



Dr. P. YOGA
Assistant Professor

Contact

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Academic Qualifications: B.Sc., B.P.Ed., M.A (English), M.Sc (Yoga Therapy), M.Sc (Yoga), M.P.Ed., M.Phil., PGDY., PGDYT., Certi. Course in Physical Fitness., Ph.D.,

Degree	Subject	Institution/ University	Year of Completion	Class	%
Ph.D., (Full Time)	Physical Education	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	-	-
M.Phil., (SSP)	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	Ongoing	-	-
M.Phil., (Regular)	Physical Education	Alagappa University Karaikudi-TN	2007	First Class	72%
M.P.Ed	Physical	Pondicherry University	2006	First	72%

	Education	Pondicherry		Class	
M.Sc	Yoga Therapy	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	First Class	77%
M.Sc	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2015	First Class	80%
M.A	English	Alagappa University Karaikudi-TN	2013	Second Class	50%
B.P.Ed	Physical Education	Sri Ramakrishna Mission, Maruthi College of Physical Education Coimbatore-TN	2004	First Class	66%
B.Sc	Physical Education	Ayya Nadar Janaki Ammal College, Sivakasi-TN	2003	First Class	64%
Diploma Course					
	Subject	Institution/ University	Year of Completion	Class	%
P. G. Diploma	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2010	First Class	70%
P. G. Diploma	Yoga Therapy	Tamil Nadu Physical Education & Sports University Chennai-TN	2011	First Class	65%
Certificate Courses/ Degree	Subject	Institution/ University	Year of completion	Class/ Grade	%/Grade

Certificate Programme	Physical Fitness	Sri Ramakrishna Mission, Maruthi College of Physical Education, Coimbatore-TN	2004	First Class	-
Orientation Course	Physical Education	University Grants Commission Academic Staff College University of Madras-Chennai-TN	2014	"A" Grade	"A" Grade
Refresher Course	Physical Education	Bharathiar University, Coimbatore-TN	2016	"A" Grade	"A" Grade
Short Term Course	Sports Science Skill Development	Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, Punjab	2016	First Class	-

Teaching Experience: 09 Years

Research Experience: 08 Years

Additional Responsibilities

S.No	Name of the Programme	Place were organized	Date
1.	Deputy Director - Intramural Tournament	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN	2013 Onwards
2.	Director of Physical Education (i/c)	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN	2013 - 2014
3.	University Football Women team Selection Committee Member	Alagappa University, Karaikudi-TN	24 th to 25 th September 2013
4.	University Ball Badminton	Sree Sevugan Annamalai	24 th to 25 th October

	Women team Selection Committee Member	College, Devakottai-TN	2013
5.	University team coach (Kabaddi Men south zone)	AcharyaNagarjuna University, Guntur- AP	04 th to 08 th December 2013
6.	University team manager- (All India Inter University Athletic Meet)	Panjab University, Patiala.	22 nd to 28 th December 2013
7.	University team coach (Ball badminton Men & Women)	Alagappa University, Karaikudi-TN	2013-2014
8.	University representative – Directorate of Distance Examination	Goa	18 th May to 03 rd June 2014
9.	University team managercum coach (Kabaddi Men& Women SDAT Tamilnadu Inter University)	Jawaharlal Nehru Stadium, Chennai-TN	17 th to 20 th September 2014
10.	University team manager (Kabaddi Men south zone)	Vel'sUniversity, Chennai-TN	20 th to 26 th December 2014
11.	University team coach (handball Men & Women)	Alagappa University, Karaikudi-TN	2014-2016
12.	University team coach (handball Men)	Alagappa University, Karaikudi-TN	2014 Onwards
13.	University team coach cum manager (Football Women south zone)	Thiruvalluvar University, Vellore-TN	03 rd to 06 th January 2015
14.	University team manager- (All India Inter University Athletic Meet)	Rajiv Gandhi University of Health Sciences, Mangalore-Karnataka	14 th to 22 nd January 2015
15.	University representative – Directorate of Distance Examination	Vellore-TN	05 th to 23 rd May2015
16.	University team Coach cum manager (Kabaddi State Level Inter University Sports Meet)	M.G.R Stadium, Madurai-TN	17 th to 19 th July 2015
17.	Deputy Director - Leadership Training Camp	Thondi-TN	07 th to 12 th September 2015
18.	University team manager (Kabaddi Men south zone)	Kuvempu University, Shankaghatta- AP	15 th to 19 th October 2015
19.	University team coach (Handball South Zone)	Alagappa University, Karaikudi-TN	04 th to 08 th January 2016
20.	University team coach (Handball All India)	Banaras Hindu University-Varanasi	23 rd to 27 th February 2016

21.	University team manager cum coach (Kabaddi Men & Women SDAT Tamilnadu Inter University)	M.G.R Stadium, Madurai-TN	29 th to 31 st January 2016
22.	University Hockey Women team Selection Committee Member	Alagappa University College of Education, Alagappa University, Karaikudi-TN	31 st October to 1 st November 2016
23.	University Handball Women team Selection Committee Member	Dr.Zakir Husain College, Ilayangudi-TN	12 th to 13 th December 2016
24.	University representative – Directorate of Distance Examination	Dharmapuri-TN	26 th December to 03 rd January 2016
25.	University representative – Directorate of Distance Examination	Krishnagiri-TN	26 th December to 03 rd January 2016
26.	University team coach (Handball South Zone)	Periyar University, Salem	26 th to 29 th December 2016
27.	University team manager cum coach (Handball All India)	Periyar University, Salem	31 st December 2016 to 2 nd January 2017
28.	University Examination Invigilation	Alagappa University, Karaikudi-TN	Every Year

Areas of Research

Yoga, Sports Training and Exercise Physiology

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	-	05
	M.Phil.	06	01
Project	PG	09	03

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
14	08	06	16	-

Distinctive Achievements / Awards

1. Doctoral Fellowship (F.No.8-32/OD/09-10/F)
2. Post Doctoral Fellowship (F.No.3-068/2012-2013/PDF/SC)

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized: **05**

S.No	Title	Position	Period
1.	Recent Developments in Sports and Yogic Sciences	Organizing Committee	19 th and 20 th March 2015
2.	Fit and Healthy India-Vision 2023	Organizing Committee	28 th and 29 th September 2015
3.	Role of Bharathanatyam in Rhythmics and Physical Education	Organizing Committee	12 th January 2017
4.	National Level Dwarf Sports & Games Championship	Event-Coordinator	20 th to 21 st January 2017
5.	State Level Para Athletic Championship	Event-Coordinator	20 th to 21 st January 2017

Events Participated (optional)

Conferences / Seminars / Workshops : **83**

1.	International and National Conferences	Presented	Participated
		23	NIL
2.	International and National	Presented	Participated

	Seminars	32	02
3.	International and National Workshops	Participated	
		24	
4.	Organising committee / Chair Person	02	

Other Training Programs

S.No	Name of the Programme	Place were organized	Date
1.	UGC Sponsored Refresher Course in Physical Education	UGC-Human Resource Development Center, Bharathiar University, Coimbatore-TN	24-5-2016 to 13-06-2016
2.	UGC Sponsored Orientation Programme	University Grants Commission Academic Staff College, University of Madras-Chennai-TN	05-11-2014 to 02-12-2014
3.	Skill Development Sports Science Short Term Course	Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala- Punjab	08-10-2016 to 23-10-2016

Resource persons in various capacities

Number of Invited / Special Lectures delivered: 04

Recent Publications

INTERNATIONAL JOURNAL

1. K. Balasubramanian and **P. Yogaraj**, "Effect of Weight Training and Physical Exercises on Bio-Chemical Variables among College Football Players". International journal of Physical Education, Vol. 2, No. 1&2, Page No (1-4) , ISSN : 0974 – 2638 (April & October, 2009).
2. S. Selvalakshmi and **P. Yogaraj**, "Effect of Varied Yogic Practices on Hemoglobin and Blood Sugar among Obese Women". Asian Journal of Physical Education &

Computer Science in Sports, Vol. 1, No. 1, Page No (262-264), ISSN: 0975-7732 (July-December, 2009).

3. **P. Yogaraj**, P. Ramaraj and Dr. R. Elangovan **“Effects of Selected Asanas on Serum Cholesterol and Functions of Adrenal Gland in College Women”**. Asian Journal of Physical Education & Computer Science in Sports, Vol. 2, No. 1, Page No (206-208), ISSN: 0975-7732 (January – June, 2010).
4. **P. Yogaraj**, P. Ramaraj and Dr. R. Elangovan **“Effect of Selected Yogic Practices Physical Exercises on Bio-Chemical Variables among College Women Students”**. Asian Journal of Physical Education & Computer Science in Sports, Vol. 3, No. 1, Page No (27-29), ISSN: 0975-7732 (July 2010 – December 2010).
5. P. Anandakumar, **P. Yoga** and Dr. R. Elangovan **“Effect of Selected Asana and Suryanamaskar on Selected Physiological Variables among Diabetic Patients”**. Asian Journal of Physical Education & Computer Science in Sports, Vol. 4, No. 1, Page No (130-131), ISSN: 0975-7732 (January – June, 2011).
6. **P. Yogaraj** and R. Elangovan, **“Effect of Varied Packages of Yogic Practice on Selected Bio-Chemical Variables of College men Students”**. International journal of Physical Education Sports Management and Yogic Sciences, Vol. 1, No. 1, Page No (35-39), ISSN : 2231-1394 (April-June, 2011).
7. **P. Yoga**, **“Effect of Varied Integrated Modules of Yogic Practices on Platelets Count among Women Type II Diabetic Patients”**. Asian Journal of Physical Education & Computer Science in Sports, Vol. 9, No. 1, Page No (47-49), ISSN: 0975-7732 **(July 2013 – December 2013)**. Journal Impact Factor (0.5190).
8. **P. Yoga**, **“Effect of Varied Integrated Modules of Yogic Practices on White Blood Cell Count among Women Type II Diabetic Patients”**. International journal of Physical Education Sports Management and Yogic Sciences, Vol. 4, No. 1, Page No (33-36), ISSN : 2231-1394 **(January-March, 2014)**.

9. **P. Yoga, "Effect of Varied Integrated Modules of Yogic Practices on Red Blood Cell Count among Women of Type II Diabetic Patients"**. International journal of Sports Technology, Management and Allied Sciences, Vol. 3, No. 1, Page No (70-74), ISSN : 2319-5274 (**January-March, 2014**).
10. **P. Yoga, "Effect of Varied Packages of Yogic Practices on White Blood Cell Count among College Men Students"**. International Journal of Health, Physical Education & Computer Science in Sports, Vol. 15, No. 1, Page No (47-49), ISSN: 2231-3265 (**July - September 2014**). Journal Impact Factor (0.624).
11. **P. Yoga, "Influence of Varied Packages of Yogic Practices on Cardio Vascular Enturance among College Men Students"**. International Journal Engineering Research & Sports Science, Vol. 2, No. 2, Page No (33-34), ISSN: 2348-2400 (**February 2015**). Journal Impact Factor (0.621).
12. **P. Yoga and Ranjith VP. "Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on White Blood Cell Count among College Men Students"**. International Journal of Health, Physical Education & Computer Science in Sports, Vol. 17, No. 2, Page No (16-18), ISSN: 2231-3265 (**January-March 2015**). Journal Impact Factor (1.937).
13. **P. Yoga, "Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Red Blood Cell Count among College Men Students"**. International Journal of Information Research and Review, Vol. 2, No. 3, Page No (537-539), ISSN: 2349-9141 (**March 2015**). Online Journal.

NATIONAL JOURNAL

1. **P. Yoga, S. Abirami Kiruthiga and Dr. R. Elangovan "Influence of Suryanamaskar and Physical Exercises on Selected Hematological Variables among College Women Students"**. Journal of Physical Education Sports and Allied Disciplines, Vol. 2, No. 1, Page No (64-67), ISSN: 0974-343X (**January 2011**).
2. **P. Yoga, K. Initha and Dr. R. Elangovan "Influence of Weight Training and Plyometric Training on Selected Bio-Chemical Variables among College**

Football Players". Journal of Physical Education Sports and Allied Disciplines, Vol. 2, No. 2, Page No (55-59), ISSN: 0974-343X **(July 2011)**.

3. S. Abirami Kiruthiga and **P. Yoga** "**Effect of Suryanamaskar and Physical Exercises on Selected Motor Ability Variables among College Women Students**". Journal of Physical Education Sports and Allied Disciplines, Vol. 3, No. 1, Page No (17-20), ISSN: 0974-343X **(January 2012)**.
4. **P. Yoga** and S. Abirami Kiruthiga "**Effect of Suryanamaskar and Taichi on Selected Motor Ability Variables among College Women Students**". Journal of Physical Education and Sports Science, Vol. 2, Page No (353-355), ISSN: 2229-7049 **(February 2012)**.
5. **P. Yoga** and A. Yuvaraj "**Effect of Suryanamaskar and Yogasanas on Selected Physical Physiological and Psychological Variables among School Girls**". Yogheal A Journal of Scientific Yoga and Health, Vol. 2, No. 2, Page No (120-123), ISSN: 2278-9227 **(August 2013 - January 2014)**.
6. **P. Yoga** "**Influence of Varied Packages of Yogic Practices on Flexibility among College Men Students**". Journal of Yoga Physical Education and Traditional Medicine, Vol. 1, No. 1, Page No (38-41), ISSN: 978-81-927985-0-7 **(September 2014)**.

PROCEEDING PUBLICATIONS

INTERNATIONAL PROCEEDING

1. Dr.K. Balasubramanian, Dr.A. Ananthi and **P. Yogaraj** "**Yoga and Mirror Neurons**". Yoga Therapy and fitness - on Integrated Approach, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (2), ISBN: 978-93-80400-00-6 (February 2010).
2. Dr.K. Balasubramanian, **P. Yogaraj** and C. Senthil Kumar "**Sport - Psychology - Mental Imagery and Self - hypnosis can Improve Performance**". Modern Trends in Sports Technology, Management & Allied Sciences, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (61), ISBN: 978-93-80400-11-2 (March 2010).

3. Dr.R. Elangovan and **P. Yoga** “**Influence of Suryanamaskar and Physical Exercises on selected Bio-Chemical Variables among College Women Students**”. Yoga, Physiotherapy, Nutrition and Sports for Lifelong Fitness, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (2), ISBN: 978-93-80400-11-2 (January 2011).
4. **P. Yoga** and Ranjith VP. “Effect of Yogic Practice on Blood Pressure Parameter among the Middle Aged Men”. Prospective Approaches and Application of Yoga and Physical Activity for Better Life, Trivandrum, Kerala, India: All Saint’s College Publication, Page No (169-171), ISBN: 978-81-910811-4-5 (November 2015).
5. **P. Yoga** “Influence of Yogic Practice on Anxiety among College Men Hockey Players”. Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (230-231), ISBN: 978-81-836868-8-4 (February 2016).
6. **P. Yoga** and Ranjith VP. “Effect of Yogic Practice on Respiratory Rate among College Men Obese Students”. Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (226-227), ISBN: 978-81-836868-8-4 (February 2016).
7. **P. Yoga** and R. Balamuralikrishnan “Effect of Yogic Practice on Vital Capacity among College Men Football Players”. Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (228-229), ISBN: 978-81-836868-8-4 (February 2016).

NATIONAL PROCEEDING

1. **P. Yoga** “**Buvie Veppamayamathalin Moolatharam**”. Tamil Science Paravai Aaivuk Covai, Chennai, Tamilnadu, India: Kalainyan Pathippaham, Page No (297-298), ISBN: 978-93-80627-17-5 (May 2010).
2. **P. Yoga** and Dr. R. Elangovan “**Effect of Weight Training and Plyometric Training on Selected Hematological Variables among College Football Players**”. Emerging Trends in Physical Education and Sports Sciences, Tiruchirappalli, Tamilnadu, India: Bharathidasan University Publication Division, Page No (40-42), ISBN: 978-81-908078-6-9 (**March 2011**).
3. **P. Yoga** and S. Abirami Kiruthiga “**Effect of Selected Yogic Practices and Aerobic Training on Selected Bio-Chemical Variables among Obese School Girls**”. Sports

and Nutrition Gurgaon, Haryana, India: Macmillan Publication, Page No (372-376), ISBN: 978-9350-59339-4 (**March 2012**).

4. S. Abirami Kiruthiga and **P. Yoga** “**Effect of Yogic Practices and Aerobic Training on Selected Physiological Variables among Obese School Girls**”. Sports and Nutrition Gurgaon, Haryana, India: Macmillan Publication, Page No (367-371), ISBN: 978-9350-59339-4 (**March 2012**).
5. P. Anandakumar and **P. Yogaraj** “**Fight Obesity with Yoga**”. Modern Trends in Sports Management, Salem, Tamilnadu, India: MSK Publication, Page No (521-522), ISBN: 938048714-2 (March 2012).
6. **P. Yogaraj** and P. Anandakumar “**Meditation Improve Overall Wellbeing**”. Modern Trends in Sports Management, Salem, Tamilnadu, India: MSK Publication, Page No (638-641), ISBN: 938048714-2 (March 2012).
7. **P. Yoga** “**Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Platelets Count among College Men Students**”. Sound Body Sound Mind Fitness through Yoga & Sports, Madurai, Tamilnadu, India: Shanlax Publication, Page No (638-640), ISBN: 978-93-80686-60-8 (January 2015).
8. **P. Yoga** and Ranjith VP. “**Comparative Study on Flexibility among College Men Cricket and Hockey Players**”. Sound Body Sound Mind Fitness through Yoga & Sports, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (January 2015).
9. **P. Yoga** “**Influence of Aerobic Training on VO² Max among College Men Handball Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (186-188), ISBN: 978-81-928690-4-9 (March 2015).
10. **P. Yoga** and Ranjith VP. “**Influence of Weight Training on Muscular Strength among College Men Handball Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (190-191), ISBN: 978-81-928690-4-9 (March 2015).

11. **P. Yoga** and K. Alaguraja “**Effect of Aerobic Training on Vital Capacity among College Men Handball Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (194-195), ISBN: 978-81-928690-4-9 (March 2015).
12. **P. Yoga**, Dr.R. Balamuralikrishnan and S. James Rathinaraj “**Influence of Weight Training on Cardio Vascular Endurance among College Men Handball Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (188-189), ISBN: 978-81-928690-4-9 (March 2015).
13. **P. Yoga**, J.T. Jose Mariapackiaraj and M. Vairamuthu “**Position-Wise Analysis on Anthropometric Characteristics of All India Inter University Kabaddi Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (191-193), ISBN: 978-81-928690-4-9 (March 2015).
14. **P. Yoga** and Ranjith VP. “**Influence of Yogic Practice on Flexibility among College Men Students**”. Scientific Approaches and Application of Yoga and Holistic Lifestyle for Better Tomorrow, Tripunithura, Kerala, India: Government College Publication, Page No (93-95), ISBN: 978-81-925-229-1-3 (November 2015).
15. **P. Yoga** “**Influence of Different Yogic Practice on Self Confidence among College Men Students**”. Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016), Karaikudi, Tamilnadu, India: Department of Education Alagappa University Publication, Page No (620-622), ISBN: 978-81-928690-8-7 (March 2015).
16. **P. Yoga** and Ranjith VP. “**Effect of Yogic Practice on Stress Management among College men Students**”. Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016), Karaikudi, Tamilnadu, India: Department of Education Alagappa University Publication, Page No (610-613), ISBN: 978-81-928690-8-7 (March 2015).
17. **P. Yoga** and Ranjith VP. “**Effect of Aerobic Training on Cardio Respiratory Endurance among College Men Football Players**”. Fit and Healthy India-Vision 2023,

Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).

18. **P. Yoga** and U. Anbu “Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients”. Fit and Healthy India-Vision 2023, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).
19. **P. Yoga** and B. Bama “Effect of Aerobic Training on Vital Capacity among College Women Handball Players”. Fit and Healthy India-Vision 2023, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).
20. **P. Yoga** and K. Priyanka “Effect of Aerobic Training on Resting Pulse Rate among College Women Handball Players”. Fit and Healthy India-Vision 2023, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).

PAPER PRESENTATIONS

INTERNATIONAL CONFERENCES

1. Presented a paper on “**Yoga and Mirror Neurons**” in the International Conference on “Yoga Therapy and fitness – on Integrated Approach” Organized by the School of Physical Education, Alagappa University, Karaikudi on 12th & 13th February 2010.
2. Presented a Paper on “**Sport – Psychology-Mental Imagery and Self – hypnosis can Improve Performance**” in the International Conference on “Modern Trends in Sports Technology, Management & Allied Sciences” organized by Association of Sports Technology, Management & Allied Sciences and School of Physical Education Alagappa University, Karaikudi on 8th & 9th March 2010.
3. Presented a Paper On “**Effect of Varied Yogic Practices on Hemoglobin and Blood Sugar among Obese Women**”. in the Asian Conference on “Physical Education & Computer Science in Sports” organized by Indian Federation of Computer Science in Sports, Osmania University, Hyderabad on 7th to 9th May 2010.

4. Presented a paper on **“Influence of Suryanamaskar and Physical Exercises on selected Bio-Chemical Variables among College Women Students”** in the International Conference on “Yoga, Physiotherapy, Nutrition and Sports for Lifelong Fitness” Organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 27th 28th January 2011.
5. Presented a paper on **“Effect of Suryanamaskar and Taichi on Selected Motor Ability Variables among College Women Students”** in the International Conference on “Better Life Better World, Through Yoga with Allied Sports Sciences” Organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai on 16th to 18th February 2012.
6. Presented a paper (Poster) on **“Effect of Selected Yogic Practices and Aerobic Training on Selected Bio-Chemical Variables among Obese School Girls”** in the Department of Science and Technology Government of India Sponsored International Conference on “Sports and Nutrition: Modern Scientific Technologies to Empower Sports Personnel” Organized by the Department of Food Science and Nutrition & Physical Education, Avinashilingam University, Coimbatore on 8th and 9th March 2012.
7. Presented a paper on **“Effect of Varied Packages of Yogic Practices on White Blood Cell Count among College Men Students”** in the “25th Pan Asian conference of Sports Physical Education & Computer Science in Sports” Jointly organized by Indian Federation of Computer Science in Sports and Pan Asian Conference of Sports & Physical Education, Osmania University, Hyderabad Telangana, India on 08th to 10th August 2014.
8. Participated as a **“Traditional Games”** in the 25th Pan Asian Conference of Sports & Physical Education-2014 Jointly organized by Indian Federation of Computer Science in Sports and Pan Asian Conference of Sports & Physical Education, Osmania University, Hyderabad Telangana, India on 08th to 10th August 2014.
9. Presented a paper on **“Effect of Varied Packages of Yogic Practices on Red Blood Cell Count among College Men Students”** in the UGC Sponsored International Seminar on “Health Related Physical Fitness and Wellness” Organized by the

Department of Physical Education, Poornaprajna College, Udupi, Karnataka State, India on 22nd and 23rd August 2014.

10. Presented a paper on **“Effect of Yogic Practice on Blood Pressure Parameter among the Middle Aged Men”** in the International Conference on “Prospective Approaches and Application of Yoga and Physical Activity for Better Life” Organized by the Department of Physical Education, All Saint’s College, Thiruvananthapuram, Kerala State, India on 19th and 20th November 2015.
11. Presented a paper on **“Influence of Yogic Practice on Anxiety among College Men Hockey Players”** in the International Conference on “Health Indicators for Physical and Cognitive Fitness Education” Organized by the Faculty of Education, Alagappa University, Karaikudi, Tamilnadu, India on 26th and 27th February 2016.
12. Presented a paper on **“Effect of Yogic Practice on Respiratory Rate among College Men Obese Students”** in the International Conference on “Health Indicators for Physical and Cognitive Fitness Education” Organized by the Faculty of Education, Alagappa University, Karaikudi, Tamilnadu, India on 26th and 27th February 2016.
13. Presented a paper on **“Effect of Yogic Practice on Vital Capacity among College Men Football Players”** in the International Conference on “Health Indicators for Physical and Cognitive Fitness Education” Organized by the Faculty of Education, Alagappa University, Karaikudi, Tamilnadu, India on 26th and 27th February 2016.
14. Presented a paper on **“Influence of Yogic Practice on Flexibility among College Students”** in the International Conference on “Emerging trends in sports medicine, physical education, sports science and yoga” Organized by Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India on 18th and 19th January 2017.
15. Presented a paper on **“Effect of Yogic Practice on Cardio Respiratory Endurance among College among College Students”** in the International Conference on “Emerging trends in sports medicine, physical education, sports science and yoga”

Organized by Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India on 18th and 19th January 2017.

NATIONAL CONFERENCES

1. Participated as a “New Games” in the National seminar on “Squash, Boxing, Fencing, Gymnastics and Swimming” organized by the Sports Development Authority of Tamilnadu on 04th to 05th September 2003.
2. Participated as a “Trends Emerging in Physical Education in the 21st Century” organized by the Sri Ramakrishna Mission Vidyalaya Maruthi college of Physical Education-Coimbatore, Tamilnadu on 29th & 30th January 2004.
3. Presented a paper on **“Influences of Meditation on Athletes”** in the national seminar on “Modern Multi-Dimensional Approaches for Excellence in Sports” organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 25th September 2009.
4. Presented a paper on **“Effect of Yoga among Obese Women”** in the National Conference on “Modern Trends in Yoga and Naturopathy” organized by the Indian Institute of Yoga and Naturopathy, Coimbatore on 11th October 2009.
5. Presented a paper on **“Combined Effect of Asana Pranayama and Meditation on Selected Physiological Variables among Obese Women”** in the National Conference on “Modern Trends in Yoga and Naturopathy” organized by the Indian Institute of Yoga and Naturopathy, Coimbatore on 11th October 2009.
6. Presented a paper on **“Influences of Yogic Practices on Healthy Primary School Children”** in the national seminar on “Role of Science, Technology and Yoga in enhancing Sports performance and Health” organized by the Department of Physical Education, Meenaakshi Ramasamy Arts & Science College and Meenatchi Physical Education College, Thathanur on 6th February 2010.
7. Presented a paper on **“Comparative Analysis on Aggression between Cricket and Football Players among School Boys”** in the national seminar on “Social aspects of Sports in Indian Context” organized by the Department of Sports

Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai on 12th March 2010.

8. Presented a paper on **“Comparative Analysis of Aggressive and Anxiety between Mallakhamb and Kho-Kho Players among School Boys”** in the UGC Sponsored National Seminar on “Role of Modern Training in Physical Education and Sports” organized by the Department of Physical Education and sports, University of Madras, Chennai on 19th & 20th March 2010.
9. Presented a paper on **“Effect of Selected Yogic Practices and Physical Exercises on Bio-Chemical Variables among College Women Students”** in the National Seminar on “Essentials of a Qualified Teacher in Yoga” Jointly Organized by the faculty of General & Adapted Physical Education and Yoga, Ramakrishna Mission Vivekananda University, Coimbatore, Ramakrishna Mission Vidyalaya Maruthi college of Physical Education, Coimbatore. On 26th & 27th March 2010.
10. Presented a paper on **“Effect of selected Asanas on Serum Cholesterol and Functions of Adrenal Gland in College Women”** in the UGC Sponsored National Seminar on “Modern Trends in Sports Medicine” Organized by the Department of Physical Education, Bharathiar University, Coimbatore on 9th and 10th April 2010.
11. Presented a paper on **“Buvie Veppamayamathalin Moolatharam”** in the National Seminar on “Tamil Science Paravai Aaivu Covai”, Jointly Organized by the Tamilaga Science Paravai Aaivu and Manonmaniam Sundaranar University, Thirunelveli on 21-23 May 2010.
12. Presented a paper on **“Effect of Yogic Asanas on Selected Psychological Variables”** in the national seminar on “Yoga and Physiotherapy for Stress Management” organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 29th October 2010.
13. Presented a paper on **“Effect of Varied Packages of Yogic Practices on Selected Bio-Chemical Variables among College men Students”** in the national conference on “Yoga : Caring, Sharing and Empowering” organized by the Department of Yoga,

Tamil Nadu Physical Education and Sports University, Chennai on 20th and 21st December 2010.

14. Presented a paper on **“Influence of Suryanamaskar and Physical Exercises on Selected Hematological Variables among College Women Students”** in the UGC Sponsored National Seminar on “The Felicitous Intertwined Trio of Physical Activities, Wellness and Sports” organized by the Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 5th February 2011.
15. Presented a paper on **“Effect of Suryanamaskar and Physical Exercises on Selected Motor Ability Variables among College Women Students”** in the national conference on “Use of Modern Technology in Physical Education, Sports and Allied Health Sciences” organized by the Vinayaka Mission’s College of Physical Education, Vinayaka Missions University, Salem on 11th & 12st February 2011.
16. Presented a paper on **“Influence of Weight Training and Plyometric Training on Selected Bio-Chemical Variables among College Football Players”** in the national conference on “Scientific Innovations In Sports Sciences and Technology” organized by the Selvam College of Physical Education, Namakkal on 5th March 2011.
17. Presented a paper on **“Effect of Weight Training and Plyometric Training on Selected Hematological Variables among College Football Players”** in the national conference on “Emerging Trends in Physical Education and Sports Sciences” organized by the Department of Physical Education, Bharathidasan University, Tiruchirappalli on 12th March 2011.
18. Presented a paper on **“Meditation Improve Overall Wellbeing”** in the UGC Sponsored national seminar on “Modern Trends in Sports Management” organized by the Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi on 21st and 22nd March 2012.
19. Presented a paper on **“Influence of Aerobic Training on VO² Max among College Women Football Players”** in the UGC Sponsored national seminar on “Women

Sports Participation in India” organized by the Department of Physical Education, Bharathiar University, Coimbatore on 30th and 31st January 2014.

20. Presented a paper on **“Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients”** in the UGC Sponsored national conference on “Physical Activities, Sports, Fitness and Dietetics – The Elixir Quartet of Health” organized by the Research Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 15th February 2014.
21. Presented a paper on **“Effect of Yogic Practices and Circuit Resistance Training on Selected Physical Physiological and Psychological Variables among College Players”** in the UGC Sponsored national conference on “Physical Activities, Sports, Fitness and Dietetics – The Elixir Quartet of Health” organized by the Research Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 15th February 2014.
22. Presented a paper on **“Effect of Yogasana Practices on Fitness and Wellness for Youth”** in the UGC Sponsored national seminar on “Fitness & Wellness” organized by Department of Physical Education, K.V.R, K.V.R & M.K.R College, Khajipalem, (AP) on 5th and 6th December 2014.
23. Presented a paper on **“Influence of Aerobic Training on VO² Max among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
24. **Organizing Committee** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
25. **Chaired a session** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University

College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.

26. Presented a paper on **“Position-Wise Analysis on Anthropometric Characteristics of All India Inter University Kabaddi Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
27. Presented a paper on **“Effect of Aerobic Training on Vital Capacity among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
28. Presented a paper on **“Influence of Weight Training on Cardio Vascular Endurance among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
29. Presented a paper on **“Influence of Weight Training on Muscular Strength among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
30. Presented a paper on **“Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Platelets Count among College Men Students”** in the UGC Sponsored national seminar on “Sound Body Sound Mind Fitness through Yoga & Sports” organized by Department of Physical Education, G.T.N. Arts College, Dindigul on 25th and 26th March 2015.
31. Presented a paper on **“Comparative Study on Flexibility among College Men Cricket and Hockey Players”** in the UGC Sponsored national seminar on “Sound

Body Sound Mind Fitness through Yoga & Sports” organized by Department of Physical Education, G.T.N. Arts College, Dindigul on 25th and 26th March 2015.

32. Presented a paper on **“Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on WBC Count among College Men Students”** in the UGC Sponsored national seminar on “Physical Education on Health and Sports Science” organized by Department of Physical Education, S.K.S.D. Mahila Kalasala (UG & PG), Tanuku on 29th and 30th March 2015.
33. **Organizing Committee** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
34. **Chaired a session** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
35. Presented a paper on **“Effect of Aerobic Training on Cardio Respiratory Endurance among College Men Football Players”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
36. Presented a paper on **“Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
37. Presented a paper on **“Effect of Aerobic Training on Vital Capacity among College Women Handball Players”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of

Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.

38. Presented a paper on **“Effect of Aerobic Training on Resting Pulse Rate among College Women Handball Players”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
39. Presented a paper on **“Influence of Yogic Practice on Flexibility among College Men Students”** in the UGC Sponsored national seminar on “Scientific Approaches and Application of Yoga and Holistic Lifestyle for Better Tomorrow” organized by Government College, Tripunithura, Ernakulam, Kerala on 25th and 26th December 2015.
40. Participated in National seminar on “Safety and Security of Women and Girls in Public Spaces: Planning and Designing Mechanism” organized by the Alagappa University, Karaikudi, Tamilnadu on 04th to 05th September 2003.
41. Presented a paper on **“Effect of Circuit Training on Explosive Power among College Men”** in the national seminar on “Role of Yoga and Technology in Enhancing Sports Performance and Populace Health” organized by Urumu Dhanalakshmi College on 28th and 29th January 2016.
42. Presented a paper on **“Influence of Different Yogic Practice on Self Confidence among College Men Students”** national seminar on “Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016)” organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 31th March and 01st April 2016.
43. Presented a paper on **“Effect of Yogic Practice on Stress Management among College men Students”** national seminar on “Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016)” organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 31th March and 01st April 2016.

44. Presented a paper on “**Influence of Varied Packages of Yogic Practice on Total Cholesterol among Obese Men Students**” national seminar on “Training, Nutrition and Analeptic Regimen on Corporeal Property and High Performance in Sports” organized by Bharathiar University, Coimbatore, Tamil Nadu on 31th March and 01st April 2016.

International Workshop

S.No	Name of the Workshop	Institution/ University	Date
1.	Advanced Scientific Training and Coaching	Department of Advanced Training and Coaching. Tamil Nadu Physical Education and Sports University, Chennai	2 nd and 3 rd February 2010
2.	Football	School of Physical Education. Alagappa University, Karaikudi	14 th February 2010

National Workshop

S. No	Name of the Workshop	Institution/ University	Date
1.	Latest Changes and New Rules in Sports and Games	YMCA college of Physical Education in association with Tamil Nadu State Council for Higher Education (TANSCHE)	25 th and 26 th August 2009
2.	Population of Physical Education and Sports Related to Sciences to the School Physical Education Teachers	Department of Physical Education with the financial assistance received from the Tamil Nadu State Council for Science and Technology	9 th October 2009
3.	Enhancing Human Values, Moral Values and Spiritual Values	Department of Yoga, Tamil Nadu Physical Education and Sports University in Coordination with Prajapita Brahmakumaris Ishwarya Vidyalaya at Chennai	17 th November 2009

4.	Cardio Respiratory Fitness	St. Joseph's College of Engineering and Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University, Chennai	23 rd March 2010
5.	Emerging Needs and Application of Biomechanics in Sports & Games	YMCA college of Physical Education, Chennai	29 th and 30 th March 2010
6.	Sports Technology and Sports Management	Department of Sports Technology and Sports Management, Tamil Nadu Physical Education and Sports University, Chennai	12 th &13 th April 2010
7.	Comprehensive Approaches in Physical Education	Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	22 nd April 2010
8.	Women Empowerment: Directions	Department of Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai	8 th September 2010
9.	Track & Field : Planning, Construction, Rules and Interpretations	Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	24 th & 25 th January 2011
10.	Yoga Therapy, Exercise Therapy and Allied Therapy	Koviloor Andavar Institute of Yoga & Research, Koviloor Madalayam, Koviloor	29 th January 2011
11.	Physiological Adaptations on Training and Nutrition	Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai	9 th February 2011
12.	Association of Indian Universities Sports Organisation	Department of Physical Education and sports, University of Madras, Chennai	25 th & 26 th March 2011
13.	Modern Trends in Yoga and	Department of Yoga, Tamil	26 th March

	Allied Therapies	Nadu Physical Education and Sports University in co-ordination with Viniyoga Healing Foundation of India, Chennai at Chennai	2011
14.	Own Yoga – Own the Life	Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai	7 th April 2011
15.	Research Methodology & Technology Management in Higher Education	Pondicherry University Academic Staff College, Puducherry	14 th & 15 th March 2013
16.	Physical Education and Communication Skills	Koviloor Andavar College of Physical Education and Sports Science, Koviloor	28 th February 2014
17.	Athletics	Alagappa University College of Physical Education, Alagappa University, Karaikudi	8 th and 9 th January 2015
18.	State Level Kho-Kho Workshop & Referees Examination	Alagappa University College of Physical Education, Alagappa University, Karaikudi	28 th February 2015
19.	Art of Writing in APA Style	Department of Psychology, Manonmaniam Sundaranar University, Thirunelveli	16 th and 17 March 2015
20.	Biomechanics	Tamil Nadu Physical Education and Sports University-Chennai	15 th October 2015
21.	Soft Skills Training for Pre-Service Teachers	Alagappa University, Karaikudi	23 rd and 24 th March 2016
22.	Sports Biomechanics	Department of Physical Education, Bharathidasan University, Tiruchirappalli-TN.	19 th December 2016