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**Dr.K.Murali Rajan**  
**Professor**

**Contact**

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**Academic Qualifications: M.A./M.Sc./M.Phil./Ph.D./**

BPE	JIWAJI	PHY. EDUCATION	1991
MPE	JIWAJI	PHY EDUCATION	1993
NET	UGC	PHY EDUCATION	1993
NSNIS CERTIFICATE	PATIALA	HOCKEY	1996
PhD	ALAGAPPA	PHYS ICAL EDUCATION	2009
P.G.Dip. Yoga	TPSU	Yoga	2009

**Teaching Experience: 17 Years**

Post	School / College	From- To	Year
Physical Director	K.B.J.G., Gurukulam	Oct 1993 – Aug 1995	1 Year 8 Month
Physical Education Teacher	K.V.H.V.F Avadi	Aug 1995 – Aug 1999	4 Year
Lecturer	Alagappa University College of Physical Education	Aug 1999 – Aug 2003	5 Years
Assistant Professor	Alagappa University College of Physical Education	Aug 2003 – July 2013	5 Years
Associate Professor	Alagappa University College of Physical Education	Aug – 2013 24.8.16	4 Years
Professor	Alagappa University College of Physical Education	25.08.16 to Till date	

### Research Experience: 14 Years

### Additional Responsibilities

1. Deputy Director for the Leaders training camp for the BPEd student of physical education held at Thondi 2000 -2001, 2001 – 2002, 2006 – 2007.
2. Intramural Tournament Director from 2007.
3. Intramural Tournament deputy Director from 1999 - 2006.
4. In charge of Teaching Practice for B.P.Ed
5. In charge of Flag Hoisting at University Building.
6. In charge of Hockey specialization for M.P.Ed till date .
7. Joint secretary of Sivagangai District Athletic Association.
8. In charge of college sports & games equipment
9. In charge of Ground Staff.
10. Extramural Tournament in charge for the 3 years 2004 -2007.

11. In charge of Director of Physical education From 2.11.2010 to Nov 2012
12. Hostel Deputy Warden From 1.6.2012
13. Hockey men /women team coach
14. University representative examination
15. Student Supplies In charge
16. Equipment in charge
17. UGC XI Plan Co-ordinator
18. Class Co-ordinator
19. Alagappa University Director of Collaborative Programme From Jan.2022 to Dec 22
- 20.

## Areas of Research

Sports Training , Biomechanics ,Hockey

## Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	10	8
	M.Phil.	15	Xx
Project	PG	60	3
	UG / Others	Xx	Xx

## Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
15	20	22	40	2

<b>Cumulative Impact Factor (as per JCR) :</b>	<b>xxx</b>
<b>h-index</b>	<b>: xx</b>
<b>i10 index</b>	<b>: xx</b>
<b>Total Citations</b>	<b>: xx</b>

## Funded Research Projects

### Completed Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1					
2					

### Ongoing Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	Alagappa University	24.03.17	24.03.19	EFFECT OF LAND POLYMETRIC AND SAND POLYMETRIC TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE HOCKEY PLAYERS	0.25
2					

### Consultancy Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1					
2					

### Others

Note: Budget must be rounded to two decimal places

## Patents

1. xxx
2. xxx

## Distinctive Achievements / Awards

1. xxx

### Events organized in leading roles

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

S.No	Title	Period
1	International conference on metabolic syndronce in yoga and naturopathy	2007
2	Innovative concepts of inter disciplinary approaches towards physical education	2007
3	International conference on Emerging trends in fitness for longevity and education for empowerment – Incoflee -09	2009
4	Government of Himachal Pradesh Trekking Expedition 17.03.2011-26.3.2011	2011
5	The Nilgiris Trekking Expedition 23.3.2012-1.4.2012	2012
6	Hockey Tournament for School Boys 27 <sup>th</sup> to 29 <sup>th</sup> Augustv2013	2013
7	National Seminar on Recent Development in Sports and Yogic Science 19 <sup>th</sup> &20 <sup>th</sup> March 2015	2015
8	National Seminar on Fit and Healthy India Vision 2023 28 <sup>th</sup> &29 <sup>th</sup> September 2015 NSFHI 2015	2015
9	Role of Barathanatiyam in Rhythmic and Physical Education – Organizing Committee Members	2017
10	National Para Dwarf Sports And Games & State Para Athletic Championship And Games - 2017 Co-ordinator Alagappa University Para Sports Centre	2017
11	Alagappa University Talent Exhibit Show – 2017 Organized by the Cultural Club ,Alagappa University during October 12 <sup>th</sup> to 14 <sup>th</sup> ,2017 as Disciplinary Committee Member	2017
12	State Level Workshop in Hockey and Umpire Examination 11 <sup>th</sup> & 12 <sup>th</sup> March 2017	2017
13	Remedial Classes	2017
14	Ooty Study tour Aug 22 – 26 2017	2017
15	Run for Fitness	2017
16	Coordinator Para ports Centre 2016 – 17	2016
17	Deputy Director Para sports Centre 2017 - 18	2017

## Events Participated (optional)

### Conferences / Seminars / Workshops: 51

1. National Seminar on **“Millennium Management Trend in Physical Education ”**  
Organized by Department of Physical Education, Governments Arts college Trivandram on 29<sup>th</sup> to 31<sup>st</sup> Jan 2001 and Presented paper on **“Aging and Exercises”**.
2. National Seminar on **“Trend Emerging in Physical Education in 21<sup>st</sup> century”**  
Organised by Maruthi College of Physical Education Coimbatore on 29<sup>th</sup> to 31<sup>st</sup> Jan 2004 and Presented paper on **“Management of Mental Health Through Suggestive Yogic Techniques for Low Achiever ”**.
3. National Seminar cum Workshop on **“Physical Education and Sports Science ”**  
Organised by Dr Sivanthi Aditanar College of Physical Education Tiruchandur on 17<sup>th</sup> to 19<sup>th</sup> December 2004 and Presented paper on **“The Fitness Leader”**.
4. National Seminar on **“Personality Development”** Organised by Alagappa University and Rotary Club Karaikudi on 22<sup>nd</sup> Jan 2005. Participated.
5. National Seminar on **“Personality Development”** Organised by College Development Council of Alagappa University Karaikudi, & Lions Clubs of Sivagangai on 15<sup>th</sup> Feb 2005. Participated.
6. National Seminar on **“Personality Development”** Organised by College Development Council of Alagappa University Karaikudi and National Service Scheme on 28<sup>th</sup> September 2005. Participated.
7. International conference .on **“Beyond chalk and Talk Challenge and Opportunities for Teaching in Digital age”** Organised by Department of Education Technology Bharathidasan University Thru chirapalli on 5<sup>th</sup> & 6<sup>th</sup> march 2005 and Presented paper on **“Information Technology and Higher Education “**.

8. National Workshop on **“E - Learning”** Organised by e-learning centre of centre for adult continuing education and extension in collaboration with college development council, Alagappa University Karaikudi on 25<sup>th</sup> & 26<sup>th</sup> April 2006. Participated.
9. International conference on **“Physical Education And Sports Sciences”** Organised by Kasturba Medical College, Manipalin Association with Association of Indian University New Delhi on 28<sup>th</sup> and 30<sup>th</sup> April 2006 and Presented paper on **“Exercise for Health And Longevity “**.
10. National Workshop on **“Athletic”** Organised by Sivagangai District Athletic Association Karaikudi on 16<sup>th</sup> Sep 2006. Participated.
11. National Seminar on **“Yoga for Holistic Health ”** Organised by Tamil Nadu Physical Education and Sports University, Chennai on 10<sup>th</sup> march 2007 and Presented paper on **“Yogic and Massage “**.
12. National Seminar on **“Multidimensional Futuristic Approach to Excellence in Physical Education and sports”** Organised by Tamil Nadu Physical Education and Sports University & Sports development Authority of Tamil Nadu Chennai on 21<sup>st</sup> July 2007 and Presented paper on “.
13. National Seminar on **“Innovative Concepts of Inter Disciplinary Approaches Towards Physical Education”** Organised by the department of physical education and health sciences, Alagappa University Karaikudi on 14<sup>th</sup> Sep 2007 and Presented paper on **“A Comparative study of The Attitudes Towards Sports Participation Among Dalith And Non Dalith Athletes“**
14. International conference and **Exhibition on Modern Trends in Exercise Ehsiology and Nutrition** Organised by Department of Exercise Physiology and Nutrition ,Tamil Nadu Physical Education and Sports University Chennai on 15<sup>th</sup> and 16<sup>th</sup> Feb 2008 and Presented paper on **“Nutrition notes on weights Loss Supplements“**.

15. National Conference on **“Holistic Approach to Health and Fitness ”** Organised Department of Physical Education Punjabi University Patiala on 18<sup>th</sup> & 19<sup>th</sup> Feb 2008 and Presented paper on **“Towards Wellness “**.
16. International Conference and Exhibition on **“Sports Technology ”** Organised by VIT University Vallore & Tamil Nadu Physical Education and Sports University Channai,India on 26<sup>th</sup> to 27<sup>th</sup> march 2008 and Presented paper on **“The Influence of varied rest Interval after Plymetric Exercise on Maximum squat Performance“**.
17. National Seminar on **“Yoga Therapy ”** Organised by Koviloor Andavar Institute of Yoga Research centre on 15<sup>th</sup> Nov 2008 and Presented paper on **“Effect Yoga on Self – Rated Visual Discomfort in Computer Users“**.
18. 3<sup>rd</sup> National Conference on **“Opportunities and Challenges in Physical Education”** Organised Department of Physical Education Punjabi University Patiala on 10<sup>th</sup> & 11<sup>th</sup> Feb 2009 and Presented paper on **“New Dimension in Sports Psychology“**.
19. International Conference on **“Emerging Trends in Fitness for Longevity and Education for empowerment ”** Organised school of Education & School of physical education, Alagappa University Karaikudi on 5<sup>th</sup> & 6<sup>th</sup> March 2009 and Presented paper on **“Effect of Technique Training with and Without Visual Practice on the Performance of Track and Field Events “**.
20. International workshop on **Advance Scientific Training In Football**. Organised by Department of Advanced Training and Coaching, Tamil Nadu Physical Education and sports University Chennai 12<sup>th</sup> & 13<sup>th</sup> March 2009.
21. National Level workshop on **Research Methodology and Statistics in Physical Education**, Organised by Department of Physical Education Bharathiar University Coimbatore 16<sup>th</sup> & 17<sup>th</sup> March 2009. Participated.



22. International Workshop on **Advance Scientific Training and Coaching** Organised Department of Advance Training and Coaching Tamil Nadu Physical Education and sports University Chennai 2<sup>nd</sup> & 3<sup>rd</sup> February 2010. Participated.
23. International Conference on **“Yoga Therapy and Fitness – An Integrated Approach ”** Organised School of physical education Karaikudi Alagappa University on 12<sup>th</sup> & 13<sup>th</sup> February 2010 and Presented paper on **“Impact of the Yoga on the Effect of Core Strength “**.
24. **International Workshop on Football** Organised School of Physical Education, Alagappa University Karaikudi on 14<sup>th</sup> February 2010. Participated.
25. International Conference on **“Modern Trends in Sports Technology, Management & Allied Science ”** Organised Association of Sports Technology Management & Allied Science and School of physical education, Alagappa University Karaikudi on 8<sup>th</sup> & 9<sup>th</sup> March 2010 and Presented paper on **“A STUDY ON THE APPLICATION OF TECHNOLOGY IN PHYSICAL EDUCATION AND SPORTS “**.
26. National Seminar on **“Yoga and Physiotherapy for Stress Management”**. Organised by Department of Physical Education and Health Science ,Alagappa University, Karaikudi on 29<sup>th</sup> October 2010 and presented paper on **Common Fitness Injuries**.
27. UGC Sponsored National Conference on **Exercise Physiology, Human Performance and Wellbeing** Organised by Department of Physical Education MSM College Kayamkulam on 21<sup>st</sup> & 22<sup>nd</sup> December 2010 presented paper **“Tittle Sports and Fitness Culture: Role of Society And Media”**
28. International Seminar on **Physical education Recreation and Yogic sciences** Organised by Banaras Hindu university Dept of physical education. Varanasi on, 19<sup>th</sup> to 21<sup>st</sup> Jan 2012 presented paper **“Tittle”Effect of 12 weeks cycling and parnayama on selected respiratory variables. ISSN 2250-1398**

29. National Workshop on **“Yoga Therapy Exercise Therapy and Allied Therapy ”**  
Organised by Koviloor Andavar Institute of Yoga Research centre Koviloor Madalayam  
,Kovilooron 29<sup>th</sup> Jan 2011. Participated.
30. National Workshop on **Volleyball** Organised by Aptech Computer Education and  
Alagappa University College of Physical Education Karaikudi on 4<sup>th</sup> February 2011 and  
participated..
31. National Workshop on **“ Athletics ”** Organised by Selvam College of Physical  
Education Namakkal on 5<sup>th</sup> February 2011. Participated.
32. National Conference on **“Use of Modern Technology in Physical Education ,Sports  
and Allied Health Science ”** Organised Vinayaka Mission,s College of Physical  
Education Vinayaka Mission University Selam on 11<sup>th</sup> & 12<sup>th</sup> Feb 2011 and Presented  
paper on **“The Over Training Syndromein Athletic The Challenge of Prevention. “**.
33. International Conference on **Better life better world through yoga with allied sports  
science** Organised by Tamil Nadu Physical education and Sports University and  
National association of Physical education and sport science from 16<sup>th</sup> to 18<sup>th</sup> February  
2012 presented paper Title **“ Relative effects of yoga and aerobic training on breath  
holding time on low and high physical fitness group ISSN2229-7049“**
34. International Conference on **Sports and Nutrition modern scientific technology to  
empower sports personal** Organised by Department of Food Science and Nutrition &  
Physical Education ,Avinasilingam University Institute for women Coimbatore on 8<sup>th</sup> &  
9<sup>th</sup> March 2012 presented paper Title **“ Effects of Maximal power training on the  
development of speed explosive power and leg strength among college male students  
“**
35. International Symposium on **Tagore the literary genius and word literature** Organised  
by Department of English and foreign language Alagappa University on 1st March 2012 .

36. National Seminar on **“Recent trends in yoga and Physical education”**. Organised by Department of Physical Education Virudhunagar Hindu Nadaras Senthikomara Nadar College Virudhunagar on 11<sup>th</sup> & 12<sup>th</sup> August 2011 and presented paper on **Yoga for modern society**
37. . UGC Sponsored National Seminar on **Recent Developments in Sports Science and Their Contribution Towards Physical Education and Sports ”**. Organised by Department Physical Education Sree Sevugan Annamalai College, Devakottai, Sivagangai on 5<sup>th</sup> & 6<sup>th</sup> October 2012 and presented paper on **“Influence of Plyometric Training on Selected Motor Performance among College Students ”**.
38. One Day Seminar on **Interview Skills and Opportunities** . Organised by Aptech Computer Education and Alagappa University College of Physical Education Karaikudi on 17<sup>th</sup> October 2012 and participated..
39. International Conference on **“Innovative Technology in Sports and Allied Science ”**. Organised by Department Physical Education and Health Science, Alagappa University Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> October 2012 and presented paper on **“Effect of Varied Frequencies of Acceleration Sprinting on Selected Motor Ability Components and Physiological Variables of among College Students ISBN:978-81-920866-4-4”**.
40. UGC Sponsored International Conference on **“Futuristic Trends in Physical Education ”**. Organised by Department Physical Education Punjabi University Patiala, Punjab on 24<sup>th</sup> to 26<sup>th</sup> January 2013 and presented paper on **“Effect of Pranayama on The Development of Selected Physical, Physiological Variables among College v Male Students ISBN:978-93-80144-62-7”**.
41. UGC Sponsored National Seminar on **“Innovative Concepts in Physical Education and Yoga ”**. Organised by Department Physical Education Arul Anandar College Karumathur in Collaboration with Department of Physical Education, Madurai Kamaraj University , Madurai on 1<sup>st</sup> and 2<sup>nd</sup> February 2013 and presented paper on **“Effect of Interval Training, Plyometric Training and Strength Training on the Development of Speed Quality Among College men Student. ISBN:938068407-3”**.

42. National Workshop on **Play Day** Organised by Alagappa University College of Physical Education Karaikudi ,on 20<sup>th</sup> February 2013. Participated.
43. National Workshop on Yoga Allied Therapy and Physical Education Organised by Koviloor Andavar College of Physical Education Koviloor on 27<sup>th</sup> March 2013. Participated.
44. National Seminar on **“Role of Yoga Physical Exercise for Enhancement of Health and Fitness”**. Organised by Department of Physical Education and Sports , Pondicherry University , Puducherry on 25<sup>th</sup> March 2013 and presented paper on **“Effect of Meditation Techniques on Bowling Accuracy of Inter Collegiate Fast Bowlers .**
45. National Seminar on **“Women Sports Participation in india ”**. Organised by Department of Physical Education and Sports , Bharathiar University , Coimbatore on 30<sup>th</sup> and 31<sup>st</sup> January 2014 and presented paper on **“Effect of Elastic Resistance Training and Mobility Training on Selected Motor ability Components of School Boys “ .**
46. National Seminar on **“Women Sports Participation in india ”**. Organised by Department of Physical Education and Sports , Bharathiar University , Coimbatore on 30<sup>th</sup> and 31<sup>st</sup> January 2014 and presented paper on **“Effect of Plyometric on selected Physical variables among College Women Volley ball Players “ .**
47. National Conference on **“Physical Activities ,Sports Fitness and Dietetics The Elixir Quartet of Health ”**. Organised by Research Department of Physical Education Bishop Heber College , Tiruchirappali on 15<sup>th</sup> February 2014 and presented paper on **“Anthropometric Measurement between Volley ball and foot ball players “ .**
48. National Seminar on Contribution of Allied Science to Sports Performance Department of Physical Education Annamali University Chidambaram 25<sup>th</sup> and 26<sup>th</sup> March 2014
49. State Level Athletics Referee’s Clinic Alagappa University College of Physical Education 19<sup>th</sup> to 21<sup>st</sup> July 2014

50. User Awareness Programme on Accessing of Electronic Resources under UGC INFONET Digital Library Consortium Central Library of Alagappa University 25<sup>th</sup> July 2014
51. UGC Sponsored International Seminar on **“Health Related Physical Fitness and Wellness”**. Organised by Poornaprajan College UDUPI in Association Mangalore University and College of Physical Education Teachers Association on 22<sup>nd</sup> and 23<sup>rd</sup> August 2014 and Participated .
52. Workshop on Athletics Referee’s Alagappa University College of Physical Education 8<sup>th</sup> & 9<sup>th</sup> January 2015
53. State Level Workshop on Badminton Alagappa University College of Physical Education 27<sup>th</sup> February 2015
54. State Level Kho-Kho Workshop & Referee’s Examination Alagappa University College of Physical Education 28<sup>th</sup> February 2015
55. National Seminar on Recent Development in Sports and Yogic Science **“Effect of Yogic Practices on Bio – Motor Variables Among the School Boys “** Alagappa University College of Physical Education” 19<sup>th</sup> & 20<sup>th</sup> March 2015
56. National Seminar on Recent Development in Sports and Yogic Science **“Effect of Callisthenic Exercises and Yogasana Practices on Physical Related Fitness Components and Physiological Variables among College Women”** Alagappa University College of Physical Education” 19<sup>th</sup> & 20<sup>th</sup> March 2015
57. National Seminar on Recent Development in Sports and Yogic Science **“Analysis of Selected Physical Fitness and Physiological Parameters Between Hockey and Volleyball Players “** Alagappa University College of Physical Education” 19<sup>th</sup> & 20<sup>th</sup> March 2015
58. National Seminar on Recent Development in Sports and Yogic Science **“Contribution of Squat and Plyometric Training on the Improvement of Power Production and Skill**

**Performance of College Men Volleyball Players** “ Alagappa University College of Physical Education” 19<sup>th</sup> & 20<sup>th</sup> March 2015

59. National Seminar on Sound Body Sound Mind Fitness Through Yoga and Sports “**Effect of Isotonic and Isometric Training of Pain Tolerance among Male Football Players** “Department of Physical Education GTN Arts College Dindigul 25<sup>th</sup> & 26<sup>th</sup> March 2015
60. National Seminar on Dalit Education Challenges and Emerging Issues in India (NACDE 15 “ **Globalization and Scheduled Casts** “Deptment of Education Manomaniam Sundaranar University 28<sup>th</sup> & 29<sup>th</sup> April2015
61. National Workshop on Brunt of Sports Sciences on High Level Sports Performance Department of Advanced Training and Coaching at Tamil Nadu Physical Education and Sports University Chennai 3<sup>rd</sup> October 2015
62. National Workshop on Recent Trends in Sports Medicine and Sports Injury Management Organised by University Health Center Tamil Nadu Physical Education and Sports University Chennai 19<sup>th</sup> October 2015
63. National Seminar on Role of Yoga and Technology in Enhancing Sports Performance and Populace Health “**Comparative Effect of Circuit Training and Plyometric on the Selected Physical Fitness Variables of College Students** of Physical Education Urumu Dhanalakshmi College Tiruchirappalli” 28<sup>th</sup> & 29<sup>th</sup> January 2016
64. Global Conference on Scientific Culture in Physical Education and Sports “**Influence of Asanas and Pranayama on Selected Physical and Physiological Variables among Women Hockey Players** Departrment of Physical Education Punjabi University Patiala Punjab” 18<sup>th</sup> to 20<sup>th</sup> February 2016
65. International Conference on Health Indicators for Physical and Cognitive Fitness Education “**Effect of Bicycle Ergo Meter Training and Plyometric Training on Selected Physical and Anthropometric Measurement among School Girls** “Organized by the Faculty of Education Alagappa University Karaikudi 26<sup>th</sup> &27<sup>th</sup> Febbruary 2016
66. International Conference on Health Indicators for Physical and Cognitive Fitness Education “**Effect of Physical Exercise on Selected Physical Variables among College**

**Men Football** “Organized by the Faculty of Education Alagappa University Karaikudi 26<sup>th</sup> & 27<sup>th</sup> February 2016

67. State Level Workshop on Soft Skill Training for Pre – Service and In – Service Teachers Alagappa University College of Education Alagappa University Karaikudi 23<sup>rd</sup> & 24<sup>th</sup> March 2016
68. conference on emerging trends in sports medicine, physical education, sports science and yoga. ”**Effect of Aerobics Exercise on Speed of Decision making performance among college basket ball Players.** “Tamil Nadu Physical Education and Sports University Chennai Jan 18-19 2017
69. One Day National Level Workshop on “ **Employability among prospective teachers** ”Organized by the Alagappa University College of Education on September 25<sup>th</sup> ,2017
70. National Level Workshop on “**Current Scenario of Educational Videogames in the Technological : Links With Problem Solving** “Organized by the Directorate of Distance Education, Alagappa University Karaikudi held on 10<sup>th</sup> November 2017
71. One Day National Level Workshop on “ Para Athletic Workshop and Clinic Programme ”Organized by the Alagappa University College of Education on December 7<sup>th</sup> ,2017
72. One day Orientation Programme on “**Emotional Challenges on Mental Health and Hygiene**” on 28<sup>th</sup> February 2018 Organized by the Alagappa University College of Education , School of Education , Alagappa University Karaikudi
73. 16<sup>th</sup> International Conference on Humanizing Work and Work Environment Technology Enabled Workplace Design (June 2018 ) **Prevalence of Overuse Injuries Due to Foot Impairments among long Distance Runners and the Effectiveness of Sports Shoes Modifications in their management**” Organized By The Department Of Mechanical Engineering & CTE School Of Management, College Of Engineering Trivandrum Kerala **DECEMBER 14-16 ,2018 | ISBN: 978-93-88237-27-7**
74. National Seminar on **Role of Yoga for health and lifestyle Management Effect of yogic practice and cardiorespiratory endurance among Adolescent school students .**

organized by the Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education Coimbatore on 1<sup>st</sup> and 2<sup>nd</sup> March ,2019.

75. Two day National Conference on **“COGNITIVE AND TECHNO PEDAGOGICAL SKILLS FOR 21<sup>st</sup> CENTURY LEARNERS”** organized by the DEPARTMENT OF EDUCATION, ALAGAPPA UNIVERSITY, Karaikudi on 7<sup>th</sup> and 8<sup>th</sup> March ,2019.
76. International Conference on **EXERCISE PHYSIOLOGY AND NUTRITION FOR ENHANCING HEALTH, FITNESS AND SPORTS PERFORMANCE** organized by Department of Exercise Physiology and Biomechanics held at Tamil Nadu Physical Education and Sports University, Chennai from 5<sup>th</sup> to 7<sup>th</sup> March ,2019.
77. International Conference on COGNITIVE PSYCHOLOGICAL AND BEHAVIOURAL PERSPECTIVES IN EDUCATION (CPBPE -2019) organized by ALAGAPPA UNIVERSITY COLLEGE OF EDUCATION SCHOOL OF EDUCATION ALAGAPPA UNIVERSITY, KARAIKUDI, ON 11<sup>th</sup> and 12<sup>th</sup> JULY 2019.
78. ONE DAY WORKSHOP ON **“RURAL IMMERSION – COMMUNITY ENGAGEMENT”** HELD ON 23<sup>RD</sup> SEPTEMBER 2019 WHICH ORGANIZED BY MAHATMA GANDHI COUNCIL OF RURAL EDUCATION, HYDERABAD IN COLLABORATION WITH COLLEGE OF EDUCATION CENTRE FOR GANDHIAN STUDIES, ALAGAPPA UNIVERSITY, KARAIKUDI.

### **Other Training Programs**

1. Level one Anthropometries Organised by international society of the Advancement of ( ISAK ) Kinanthropometry” Alagappa University Karaikudi 06.06.11 to 10.06.11
2. Special Water Sports Course of 10 days in Swimming, Water Safety & Recue, Rowing, Still Water Kayaking, Canoeing, Sailing , Rafting, Water Surfingand Skiing Organised by Government of Himachal Pradesh Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports Manali From 17.03.11 to 26.03.11
3. First Aid and Basic Life Support (BLS) with Hands on Training Organised by Alagappa University Health Care Centre and Apollo hospital at Alagappa University College of Education Karaikudi From 01.03.2017 to 10.03.2017 Or



## Overseas Exposure / Visits

1. xxx
2. xxx

## Membership in

### Professional Bodies

1. Life member of National Association of Physical Education and Sports Science
2. Life Member: Society of xx, India

### Editorial Board

1. Xxx
2. xxx

### Advisory Board

1. Xxx
2. xxx

### Academic Bodies (such as Board of Studies etc.,)

1. Arul Anander College Karumathur Curriculum Development Council (CDC)
2. Arul Anander College Karumathur Board of Studies

### Others

1. Alagappa University Director of Collaborative Programme From Jan 2022 to Dec 2022

## Resource persons in various capacities

Number of Invited / Special Lectures delivered: 2

Physical Education & Sports Sciences : Tools for Empowering India” Physical Education Foundation of India & Surevin International School Modi Nagar Effect of Sand Plyometric & Resistance Training on Selected Bio Motor Abilities Among Hockey Players 21<sup>st</sup> May 2017

## Others

1. Articles published in Newspapers / Magazines : Nil
2. Products developed : Nil
3. No. of PhD Thesis evaluated : 3
4. No. of PhD Public Viva Voce Examination conducted : 2
5. Sequences submitted in GenBank

\*\*Social Interests and Initiatives / Articles in News papers etc can also be included

## Recent Publications

Dr.Nishan Singh Deol , Dr.Manmeet Gill and Dr.K.Murali Rajan (July 2010), " Effect of three months yogic Practices on selected physical fitness parameters ", Journals of Sports ,Physical Education Allied and Alternative Sciences(SPEAAS) ISSN 2230-7931Vol-1,No-1, page numbers13 -16. (Impact Factor: xx).

Dr.K.Murali Rajan Dr'K'Usha Rani, and Dr.S.Nagarajan (Aug 2012) "Effect of Carbohydrate Loading on Performance of Long Distance Runners" International Journal of physical Education ,Sports and Yogic Sciences(IJPESYS) ISSN 2249-8575Vol-1 no:4 Page Number 33

Dr.K.Murali Rajan ,P.K. Senthil Kumar, and Dr.K.Balasubramanian (Aug 2012) "Effect of Yogic practice on selected physiological, biochemical and psychological variables among asthma patients" International Journal of physical Education ,Sports and Yogic Sciences(IJPESYS) ISSN 2249-8575Vol-1 no:4 Page Number 39

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Dr. K.Murali Rajan, Mr.J.M. Gopinath, Mr.S.Saravana Sudharsan (March 2015), " A comparative study of physical fitness between basketball and Hockey players of Tamilnadu ", Paripex – Indian Journal of Research ISSN 2250-1991Vol 4 page numbers 17 – 19 . (Impact Factor: xx).

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