

R.RUBAN JOHN THOMAS
Physical Director
Meston College of Education (Autonomous)
Royapettah
Chennai-600 014

- NET & SET in Physical Education
- M.Phil. in Physical Education 2008 (Annamalai University)
- M.PEd. in Physical Education 2004 (University of Madras)
- Teaching Experience -12 Years
- Training Programmes Undergone- 2
- In – Charge of Hostel Warden from June 2018 to till date.
- In – Charge of Camp In – charge from 2011 to till date.
- In – Charge of Youth Red Cross officer from 2011 to till date.
- In – Charge of All India Educational Tour from 2011 to till date
- **Conference/Seminars/Symposia/Workshops participated/presented papers**

International Level - 1

National Level - 4

Regional Level – 5

- Participated in orientation programme from 11th September to 1st October, 2019 organized by UGC HRDC, University of Madras, Chennai – 5.
- Participated in one day orientation programme for programme officers in Youth Red Cross organized by IRCS, Tamil Nadu Teachers Education University, Chennai on 29th November, 2019.
- Organized a National level Webinar in Meston College of Education on the theme “ROLL OF PHYSICAL ACTIVITY DURING PANDEMIC” on 10th August 2020.