| 22. Minor / Major Projects ongoing                               | :              | Nil  |
| 23.  | Positions held | : Coach<br>of the M.S. University Men &<br>Women Football Teams since<br>2003. |
| 24. Radio Talks  | :              | Nil  |
| 25. Any other relevant information<br>(Co-curricular activities) | :              | Nil  |

Date:

**Signature**