



**Dr. T.P.YOKESH**  
**Assistant Professor**

### Contact

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**Academic Qualifications: BA., B.P.Ed., M.P.Ed., M.Phil., DIP. Yoga., PGDFM., Certi  
Course in Sports Coaching (Cricket), Ph.d.,**

**Teaching Experience: 01 Year**

**Research Experience: 03 Years**

### Additional Responsibilities

S.No	Name of the Programme	Place were organized	Date
1.	University Volleyball Women team Selection Committee Member	Dr. Zakir Husain College, Ilayangudi	12 <sup>th</sup> to 13 <sup>th</sup> December 2016
2.	University Table Tennis Men & Women team Selection	Thassim Beevi Abdul Kadar College for Women	17 <sup>th</sup> December 2016

	Committee Member		
3.	University team manager (Volleyball Men south zone)	Mahatama Gandhi University, Kottayam & St.Thomas College, Pala, Kerala	2 <sup>nd</sup> to 6 <sup>th</sup> December 2016
4.	University team manager cum coach (Volleyball Women south zone)	Calicut University, Calicut	23 <sup>rd</sup> to 28 <sup>th</sup> December 2016

### Areas of Research

Yoga and Sports Training

### Research Supervision / Guidance

Program of Study		Ongoing
Research	M.Phil.	01
Project	PG	03

### Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
02	01	--	02	05

### Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized

1. **National Seminar Organizing Committee** (Role of Bharathanatiyam in Rhythmics and Physical Education)
2. **Organising Secretary** for National level Para Sports & Games and State level Para Athletic Championship

### 3. Organizing Committee South Zone inter University Hockey Men & Women

#### Events Participated

**Conferences / Seminars / Workshops : 05**

1. International and National Conferences : 03
2. International and National Workshops : 02

#### Other Training Programs

1. **Short Term Course in Sports Science Skill Development** (Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, Punjab)

#### Recent Publications

##### INTERNATIONAL & NATIONAL CONFERENCES

1. Presented a Article on **“Effect of Yoga on selected Bio – Chemical Variables among middle aged Men”** 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.
2. Presented a Article on (2016) **“Influence of yogic Practices on Physical Variables among College women 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.

##### INTERNATIONAL JOURNALS

1. Published Research article on **“Effect of Circuit Training on Selected Physical Variables among College Men Volleyball Players”** International Journal of Recent Research and applied Studies, Volume 3, Issue 5 (21) May 2016.
2. Published Research article on **“Impact of Circuit Training on Speed and Agility among Volleyball Players”** International Journal of Recent Research and applied Studies, Volume 3, Issue 6 (22) June 2016.

