



Dr.S.SAROJA

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Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph.D	SRM-IST, Chennai	Pursuing	Yoga	Registered in 2023
Ph.D	Alagappa University, Karaikudi	July 2000	Physical Education	Awarded
M.Phil	Alagappa University, Karaikudi	June 1992	Physical Education	Distinction I Rank Holder(Gold Medal)
M.P.Ed	Alagappa University, Karaikudi	July 1991	Physical Education	First Class
M.Sc	TNPE& S University	September 2010	Yoga	First Class

	Chennai			
B.Sc	M.K.University, Madurai	June 1989	Chemistry	First Class
PG Diploma in Yoga	TNPE& S University Chennai	May 2009	Yoga	First Class
PG Diploma in Sports Management	Alagappa University, Karaikudi	October 1994	Sports Management	First Class
Dip. in Yoga and Massage Science	Alatrnative Medicine Culcatta	April 1993	Yoga and Massage	First Class
Dip in Scientific Yoga and Meditation	M.K.University, Madurai	May 1992	Yoga and Meditation	First Class
Certificate in Yoga	Alagappa University, Karaikudi	June 1994	Yoga	First Class
Higher Secondary	State Board	March 1982	Science	First Class
High School	State Board	March 1980	General	First Class

Total Teaching Experience : 30 Years
Teaching Experience : 30 Years

Position	Institution	Duration
Professor	Alagappa University College of Physical Education, Karaikudi	20.10.2018 to 20.10.2021
Associate Professor		20.10.2015 to 20.10.2018
Assistant Professor Gr-II		20.10.2010 to 20.10.2015
Assistant Professor Gr-I		20.10.2006 to 20.10.2010
Physical Director-Gr I	Government Boys Hr.Sec School Keeramanagalam Pudukottai District	05.06.2002 to 20.10.2006
Physical Education Teacher	Government Girls Hr.Sec School, SV Mangalam, Sivagangai District	25.03.1998 to 04.06.2002
Physical Directress	Mepco Schlenk Engg.College, Sivakasi	09.09.1992 to 31.12.1996

Research Experience: 17 Years

Total Research Experience :

Position	Institution / University	Duration
Professor	AUCPE, Alagappa University, Karaikudi	2018 to till date
Associate Professor		2015 to 2018
Assistant Professor		2006 to 2015

Academic and Additional Responsibilities

S.No	Position	University Bodies	Period	
			From	To
1	Warden	Women's Hostel AUCPE	11.05.2009	23.12.2010
2	Coordinator	Library - AUCPE	21.01.2012	21.01.2013
3	Coordinator	Centre for Yoga Education	08.01.2016	Till date

Areas of Research

- Yoga therapy
- Sports Physiology
- Sports Physiotherapy
- Sports Training

Patents Filed

S.No	Title of Patent	Authors	Patent Number	Date	Status
1	AI Based Yoga Mat with Attachable Markers	Prof.Vasanthi Kadhiravan Mrs.P.Yogalakshmi Dr.S.Saroja Dr.P.Kumaravelu Karuppasamy Govindasamy	202321012900	17.03.2023	Published

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	PDF	--	--
	Ph.D	06	05
	M.Phil	12	--

Project	PG	35	02
	UG / Others	14(B.Sc Yoga)	09(B.Sc Yoga)

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
25	30	27	38	05

Cumulative Impact Factor (as per JCR)	:	-
h-index	:	07
i10 index	:	07
Total Citations	:	391

Ph.d Thesis Evaluated/ Viva Voce Examiner

Thesis Evaluated	:	10
Viva voce Examiner	:	05

Completed Projects:

S.No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
01	TANSCHÉ	2018-2019		Effect of Yogic Practices and Aerobics Dance on selected health related physical fitness physiological biochemical and psychological obese college women	Rs.1.50 Lakhs
02	AURF	2017-2018		Effect of Yogic Practices and Physical	Rs.25,000

			Exercise on selected Physical, Physiological and Psychological variables among college women	
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Distinctive Achievements / Awards

Year	Award	Awarded by
1984	Indian President's Award for the BHARATH SCOUTS & GUIDES AWARD	Former president of India Excellency Shri GianiZali Singh at Raj Bahavan , New Delhi
1992	M.Phil, GOLD MEDAL	Alagappa University, Karaikudi
2023	Outstanding Academic & Researcher Award – for obtaining Patent	Alagappa University, Karaikudi
2021	Best Yoga Trainer of the Year	International award forum- Noble World records approved by Government of India
2021	Tamil Nadu State Qualified Refree C.no: TNYISA/TRNG1/21/72	Tamil Nadu Youth Yogasana Sports Association, Ministry of Youth Affairs & sports, Govt.of India

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized:

Position	Programme	Duration	Institution
Organizing Secretary	Recent Developments in Sports and Yogic Sciences	19 th & 20 th March 2015	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Secretary	National Yoga Championship	3 Days	Centre for Yoga Education, Alagappa University, Karaikudi

Events Participated

Number of Conferences / Seminars / Workshops: 82

Membership

Professional Bodies

1. Life member Vilayattu Ulagam, Tamil Monthly Sports Magazine a professional Journal dedicated to the Development of sports in India.
2. Life Member, The INDIAN Society for Technical Education I.I.T Campus, NEW Delhi, No.LM12725
3. Life Member – (ISAK) International Society for the Advancement of Kinanthropometry, Scotland
4. Life Member : YOGHEAL: A Journal of scientific Yoga and Health.
5. Life Member – International Journal of sports Technology Management and Allied Sciences
6. Active Member- Physical Education Foundation of India, New Delhi Reg.no: PEFI/AM/TN/430 & PEFI/AY/644
7. Life Time Member of Indian Yoga Association- Membership Id: IYA/2020/YP1058

Editorial Board

1. Member in EDITORIAL Board: International Journal of Sports Technology, Management & Allied Sciences. ISSN:2319-5274
2. Member in Peer review committee – A Journal of Scientific Yoga and Health(YOGHEAL) ISSN: 2278-9227

Academic Bodies (Such as Board of Studies etc.)

Year / Period	Name of the BoS / Administrative Committee / Academic Committee	Role
2019-2020	Board of Studies- B.Sc Yoga	Chair-Person
2022-2023	Board of Studies- B.Sc Yoga	Chair-Person
2019-2020	Board of Studies- Physical Education	Member
2022-2023	Board of Studies- Physical Education	Member

Academic Bodies in Other Institutes/ Universities

Year / Period	Name of the BoS / Administrative Committee / Academic Committee	Role
2022-2023	Board of Studies- M.Sc Yoga – SRM-IST, Chennai	Member

Ph.D. Thesis Guided

S. No	Name of the Scholar	Title of the Thesis	Year of Completion
1	V.Savitha	Effect of yogic practices and physical exercise on selected health related fitness components physiological and psychological variables among college women	2018
2	M.Suresh Kumar	Isolated and combined effect of aerobic and circuit training on selected motor ability components physiological hematological variables among school boys	2018
3	TN.Nithya	Effect of Different Intensity of Step Aerobic Training on selected motor fitness and physiological variables among school girls	2018
4	M.Valarmathy	Effect of Yoga and Brisk Walking on selected Physiological Biochemical and Psychological Variables of Non-Insulin Dependent Diabetic Patients	2019
5	S.Karthick	Effect of task specific and occupational gadget training on selected general fitness components and psychomotor variables of Intellectually Disabled Students	2020
6	G.Jayabharathy	Isolated and combined effect of plyometric and skill training on selected biomotor physiological and performance variables among women volleyball	2023

	players	
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List of Research Articles / Recent Publications

S. No	Authors/Title of the paper/Journal	Impact Factor
01	S.Saroja , R.Aanandhi., (2020) Impact of COVID 19 on higher education in India. <i>An international multi-disciplinary quarterly research journal AJANTA</i> , 11(IV), pp 73-79 ISSN: 2277-5730	6.399
02	S.Saroja , R.Senthil Kumaran., (2020), Effect of selected asana and combined asana and pranayama practices on abdominal strength of college women students, <i>International journal of health physical education and computer science in sports</i> 39 (1) pp 39-41 ISSN:2231-3265	7.217
03	S.Saroja. , (2020) Influence of asana pranayama on selected physical and physiological variables among college women <i>Journal of xidian university</i> ,14 (9) pp 621-625 ISSN:1001-2400	5.4
04	S.Anbu Nisha Jeba Soundar, S.Saroja. , (2021) Yoga and Folk art , <i>An international multi-disciplinary quarterly research journal AJANTA</i> (10)1 pp.104-107	6.399
05	S.Saroja. , () Effect of Yoga and Brisk walking on resting pulse rate of non-insulin dependent diabetic patients, <i>International Journal of Creative Research Thoughts</i> 8 (10) ISSN:2320-2882 pp 2051-54	7.97
06	S.Saroja , S.Anbu Nisha Jeba Soundar., (2021) Impact of Covid-19 pandemic on Sports- Present and Future, <i>An International Multi-disciplinary Quaterly Research Journal-AJANTA</i> 10 (2) pp.48-53 ISSN:2277-5730	6.399
07	S.Saroja. , () Influence of Resistance training on blood sugar level among obese students, <i>Ajanta Journal</i> 9 (4) pp. 36-39 Issn: 2277-2730	6.399
08	S.Saroja. , (2020) Effect of yogic intervention on physiological variables among antenatal women, <i>An International Journal- Global Journal for Research analysis</i> 9 (11) pp.61-65 ISSN:2277-8160	5.956
09	S.Saroja , R.Senthil Kumaran., (2021) Effect of suryanamaskar and physical exercise on selected biochemical and psychological variables among college women, <i>International journal of physiology Nutrition and Physical Education</i> 6 (1), pp.338-341 ISSN:2456-0057	5.48
10	S.Saroja , S.Anbu Nisha Jeba Soundar., (2021) Gender Discrimination in sports, <i>International Peer-reviewed , Indexed Research Journal</i> (291) pp.88-89 (CCXCI)H Issn:2278-9308	7.695
11	C.Vijayalakshmi, S.Saroja , R.Senthil Kumaran (2021) Influence of pranayama practices on vital capacity and breath holding time among women, <i>adolescents/ Journal of Research and Development/</i> 12 (3) pp.81-83 ISSN:2230-9578	7.26
12	S.Jeyasharmila, N.Loganathan, R.Senthil Kumaran, S.Saroja. , (2021)	7.26

	Effect of resistance training in selected physical and physiological variables among college men handball players, <i>Journal of Research and Development</i> Is 12 (3) pp. 110-112 ISSN:2230-9578	
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Resource persons in various capacities

National Conferences	:	10
International Conferences	:	05
Invited Lectures	:	15