



Dr.D.MANIAZHAGU

Professor

Contact

Address : Department of Physical Education and Health sciences
Alagappa University
Karaikudi – 630 003
Sivaganga (Dist)
Tamil Nadu.

EmployeeNumber : 41410

Contact Phone : (+91)4565 225 214
(Office)

Contact Phone : 9865204005 / 7010374496
(Mobile)

Contact e-mail(s) : maniazhagud@alagappauniversity.ac.in / drmaniazhagu@gmail.com

Website : <https://www.alagappauniversity.ac.in/academics/faculty-of-education/school-of-physical-education/docs/41410.pdf>

Academic Qualifications

Degree	Institution	Year	Branch	Class
M.P.Ed	University of Madras	1996	Physical Education	First
M.Phil	Alagappa University	2001	Physical Education	First
PhD	Alagappa University	2006	Physical Education	Awarded
NIS(Cert)	LNCPE, Trivendrum	1998	Volleyball	A Grade
NIS(Cert)	NINIS, Eastern Centre	2007	Athletics	A Grade
PGDCYNC	TNPESU	2008	Yoga	First

Teaching Experience

Total Teaching Experience : 25 Years

Position	Institution	Duration
Professor	Alagappa University	20-03-2024 to Till date
Professor and Head (Lien)	Central University of Tamil Nadu	12-04-2023 to 19-03-2024
Professor (AL10)	Alagappa University	01-06.2021 to 11-04-2023
Associate Professor (AL9)	Alagappa University	01-06-2018 to 31-05-2021
Assistant Professor (AL8)	Alagappa University	01-06-2015 to 31-05-2018
Assistant Professor (AL7)	Alagappa University	01-06-2010 to 31-05-2015
Assistant Professor (AL6)	Alagappa University	01-06-2006 to 31-05-2010
Physical Director & Lecturer	Selvamm Arts & Science College	01-06-2001 to 31-05-2006
Lecturer	YMCA College of Physical Education	21-10-1998 to 31.05.2000

Research Experience

Total Research Experience : 18 Years

Position	Institution / University	Duration
Assistant Professor to Professor	Alagappa University	18 years

Academic and Additional Responsibilities

S.No	Position	UniversityBodies	Period	
			From	To
1.	CAS Screening committee	Central University of Tamil Nadu	01.12.2023	19.03.2024
2.	Chairperson – fee collection for sports	Central University of Tamil Nadu	27.10.2023	-
3.	Application Screening Committee - COE	Central University of Tamil Nadu	12.10.2023	28.10.2023
4.	Observer skill test for section officer	Central University of Tamil Nadu	07.10.2023	-
5.	Anti Ragging squad	Central University of Tamil Nadu	21.09.2023	19.03.2024

	member			
6.	Chairperson students orientation – Stage committee	Central University of Tamil Nadu	01.09.2023	-
7.	Staff selection committee	Central University of Tamil Nadu	30.08.2023	19.03.2024
8.	IQAC Member	Central University of Tamil Nadu	22.08.2023	19.03.2024
9.	Member in Staff selection committee	Central University of Tamil Nadu	18.08.2023	-
10.	Member - NAAC,SSR Qualitative Committee (Criterion 7)	Central University of Tamil Nadu	11.07.2023	19.03.2024
11.	NAAC Steering Committee	Central University of Tamil Nadu	11.07.2023	19.03.2024
12.	Chairman BoS	Central University of Tamil Nadu	26.06.2023	19.03.2024
13.	Nodal officer – SpoC/IDY 2023	Central University of Tamil Nadu	21.06.2023	-
14.	Member in screening committee	Central University of Tamil Nadu	21.06.2023	27.06.2023
15.	Member in screening committee	Central University of Tamil Nadu	09.06.2023	23.06.2023
16.	Member in Staff selection committee	Central University of Tamil Nadu	09.06.2023	12.06.2023
17.	Chairperson – Rent charges for Universtiy seminar Hall	Central University of Tamil Nadu	07.06.2023	19.03.2024
18.	Member in Staff selection committee	Central University of Tamil Nadu	20.05.2023	-
19.	Member in screening committee	Central University of Tamil Nadu	27.04.2023	02.05.2023
20.	Member in screening committee	Central University of Tamil Nadu	22.04.2023	28.04.2023
21.	Member - NAAC Steering Committee	Central University of Tamil Nadu	12.04.2023	19.03.2024
22.	Grievance Redressal Officer	Alagappa University	29.03.2021	11.04.2023
23.	Coordinator – Online Examination	Alagappa University	01.06.2020	11.04.2023
24.	Member - ECI Hub	Alagappa University	30.09.2019	11.04.2023
25.	Member - Health Club	Alagappa University	01.06.2018	11.04.2023
26.	Coordinator - NAAC(Department level)	Alagappa University	01.06.2018	11.04.2023
27.	Coordinator - IQAC(Department level)	Alagappa University	01.06.2018	11.04.2023
28.	Coordinator - NIRF(Department level)	Alagappa University	01.06.2018	11.04.2023
29.	In-charge of Director of Physical Education	Alagappa University	08.10.2009	21.12.2009

30.	Member – University men football selection	Alagappa University	2006	2022
31.	Member – University women football selection	Alagappa University	2006	2022

Areas of Research

**Title of the Research: Sports Training
Sports Physiology**

Research Supervision/Guidance

Program of Study		Completed	Ongoing
Thesis / Dissertation	Ph.D	35	04
	M.Phil	60	-
Project	PG	02	-

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
114	35	35	29	01

Cumulative Impact Factor(asper JCR)	: 54.748
h-index	: 10 (Google Scholar) – 1 (Scopus)
i10 index	: 10
Total Citations	: 289 (Google Scholar) – 45 (Scopus)

Funded Research Projects

Ongoing Projects:

S.No	Agency	Period		ProjectTitle	Budget (Rs.In lakhs)
		From	To		
1	TANSICHE	2021-2024		Effectiveness of integrative neuromuscular training combined with brain gym exercises, asanas and pranayama practices on health fitness components ,lipid profile status and neuro cognitive performance of school students	20.08
2	ICSSR	2018-2021		Individual and combined interventions of Tai-Chi, Pilates, and Yogic Practices on health fitness, psycho-physiological components and math computation of B.ED Trainees	5.25

Completed Projects:

S.No	Agency	Period		ProjectTitle	Budget (Rs.In lakhs)
		From	To		
1	AURF	31.12.2009 – 28-07-2011		Effects of Isolated and combined training of yogic practices and physical exercise on selected physical and physiological variables among rural students	0.2
2	UGC	01.02.2010-31-01-2012		Effects of varied packages of yogic practice on health related fitness physiological hematological and biochemical variables among obese women	4.02
3	ICSSR	25.03.2013-31-09-2015		Impact of physical training programmes on health related and pulmonary variables of women students	8.5
4	UGC	18.03.2015-18-07- 2016		Effects of isolated and combined effects of aerobic dancing and resistance training on health related fitness physiological and lipid profile status of type-2 diabetic patients	19.5

Consultancy Projects:

S. No	Agency	Period		ProjectTitle	Budget (Rs.In lakhs)
		From	To		
5	ICSSR-NRCT	01-03-2015-	15-03-2015	Health States of Alagappa University and Mahidol University. A comparative study on health related fitness, Physiological and psychological parameters	5.00

Distinctive Achievements / Awards

S.no.	Award	Awarded by	Category for which the award was given	Year of award
1	Cristiano Ronaldo Excellence Award	International Foundation of Multi-Disciplinary Research(AP)	Excellence in Physical Education	2022
2	International Kalam' S Golden Award	Kalam'S World Records	Public Health activities	2021
3	Social Service Award	Legal Rights Organization, Chennai	Public Health activities	2020
4	Asian Education Award	Kites kraft Productions, Punjab	Contribution for Education	2020
5	Korean Research Fellow	South Korea	Extension healthprogram	2020
6	Young Researcher	PEFI, New Delhi	Innovative research in physical education	2019
7	Best Physical Trainer Award for Children	International association of Lions Club, Ashoke Mehta Region, Karaikudi	Fitness Trainer	2018
8	Outstanding Research Supervisor Award	ARUNAI International Research Foundation, Thiruvannamalai	Research Contribution	2018
9	Outstanding researcher Award	KNSU (Korean National Sports University)International Conference-Asia Pacific conference on Coaching Science, Seoul, Korea	Research Contribution	2018
10	Social Service Award	Lions Club of Chettinadu, Chettinadu	Public Health activities	2018
11	Alagappa Excellence Award for Research	Alagappa University	Research Contribution	2018
12	Best Teacher Award	Legal Rights	Teaching	2017

		Organizations		
13	Social Service Award	Cosmos Lions Club, Karaikudi	Public Health activities	2017
14	Social Service Award	City Lions Club, Karaikudi	Public Health activities	2016
15	UGC-Research Award	UGC, New Delhi	Research Contribution	2015
16	Best scientific paper award	VIT, Vellore and BU, Bangalore	Conference	2008 & 2009
17	M.Phil- First Rank Holder	Alagappa University	Education	2001
18	Best student award	YMCA, College, Chennai	Student	1998

Number of Seminars /Conferences /Workshops/ Events organized:

Position	Programme	Duration	Institution
Organizing Secretary	Fit India week celebration 2023	24.01.2024 – 30.01.2024	Central University of Tamil Nadu
Convener	All India inter University south zone women kho- kho tournament	26.12.2023 – 30.12.2023	Central University of Tamil Nadu
Convener	National workshop on yoga cum lecture series 5	29.08.2023	Central University of Tamil Nadu
Convener	National workshop on yoga cum lecture series 4	18.08.2023	Central University of Tamil Nadu
Convener	National workshop on yoga cum lecture series 3	31.07.2023	Central University of Tamil Nadu
Convener	National workshop on yoga cum lecture series 2	14.07.2023	Central University of Tamil Nadu
Convener	National workshop on yoga cum lecture series 1	30.06.2023	Central University of Tamil Nadu
Organizing Secretary	International day of Yoga 2023	21.06.2023	Central University of Tamil Nadu
Organizing Secretary	International Conference	12.02.2010 & 13.02.2010	Alagappa University
Organizing Secretary	International Conference	08.03.2010 & 09.03.2010	Alagappa University

Events Participated

Number of Conferences/Seminars/Workshops : 170

OverseasExposure/Visits

S.no.	Country visited	Year	Purpose
1	South korea	2018	Paper presentation - (Korean National Sports University)
2	Thailand	2015	Collaborative research work – Mahidal University
3	The Netherland	2014	Paper presentation – (VU University – Amsterdam)
4	Singapore	2010	Paper presentation - (National Institute of Education)

Membership

Year/Period	Name of the BoS/Administrative Committee / Academic Committee	Role
2021-2024	Member of board of Study – Alagappa University	Academic Activities

Professional Bodies

1. Life Member: National Association Physical Education and Sports Sciences. (Amravati, Maharashtra)
2. Life Member: Asian council of Exercises and Sports Science (China)
3. Physical Education Foundation of India (2019-2020)
4. Asian Coaching science -2018-2020
5. European College of Sports Sciences (2024 – 2025)

Advisory Board

Academic Bodies in Other Institutes / Universities

Year/Period	Name of the BoS/Administrative Committee / Academic Committee	Role
2023 -2026	Chairman - Board of Study -Bharathidasan University, Thiruchchirapalli.	Curriculum related works

2003 - 2006	Member of board of Study - Sri Venkateswara University, Tirupati, Andhra Pradesh.	Curriculum related works
2002 -2005	Member of Board of Study - National College, Thiruchchirapalli.	Curriculum related works
2002-2005	Member of Board of Study - JJ, College of Arts & Science, Pudukkottai.	Curriculum related works

Adjudicationa of Ph.D. Thesis / Viva Voce conducted

1. No. of Ph.D Thesis evaluated : 40
2. No. of Ph.D Public VivaVoce Examination conducted : 31

Ph.D Thesis Guided

S.No	Name of the Scholar	Title of the Thesis	Year of Completion
1	Dr.S.Malar	Effects of integrative neuromuscular training combined with yoga and stretching exercises on motor qualities of primary school children	2021
2.	K.Sudha	Effects of circuit training combined with different neuromuscular activities on health and skill related fitness components of school girls	2020
3.	V.Shivashankara	Effects of metabolic based sport specific training combined with asana practices and pilates exercises on performance parameters of adolescent hockey players	2019
4.	C.Krishnamoorthi	Effects of complex and maxex training on speed parameters of university athletes	2020
5.	AmbiliRaghavan	Effect of two volume of plyometric training on different surface combined with SAQ drills on performance parameters of junior volleyball players	2019
6.	Biju Peter	Effects of low and moderate intensities of aquatic plyometric training combined with yogic practices on selected performance parameters of junior athletes	2019
7.	M.A.Sankaran	Effects of low intensity plyometri training combined with differen kinds of stretching exercises o selected performance parameters of school children	2019
8.	ShekharPratap Singh	Relationship between selected physical fitness variables and selected skills performance	2017

		variable of basketball players	
9.	B.Hemambara Reddy	Effects of low intensity of aquatic and land plyometric training on selected motor fitness variables among school boys	2017
10.	S.Akila	Effects of different intensity of bench step aerobic dance on selected pulmonary variables of untrained college women	2017
11.	Kurion Abraham	Effect of circuit resistance training and super circuit resistance training on selected motor fitness variables among college football players	2016
12.	M.Senthil	Effect of aerobic and anaerobic training on selected pulmonary variables of untrained college men	2016
13.	J.Senthilnathan	Effects of isolated and combined training of aerobic exercise and yogic practice on lipid profile status of type II diabetes patients	2016
14.	Jagadish Kumar	Effects of interval training on treading and spinning on motor fitness variables of untrained college women	2016
15.	K.Tamilarasi	Effects of combination of assisted and resisted sprint training on selected physiological, performance related fitness variables and skill performance variables among male soccer players	2015
16.	R.Priya	Effect of different circuit training with yogic practices on selected motor fitness attributes and physiological variables of school girls students	2015
17.	R.Kalaiarasi	Effects of aerobic dancing and Yogic Practices on selected health-related fitness Psychological and biochemical variables among college women students	2015
18.	James Zachariah	Comparative effects of different sprint training on selected speed parameters among college men students	2015
19.	V.Senthilkumar Balaji	Effects of saq training, circuit resistance training and plyometric training on selected motor fitness variables among inter collegiate men football players	2015
20.	R.Saratha	Isolated and combined effects of resistance and aerobic training on selected physical fitness, physiological and hematological	2014

		variables among college men students	
21.	A.Kanimozhi	Effects of aerobic dancing and yogic practice on selected motor ability components and physiological variables among school girls	2014
22.	S. Revathi	Effects of three different intensity of plyometric training on selected bio motor abilities and physiological variables among senior football players	2013
23.	B. Pauline Arunothayam	Effects of isolated and combined effect of hollow sprint and plyometric training on selected physical fitness and physiological variable among college men students	2013
24.	P. Selvaraju	Quantification of motor ability components physiological and hematological responses to sub maximal and maximal intensities of treadmill training among college men students	2013
25.	S. Karunanithi	Effects of circuit resistance training SAQ training and their combination on performance variables and skill performance of males soccer players	2013
26.	RakeshBharthi	Effects of aquatic plyometric training and land plyometric training on selected physical fitness variables and physiological variables among inter collegiate male basketball players	2013
27.	S. Lourduraj	Construction of Basketball skill test and compilation of norms for collegemen players	2013
28.	T.SusaiArokia Malar	Quantification of selected motor ability components physiological and hematological responses to concurrent endurance training and circuit resistance training sequence among college men students	2013
29.	B.K.Ravindranatha	Effects of football skill based drills practice with aerobic training on selected skill related fitness components and skill performance of male football players	2013
30.	G.Roshan Kumar	A critical analysis of sports facilities programmes and achievements of universities in Karnataka State	2013
31.	N. Anbu	Effects of circuit resistance training with aerobic circuit resistance training on selected performance related fitness components and skill performance variables of male football players	2012

32.	H. Ravikumar	Effects of basketball skill based drills practice with low and high intensity resistance training on explosive power, aerobic capacity, anaerobic power and skill performance of inter collegiate male players	2012
33.	A. Palani Joel	Effects of varied packages of plyometric training on selected motor ability components and physiological variables among college men students	2012
34.	A.S. Sasikumar	Effects of varied packages of yogic practices on selected motor ability components physiological hematological and bio chemical variables among college men students	2011
35.	A.Regupandi	Quantification of Motor ability components physiological and hematological responses to hypoxic training at different altitudes among college men students	2011

List of Research Articles / Recent Publications

S. No	Authors/Titleofthepaper/Journal	Impact Factor
1.	Ponnusamy Yoga lakshmi, Swamynathan Sanjaykumar, Maniazhagu and Aarthi Elangovan (Feb-2024). Using support vector regression kernel models for cricket performance prediction in the women's premier league 2024 (Physical Education theory and methodology) ISSN 1993-7997	
2.	Maniazhagu (2023) , Effects Of Circuit Training And Battle Rope Training On Cardio Respiratory Endurance Of School Girls, <i>Indian Journal of Yoga exercise & Sports Science and Physical Education</i> , 8(1)	
3.	Gowrishankar, Sankar, Kamaladevi, Chandrasekar, Ravi, Boomi, Maniazhagu , KaruthaPandian (2021), Promising phytochemicals of traditional Indian herbal steam inhalation therapy to combat COVID-19- an in silico study. Food and Chemical Toxicology. https://doi.org/10.1016/j.fct.2020.111966	
4.	S.Malar, Maniazhagu (2020). Effects of integrative neuromuscular training combined with yoga stretching exercises on abdominal strength endurance of primary school children. <i>Indian Journal of Public Health Research & Development</i> , (Scopus Indexed), 11(3): 899-903.	
5.	K.Sudha, Maniazhagu (2019). Effects of circuit training combined with different neuromuscular activities on muscular endurance and body composition of school girls. <i>Indian Journal of Public Health Research & Development</i> , (Scopus Indexed) 2019, Vol. 10, No. 12, PP. 1329-1333	

Resource persons in various capacities

National Conferences	: 30
International Conferences	: 16
Invited Lectures (State/University)	: 23