



Dr. T.P.YOKESH
Assistant Professor

Contact

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**Academic Qualifications: BA., B.P.Ed., M.P.Ed., M.Phil., DIP. Yoga., PGDFM., Certi
Course in Sports Coaching (Cricket), Ph.d.,**

Teaching Experience: 01 Year

Research Experience: 03 Years

Additional Responsibilities

S.No	Name of the Programme	Place were organized	Date
1.	University Volleyball Women team Selection Committee Member	Dr. Zakir Husain College, Ilayangudi	12 th to 13 th December 2016
2.	University Table Tennis Men & Women team Selection Committee Member	Thassim Beevi Abdul Kadar College for Women	17 th December 2016

3.	University team manager (Volleyball Men south zone)	Mahatama Gandhi University, Kottayam & St.Thomas College, Pala, Kerala	2 nd to 6 th December 2016
4.	University team manager cum coach (Volleyball Women south zone)	Calicut University, Calicut	23 rd to 28 th December 2016

Areas of Research

Yoga and Sports Training

Research Supervision / Guidance

Program of Study		Ongoing
Research	M.Phil.	01
Project	PG	03

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
02	01	--	02	05

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized

1. **National Seminar Organizing Committee** (Role of Bharathanatyam in Rhythmics and Physical Education)
2. **Organising Secretary** for National level Para Sports & Games and State level Para Athletic Championship
3. **Organizing Committee** South Zone inter University Hockey Men & Women

Events Participated

Conferences / Seminars / Workshops : 05

1. International and National Conferences : 03
2. International and National Workshops : 02

Other Training Programs

1. **Short Term Course in Sports Science Skill Development** (Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, Punjab)

Recent Publications

INTERNATIONAL & NATIONAL CONFERENCES

1. Presented a Article on **“Effect of Yoga on selected Bio – Chemical Variables among middle aged Men”** 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.
2. Presented a Article on (2016) **“Influence of yogic Practices on Physical Variables among College women 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 JOURNALS

1. Published Research article on **“Effect of Circuit Training on Selected Physical Variables among College Men Volleyball Players”** International Journal of Recent Research and applied Studies, Volume 3, Issue 5 (21) May 2016.
2. Published Research article on **“Impact of Circuit Training on Speed and Agility among Volleyball Players”** International Journal of Recent Research and applied Studies, Volume 3, Issue 6 (22) June 2016.