



**Dr. P. YOGA**

**Assistant Professor**

### Contact

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### Academic Qualifications:

**B.Sc., B.P.Ed., M.A (English)., M.Sc (Yoga Therapy)., M.Sc (Yoga)., M.P.Ed., M.Phil (Yoga).,M.Phil., PGDY., PGDYT., Certi. Course in Physical Fitness., Ph.D.,**

<b>Degree</b>	<b>Subject</b>	<b>Institution/ University</b>	<b>Year of Completion</b>	<b>Class</b>	<b>%</b>
<b>Ph.D., (Full Time)</b>	Physical Education	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	-	-
<b>M.Phil.,</b>	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	<b>2017</b>	<b>First Class Distinction</b>	79%
<b>M.Phil.,</b>	Physical Education	Alagappa University Karaikudi-TN	2007	<b>First Class</b>	72%
<b>M.P.Ed</b>	Physical Education	Pondicherry University Pondicherry	2006	<b>First Class</b>	72%

<b>M.Sc</b>	Yoga Therapy	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	<b>First Class</b>	77%
<b>M.Sc</b>	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2015	<b>First Class</b>	80%
<b>M.A</b>	English	Alagappa University Karaikudi-TN	2013	<b>Second Class</b>	50%
<b>B.P.Ed</b>	Physical Education	Sri Ramakrishna Mission, Maruthi College of Physical Education Coimbatore-TN	2004	<b>First Class</b>	66%
<b>B.Sc</b>	Physical Education	Ayya Nadar Janaki Ammal College, Sivakasi-TN	2003	<b>First Class</b>	64%
<b>P. G. Diploma/Diploma Course</b>					
<b>P. G. Diploma/ Diploma Course</b>	<b>Subject</b>	<b>Institution/ University</b>	<b>Year of Completion</b>	<b>Class</b>	<b>%</b>
<b>P. G. Diploma</b>	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2010	<b>First Class</b>	70%
<b>P. G. Diploma</b>	Yoga Therapy	Tamil Nadu Physical Education & Sports University Chennai-TN	2011	<b>First Class</b>	65%
<b>Certificate Courses/Degree</b>					
<b>Certificate Courses/ Degree</b>	<b>Subject</b>	<b>Institution/ University</b>	<b>Year of completion</b>	<b>Class/ Grade</b>	<b>%/Grade</b>
<b>Certificate Programme</b>	Physical Fitness	Sri Ramakrishna Mission, Maruthi College of Physical Education, Coimbatore-TN	2004	<b>First Class</b>	-
<b>Orientation Course</b>	Physical Education	University Grants Commission Academic Staff College University of Madras-Chennai-TN	2014	<b>First Class</b>	<b>"A" Grade</b>

<b>Refresher Course</b>	Physical Education	UGC-Human Resource Development Center, Bharathiar University, Coimbatore-TN	2016	<b>First Class</b>	<b>"A" Grade</b>
<b>Short Term Course</b>	Sports Science Skill Development	Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, Punjab	2016	<b>First Class</b>	-

**Teaching Experience: 04 Years**

S. No	Name of the Institution	Designation	Date From - To	Years of Experience
1	Alagappa University College of Physical Education	<b>Assistant Professor</b>	28 <sup>th</sup> June 2013 - Till date	04

**Research Experience: 09 Years**

**Additional Responsibilities**

S.No	Name of the Programme	Place were organized	Date
1.	<b>Deputy Director</b> - Intramural Tournament	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN	2013 Onwards
2.	<b>Director of Physical Education</b> (i/c)	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN	2013 - 2014
3.	University Football Women team Selection Committee Member	Alagappa University, Karaikudi-TN	24 <sup>th</sup> to 25 <sup>th</sup> September 2013
4.	University Ball Badminton Women team Selection Committee Member	Sree Sevugan Annamalai College, Devakottai-TN	24 <sup>th</sup> to 25 <sup>th</sup> October 2013
5.	University team coach (Kabaddi Men south zone)	Acharya Nagarjuna University, Guntur- AP	04 <sup>th</sup> to 08 <sup>th</sup> December 2013
6.	University team manager- (All India Inter University Athletic Meet)	Panjab University, Patiala.	22 <sup>nd</sup> to 28 <sup>th</sup> December 2013

7.	University team coach (Ball badminton Men & Women)	Alagappa University, Karaikudi-TN	2013-2014
8.	University representative - Directorate of Distance Examination	Goa	18 <sup>th</sup> May to 03 <sup>rd</sup> June 2014
9.	University team manager cum coach (Kabaddi Men & Women SDAT Tamilnadu Inter University)	Jawaharlal Nehru Stadium, Chennai-TN	17 <sup>th</sup> to 20 <sup>th</sup> September 2014
10.	University team manager (Kabaddi Men south zone)	Vel's University, Chennai-TN	20 <sup>th</sup> to 26 <sup>th</sup> December 2014
11.	University team coach (handball Men & Women)	Alagappa University, Karaikudi-TN	2014-2016
12.	University team coach (handball Men)	Alagappa University, Karaikudi-TN	2014 Onwards
13.	University team coach cum manager (Football Women south zone)	Thiruvalluvar University, Vellore-TN	03 <sup>rd</sup> to 06 <sup>th</sup> January 2015
14.	University team manager- (All India Inter University Athletic Meet)	Rajiv Gandhi University of Health Sciences, Mangalore-Karnataka	14 <sup>th</sup> to 22 <sup>nd</sup> January 2015
15.	University representative - Directorate of Distance Examination	Vellore-TN	05 <sup>th</sup> to 23 <sup>rd</sup> May 2015
16.	University team Coach cum manager (Kabaddi State Level Inter University Sports Meet)	M.G.R Stadium, Madurai-TN	17 <sup>th</sup> to 19 <sup>th</sup> July 2015
17.	<b>Deputy Director</b> - Leadership Training Camp	Thondi-TN	07 <sup>th</sup> to 12 <sup>th</sup> September 2015
18.	University team manager (Kabaddi Men south zone)	Kuvempu University, Shankaghatta- AP	15 <sup>th</sup> to 19 <sup>th</sup> October 2015
19.	University team coach <b>(Handball South Zone)</b>	Alagappa University, Karaikudi-TN	04 <sup>th</sup> to 08 <sup>th</sup> January 2016
20.	University team coach <b>(Handball All India)</b>	Banaras Hindu University-Varanasi	23 <sup>rd</sup> to 27 <sup>th</sup> February 2016
21.	University team manager cum coach (Kabaddi Men & Women SDAT Tamilnadu Inter University)	M.G.R Stadium, Madurai-TN	29 <sup>th</sup> to 31 <sup>st</sup> January 2016
22.	University Hockey Women team Selection Committee Member	Alagappa University College of Education, Alagappa University, Karaikudi-TN	31 <sup>st</sup> October to 1 <sup>st</sup> November 2016
23.	University Handball Women team Selection Committee Member	Dr.Zakir Husain College, Ilayangudi-TN	12 <sup>th</sup> to 13 <sup>th</sup> December 2016

24.	University representative – Directorate of Distance Examination	Dharmapuri-TN	26 <sup>th</sup> December to 03 <sup>rd</sup> January 2016
25.	University representative – Directorate of Distance Examination	Krishnagiri-TN	26 <sup>th</sup> December to 03 <sup>rd</sup> January 2016
26.	University team coach <b>(Handball South Zone)</b>	Periyar University, Salem	26 <sup>th</sup> to 29 <sup>th</sup> December 2016
27.	University team manager cum coach <b>(Handball All India)</b>	Periyar University, Salem	31 <sup>st</sup> December 2016 to 2 <sup>nd</sup> January 2017
28.	Question Paper Setter M.Sc., Yoga	Tamilnadu Physical Education And Sports University-Chennai	23 <sup>rd</sup> December 2016
29.	Question Paper Setter B.Sc., Anatomy and Physiology	ANJAC-Sivakasi	13 <sup>th</sup> March 2017
30.	Question Paper Setter B.Sc., Sports Injuries and Management	ANJAC-Sivakasi	13 <sup>th</sup> March 2017
31.	Member Board of Studies	Vivekanandha College - Madurai	2017
32.	University Examination Invigilation	Alagappa University, Karaikudi-TN	May 2017
33.	Question Paper Setter B.Sc., Fundamentals of Yoga	Tamilnadu Physical Education And Sports University-Chennai	May 2016
34.	Question Paper Setter B.Sc., yoga	ANJAC-Sivakasi	18 <sup>th</sup> September 2017
35.	Question Paper Setter B.Sc., Psychology and Sociology of Physical Education and Sports	ANJAC-Sivakasi	18 <sup>th</sup> September 2017
36.	Alagappa University Handball women selection committee member	APSA College, Thiruppathur , Karaikudi-TN	9 <sup>th</sup> September 2017
37.	University men Handball team manager cum coach <b>(South Zone India inter University Handball tournament )</b>	Krishna University, Andrapradesh	20 <sup>th</sup> September 2017 to 26 <sup>th</sup> September 2017
38.	University team manager cum coach <b>(All India inter University Boxing tournament )</b>	Panjab University, Chandigarh	18 <sup>th</sup> to 25 <sup>th</sup> November 2017
39.	University Women Handball team manager cum coach <b>(South Zone inter University Handball tournament )</b>	Kakatiya University, Warangal	5 <sup>th</sup> December 2017 to 11 <sup>th</sup> December 2017
40.	University representative – Intercollegiate cricket tournament	Syed Hammedha University, Keelakkarai, Ramnad	20 December 2017 to

			22 December 2017
41.	University representative - Directorate of Distance Examination	Dehardun, Uttarakhand	26 <sup>th</sup> December 2017 to 03 <sup>rd</sup> 12 <sup>th</sup> January 2018

### Areas of Research

1. Yoga
2. Sports Training
3. Exercise Physiology

### Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	-	05
	M.Phil.	06	01
Project	PG	12	-
	UG / Others	-	-

### Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
14	09	06	22	-

Cumulative Impact Factor (as per JCR) : 04  
 h-index : nil  
 i10 index : nil  
 Total Citations : nil

## Funded Research Projects

### Completed Projects

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

### Ongoing Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	Alagappa University	2017	2018	Effect yogic practice on selected attention and mental concentration ability among college men students	0.25lakhs

### Consultancy Projects

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

### Others

**Note: Budget must be rounded to two decimal places**

## Patents

1. Nil

## Distinctive Achievements / Awards

1. Doctoral Fellowship (F.No.8-32/OD/09-10/F)
2. Post Doctoral Fellowship (F.No.3-068/2012-2013/PDF/SC)

## Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized: **08**

S.No	Title	Position	Period
1.	Recent Developments in Sports and Yogic	Organizing	19 <sup>th</sup> and 20 <sup>th</sup>

	Sciences	Committee	March 2015
2.	Fit and Healthy India-Vision 2023	Organizing Committee	28 <sup>th</sup> and 29 <sup>th</sup> September 2015
3.	Role of Bharathanatnam in Rhythmics and Physical Education	Organizing Committee	12 <sup>th</sup> January 2017
4.	National Level Dwarf Sports & Games Championship	Event-Coordinator	20 <sup>th</sup> to 21 <sup>st</sup> January 2017
5.	State Level Para Athletic Championship	Event-Coordinator	20 <sup>th</sup> to 21 <sup>st</sup> January 2017
6.	Health indicators for physical and cognitive fitness education	Organizing Committee	26 & 27 February 2016
7.	Fitness and Wellness	Joint Secretaries	28 <sup>th</sup> September 2017
8.	State level Para athletic workshop and clinic programme	Resource person	7 <sup>th</sup> December 2017

### Events Participated (optional)

**Conferences / Seminars / Workshops : 115**

1.	International and National Conferences	Presented	Participated
		33	01
2.	International and National Seminars	Presented	Participated
		41	02
3.	International and National Workshops	Participated	
		31	
4.	Organising committee / Chair Person	07	

### Other Training Programs

S.No	Name of the Programme	Place were organized	Date
1.	UGC Sponsored Orientation Programme	University Grants Commission Academic Staff College, University of	05-11-2014 to 02-12-2014



		Madras-Chennai-TN	
2.	<b>Community Coaching Training Program(Level-2)</b>	Ministry of youth Affairs & Sports, Government of India scheme of sports and Games for the Disabled	12 to 13 February 2016
3.	<b>UGC Sponsored Refresher Course in Physical Education</b>	UGC-Human Resource Development Center, Bharathiar University, Coimbatore-TN	24-5-2016 to 13-06-2016
4.	<b>Skill Development Sports Science Short Term Course</b>	Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala-Punjab	08-10-2016 to 23-10-2016
5.	<b>Faculty development (enrichment ) program</b>	Internal quality assurance cell Alagappa University, Karaikudi, Tamilnadu, India Accreditation Quality Enhancement	6-12 January, 2017
6.	<b>Short Time Training programme on "Training and Scope of SCUBA Diving"</b>	Department of oceanography and coastal area studies and university business collaboration center, Alagappa University, Thondi - TN	15 <sup>th</sup> & 16 <sup>th</sup> February 2017
7.	<b>Short Term Course on Professional Enrichment</b>	Alagappa University College of Education, Alagappa University Karaikudi, Tamilnadu, India	7 <sup>th</sup> -13 <sup>th</sup> August 2017

### Overseas Exposure / Visits

1. Nil

### Membership in

#### Professional Bodies

1. Life Member: Nil
2. Life Member: Nil

## **Editorial Board**

1. Nil

## **Advisory Board**

1. Nil

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

1. Member Board of Studies, Vivekanandha College, Madurai

## **Others**

1. Nil

## **Resource persons in various capacities**

Number of Invited / Special Lectures delivered: 04

## **Others**

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

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

## **Recent Publications**

### **INTERNATIONAL JOURNAL**

1. K. Balasubramanian and **P. Yogaraj**, “**Effect of Weight Training and Physical Exercises on Bio-Chemical Variables among College Football Players**”. International journal of Physical Education, Vol. 2, No. 1&2, Page No (1-4) , ISSN : 0974 – 2638 ( April & October, 2009).

2. S. Selvalakshmi and **P. Yogaraj**, “**Effect of Varied Yogic Practices on Hemoglobin and Blood Sugar among Obese Women**”. Asian Journal of Physical Education & Computer Science in Sports, Vol. 1, No. 1, Page No (262-264), ISSN: 0975-7732 (July-December, 2009).
3. **P. Yogaraj**, P. Ramaraj and Dr. R. Elangovan “**Effects of Selected Asanas on Serum Cholesterol and Functions of Adrenal Gland in College Women**”. Asian Journal of Physical Education & Computer Science in Sports, Vol. 2, No. 1, Page No (206-208), ISSN: 0975-7732 (January – June, 2010).
4. **P. Yogaraj**, P. Ramaraj and Dr. R. Elangovan “**Effect of Selected Yogic Practices Physical Exercises on Bio-Chemical Variables among College Women Students**”. Asian Journal of Physical Education & Computer Science in Sports, Vol. 3, No. 1, Page No (27-29), ISSN: 0975-7732 (July 2010 – December 2010).
5. P. Anandakumar, **P. Yoga** and Dr. R. Elangovan “**Effect of Selected Asana and Suryanamaskar on Selected Physiological Variables among Diabetic Patients**”. Asian Journal of Physical Education & Computer Science in Sports, Vol. 4, No. 1, Page No (130-131), ISSN: 0975-7732 (January – June, 2011).
6. **P. Yogaraj** and R. Elangovan, “**Effect of Varied Packages of Yogic Practice on Selected Bio-Chemical Variables of College men Students**”. International journal of Physical Education Sports Management and Yogic Sciences, Vol. 1, No. 1, Page No (35-39), ISSN : 2231-1394 ( April-June, 2011).
7. **P. Yoga**, “**Effect of Varied Integrated Modules of Yogic Practices on Platelets Count among Women Type II Diabetic Patients**”. Asian Journal of Physical Education & Computer Science in Sports, Vol. 9, No. 1, Page No (47-49), ISSN: 0975-7732 (**July 2013 – December 2013**). Journal Impact Factor (0.5190).
8. **P. Yoga**, “**Effect of Varied Integrated Modules of Yogic Practices on White Blood Cell Count among Women Type II Diabetic Patients**”. International journal of Physical Education Sports Management and Yogic Sciences, Vol. 4, No. 1, Page No (33-36), ISSN : 2231-1394 (**January-March, 2014**).

9. **P. Yoga, “Effect of Varied Integrated Modules of Yogic Practices on Red Blood Cell Count among Women of Type II Diabetic Patients”**. International journal of Sports Technology, Management and Allied Sciences, Vol. 3, No. 1, Page No (70-74), ISSN : 2319-5274 (**January-March, 2014**).
10. **P. Yoga, “Effect of Varied Packages of Yogic Practices on White Blood Cell Count among College Men Students”**. International Journal of Health, Physical Education & Computer Science in Sports, Vol. 15, No. 1, Page No (47-49), ISSN: 2231-3265 (**July - September 2014**). Journal Impact Factor (0.624).
11. **P. Yoga, “Influence of Varied Packages of Yogic Practices on Cardio Vascular Enturance among College Men Students”**. International Journal Engineering Research & Sports Science, Vol. 2, No. 2, Page No (33-34), ISSN: 2348-2400 (**February 2015**). Journal Impact Factor (0.621).
12. **P. Yoga and Ranjith VP. “Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on White Blood Cell Count among College Men Students”**. International Journal of Health, Physical Education & Computer Science in Sports, Vol. 17, No. 2, Page No (16-18), ISSN: 2231-3265 (**January-March 2015**). Journal Impact Factor (1.937).
13. **P. Yoga, “Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Red Blood Cell Count among College Men Students”**. International Journal of Information Research and Review, Vol. 2, No. 3, Page No (537-539), ISSN: 2349-9141 (**March 2015**). Online Journal.
14. **P. Yoga Paper titled “Influence of Yogasana Practice on Flexibility Among Obese Adolescent School Boys”** “International Journal of Yoga Physiotherapy and Physical Education” ISSN : 2456-5067, page no: 70-71 month July- August( Impact factor RJIF 5.24) 2017.

## NATIONAL JOURNAL

1. **P. Yoga, S. Abirami Kiruthiga and Dr. R. Elangovan “Influence of Suryanamaskar and Physical Exercises on Selected Hematological Variables among College Women Students”**. Journal of Physical Education Sports and Allied Disciplines, Vol. 2, No. 1, Page No (64-67), ISSN: 0974-343X (**January 2011**).
2. **P. Yoga, K. Initha and Dr. R. Elangovan “Influence of Weight Training and Plyometric Training on Selected Bio-Chemical Variables among College Football Players”**. Journal of Physical Education Sports and Allied Disciplines, Vol. 2, No. 2, Page No (55-59), ISSN: 0974-343X (**July 2011**).
3. **S. Abirami Kiruthiga and P. Yoga “Effect of Suryanamaskar and Physical Exercises on Selected Motor Ability Variables among College Women Students”**. Journal of Physical Education Sports and Allied Disciplines, Vol. 3, No. 1, Page No (17-20), ISSN: 0974-343X (**January 2012**).
4. **P. Yoga and S. Abirami Kiruthiga “Effect of Suryanamaskar and Taichi on Selected Motor Ability Variables among College Women Students”**. Journal of Physical Education and Sports Science, Vol. 2, Page No (353-355), ISSN: 2229-7049 (**February 2012**).
5. **P. Yoga and A. Yuvaraj “Effect of Suryanamaskar and Yogasanas on Selected Physical Physiological and Psychological Variables among School Girls”**. Yogheal A Journal of Scientific Yoga and Health, Vol. 2, No. 2, Page No (120-123), ISSN: 2278-9227 (**August 2013 - January 2014**).
6. **P. Yoga “Influence of Varied Packages of Yogic Practices on Flexibility among College Men Students”**. Journal of Yoga Physical Education and Traditional Medicine, Vol. 1, No. 1, Page No (38-41), ISSN: 978-81-927985-0-7 (**September 2014**).

## PROCEEDING PUBLICATIONS

### INTERNATIONAL PROCEEDING

1. Dr.K. Balasubramanian, Dr.A. Ananthi and **P. Yogaraj** “**Yoga and Mirror Neurons**”. Yoga Therapy and fitness - on Integrated Approach, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (2), ISBN: 978-93-80400-00-6 (February 2010).
2. Dr.K. Balasubramanian, **P. Yogaraj** and C. Senthil Kumar “**Sport - Psychology - Mental Imagery and Self - hypnosis can Improve Performance**”. Modern Trends in Sports Technology, Management & Allied Sciences, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (61), ISBN: 978-93-80400-11-2 (March 2010).
3. Dr.R. Elangovan and **P. Yoga** “**Influence of Suryanamaskar and Physical Exercises on selected Bio-Chemical Variables among College Women Students**”. Yoga, Physiotherapy, Nutrition and Sports for Lifelong Fitness, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (2), ISBN: 978-93-80400-11-2 (January 2011).
4. **P. Yoga** and Ranjith VP. “Effect of Yogic Practice on Blood Pressure Parameter among the Middle Aged Men”. Prospective Approaches and Application of Yoga and Physical Activity for Better Life, Trivandrum, Kerala, India: All Saint’s College Publication, Page No (169-171), ISBN: 978-81-910811-4-5 (November 2015).
5. **P. Yoga** “Influence of Yogic Practice on Anxiety among College Men Hockey Players”. Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (230-231), ISBN: 978-81-836868-8-4 (February 2016).
6. **P. Yoga** and Ranjith VP. “Effect of Yogic Practice on Respiratory Rate among College Men Obese Students”. Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (226-227), ISBN: 978-81-836868-8-4 (February 2016).
7. **P. Yoga** and R. Balamuralikrishnan “Effect of Yogic Practice on Vital Capacity among College Men Football Players”. Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (228-229), ISBN: 978-81-836868-8-4 (February 2016).
8. **P. Yoga** “Influence of selected pranayama practices on cardio respiratory endurance among school students” International Yoga Conference on “Mind, Body, Soul”. Tamilnadu Physical Education and Sports University, Chennai, G.K.PUBLISHER (DAKSHIN), page no: 71-73, May 2017.

9. **P. Yoga** “influence of mindfulness meditation on self confidence among men handball players.” international conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7<sup>th</sup> & 8<sup>th</sup> December 2017. Universal Publishers, Volume-II, Page No (157-158), ISBN: 978-8192-8690-87 (December 2017).
10. James Rathinaraj S and **P. Yoga** “influence of yogic practices on systolic blood pressure among men handball players.” International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7<sup>th</sup> & 8<sup>th</sup> December 2017. Universal Publishers, Volume-II, Page No (94-95), ISBN: 978-8192-8690-87 (December 2017).
11. R. Balamuralikrishan and **P. Yoga** “effect of yogic practices on heart rate among men handball players.” International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7<sup>th</sup> & 8<sup>th</sup> December 2017. Universal Publishers, Volume-I, Page No (155-156), ISBN: 978-8192-8690-87 (December 2017).

#### **NATIONAL PROCEEDING**

1. **P. Yoga** “**Buvie Veppamayamathalin Moolatharam**”. Tamil Science Paravai Aaivuk Covai, Chennai, Tamilnadu, India: Kalainyan Pathippaham, Page No (297-298), ISBN: 978-93-80627-17-5 (May 2010).
2. **P. Yoga** and Dr. R. Elangovan “**Effect of Weight Training and Plyometric Training on Selected Hematological Variables among College Football Players**”. Emerging Trends in Physical Education and Sports Sciences, Tiruchirappalli ,Tamilnadu, India: Bharathidasan University Publication Division, Page No (40-42), ISBN: 978-81-908078-6-9 (**March 2011**).
3. **P. Yoga** and S. Abirami Kiruthiga “**Effect of Selected Yogic Practices and Aerobic Training on Selected Bio-Chemical Variables among Obese School Girls**”. Sports and Nutrition Gurgaon, Haryana, India: Macmillan Publication, Page No (372-376), ISBN: 978-9350-59339-4 (**March 2012**).

4. S. Abirami Kiruthiga and **P. Yoga** “**Effect of Yogic Practices and Aerobic Training on Selected Physiological Variables among Obese School Girls**”. Sports and Nutrition Gurgaon, Haryana, India: Macmillan Publication, Page No (367-371), ISBN: 978-9350-59339-4 (**March 2012**).
5. P. Anandakumar and **P. Yogaraj** “**Fight Obesity with Yoga**”. Modern Trends in Sports Management, Salem, Tamilnadu, India: MSK Publication, Page No (521-522), ISBN: 938048714-2 (March 2012).
6. **P. Yogaraj** and P. Anandakumar “**Meditation Improve Overall Wellbeing**”. Modern Trends in Sports Management, Salem, Tamilnadu, India: MSK Publication, Page No (638-641), ISBN: 938048714-2 (March 2012).
7. **P. Yoga** “**Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Platelets Count among College Men Students**”. Sound Body Sound Mind Fitness through Yoga & Sports, Madurai, Tamilnadu, India: Shanlax Publication, Page No (638-640), ISBN: 978-93-80686-60-8 (January 2015).
8. **P. Yoga** and Ranjith VP. “**Comparative Study on Flexibility among College Men Cricket and Hockey Players**”. Sound Body Sound Mind Fitness through Yoga & Sports, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (January 2015).
9. **P. Yoga** “**Influence of Aerobic Training on VO<sup>2</sup> Max among College Men Handball Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (186-188), ISBN: 978-81-928690-4-9 (March 2015).
10. **P. Yoga** and Ranjith VP. “**Influence of Weight Training on Muscular Strength among College Men Handball Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (190-191), ISBN: 978-81-928690-4-9 (March 2015).
11. **P. Yoga** and K. Alaguraja “**Effect of Aerobic Training on Vital Capacity among College Men Handball Players**”. Recent Developments in Sports and Yogic



Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (194-195), ISBN: 978-81-928690-4-9 (March 2015).

12. **P. Yoga**, Dr.R. Balamuralikrishnan and S. James Rathinaraj “**Influence of Weight Training on Cardio Vascular Endurance among College Men Handball Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (188-189), ISBN: 978-81-928690-4-9 (March 2015).
13. **P. Yoga**, J.T. Jose Mariapackiaraj and M. Vairamuthu “**Position-Wise Analysis on Anthropometric Characteristics of All India Inter University Kabaddi Players**”. Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (191-193), ISBN: 978-81-928690-4-9 (March 2015).
14. **P. Yoga** and Ranjith VP. “**Influence of Yogic Practice on Flexibility among College Men Students**”. Scientific Approaches and Application of Yoga and Holistic Lifestyle for Better Tomorrow, Tripunithura, Kerala, India: Government College Publication, Page No (93-95), ISBN: 978-81-925-229-1-3 (November 2015).
15. **P. Yoga** “**Influence of Different Yogic Practice on Self Confidence among College Men Students**”. Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016), Karaikudi, Tamilnadu, India: Department of Education Alagappa University Publication, Page No (620-622), ISBN: 978-81-928690-8-7 (March 2015).
16. **P. Yoga** and Ranjith VP. “**Effect of Yogic Practice on Stress Management among College men Students**”. Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016), Karaikudi, Tamilnadu, India: Department of Education Alagappa University Publication, Page No (610-613), ISBN: 978-81-928690-8-7 (March 2015).
17. **P. Yoga** and Ranjith VP. “**Effect of Aerobic Training on Cardio Respiratory Endurance among College Men Football Players**”. Fit and Healthy India-Vision 2023, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).

18. **P. Yoga** and U. Anbu “Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients”. Fit and Healthy India-Vision 2023, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).
19. **P. Yoga** and B. Bama “Effect of Aerobic Training on Vital Capacity among College Women Handball Players”. Fit and Healthy India-Vision 2023, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).
20. **P. Yoga** and K. Priyanka “Effect of Aerobic Training on Resting Pulse Rate among College Women Handball Players”. Fit and Healthy India-Vision 2023, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (September 2015).
21. **P. Yoga** and Ranjeth VP “Influence of aerobic exercise on maximum expiratory power among college men student” National seminar on Road Map to 2020 Olympic, published by the secretary Ramakrishna mission vidyalaya, coimbatore, tamilnadu, india ISBN: 81-9235734-8. Page no:(185-186).( February 2017).
22. S. Dhanaraj and **P. Yoga** “Influence of aerobic exercise on cardiorespiratory endurance among obese men student” National seminar on Road Map to 2020 Olympic, published by the secretary Ramakrishna mission vidyalaya, Coimbatore, Tamilnadu, India ISBN: 81-9235734-8. Page no:(209-210).( February 2017).
23. **P. Yoga** “Effect of Yogic Practice on Resting Pulse Rate Among School Students” National conference on new trends in teacher education pedagogical, didactical, curriculum design and technological innovations (NTTE 2017), published Department of Education, Alagappa University Karaikudi, ISBN: 935268151-7. Page no :( 332-334).( February 2017).
24. **P. Yoga** “Effect of aerobic exercise on cardio vascular endurance among obese men Students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no :( 425). (21st & 22<sup>nd</sup> September 2017).

25. **P. Yoga** and “Effect of Yogic Practice on Resting Pulse Rate Among School Students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no :( 423). ( 21<sup>st</sup> & 22<sup>nd</sup> September 2017).
26. **P. Yoga** “Influence of aerobic exercise on flexibility among college students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no:(427).( 21<sup>st</sup> & 22<sup>nd</sup> September 2017).
27. **P. Yoga** “effect of aerobic exercise on breath holding time among college students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no :( 429). (21<sup>st</sup> & 22<sup>nd</sup> September 2017).
28. **P. Yoga** “Efficacy of yogic practices on selected physiological parameters among college men handball players” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no:(431).( 21<sup>st</sup> & 22<sup>nd</sup> September 2017).
29. **P. Yoga** “Changes of Inspiratory Volume through Kapalabhati Pranayama among Handball Players.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11<sup>th</sup> & 12<sup>th</sup> January 2018. Page No:(277-278), ISBN: 978-81-926565-3-3
30. James Rathinaraj S and **P. Yoga** “Effect of Yogic practice on VO<sub>2</sub> max among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11<sup>th</sup> & 12<sup>th</sup> January 2018. Page No:(47-48), ISBN: 978-81-926565-3-3
31. K. Alaguraja and **P. Yoga** “Impact of Ujjayni pranayama on Resting pulse rate among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College,

Tripunithura, Kerala, on 11<sup>th</sup> & 12<sup>th</sup> January 2018. Page No: (69-70), ISBN: 978-81-926565-3-3

32. R. Balamuralikrishnan and **P. Yoga** “Effect of Yogic practice on muscular endurance among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11<sup>th</sup> & 12<sup>th</sup> January 2018. Page No: (81-82), ISBN: 978-81-926565-3-3
33. V. P. Ranjeth and **P. Yoga** “Efficacy of Yogic practice on expiratory volume among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11<sup>th</sup> & 12<sup>th</sup> January 2018. Page No: (210-211), ISBN: 978-81-926565-3-3
34. K. Selvakumar and **P. Yoga** “Influence of Suryanamaskar practice on respiratory rate among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11<sup>th</sup> & 12<sup>th</sup> January 2018. Page No: (230-231), ISBN: 978-81-926565-3-3.

## **PAPER PRESENTATIONS**

### **INTERNATIONAL CONFERENCES**

1. Presented a paper on “**Yoga and Mirror Neurons**” in the International Conference on “Yoga Therapy and fitness – on Integrated Approach” Organized by the School of Physical Education, Alagappa University, Karaikudi on 12<sup>th</sup> & 13<sup>th</sup> February 2010.
2. Presented a Paper on “**Sport – Psychology-Mental Imagery and Self – hypnosis can Improve Performance**” in the International Conference on “Modern Trends in Sports Technology, Management & Allied Sciences” organized by Association of Sports Technology, Management & Allied Sciences and School of Physical Education Alagappa University, Karaikudi on 8<sup>th</sup> & 9<sup>th</sup> March 2010.

3. Presented a Paper On **“Effect of Varied Yogic Practices on Hemoglobin and Blood Sugar among Obese Women”**. in the Asian Conference on “Physical Education & Computer Science in Sports” organized by Indian Federation of Computer Science in Sports, Osmania University, Hyderabad on 7<sup>th</sup> to 9<sup>th</sup> May 2010.
4. Presented a paper on **“Influence of Suryanamaskar and Physical Exercises on selected Bio-Chemical Variables among College Women Students”** in the International Conference on “Yoga, Physiotherapy, Nutrition and Sports for Lifelong Fitness” Organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 27<sup>th</sup> 28<sup>th</sup> January 2011.
5. Presented a paper on **“Effect of Suryanamaskar and Taichi on Selected Motor Ability Variables among College Women Students”** in the International Conference on “Better Life Better World, Through Yoga with Allied Sports Sciences” Organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai on 16<sup>th</sup> to 18<sup>th</sup> February 2012.
6. Presented a paper (Poster) on **“Effect of Selected Yogic Practices and Aerobic Training on Selected Bio-Chemical Variables among Obese School Girls”** in the Department of Science and Technology Government of India Sponsored International Conference on “Sports and Nutrition: Modern Scientific Technologies to Empower Sports Personnel” Organized by the Department of Food Science and Nutrition & Physical Education, Avinashilingam University, Coimbatore on 8<sup>th</sup> and 9<sup>th</sup> March 2012.
7. Presented a paper on **“Effect of Varied Packages of Yogic Practices on White Blood Cell Count among College Men Students”** in the “25<sup>th</sup> Pan Asian conference of Sports Physical Education & Computer Science in Sports” Jointly organized by Indian Federation of Computer Science in Sports and Pan Asian Conference of Sports & Physical Education, Osmania University, Hyderabad Telangana, India on 08<sup>th</sup> to 10<sup>th</sup> August 2014.
8. Participated as a **“Traditional Games”** in the 25<sup>th</sup> Pan Asian Conference of Sports & Physical Education-2014 Jointly organized by Indian Federation of Computer

Science in Sports and Pan Asian Conference of Sports & Physical Education, Osmania University, Hyderabad Telangana, India on 08<sup>th</sup> to 10<sup>th</sup> August 2014.

9. Presented a paper on **“Effect of Varied Packages of Yogic Practices on Red Blood Cell Count among College Men Students”** in the UGC Sponsored International Seminar on “Health Related Physical Fitness and Wellness” Organized by the Department of Physical Education, Poornaprajna College, Udipi, Karnataka State, India on 22<sup>nd</sup> and 23<sup>rd</sup> August 2014.
10. Presented a paper on **“Effect of Yogic Practice on Blood Pressure Parameter among the Middle Aged Men”** in the International Conference on “Prospective Approaches and Application of Yoga and Physical Activity for Better Life” Organized by the Department of Physical Education, All Saint’s College, Thiruvananthapuram, Kerala State, India on 19<sup>th</sup> and 20<sup>th</sup> November 2015.
11. Presented a paper on **“Influence of Yogic Practice on Anxiety among College Men Hockey Players”** in the International Conference on “Health Indicators for Physical and Cognitive Fitness Education” Organized by the Faculty of Education, Alagappa University, Karaikudi, Tamilnadu, India on 26<sup>th</sup> and 27<sup>th</sup> February 2016.
12. Presented a paper on **“Effect of Yogic Practice on Respiratory Rate among College Men Obese Students”** in the International Conference on “Health Indicators for Physical and Cognitive Fitness Education” Organized by the Faculty of Education, Alagappa University, Karaikudi, Tamilnadu, India on 26<sup>th</sup> and 27<sup>th</sup> February 2016.
13. Presented a paper on **“Effect of Yogic Practice on Vital Capacity among College Men Football Players”** in the International Conference on “Health Indicators for Physical and Cognitive Fitness Education” Organized by the Faculty of Education, Alagappa University, Karaikudi, Tamilnadu, India on 26<sup>th</sup> and 27<sup>th</sup> February 2016.
14. Presented a paper on **“Influence of yogasana practice on VO2 max parameter among college men students”** in the International seminar on various aspects of physical education, yogic & allied sciences. Organized by Dept of Physical Education

& Yoga, Mahatma Gandhi Kasha Vidyapith, Varanasi, and U.P - India. 27<sup>th</sup> & 28<sup>th</sup> September 2016.

15. Presented a paper on **“Influence of Yogic Practice on Flexibility among College Students”** in the International Conference on “Emerging trends in sports medicine, physical education, sports science and yoga” Organized by Tamil Nadu Physical Education and Sports University, Chennai, Tamilnadu, India on 18<sup>th</sup> and 19<sup>th</sup> January 2017.
16. Presented a paper on **“Effect of Yogic Practice on Cardio Respiratory Endurance among College among College Students”** in the International Conference on “Emerging trends in sports medicine, physical education, sports science and yoga” Organized by Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India on 18<sup>th</sup> and 19<sup>th</sup> January 2017.
17. Participated in **“International Congress on Renaissance In Sports Strategies, Challenges and Choices”** Organized by Research Department of Physical Education & Sports Sciences, National College (autonomous), Tiruchirappalli - Tamil Nadu on 10<sup>th</sup> & 11<sup>th</sup> February 2017.
18. Presented a paper on **“Influence of selected pranayama practices on cardio respiratory endurance among school students”** in the International Yoga Conference on “Mind, Body, Soul” Organized by Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India on 25<sup>th</sup> May 2017.
19. Presented a paper on **“influence of mindfulness meditation on self confidence among men handball players.”** international conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7<sup>th</sup> & 8<sup>th</sup> December 2017.

## **NATIONAL CONFERENCES**

1. Participated in a “New Games” in the National seminar on “Squash, Boxing, Fencing, Gymnastics and Swimming” organized by the Sports Development Authority of Tamilnadu on 04<sup>th</sup> to 05<sup>th</sup> September 2003.

2. Participated in a “Trends Emerging in Physical Education in the 21<sup>st</sup> Century” organized by the Sri Ramakrishna Mission Vidyalaya Maruthi college of Physical Education-Coimbatore, Tamilnadu on 29<sup>th</sup> & 30<sup>th</sup> January 2004.
3. Presented a paper on **“Influences of Meditation on Athletes”** in the national seminar on “Modern Multi-Dimensional Approaches for Excellence in Sports” organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 25<sup>th</sup> September 2009.
4. Presented a paper on **“Effect of Yoga among Obese Women”** in the National Conference on “Modern Trends in Yoga and Naturopathy” organized by the Indian Institute of Yoga and Naturopathy, Coimbatore on 11<sup>th</sup> October 2009.
5. Presented a paper on **“Combined Effect of Asana Pranayama and Meditation on Selected Physiological Variables among Obese Women”** in the National Conference on “Modern Trends in Yoga and Naturopathy” organized by the Indian Institute of Yoga and Naturopathy, Coimbatore on 11<sup>th</sup> October 2009.
6. Presented a paper on **“Influences of Yogic Practices on Healthy Primary School Children”** in the national seminar on “Role of Science, Technology and Yoga in enhancing Sports performance and Health” organized by the Department of Physical Education, Meenaakshi Ramasamy Arts & Science College and Meenatchi Physical Education College, Thathanur on 6<sup>th</sup> February 2010.
7. Presented a paper on **“Comparative Analysis on Aggression between Cricket and Football Players among School Boys”** in the national seminar on “Social aspects of Sports in Indian Context” organized by the Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai on 12<sup>th</sup> March 2010.
8. Presented a paper on **“Comparative Analysis of Aggressive and Anxiety between Mallakhamb and Kho-Kho Players among School Boys”** in the UGC Sponsored National Seminar on “Role of Modern Training in Physical Education and Sports” organized by the Department of Physical Education and sports, University of Madras, Chennai on 19<sup>th</sup> & 20<sup>th</sup> March 2010.



9. Presented a paper on **“Effect of Selected Yogic Practices and Physical Exercises on Bio-Chemical Variables among College Women Students”** in the National Seminar on “Essentials of a Qualified Teacher in Yoga” Jointly Organized by the faculty of General & Adapted Physical Education and Yoga, Ramakrishna Mission Vivekananda University, Coimbatore, Ramakrishna Mission Vidyalaya Maruthi college of Physical Education, Coimbatore. On 26<sup>th</sup> & 27<sup>th</sup> March 2010.
10. Presented a paper on **“Effect of selected Asanas on Serum Cholesterol and Functions of Adrenal Gland in College Women”** in the UGC Sponsored National Seminar on “Modern Trends in Sports Medicine” Organized by the Department of Physical Education, Bharathiar University, Coimbatore on 9<sup>th</sup> and 10<sup>th</sup> April 2010.
11. Presented a paper on **“Buvie Veppamayamathalin Moolatharam”** in the National Seminar on “Tamil Science Paravai Aaivu Covai”, Jointly Organized by the Tamilaga Science Paravai Aaivu and Manonmaniam Sundaranar University, Thirunelveli on 21-23 May 2010.
12. Presented a paper on **“Effect of Yogic Asanas on Selected Psychological Variables”** in the national seminar on “Yoga and Physiotherapy for Stress Management” organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 29<sup>th</sup> October 2010.
13. Presented a paper on **“Effect of Varied Packages of Yogic Practices on Selected Bio-Chemical Variables among College men Students”** in the national conference on “Yoga : Caring, Sharing and Empowering” organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai on 20<sup>th</sup> and 21<sup>st</sup> December 2010.
14. Presented a paper on **“Influence of Suryanamaskar and Physical Exercises on Selected Hematological Variables among College Women Students”** in the UGC Sponsored National Seminar on “The Felicitous Intertwined Trio of Physical Activities, Wellness and Sports” organized by the Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 5<sup>th</sup> February 2011.

15. Presented a paper on **“Effect of Suryanamaskar and Physical Exercises on Selected Motor Ability Variables among College Women Students”** in the national conference on “Use of Modern Technology in Physical Education, Sports and Allied Health Sciences” organized by the Vinayaka Mission’s College of Physical Education, Vinayaka Missions University, Salem on 11<sup>th</sup> & 12<sup>st</sup> February 2011.
16. Presented a paper on **“Influence of Weight Training and Plyometric Training on Selected Bio-Chemical Variables among College Football Players”** in the national conference on “Scientific Innovations In Sports Sciences and Technology” organized by the Selvam College of Physical Education, Namakkal on 5<sup>th</sup> March 2011.
17. Presented a paper on **“Effect of Weight Training and Plyometric Training on Selected Hematological Variables among College Football Players”** in the national conference on “Emerging Trends in Physical Education and Sports Sciences” organized by the Department of Physical Education, Bharathidasan University, Tiruchirappalli on 12<sup>th</sup> March 2011.
18. Presented a paper on **“Meditation Improve Overall Wellbeing”** in the UGC Sponsored national seminar on “Modern Trends in Sports Management” organized by the Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi on 21<sup>st</sup> and 22<sup>nd</sup> March 2012.
19. Presented a paper on **“Influence of Aerobic Training on VO<sup>2</sup> Max among College Women Football Players”** in the UGC Sponsored national seminar on “Women Sports Participation in India” organized by the Department of Physical Education, Bharathiar University, Coimbatore on 30<sup>th</sup> and 31<sup>st</sup> January 2014.
20. Presented a paper on **“Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients”** in the UGC Sponsored national conference on “Physical Activities, Sports, Fitness and Dietetics – The Elixir Quartet of Health” organized by the Research Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 15<sup>th</sup> February 2014.

21. Presented a paper on **“Effect of Yogic Practices and Circuit Resistance Training on Selected Physical Physiological and Psychological Variables among College Players”** in the UGC Sponsored national conference on “Physical Activities, Sports, Fitness and Dietetics – The Elixir Quartet of Health” organized by the Research Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 15<sup>th</sup> February 2014.
22. Presented a paper on **“Effect of Yogasana Practices on Fitness and Wellness for Youth”** in the UGC Sponsored national seminar on “Fitness & Wellness” organized by Department of Physical Education, K.VR, K.V.R & M.K.R College, Khajipalem, (AP) on 5<sup>th</sup> and 6<sup>th</sup> December 2014.
23. Presented a paper on **“Influence of Aerobic Training on VO<sup>2</sup> Max among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> March 2015.
24. **Organizing Committee** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> March 2015.
25. **Chaired a session** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> March 2015.
26. Presented a paper on **“Position-Wise Analysis on Anthropometric Characteristics of All India Inter University Kabaddi Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> March 2015.

27. Presented a paper on **“Effect of Aerobic Training on Vital Capacity among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> March 2015.
28. Presented a paper on **“Influence of Weight Training on Cardio Vascular Endurance among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> March 2015.
29. Presented a paper on **“Influence of Weight Training on Muscular Strength among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19<sup>th</sup> and 20<sup>th</sup> March 2015.
30. Presented a paper on **“Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Platelets Count among College Men Students”** in the UGC Sponsored national seminar on “Sound Body Sound Mind Fitness through Yoga & Sports” organized by Department of Physical Education, G.T.N. Arts College, Dindigul on 25<sup>th</sup> and 26<sup>th</sup> March 2015.
31. Presented a paper on **“Comparative Study on Flexibility among College Men Cricket and Hockey Players”** in the UGC Sponsored national seminar on “Sound Body Sound Mind Fitness through Yoga & Sports” organized by Department of Physical Education, G.T.N. Arts College, Dindigul on 25<sup>th</sup> and 26<sup>th</sup> March 2015.
32. Presented a paper on **“Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on WBC Count among College Men Students”** in the UGC Sponsored national seminar on “Physical Education on Health and Sports Science” organized by Department of Physical Education, S.K.S.D. Mahila Kalasala (UG & PG), Tanuku on 29<sup>th</sup> and 30<sup>th</sup> March 2015.

33. **Organizing Committee** in the UGC Sponsored National Seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28<sup>th</sup> and 29<sup>th</sup> September 2015.
34. **Chaired a session** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28<sup>th</sup> and 29<sup>th</sup> September 2015.
35. Presented a paper on “**Effect of Aerobic Training on Cardio Respiratory Endurance among College Men Football Players**” in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28<sup>th</sup> and 29<sup>th</sup> September 2015.
36. Presented a paper on “**Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients**” in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28<sup>th</sup> and 29<sup>th</sup> September 2015.
37. Presented a paper on “**Effect of Aerobic Training on Vital Capacity among College Women Handball Players**” in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28<sup>th</sup> and 29<sup>th</sup> September 2015.
38. Presented a paper on “**Effect of Aerobic Training on Resting Pulse Rate among College Women Handball Players**” in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28<sup>th</sup> and 29<sup>th</sup> September 2015.

39. Presented a paper on **“Influence of Yogic Practice on Flexibility among College Men Students”** in the UGC Sponsored national seminar on “Scientific Approaches and Application of Yoga and Holistic Lifestyle for Better Tomorrow” organized by Government College, Tripunithura, Ernakulam, Kerala on 25<sup>th</sup> and 26<sup>th</sup> December 2015.
40. Participated in National seminar on “Safety and Security of Women and Girls in Public Spaces: Planning and Designing Mechanism” organized by the Alagappa University, Karaikudi, Tamilnadu on 04<sup>th</sup> to 05<sup>th</sup> September 2003.
41. Presented a paper on **“Effect of Circuit Training on Explosive Power among College Men”** in the national seminar on “Role of Yoga and Technology in Enhancing Sports Performance and Populace Health” organized by Urumu Dhanalakshmi College on 28<sup>th</sup> and 29<sup>th</sup> January 2016.
42. Presented a paper on **“Influence of Different Yogic Practice on Self Confidence among College Men Students”** national seminar on “Perspectives and Prospects of Technology Enabled Learning (COPPTEL-2016)” organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 31<sup>th</sup> March and 01<sup>st</sup> April 2016.
43. Presented a paper on **“Effect of Yogic Practice on Stress Management among College men Students”** national seminar on “Perspectives and Prospects of Technology Enabled Learning (COPPTEL-2016)” organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 31<sup>th</sup> March and 01<sup>st</sup> April 2016.
44. Presented a paper on **“Influence of Varied Packages of Yogic Practice on Total Cholesterol among Obese Men Students”** national seminar on “Training, Nutrition and Analeptic Regimen on Corporeal Property and High Performance in Sports” organized by Bharathiar University, Coimbatore, Tamil Nadu on 31<sup>th</sup> March and 01<sup>st</sup> April 2016.

45. **Chaired a session** in the national seminar on “Role of Bharatha Natiyam In Rhythamics and Physical Education” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 12<sup>th</sup> January 2017.
46. Presented a paper on **“effect of yogic practices on resting pulse rate among school students ”** national seminar on **“New Trends In Teacher Education: Pedagogical, Didactical, Curriculum Design and Technological Innovations (NITE- 2017)”** organized by Department of Education, Alagappa University, Karaikudi, Tamil Nadu on 06<sup>th</sup> & 07<sup>th</sup> February 2017.
47. **Chaired a session** in the national seminar on **“New Trends In Teacher Education: Pedagogical, Didactical, Curriculum Design and Technological Innovations (NITE- 2017)”** organized by Department of Education, Alagappa University, Karaikudi, Tamil Nadu on 06<sup>th</sup> & 07<sup>th</sup> February 2017.
48. Presented a paper on **“Influence of aerobic exercise on cardiovascular endurance among obese men students.”** national seminar on “Road map to 2020 Olympics” organized by sri Ramakrishna Mission Vidyalaya, Maruthi College of physical education on 23<sup>rd</sup> & 24<sup>th</sup> February 2017.
49. Presented a paper on **“Influence of Yogic Practice on Muscular Endurance Among School Students”** UGC- CAS-1 national seminar on “Genomic And Cultural Variation Of Indian Populations: An Appraisal of Health And Disease Susceptibility ” Organized by Department Of Anthropology, Sri Venkateswara University, Tirupati, Andhra Pradesh, on 23<sup>rd</sup> & 24<sup>th</sup> February 2017.
50. Presented a paper on **“Effect of Yogic Practice on Resting Pulse Rate Among School Students”** national conference on new trends in teacher education pedagogical, didactical, curriculum design and technological innovations (NTTE 2017) organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 06<sup>th</sup> February and 07<sup>th</sup> February 2017.
51. Presented a paper on **“Influence Hatha of Yogic Practice on flexibility among college men”** national conference on “Contemporary in justice and human rights

issue (CIJHR 2017) "organized by Department of History, Alagappa University, Karaikudi, Tamil nadu on 25<sup>th</sup> to 26<sup>th</sup> September 2017.

52. Presented a paper on **"Effect of Yogic Practices on Resting Pulse Rate among School Students."** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, 21<sup>st</sup> & 22<sup>nd</sup> September 2017).
53. Presented a paper on **"Effect of Yogic Practices on cardio vascular endurance among obese men students."** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, (21<sup>st</sup> & 22<sup>nd</sup> September 2017).
54. Presented a paper on **"influence of aerobic exercise on flexibility among college students."** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi,( 21<sup>st</sup> & 22<sup>nd</sup> September 2017).
55. Presented a paper on **"Effect of aerobic exercise on breath holding time among college students."** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi,( 21<sup>st</sup> & 22<sup>nd</sup> September 2017).
56. Presented a paper on **"Efficacy of Yogic Practices on selected physiological parameters among college men handball players."** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi,). (21<sup>st</sup> & 22<sup>nd</sup> September 2017).
57. Presented a paper on **"Indian Athlete Deepa Malik."** National conference on education and empowerment of women with disabilities towards sustainable development (EEWDSD - 2017), organised by the Department of Special Education & Rehabilitation Science, Alagappa University, Karaikudi, on 5<sup>th</sup> & 6<sup>th</sup> December 2017.
58. Presented a paper on **"Changes of Inspiratory Volume through Kapalabhati Pranayama among Handball Players."** National Seminar on A Life of Wellness



Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11<sup>th</sup> & 12<sup>th</sup> January 2018.

### International Workshop

S.No	Name of the Workshop	Institution/ University	Date
1.	Advanced Scientific Training and Coaching	Department of Advanced Training and Coaching. Tamil Nadu Physical Education and Sports University, Chennai	2 <sup>nd</sup> and 3 <sup>rd</sup> February 2010
2.	Football	School of Physical Education. Alagappa University, Karaikudi	14 <sup>th</sup> February 2010

### National Workshop

S. No	Name of the Workshop	Institution/ University	Date
1.	Latest Changes and New Rules in Sports and Games	YMCA college of Physical Education in association with Tamil Nadu State Council for Higher Education (TANSCHHE)	25 <sup>th</sup> and 26 <sup>th</sup> August 2009
2.	Population of Physical Education and Sports Related to Sciences to the School Physical Education Teachers	Department of Physical Education with the financial assistance received from the Tamil Nadu State Council for Science and Technology	9 <sup>th</sup> October 2009
3.	Enhancing Human Values, Moral Values and Spiritual Values	Department of Yoga, Tamil Nadu Physical Education and Sports University in Coordination with Prajapita Brahmakumaris Ishwarya Vidyalaya at Chennai	17 <sup>th</sup> November 2009
4.	Cardio Respiratory Fitness	St. Joseph’s College of Engineering and Department of Exercise	23 <sup>rd</sup> March 2010

		Physiology and Nutrition, Tamil Nadu Physical Education and Sports University, Chennai	
5.	Emerging Needs and Application of Biomechanics in Sports & Games	YMCA college of Physical Education, Chennai	29 <sup>th</sup> and 30 <sup>th</sup> March 2010
6.	Sports Technology and Sports Management	Department of Sports Technology and Sports Management, Tamil Nadu Physical Education and Sports University, Chennai	12 <sup>th</sup> &13 <sup>th</sup> April 2010
7.	Comprehensive Approaches in Physical Education	Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	22 <sup>nd</sup> April 2010
8.	Women Empowerment: Directions	Department of Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai	8 <sup>th</sup> September 2010
9.	Track & Field : Planning, Construction, Rules and Interpretations	Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	24 <sup>th</sup> & 25 <sup>th</sup> January 2011
10.	Yoga Therapy, Exercise Therapy and Allied Therapy	Koviloor Andavar Institute of Yoga & Research, Koviloor Madalayam, Koviloor	29 <sup>th</sup> January 2011
11.	Physiological Adaptations on Training and Nutrition	Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai	9 <sup>th</sup> February 2011
12.	Association of Indian Universities Sports Organisation	Department of Physical Education and sports, University of Madras, Chennai	25 <sup>th</sup> & 26 <sup>th</sup> March 2011
13.	Modern Trends in Yoga and Allied Therapies	Department of Yoga, Tamil Nadu Physical Education and Sports University in co- ordination with Viniyoga	26 <sup>th</sup> March 2011

		Healing Foundation of India, Chennai at Chennai	
14.	Own Yoga – Own the Life	Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai	7 <sup>th</sup> April 2011
15.	Research Methodology & Technology Management in Higher Education	Pondicherry University Academic Staff College, Puducherry	14 <sup>th</sup> & 15 <sup>th</sup> March 2013
16.	Physical Education and Communication Skills	Koviloor Andavar College of Physical Education and Sports Science, Koviloor	28 <sup>th</sup> February 2014
17.	Athletics	Alagappa University College of Physical Education, Alagappa University, Karaikudi	8 <sup>th</sup> and 9 <sup>th</sup> January 2015
18.	State Level Kho-Kho Workshop & Referees Examination	Alagappa University College of Physical Education, Alagappa University, Karaikudi	28 <sup>th</sup> February 2015
19.	Art of Writing in APA Style	Department of Psychology, Manonmaniam Sundaranar University, Thirunelveli	16 <sup>th</sup> and 17 March 2015
20.	Biomechanics	Tamil Nadu Physical Education and Sports University-Chennai	15 <sup>th</sup> October 2015
21.	Soft Skills Training for Pre- Service Teachers	Alagappa University, Karaikudi	23 <sup>rd</sup> and 24 <sup>th</sup> March 2016
22.	Sports Biomechanics	Department of Physical Education, Bharathidasan University, Tiruchirappalli- TN.	19 <sup>th</sup> December 2016
23.	Exercise, Training And Diet For High Performance In Para Sports- 2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi- TN	31 <sup>st</sup> January 2017
24.	Workshop and activity based yoga (way 2017)	Centre for yoga education, Alagappa University, Karaikudi- TN	08 <sup>th</sup> February 2017.
25.	Employability among prospective teachers	Alagappa University College of Education, Alagappa University, Karaikudi- TN	25 <sup>th</sup> September 2017

26.	“Fitness and Wellness” 2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi- TN	28 <sup>th</sup> September 2017
27.	“Current Scenario of Educational Videogames in the Technological Era: Links with Problem Solving”	Directorate of Distance Education, Alagappa University, Karaikudi- TN	10 <sup>th</sup> November 2017
28.	State Level Workshop on Sports Injuries	Department of Physical Education, ANJAC, Sivakasi	26 <sup>th</sup> to 27 <sup>th</sup> December 2017