



Dr. D. RAJALAKSHMI
Professor

Contact

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Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph.D	Alagappa University	2000	Physical Education	Awarded
M.Phil.	Alagappa University	1997	Physical Education	First
M.S. (EM)	Alagappa University	2007	Education Management	First
M. P. Ed	University of Madras	1996	Physical Education	First
B. M. S	University of Madras	1995	Mobility Science for Disabled	First
B. Sc	University of Madras	1994	Chemistry	First
FSS (Fellowship in Sports Sciences)	Department of Research Apollo Hospitals, Hyderabad	2007	Sports Sciences	First
PGDND	Madurai Kamarajar University	2010	Nutrition And Dietetics	First
PGDY	Annamalai University	2009	Yoga	First
PGDSO	Viveganandha University	2007	Special Olympics	First
PGDDE	IGNOU	2006	Distance Education	First
PGDHE	IGNOU	2000	Higher Education	First
PGDSM	Alagappa University	1996	Sports Management	First
T. T.Y. Ed.	Alagappa University	1996	Yoga Education	First
DOM	Christopher Blind Mission, YMCA	1995	Diploma in Orientation and Mobility for Blind	First

Teaching Experience

Total Teaching Experience : 27 Years

Position	Institution	Duration
Professor	Alagappa University College of Physical Education, Karaikudi	01.01.2020 to till date
Assistant Professor to Associate Professor	Alagappa University College of Physical Education, Karaikudi	03.01.2005 to 31.12.2019
Lecturer	Bakthavatsalam Memorial College Korattur, Chennai – 80	01.10.1997 to 30.11.2004

Research Experience

Total Research Experience : 18 Years

Position	Institution / University	Duration
Professor	Alagappa University College of Physical Education, Karaikudi	01.01.2020 to till date
Associate Professor	Alagappa University College of Physical Education, Karaikudi	01.01.2017 to 31.12.2019
Assistant Professor (Grade I & II)	Alagappa University College of Physical Education, Karaikudi	01.01.2009 to 30.12.2016
Lecturer	Alagappa University College of Physical Education, Karaikudi	01.01.2006 to 31.12.2008

Academic and Additional Responsibilities

S. No.	Position	University Bodies	Period	
			From	To
1.	Principal i/c	Alagappa University College of Physical Education, Karaikudi	21.11.2021	30.04.2023
2.	Warden	PG Physical Education Women's Hostel	05.07.2016	30.04.2019
3.	Warden	PG Women's Hostel	01.07.2007	20.09.2010

Areas of Research

- Exercise Physiology
- Adapted Physical Education
- Sports Technology
- Sports Kinanthropometry
- Sports Training
- Sports Psychology
- Sports Medicine
- Yogic Sciences

Research Supervision/Guidance

Program of Study		Completed	Ongoing
Research	Ph.D	8	8
	M. Phil	14	-
Project	PG	76	3

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
15	103	10	35	3

Cumulative Impact Factor (as per JCR)	: 70
h-index	: 15
i10 index	: 18
Total Citations	: 400

Publications

Thesis Evaluated : 8

Viva voce Examiner : 9

Completed Projects:

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1.	AURF	2017	2019	Analysis of Anthropometric Measurements in Rural Sports Person	0.30 lakh

Distinctive Achievements / Awards

- Women Achiever Award-IIFS, New Delhi
- Rajiv Gandhi Excellence Award - IIFS, New Delhi
- Dr. Radhakrishnan Award-Lions Club, Karaikudi

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized : 5

Position	Programme	Duration	Institution
Organising Secretary	National Seminar on Role of Bharatha Natiyam in Physical Education	12 th Jan 2017	Alagappa University College of Physical Education, Karaikudi

Chairman	International level Workshop on Sports Performance analysis and Sports Sciences	13 th to 16 th May 2022	Alagappa University College of Physical Education, Karaikudi
Convener	Innovative Technology for Sustainable Development in Sports, Fitness and Healthy life	16 th to 26 th Feb. 2022	Alagappa University College of Physical Education, Karaikudi
Convener	Modern trends in Sports Performance	15 th to 16 th March 2023	Alagappa University College of Physical Education, Karaikudi
Organizing Secretary	International Conference on Recent trends in Sports and Yogic Sciences	26 th to 27 th March 2023	Alagappa University College of Physical Education & DPEHS Karaikudi

Events Participated

Number of Conferences / Seminars / Workshops: 150

Conferences : 90

Seminars : 40

Workshops : 20

Overseas Exposure / Visits

- Ovidius University of Constanta Faculty of Physical Education and Sports Organized International Scientific Conference “Perspectives in Physical Education and Sport”, topic entitled *Mechanical analysis of Dynamic stretching in Yoga and Range of Neck Shoulder, Hip and Ankle Motions*, on 21-21st May 2021, Constanta, Romania.
- Kuala Lumpur International Conference on “Multi-Disciplinary Research 2021”, topic entitled *Difference of Cardiovascular Endurance between Intercollegiate level football players and long-distance runners*, on 30th October 2021, Kuala Lumpur, Malaysia.

Membership in Professional Bodies

1. Life Member in NAPCESS
2. Life Member in ISAK
3. Life Member in IPC
4. Life Member in ISC
5. Life Member in IPYC
6. Life Member in IFCSS

Advisory Board

Year / Period	Name of the BoS / Administrative Committee / Academic Committee	Role
2022	Board of Studies for Diploma in Sports Coaching, Para Sports Centre	Chairman
2021	Board of Studies for B.Sc , B.P.Ed., M.P.Ed, Physical Education	Chairman
2018	Board of Studies for B.Sc , B.P.Ed., M.P.Ed, Physical Education	Member

Academic Bodies in Other Institutes/ Universities

Year / Period	Name of the BoS / Administrative Committee /Academic Committee	Role
2021	Board of Studies for B.P.E.S. , B.M.S ., B.P.Ed., M.P.Ed., YMCA College of Physical Education, Nandanam, Chennai-35	Subject Expert

Ph.D. Thesis Guided

- No. of PhD Thesis evaluated : 166
- No. of PhD Public Viva Voce Examination conducted : 8

S. No	Name of the Scholar	Title of the Thesis	Year of Completion
1.	S. Deepa	Isolated and Combined Effects of Plyometric and Resistance Band training on selected Skills among Female Volleyball Players	2022
2.	R. Ramya	Influence of Specific Drills on selected Biochemical Physical Physiological and skill performance variables among Tamil Nadu Hockey Players	2021
3.	S. Saritha	Impact of Asana Pranayama and Combined Effect of Motor Fitness Body Composition and /Emotional Intelligence among High School Girls	2021
4.	R. Gandhimathi	Effect of yogic practices on selected physiological and biomechanical variables among school boys	2019
5.	K. Jeyalakshmi	Analysis of Training and practical approach to measurement on Health, Physical size and motor component on school volleyball players	2015
6.	P. Kannan	Design , analysis, and Implementation on adapted sports training programme to hearing Impaired in Tamil Nadu State	2012
7.	M. Anuradha	Analysing the effect of interferential therapy transcutaneous electrical stimulation , pulse electromagnetic field therapy in managing the physical functional and psychological aspects of pain in sports players	2009
8.	R. Mandra Moorthy	Evaluating the efficacy of taping technique, laser therapy and Ultrasound therapy in the management of soft tissue injury in sports	2009

List of Research Articles / Recent Publications

S. No	Authors/Title of the paper/Journal	Impact Factor
1.	D. Rajalakshmi - Effect of Specific skill and Drill training combined with Pranayama practices on Physiological variables among Women Hockey players, Indian Journal of Public Health Research & Development, SCOPUS, 11 (6), ISSN: 2249-6661, pp.760-763, 2020	-
2.	D. Rajalakshmi - Relative effects of Isolated Combined and Complex Resistance training on selected Strength Speed and Power Parameters among College Men Students, International Journal of Psychosocial Rehabilitation,	-

	SCOPUS, 24 (2), ISSN:1475-7192, pp. 1527- 1536, 2020	
3.	D. Rajalakshmi - Analysis of Emotional Intelligence among Kabaddi and Handball Players, GIS Business, SCOPUS,15 (1), ISSN:1430-3663, pp.1404-1408, Jan 2020	-
4.	D. Rajalakshmi - Effect of Resistance Training Programme on selected variables among higher Physical and Physiological secondary school handball Players, International Journal of Current Research, 11(9),ISSN:0975-8336, pp.7010-7014, September 2019	7.749
5.	D. Rajalakshmi - Effect of Fartlek training on selected Physical fitness and Skill performance variables among Inter Collegiate Level Hockey Players, International Journal of Current Research,11(9), ISSN: 0975-833X, pp. 7404-7407, Sep.2019	7.749
6.	D. Rajalakshmi – Effect of menstrual cycle phases on sylvam Performance, International of Fitness Health Physical Education and Iron Games, 8(1),ISSN:2349-722X, Jan. to June 2021	7.32
7.	D. Rajalakshmi – Analysis of CYP1A1 Cytochrome Protein synthesis and Gene Expression among Hypertensive Diabetic Cancer Sportsmen, International Journal of Physical Education, Sports Science and Medicine,1(1),ISSN:0975-833X, pp.1-3, Aug.2020	7.749
8.	D. Rajalakshmi – Comparative study of asana pranayama on selected speed agility flexibility and emotional intelligence among Government high school girls, The journal of Indian Art History congress, UGC Care Group I Journal , 26;2 (XIII), ISSN:0975-7945, pp.144-151, 2020-21	6.54
9.	D. Rajalakshmi – OER and OEP Paradigm shift to analysis of CYP1A1 Cytochrome Protein synthesis and Gene Expression on Hypertensive Cancer and Non Cancer Sportsmen, International Journal of Multidisciplinary Educational Research, 9(3;4), ISSN:2277-7881, pp. 173-176, March. 2020	6.514
10.	D. Rajalakshmi – Impact of asana pranayama and combined effect of motor fitness body composition and emotional intelligence among high school girls, International Journal of Applied Research, 9 (11),ISSN:2249-555X, Nov,2019	6.03
11.	D. Rajalakshmi – Mechanical analysis of Shoulder Neck Shoulder Hip and ankle range of motion in Yoga Dynamic Stretching, Asian Journal of Science and Technology, 11(2), ISSN:2349-722X, Feb. 2020	6.946
12.	D. Rajalakshmi – Linear periodization of Yoga training development on body fat composition among College men students, International Journal of Chemical and Biological Sciences, 1(1), ISSN:2664-6773, pp. 01-03, Jan.2019	4.067
13.	D. Rajalakshmi – Effect of Aerobic exercises on selected physical physiological variables among college women Hockey Players, International Journal of Innovative studies in Sociology and Humanities, 4(10), ISSN:2456-4931, pp.34-37, Oct.2019	5.325
14.	D. Rajalakshmi – Analysis of among Kabaddi and Basketball Players, Sambodhi-UGC Care Journal,43(4 (VII)),ISSN:2249-6661, Oct. to Dec, 2020	-

15.	D. Rajalakshmi - Out turn of Autogenic Pedagogy on the regulation of anxiety and stress among distance runners, International Journal of Information Research and Review, 7(2), ISSN: 2277-8322, pp.6734-6736, Feb.2020	7.64
16.	D. Rajalakshmi - Analysis of Emotional Intelligence among Kabaddi and Basketball Players, Sambodhi UGC Care Journal, 43(4(VII)), ISSN:2249-6661, pp.97-99, Oct. to Dec. 2020	-

Resource persons in various capacities

National Conferences	25
International Conferences	15
Invited Lectures	12

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