



**Dr. V. A. Manickam**  
**Assistant professor**

### Contact

Address : Department of Physical Education & Health Sciences  
Alagappa University  
Karaikudi – 630 003  
Tamil Nadu, INDIA

Employee Number : 41414  
Date of Birth : 05-01-1970  
Contact Phone (Office) : -04565 225214  
Contact Phone (Mobile) : +91 9443619912  
Contact e-mail(s) : manickammdks@gmail.com

**Academic Qualifications : B.Sc, M.P.Ed, M.Phil, Ph.D, P.G.D.S.M, P.G.D.Y.**

**Teaching Experience : 22 Years**

**Research Experience : 11 Years**

### Additional Responsibilities

1. NSS coordinator ( Department level)
2. Programme officer SENA, SWACHH Bharat, SWASTH Bharat
3. CADRE CORPS for Vivekananda centre
4. Red Ribbon Club

### Areas of Research

1. Sports physiology
2. Sports Bio Mechanics
3. Sports Training

## Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	3	7
	M.Phil.	19	4

## Publications

International		National		Others
Journals	Conferences Paper presentation	Journals	Conferences Paper presentation	Books / Chapters / Monographs / Manuals
52	6	41	44	3

## Distinctive Achievements / Awards

1. **University blue in Athletics, Alagappa University 1991 - 1994**
2. **University blue in Basketball , Alagappa University 1992 - 1994**
3. **"Kalvi Seva Rathna Award "** awarded by :-**Indian culture development protective council**, 131 bwami sivanatha salai rasipuram namakkal district, 637408
4. **Best Vol.unteer Award**, awarded in **N.S.S** Camp held from 3/11/1985 - 12/11/1985 at vadamalali samudram thirunelveli dist

## Events organized in leading roles

1. National seminar organising committee member
2. International seminar organising committee member
3. Workshop organising committee member

## Events Participated

1. Refresher Courses : 02
2. Orientation Programme : 01
3. Adventure sports and certificate course in mountaineering and allied sports (ASSCC MAS 2012) University Mountaineering Centre Banaras Hindu University, Varanasi U.P India
4. UGC sponsored faculty development programme on small business management
5. Faculty development programme on entrepreneurship, Alagappa University
6. Level one Anthropometries

## Membership in

### Professional Bodies

1. Member of broad based of studies, Alagappa University
2. Doctoral committee member, Bharathidasan University
3. Member of society for research of movement education (SRME), Varanasi

### Editorial Board

1. A Journal of Scientific Yoga and Health ISSN- 2278-9227
2. International Journal of Sports Technology, Management and Allied Science ISSN - 2319-527

## Resource persons in various capacities

1. Special lecture on physical and mental health in awareness programme organized by “**EQUAL OPPORTUNITY CENTRE**”

## Recent Publications

### PUBLISHED BOOK WITH ISBN NUMBER

1. Dr. V. A. Manickam, V. Muthukumaran “**Training Manual for Sprinters**” first edition 2009 ISBN : 978-81-907935-7-5

### INTERNATIONAL JOURNAL WITH IMPACT FACTOR

1. Dr.V.A.Manickam, A.Vidya “Effect of Hockey Skill Training With and Without Weight on Selected Speed Cardio Respiratory Endurance and Explosive Power among School Level Women Players “**Paripex Indian Journal of Research** Vol. 6 Issue 2 February 2017 page no 43-44 **impact factor: 5.215**
2. Dr.V.A.Manickam, C. John Jegat “Effect of Different Frequencies of Aerobic Training and Free Hand Exercise on Speed and Explosive Power of College Men Players“ **Paripex Indian Journal of Research** Vol. 6 Issue 2 February 2017 page no 45-46 **impact factor: 5.215**
3. Dr.V.A.Manickam, M.Rajathi “Effect of Aerobic Dance With and Without Hand held Weights on Breath Holding Time of Alagappa University Women Athlete” **Paripex Indian Journal of Research** Vol. 6 Issue 2 February 2017 page no 47-48 **impact factor: 5.215**
4. Dr.V.A.Manickam, Bipin Das U R “An Integrated Approach of Massage Manipulation for Weight Control : 12 Weeks Prospective Study” **Global Journal for Research Analysis A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 6 Issue 2 February 2017 page no 1-2 **impact factor: 3.62**
5. Dr.V.A.Manickam, K. Santhosh Kumar “An Impact of Yogic Practices and Nature Cure Therapy on Resting Pulse Rate among Inter Collegiate Men Hockey Players ” **Global Journal for Research Analysis A Peer Reviewed, Referred, Refereed**

**& Indexed International Journal** Vol. 6 Issue 2 February 2017 page no 7-8  
**impact factor: 3.62**

6. Dr.V.A.Manickam, Santhosh M Dandyagal "Relationship of Selected Physical, Physiological and Anthropometric Variables with Playing Ability among Karnataka State Women Volleyball Players" **International Journal of Scientific Research A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 5 Issue 10 October 2016 Page No 35-36 **impact factor: 3.508**
7. Ashwin R, Dr.V.A.Manickam, "Constriction of Shooting Test and Compilation of Norms for Women Handball Players" **International Journal of Scientific Research A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 5 Issue 10 October 2016 Page No 37-39 **impact factor: 3.508**
8. Dr.V.A.Manickam, Aneesh Rajappan "Comparative Analysis of Total Cholesterol among Sprinters, Jumpers, Throwers, and Long Distance Runners of Elite University Athletes of Kerala State" **An International Journal Paripex Indian Journal of Research Peer Reviewed, Referred International Journal** Vol. 5 Issue 4 April 2016 Page No 11-12 **impact factor: 5.215**
9. Dr.V.A.Manickam, Aneesh Rajappan "Comparative Analysis of Achievement Motivation among Sprinters, Jumpers, Throwers, And Long Distance Runners of Elite University Athletes of Kerala State" **Global Journal for Research Analysis A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 5 Issue 4 April 2016 Vol. 5 Issue 4 April 2016 Page No 77-78 **impact factor: 3.62**
10. Dr.V.A.Manickam, Aneesh Rajappan "Comparative Analysis of Selected Physiological Variable among Sprinters, Jumpers, Throwers, and Long Distance Runners of Elite University Athletes of Kerala State" **Indian Journal of Applied Research A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 6 Issue 4 April 2016 Page No 10-11 **impact factor: 3.91**
11. Aneesh Rajappan, Dr.V.A.Manickam "Comparative Analysis of Anxiety among Sprinters, Jumpers, Throwers, and Long Distance Runners of Elite University Athletes of Kerala State" **International Journal of Scientific Research A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 5 Issue 4 April 2016 Page No 45-46 **impact factor: 3.508**
12. Dr.V.A.Manickam, Ninis Peter "Effect of Yoga Power Yoga And Pilate on Selected Physical Variables of College Women Students" **Global Journal For Research Analysis A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 5 Issue 1 January 2016 Page No 3-5 **impact factor: 3.1218**
13. Dr.V.A.Manickam, Ninis Peter "Effect of Yoga Power Yoga And Pilate on Selected Bio Chemical Variables of College Women Students" **An International Journal Paripex Indian Journal of Research Peer Reviewed, Referred International Journal** Vol. 5 Issue 1 January 2016 Page No 26-28 **impact factor: 3.4163**
14. Dr.V.A.Manickam, "An Impact of Vision Training Programme on Selected Basketball Performance Related Components of College Men Basketball Players" **Indian Journal of Applied Research A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 5 Issue 8 August 2015 Page No 26-28 **impact factor: 3.6241**
15. Dr.V.A.Manickam, "Effect of Football Training Programme on Selected Physical Fitness Parameters of School Boys" **International Journal of Scientific Research A Peer Reviewed, Referred, Refereed & Indexed International Journal** Vol. 4 Issue 8 August 2015 Page No 17-18 **impact factor: 3.2416**

1. Dr.V.A.Manickam, Amruthu Raj M G “Changes in Selected Strength and Power Parameters among Women Basketball Players due to Stationery Circuit and Par course Trainings” **International Journal of Sports Technology Management and Allied Sciences** Vol. 3 No 5 January-March 2014 Page No 33
2. Dr.V.A.Manickam, Amruthu Raj M G “Changes in Jump Height Power Among Women Basketball Players due to Uphill Running Programme” **International Journal of Sports Technology Management and Allied Sciences** Vol. 3 No 5 January-March 2014 Page No 75
3. Dr.V.A.Manickam, Santhosh M Dandyagol “Similarity Between Aerobic and Anaerobic Workout on Selected Haematological Variables ” **International Journal of Sports Technology Management And Allied Sciences** Vol. 2 No 4 October-December 2013 Page No 77
4. Dr.V.A.Manickam, Aswiwin “Comparative Resemblance of Psychological Profile Between Short Duration and Long Duration Activity Players ” **International Journal of Sports Technology Management And Allied Sciences** Vol. 2 No 4 October-December 2013 Page No 33
5. Dr.V.A.Manickam, P.Anandha kumar “Examination of The Similarities Between The Obese and Non Obese College Male Students on Attitude “ **International Journal of Sports Technology Management and Allied Sciences** Vol. 2 No 3 July – September 2013 Page No 49
6. Dr.V.A.Manickam, A.Muthukumar “Evaluatation of Isolated Plyometric Training and Weight Training on Leg Strength and Explosive Power “ **International Journal of Sports Technology Management and Allied Sciences** Vol. 2 No 3 July – September 2013 Page No 78
7. Dr.V.A.Manickam, L.KAruppaiah “Causes of Psycho Regular Geometric Pattern Programme on Stress of College Women Basketball Players “ **International Journal of Sports Technology Management and Allied Sciences** Vol. 2 No 3 July – September 2013 Page No 109
8. Dr.V.A.Manickam, V.Muthnukumar “Combined Effect of Callisthenic Aerobic Training on Cardio Respiratory Fitness in Obese Adolescent Children “**International Journal of Sports Technology Management and Allied Sciences** Vol. 2 No 2 April – June 2013 Page No 58
9. Dr.V.A.Manickam, Dr. Renjith K S “A Study of Examination of The Similarities of Body Mass Index Percentage of Body Fat And Blood Pressure “**International Journal of Sports Technology Management and Allied Sciences** Vol. 2 No 2 April – June 2013 Page No 27
10. Dr.V.A.Manickam, Nins Peter P “Drastic Measurement of Existing Yoga Practices on Occupational Stress of Working Women Teachers in Christian Educational Institutions **International Journal of Sports Technology Management and Allied Sciences** Vol. 2 No 1 January 2013 Page No 62
11. Dr.V.A.Manickam “Influence of Assisted Sprint Training on Speed Parameters among Untrained School Girls” **Ijpesys (International Journal of Physical Education Sports and Yogic Sciences) Refereed Research Jopurnal** Vol. 2 No 1 November 2012 Page No 68
12. Dr.V.A.Manickam “Effect of Varied Intensities of Circuit Training on Selected Strength and Endurance Parameters of Women Basketball Players ” **Ijmees Bi Annual Refereed Journal Indian Journal of Movement Education and Exercises Science** Vol. 3 No 1&2 January – December 2013Page No 30
13. Dr.V.A.Manickam Nins Peter “Dramatic Influence of Selected Yogic Exercises and Psychological Skill Training on Selected Physiological And Psychological Variables of Excellent Performance **Ijmees Bi Annual Refereed Journal**

**RESEARCH PAPER PUBLISHED IN NON REFERRED JOURNALS**

1. Dr.V.A.Manickam, Dr.A.Rajam “Examination of Similarity Between Iron Yoga Yoga and Weight Training Practices on Vital Capacity Flexibility and Strength Endurance among University Women Students” **Yogheal A Journal of Scientific Yoga and Health** Vol. 2 No 2 August – January 2013-14Page No 6
2. Dr.V.A.Manickam, Amruthu Raj M G “Effect of Packages of Designed Yogic Practices on Health Related Physical Fitness Variables Among School Girls” **Yogheal A Journal of Scientific Yoga and Health** Vol. 2 No 2 August – January 2013-14Page No 41
3. Dr.V.A.Manickam, V.Mujthukumaran “Application of Selected Pranayama and Meditation in the Promotion of Selected Psycho Motor Variables of Intellectually Challenged Children” **Yogheal A Journal of Scientific Yoga And Health** Vol. 2 No 1 February- July 2013 Page No 28
4. Dr.V.A.Manickam, Sandeep S “Influence of Suryanamaskar with Kriya Practice on Positive Breath Holding Capacity of College Women Athletes **Yogheal A Journal of Scientific Yoga And Health** Vol. 2 No 1February- July 2013 Page No 113
5. Dr.V.A.Manickam, Dr.N.Kumar “Influence of Six Week Yoga Training on Social Adjustment of Destitute Children” **Indian Journal for Research in Physical Education and Sports Sciences (Ijrpess)** Vol. 5 No 2 October -2010- March 2011Page No 53
6. Dr.V.A.Manickam, Dr.N.Kumar “Effect of Yoga Practice on Occupational Stress among Women Employees in Sivagangai District” **Journal of Adapted Physical Education and Yoga** Vol. 1 Issue 1 June 2011 Page No 66
7. Dr.A.Shenbagavalli Dr.V.A.Manickam, “Comparative Effect of Three Dimensions of Training Loada on Broad Jump Performance among School Boys ” **Vyayam Vidnyan** Vol. 43 No 4 Nov 2010 Page No 1
8. Dr.A.Shenbagavalli Dr.V.A.Manickam, “Comparative Efficacy of Selected Physio therapy Treatment and Yogic asana on low back pain among traffic police men ” **Research Journal on physical Education and Sports** Vol. V Issue II 2006 Page No 24-30

**INTERNATIONAL CONFERENCE CHAIR PERESONS**

1. International Conference on Emerging Trends in Sports Medicine, Physical Education, Sports Science and Yoga Conducted by Tamilnadu Physical Education and Sports University Chennai 18<sup>th</sup> and 19<sup>th</sup> January 2017
2. 2<sup>nd</sup> International Conference on Recent Technological Advancement & Entrepreneurship in Sports Conducted By Bhanaras Hindu University Varanasi 12<sup>th</sup> and 13<sup>th</sup> march 2016
3. International Conference on Health Indicators for Physical and Cognitive Fitness Education Conducted by Faculty of Education, Alagappa University Karaikudi 26<sup>th</sup> and 27<sup>th</sup> February 2016
4. UGC Sponsored International Seminar on Health Related Physical Fitness and Wellness Conducted by Poornaprajna College Udupi 22<sup>nd</sup> and 23<sup>rd</sup> August 2014
5. International Conference on Innovative Technology In Sports Allied Sciences Conducted by Department of Physical Education and Health Sciences Alagappa University 19<sup>th</sup> and 20<sup>th</sup> October 2012

## NATIONAL CONFERENCE CHAIR PERESONS

1. UGC Sponsored National Seminar on Physical Activity and Sietary Habits for Healthy Living Conducted by Department of Physical Education St. Joseph College Irinjalakuda 12<sup>th</sup> & 13<sup>th</sup> March 2015
2. UGC Sponsored National Seminar on Recent Development in Sports and Yogic Sciences Conducted by Alagappa University College of Physical Education 19<sup>th</sup> & 20<sup>th</sup> March 2015
3. UGC Sponsored National Seminar on Women Sports Participated in India Conducted by Department of Physical Education , Bharathiar University 30<sup>th</sup> & 31<sup>st</sup> January 2014
4. UGC Sponsored National Seminar on Recent Trends in Sports Technology Management and Allied Sciences Conducted by Department of Physical Education Arumugan Pillai Seethai Ammal College 12<sup>th</sup> & 13<sup>th</sup> September 2014
5. UGC Sponsored National Seminar on Innovative Concepts in Physical Education and Yoga Conducted by Department of Physical Education Arul Anandar College 1<sup>st</sup> & 2<sup>nd</sup> February 2013
6. UGC Sponsored National Seminar on Recent Development in Sports Science and Their Contribution Towards Physical Education and Sciences conducted by Sree Sevugan Annamalai College Devakottai 5<sup>th</sup> & 6<sup>th</sup> October 2012

## INTERNATIONAL CONFERENCE PAPER PRESENTATION WITH PROCEEDINGS

1. Dr.V.A.Manickam, Rejeesh Chakko “Effect of Small Side Football Training on Body Mass Index Aamong Obese Men” International Congress on Renaissance in Sports Strategies Challenges and Choices National College, Research Department of Physical Education and Sports Sciences, Tiruchirappalli 10-11<sup>th</sup> February 2017 Page No : 564
2. Dr.V.A.Manickam, “An Impact of Naturopathy, Yogic Practice on Selected Bio Chemical Variable” International Congress on Renaissance in Sports Strategies Challenges and Choices National College, Research Department of Physical Education nd Sports Sciences, Tiruchirappalli 10-11<sup>th</sup> February 2017 Page No : 633
3. Dr.V.A.Manickam, Bipin Das U R “Changes in Selected Postural Deformities among School Girls due to Packages of Yoga Practice” 2<sup>nd</sup> International Conference on Recent Technological Advancement & Entrepreneurship in Sports IMS-GYM Institute Of Medical Sciences Branaras Hindu University Varanasi 12 & 13 March 2016Page No : 56-59
4. Dr.V.A.Manickam, “Examination of Change in Hip Flexibility and Shoulder Elevation due to Selected Yogic Practices” 2<sup>nd</sup> International Conference on Recent Technological Advancement & Entrepreneurship In Sports IMS-GYM Institute of Medical Sciences Branaras Hindu University Varanasi 12 & 13 March 2016Page No : 60-62
5. Dr.V.A.Manickam, Aneesh Rajappan “Impact of Yogic Practices and Physical Exercises on Flexibility Anxiety and Blood Pressure among University Women Players” 2<sup>nd</sup> International Conference on Recent Technological Advancement & Entrepreneurship in Sports IMS-GYM Institute of Medical Sciences Branaras Hindu University Varanasi 12 & 13 March 2016Page No : 63-67
7. Dr.V.A.Manickam, Srinath C V “Examination of Resemblance Between the Selected Psychological Profile on Skill Performance among Women Basketball Players” 2<sup>nd</sup> International Conference on Recent Technological Advancement &

- Entrepreneurship in Sports IMS-GYM Institute of Medical Sciences Branas Hindu University Varanasi 12 & 13 March 2016 Page No : 68-70
8. Dr.V.A.Manickam, "Dramatic Effect of Yoga Power Yoga and Pilate Exercises on Flexibility College Women Students" International Conference on Health Indicators for Physical and Cognitive Fitness Education Alagappa University , Faculty Of Education 26<sup>th</sup> And 27<sup>th</sup> February 2016 Page No : 160
  9. Dr.V.A.Manickam, Bipin Das "The Similarity Between Postural Deviation and Body Mass Index among School Students" International Conference on Health Indicators for Physical and Cognitive Fitness Education Alagappa University , Faculty of Education 26<sup>th</sup> And 27<sup>th</sup> February 2016 Page No : 169
  10. Dr.V.A.Manickam, Sandeep S "Causes of Circuit Training on Different Surfaces on Selected Physical and Physiological Variables of School Boys" International Conference on Health Indicators for Physical and Cognitive Fitness Education Alagappa University , Faculty of Education 26<sup>th</sup> And 27<sup>th</sup> February 2016 Page No : 173
  11. Dr.V.A.Manickam, Aneesh Rajappan "Examination of Psycho Regulation on Stress of College Women Basketball Players" International Conference on Health Indicators for Physical and Cognitive Fitness Education Alagappa University , Faculty of Education 26<sup>th</sup> And 27<sup>th</sup> February 2016 Page No : 184
  12. Dr.V.A.Manickam, Amrutha Raj M G "Doping Ethics" International Conference on Health Indicators for Physical and Cognitive Fitness Education Alagappa University , Faculty of Education 26<sup>th</sup> And 27<sup>th</sup> February 2016 Page No : 18
  13. Dr.V.A.Manickam, Rajeesh K R "Examination of Blood Pressure and Percentage Body Fat among Middle Age Men due to Walking Programme" International Conference on Health Indicators for Physical and Cognitive Fitness Education Alagappa University , Faculty of Education 26<sup>th</sup> And 27<sup>th</sup> February 2016 Page No : 187
  14. Dr.V.A.Manickam, Amruthu Raj M G "Thera Band Exercise for Rotator Cuff Strengthening" Department of Physical Education and Health Sciences Alagappa University 19<sup>th</sup> And 20<sup>th</sup> October 2012 Page No :62
  15. Sandeep S Dr.V.A.Manickam "Visual Acuity And Sports" Department of Physical Education and Health Sciences Alagappa University 19<sup>th</sup> And 20<sup>th</sup> October 2012 Page No :65
  16. Dr.V.A.Manickam, Amruthu Raj M G "Effect of Polymeric Training Combination of Weight And Polymeric Training on Leg Strength And Explosive Power" Department Of Food Science And Nutrition & Physical Education Avinashlingam University Coimbatore 8<sup>th</sup> & 9<sup>th</sup> March 2012 Page No :197

## **NATIONAL CONFERENCE PAPER PRESENTATION WITH PROCEEDINGS**

1. Dr.V.A.Manickam, Bipin Das U R "Yogic Practice and Achievement Motivation" Department of Physical Education, Govt. College Tripunithura 25<sup>th</sup> and 26<sup>th</sup> November 2015 Page No :18
2. Dr.V.A.Manickam Aneesh Rajappan "Combined Effet of Yogic Practice and Resistance Training on Selected Psychological and Performance Variable among Vol.leyball Players" Department of Physical Education, Govt. College Tripunithura 25<sup>th</sup> and 26<sup>th</sup> November 2015 Page No :4
3. Dr.V.A.Manickam Amruthu Raj "Changes in Cardio Respiratory Endurance among School Boys due to Yogic Practices" Department of Physical Education, Govt. College Tripunithura 25<sup>th</sup> and 26<sup>th</sup> November 2015 Page No :1
4. Dr.V.A.Manickam "Impact of Plyometric Training With Yogic Practices on Selected Skill Performance Variables of Intercollegiate Women Basketball



- Players” Department of Physical Education, Govt. College Tripunithura 25<sup>th</sup> and 26<sup>th</sup> November 2015 Page No :75
5. Dr.V.A.Manickam Sandeep “Surya Namaskar and Core Strength” Department of Physical Education, Govt. College Tripunithura 25<sup>th</sup> and 26<sup>th</sup> November 2015 Page No :1
  6. Dr.V.A.Manickam “Changes in Selected Physiological and Psychological Variables among University Women Athlete due to Yogic Exercise and Psychological Skill Training” Alagappa University College Of Physical Education 19 and 20 March 2015 Page No :30
  7. Dr.V.A.Manickam Amruthu Raj “The Role of Iron Yoga, Yoga and Weight Training Practices on Vital Capacity Flexibility and Strength Endurance among College Women” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :34
  8. Dr.V.A.Manickam P.Palanipriya “Effect of Specific Training on Selected Physical and Physiological Variables among College Handball Players” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :38
  9. Dr.V.A.Manickam S. Sandeep “Effect of Vision Training on Skill in Hockey among Inter College Men Player” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :40
  10. Dr.V.A.Manickam Bipin Das U R “Isolated and Combined Effect of Concentric Eccentric and Physical Training on Selected Motor Ability and Performance Variables of School Girls” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :43
  11. Dr.V.A.Manickam Pratheesh Francis “Comparative Study of Motor Fitness Between Rural and Urban School Boys of Ernakulum District” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :47
  12. Dr.V.A.Manickam R. Aswin “Changes in Motor Fitness and Volleyball Skill Performance among Women Volleyball Players due to Circuit Training” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :49
  13. Dr.V.A.Manickam Araya “Influence of Hollow Sprint Training on Selected Physiological Variables among School Girls” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :51
  14. Dr.V.A.Manickam Santhosh D Danigol “The Examination of Resistance Sprint Training on Selected Physical and Physiological Variable among School Girls” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :53
  15. Dr.V.A.Manickam Stylemon Pillai “The Examination of Resistance Sprint Training on Selected Physical and Physiological Variable among School Girls” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :55
  16. Dr.V.A.Manickam Aneesh Rajappan “The Similarity Between Short Duration and Long Duration Activity Women Players on Psychological Profile” Alagappa University College of Physical Education 19 and 20 March 2015 Page No :58
  17. Dr.V.A.Manickam Bipin Das U R “Changes In Cardio Respiratory Endurance among College Women due to Yogic Practice” Department of Physical Education G.T.N. Arts College Dindigul Page No 259
  18. Dr.V.A.Manickam “Similarities Between Short Duration and Long Duration Activity of Women Players on Psychological Profile” Department of Physical Education G.T.N. Arts College Dindigul Page No 262
  19. Dr.V.A.Manickam Bipin Das U R “Effect Of Polymetric Training on Speed and Leg Strength among Football Players” Department of Physical Education St. Joseph College Irijalakuda Page No 44

20. Dr.V.A.Manickam "The Role of Swimming Programme on Body Weight and Blood Sugar among Diabetics" Department of Physical Education St. Joseph College Irijalakuda Page No 89
21. Dr.V.A.Manickam Pratheesh Francis "Effect of Different Speed Training on Selected Motor Ability Components of Inter Collegiate Women Basketball Players" Department of Physical Education St. Joseph College Irijalakuda Page No 106
22. Sandeep Dr.V.A.Manickam "Effect of Skipping and Medicine Ball Exercises on Selected Physical Fitness Variable "Department of Physical Education St. Joseph College Irijalakuda Page No 129
23. Dr.V.A.Manickam Amruthu Raj M G "Comparative Study of Dynamic Balance between Hockey and Football Players" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014 Page No 24
24. Dr.V.A.Manickam V Muthukumaran "Dramatic Changes on Body Weight and Blood Sugar among Diabetic Patients due to Swimming Programme" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014Page No 49
25. Dr.V.A.Manickam Effect of Dynamic Suryanamaskar Practice on Selected Motor Fitness Components among College Women" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014 Page No 186
26. Dr.V.A.Manickam , Pratheesh Francis "Dramatic Changes in Selected Strength Parameters due to Twelve Weeks of Circuit Weight Training" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014 Page No 211
27. Dr.V.A.Manickam Araya " Effect of Resistance Sprint Training on Selected Physical and Physiological Variable among College Womens" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014Page No 230
28. Dr.V.A.Manickam, Josphy P S "Changes on Leg Strength among College Women due to Circuit Resistance Training" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014 Page No 242
29. Dr.V.A.Manickam Kala R "Impact of Fartlek Training on Cardio Vascular Endurance and Resting Pulse Rate among College Women" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014Page No 280
30. Dr.V.A.Manickam Aneesh Rajappan "Effect of Circuit Training on Selected Motor Fitness Variable among College Level Men Basketball Players" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur12<sup>th</sup> &13<sup>th</sup> September 2014 Page No324
31. Dr.V.A.Manickam Sanddep S "A Study on The Management of Inter Collegiate Sports Programmes in Collegiate of Alagappa University" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014Page No355
32. Dr.V.A.Manickam, Stylemon Pillai "Variables of Men Basketball Players" Department of Physical Education Arumugam Pillai Seethai Ammal College, Thiruppattur 12<sup>th</sup> &13<sup>th</sup> September 2014Page No375
33. Dr.V.A.Manickam Causes of Suryanamaskar with Kriya Practices on Selected Motor Fitness Components among Women Basketball players" Department of Physical Education and Centre for Ethics and Human Values Seethalakshmi College Thrichi 26,27,28 September 2013Page No240

34. Dr.V.A.Manickam Nins Peter & Rajkumar "Yoga Exercise is Good For Healthy Living -How?" Department of Physical Education Arul Anandar College (Autonomous) Karmathu 1<sup>st</sup> And 2<sup>nd</sup> February 2013 No79
35. Aswin R , Namita Sarang Dr.V.A.Manickam "Modern Sports Technology?" Department of Physical Education Arul Anandar College (Autonomous) Karmathu 1<sup>st</sup> and 2<sup>nd</sup> February 2013 No99
36. Dr.V.A.Manickam Amruthu Raj M G "Functional Training and Functional Fitness" Department of Physical Education Arul Anandar College (Autonomous) Karmathu 1<sup>st</sup> and 2<sup>nd</sup> February 2013 No 171
37. Dr.V.A.Manickam Sasndeeep S "Effect of Physical Relaxation Techniques on Blood Pressure and Emotional Quotient among Teacher Training College Students" Department of Physical Education Arul Anandar College (Autonomous) Karmathu 1<sup>st</sup> and 2<sup>nd</sup> February 2013 No 254
38. P. Anandakumar Dr.V.A.Manickam "Yoga Improve Blood Circulation" National Association of Physical Education and Sports Sciences Jan 2012 No 470
39. Amruthu Raj M G Dr.V.A.Manickam "Core Training on Throwing Performance" Research Development of Physical Education , National College Tiruchirapilli 28<sup>th</sup> July 2012 Page No 100
40. Sandeep S Dr.V.A.Manickam "Effect of Physical Relaxation Technique on Blood Pressure and Emotional Quotient among Teacher Training" Research Development of Physical Education , National College Tiruchirapilli 28<sup>th</sup> July 2012 Page No 88
41. Dr.V.A.Manickam P Rameesh "Impact of Modern Sports Design Training with And without Strength Training on Selected Performance Variables among College Women Football Player" Bharathidasan University, Tiruchirappalli 22,23 March 2011 No 330

### **INTERNATIONAL SEMINAR PAPER PRESENTATION**

1. Dr.V.A.Manickam "Effect of Polymetric Training and Weight Training programme on Leg Strength & Explosive Power Among Women Volleyball Players" Tamilnadu Physical Education and Sports University 18<sup>th</sup> & 19<sup>th</sup> January 2017
2. Dr.V.A.Manickam "Impact of Different Intensity of Speed Training on Speed Parameters" Poornaprajna college udupi 22<sup>nd</sup> & 23<sup>rd</sup> August 2014
3. Dr.V.A.Manickam "Yoga Improve Blood Circulation" Tamilnadu Physical Education and Sports University 16<sup>th</sup> 17<sup>th</sup> & 18<sup>th</sup> February 2012
4. Dr.V.A.Manickam "Dramatic Influence of Selected Yogic Exercises and Psychological Skill Training on Selected Psycho Physiological & Psychological Variables of Excellent Performance" Department of Physical Education and Health Sciences, Alagappa University 27<sup>th</sup> & 28<sup>th</sup> January 2011
5. Dr.V.A.Manickam "Efficacy of Selected Pranayama and Meditation practices of selected psychomotor variables of intellectually challenged children" Ramakrishna Mission Vivekananda University 19 & 20 September 2011
6. Dr.V.A.Manickam " Comparative Effect of Fartlek and Continuous Training on Selected Physical and Physiological variables" School of Physical Education Alagappa University 12<sup>th</sup> & 13<sup>th</sup> February 2010

## NATIONAL SEMINAR PAPER PRESENTATION

1. Dr.V.A.Manickam "Influence of Plyometric Training Packages With And Without Resistance Training on Selected Bio Motor Variables among Women Physical Education College Hockey Players" Department of Physical Education V.O.Chidambaram College Thoothukudi 3<sup>rd</sup> & 4<sup>th</sup> March 2017
2. Dr.V.A.Manickam " Examination of Varied Intensity of Circuit Training on Selected Strength and Endurance Parameters among Women Vol.leyball Players" Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education 23-24 February 2017
3. Dr.V.A.Manickam "Changes in Body Fat and Body Weight of Middle Age Women due to Selected Yogic Asana Training" Alagappa University College of Physical Education and Department of Fine Arts 12<sup>th</sup> January 2017
4. Dr.V.A.Manickam "Examine the Changes in Hematological Variables ..... Pilate Training, "Bharathiar University Coimbatore Department of Physical Education 31<sup>st</sup> March And 1<sup>st</sup> April 2016
5. Dr.V.A.Manickam "Stress Management Among School Boys" Department of Physical Education and Yoga Bharathidasan University 4<sup>th</sup> &5<sup>th</sup> February 2016
6. Dr.V.A.Manickam "Effect of Selected Yogic Practice on Stress Management of School Boys" Department of Physical Education and Yoga Bharathidasan University 4<sup>th</sup> &5<sup>th</sup> February 2016
7. Dr.V.A.Manickam "Examine the in Shoulder Evaluation and Flexibility Due to Eight Weeks Training of Selected Yogic Asanas" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
8. Dr.V.A.Manickam "Effect of Yoga Training on Physical Fitness" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
9. Dr.V.A.Manickam "Changes on Selected Physical Fitness Variables due to Skipping and Medicine Ball Exercises" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
10. Dr.V.A.Manickam "Attitude of Obese and Non-Obese College Male Students - A Comparative Study" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
11. Dr.V.A.Manickam "Effect of Polymetric Training and Weight Training Programme on Leg Strength and Explosive Power among Women Vol.leyball Players" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
12. Dr.V.A.Manickam "Examine The Role of Yogasanas and Pilates Exercise on Flexibility and Cardiovascular endurance of Obese Boys" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
13. Dr.V.A.Manickam "Influence of Yogic Practices on Selected Physiological And Bio Chemical Variables among Type- II Diabetic Female" Alagappa University College Of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
14. Dr.V.A.Manickam "Impact of Selected Yogic Aerobic Training Programme on Body Weight And Body Fat among Middle Age Women" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
15. Dr.V.A.Manickam "Examine the Changes in Cardio Respiratory Endurance among College Women due to Yogic Practices" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
16. Dr.V.A.Manickam "The Role of Aerobic Training on Cardio Respiratory Fitness among Male Obese Students" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015

17. Dr.V.A.Manickam "Dramatic Effect of Yogasanas and Pilates Exercise on flexibility and Cardiovascular Endurance of Obese Students" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
18. Dr.V.A.Manickam "An Effective Study on Kinesthetic Perception in College Level Students under the age Group Of 17-20" Alagappa University College of Physical Education 28<sup>th</sup> & 29<sup>th</sup> September 2015
19. Dr.V.A.Manickam "Knowledge Management in Modern Strategy of Obesity and overweight" Alagappa University College of Physical Education 24<sup>th</sup> And 25<sup>th</sup> April 2015
20. Dr.V.A.Manickam "Impact of Varied Intensity of Circuit Training on Selected Strength and endurance Parameters of Women Handball Players" Union Christian College Aluva 5<sup>th</sup> 6<sup>th</sup> And 7<sup>th</sup> March 2015
21. Dr.V.A.Manickam "Examine Changes in Selected Strength Parameters Subsequent to Twelve Weeks of Circuit Weight Training" K.V.R, K.V.R, & M.K.R College Khajipalem 5<sup>th</sup> & 6<sup>th</sup> December 2014
22. Dr.V.A.Manickam "Impact of Varied Intensity of Circuit Training on Selected Strength and endurance Parameters of Women Handball Players" Research Department of Physical Education Bishop Heber College Tiruchirappalli 15<sup>th</sup> February 2014
23. Dr.V.A.Manickam "Influence of Assisted Sprint Training on Speed Parameters among untrained School Girls" Department of Physical Education Bharathiar University 30<sup>th</sup> & 31<sup>st</sup> January 2014
24. Dr.V.A.Manickam "Causes of Surayanamaskar With Kriya Practice on Explosive Power and Resting Components among Women Basketball Players" Seethalakshmi Ramaswami College Tiruchirapalli 26<sup>th</sup>, 27<sup>th</sup>, & 28<sup>th</sup> September 2013
25. Dr.V.A.Manickam "Effect of Selected Yogic Practice and Breathing Exercises on Physical Physiological Variable among College Women" University Of Madras, Department of Physical Education and Sports 22 March 2013
26. Dr.V.A.Manickam "Influence of Athletic Training on Selected Motor Variables among College Students" Sree Sevugan Annamalai College Devakottai 5<sup>th</sup> & 6<sup>th</sup> October 2012
27. Dr.V.A.Manickam "I Sports Compete to Save the Planet" Annamalai University Department of Physical Education and Sports Sciences 28<sup>th</sup> & 29<sup>th</sup> March 2011
28. Dr.V.A.Manickam "Examine The Drastic Measure of Existing Yoga Practice" Alagappa University, Department of Physical Education and Health Sciences 22<sup>nd</sup> March 2011
29. Dr.V.A.Manickam "Sports Technology in Physical Education" Bharathiar University 22<sup>nd</sup> & 23<sup>rd</sup> March 2011
30. Dr.V.A.Manickam "Technological Advancement in Physical Education" Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education 18<sup>th</sup> and 19<sup>th</sup> March 2011
31. Dr.V.A.Manickam "Impact of Modern Sports Design Training With And Without Strength Training on Selected Performance Variables among College Women Football Players" Bharathidasan University 12<sup>th</sup> March 2011
32. Dr.V.A.Manickam "The Impact of Yogasana & Pranayama Exercise on Selected Biochemical & Physiological Variables" Department of Physical Education and Health Sciences Alagappa University 29<sup>th</sup> October 2010
33. Dr.V.A.Manickam "Perception of Quality for Graduate Athlete Training Education" Arumugan Pillai Seethai Ammal College, Tiruppattur 21<sup>st</sup> and 22<sup>nd</sup> October 2010
34. Dr.V.A.Manickam "Music As Yoga Discover the Healing Power Of Sound" Tamilnadu Physical Education and Sports University 20<sup>th</sup> and 21<sup>st</sup> December 2010

35. Dr.V.A.Manickam "Effect of Interval Training on Selected Physiological Variables of Collegiate Female Students" Alagappa University, Department of Physical Education and Health Sciences 2<sup>nd</sup> March 2009
36. Dr.V.A.Manickam "Effect of Aerobic Training on Selected Physical Fitness Physiological and Anthropometric Variables among School Boys" Bishop Herber College Tiruchirappalli 20<sup>th</sup> March 2009
37. Dr.V.A.Manickam "Influence of Selected Anthropometric and Physical Variables on Over Arm Throwing Performance among Technical Students" Bharathidasan University, Tiruchirappalli 21<sup>st</sup> March 2009
38. Dr.V.A.Manickam "Effect of Modern Sports Design Training With and Without Strength Training on Selected Performance Variables Among Men Basketball Players" Alagappa University, Department of Physical Education and Health Sciences 25<sup>th</sup> September 2009
39. Dr.V.A.Manickam "Effect of Healthy Structure Recreation Activity Programme on Selected Motor Fitness Variables Among School Boys" Alagappa University Karaikudi, Department of Physical Education and Health Sciences 18<sup>th</sup> September 2008
40. Dr.V.A.Manickam "Respiratory Adaptation Using Aerobic Workload" Tamilnadu Physical Education and Sports University 30<sup>th</sup> October 2008
41. Dr.V.A.Manickam "Yoga and Health" Universal Yoga Consciousness 17 & 18 February 2007
42. Dr.V.A.Manickam "Analysis of Common Injuries and Curative Measures in Hockey" National College Department of Physical Education 28 February 2007
43. Dr.V.A.Manickam "Effect of Set Training on Selected Physical Physiological Variables" Alagappa University 15<sup>th</sup> September 2007
44. Dr.V.A.Manickam "Survey of Low Back Pain among Women Employee In Karaikudi" Indian Academy of Social Sciences 27-31 December 2006

### **INTERNATIONAL WORKSHOP ATTENDED**

1. Dr.V.A.Manickam 4<sup>th</sup> Interuniversity National Yoga Practice & Educational Camp, Swami Vivekananda Yoga Anusandhana Samsthana Conducted At 15<sup>th</sup> May 2008
2. Dr.V.A.Manickam International Workshop on Football, School of Physical Education Alagappa University Conducted At 14<sup>th</sup> December 2010

### **NATIONAL WORKSHOP ATTENDED**

1. Dr.V.A.Manickam Workshop and Activity based Yoga, Centre of Yoga Education, Alagappa University 8<sup>th</sup> February 2017
2. Dr.V.A.Manickam National Level Workshop on Exercises Training and Diet for High Performance in Para Sports 2017 Alagappa University College of Physical Education 31<sup>st</sup> January 2017
3. Dr.V.A.Manickam UGC Sponsored National Workshop on Sports Biomechanics Department of Physical Education Bharathidasan University 19<sup>th</sup> December 2016
4. Dr.V.A.Manickam National Workshop on Psycho Physiological Aspects of Yoga Mother Teresa Women University Kodaikanal 2<sup>nd</sup> April 2014
5. Dr.V.A.Manickam National Workshop on Adventure Sports & Certificate Course in Mountaineering and Allied Sports (ASCCMAS 2012) University Mountaineering Centre 23<sup>rd</sup> To 29<sup>th</sup> February 2012

6. Dr.V.A.Manickam National Workshop on Yoga, Allied Therapy and Physical Education Koviloor Andavar College of Physical Education and Sports Centre 27<sup>th</sup> March 2013
7. Dr.V.A.Manickam National Workshop on Expansion and Enrichment of Distance Learning (EEDL 2012) Directorate of Distance Education , Alagappa University 27<sup>th</sup> & 28<sup>th</sup> March 2012
8. Dr.V.A.Manickam UGC Sponsored National Workshop on Statistical Software Applicatio in Physical Education and Sports Sciences Research Department of Physical Education Bharathidasan University 18<sup>th</sup> & 19<sup>th</sup> March 2012
9. Dr.V.A.Manickam National Workshop on Physiological Adaptation on Training and Nutrition Department of Exercises Physiology and Bio Mechanics Tamilnadu Physical Education and Sport University 9<sup>th</sup> February 2011
10. Dr.V.A.Manickam National Workshop on Athletics Seluam College of Physical Education, Nammakal 5<sup>th</sup> February 2011
11. Dr.V.A.Manickam National Workshop on Vol.leyball Alagappa University College of Physical Education 4<sup>th</sup> February 2011
12. Dr.V.A.Manickam National Level Workshop on Yoga Therapy, Exercise Therapy, and Allied Therapy Koviloor Andavar Institute of Yoga & Research 29<sup>th</sup> January 2011
13. Dr.V.A.Manickam A one day National Level Workshop on Shift System in Government Colleges on the Total Development of the Students Department Of Education, Alagappa University 31<sup>st</sup> March 2010
14. Dr.V.A.Manickam National Workshop on Vol.leyball Department of Physical Education and Health Sciences, Alagappa University 7 March 2009
15. Dr.V.A.Manickam UGC Sponsored National Workshop on Interdisciplinary Approach to an Evaluation of Human Performance Annamalai University 30<sup>th</sup> & 31<sup>st</sup> March 2008
16. Dr.V.A.Manickam National Workshop on Athletics Sivagangai District Athletic Association 16<sup>th</sup> September 2016