



Dr. K. Murali Rajan
Associate Professor

Contact

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Academic Qualifications: BPE., MPE., NSNIS CERTIFICATE., P.hD., PGD.Yoga.

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

Teaching Experience: 17 Years

Post	School / College	From- To	Year
Physical Director	K.B.J.G., Gurrukulam	Oct 1993 – Aug	1 Year 8

		1995	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 Till Date	4 Years

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 Incharge

- 16. Equipment incharge
- 17. UGC XI Plan Co-ordinator
- 18. Class Co-ordinator

Areas of Research

Sports Training , Biomechanics ,Hockey

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	0	8
	M.Phil.	15	--
Project	PG	40	3

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
06	17	9	31	2

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized

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	2009

	longevity and education for empowerment – Incoflee -09	
4	Fit and Healthy India Vision 2023 NSFHI 2015	2015
5	Role of Barathanatiyam in Rhythmic and Physical Education – Organizing Committee Members	2017
6	National Para Dwarf Sports And Games & State Para Athletic Championship And Games - 2017 Co-ordinator Alagappa University Para Sports Centre	2017

Events Participated

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 29th to 31st Jan 2001 and Presented paper on **“Aging and Exercises”**.
2. National Seminar on **“Trend Emerging in Physical Education in 21st century”**
Organised by Maruthi College of Physical Education Coimbatore on 29th to 31st 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 17th to 19th December 2004 and Presented paper on **“The Fitness Leader”**.
4. National Seminar on **“Personality Development”** Organised by Alagappa University and Rotary Club Karaikudi on 22nd Jan 2005. Participated.

5. National Seminar on **“Personality Development”** Organised by College Development Council of Alagappa University Karaikudi, & Lions Clubs of Sivagangai on 15th Feb 2005. Participated.
6. National Seminar on **“Personality Development”** Organised by College Development Council of Alagappa University Karaikudi and National Service Scheme on 28th September 2005. Participated.
7. International conference .on **“Beyond chalk and Talk Challenge and Opportunities for Teaching in Digital age”** Organised by Department of Education Techonology Bharathidasan University Thru chirapalli on 5th & 6th 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 25th & 26th 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 28th and 30th April 2006 and Presented paper on **“Exercise for Health And Longevity “**.
10. National Workshop on **“Athletic”** Organised by Sivagangai District Athletic Association Karaikudi on 16th Sep 2006. Participated.
11. National Seminar on **“Yoga for Holistic Health ”** Organised by Tamil Nadu Physical Education and Sports University, Chennai on 10th 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 21st 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 14th 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 Physiology and Nutrition** Organised by Department of Exercise Physiology and Nutrition ,Tamil Nadu Physical Education and Sports University Chennai on 15th and 16th 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 18th & 19th 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 26th to 27th 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 15th Nov 2008 and Presented paper on **“Effect Yoga on Self – Rated Visual Discomfort in Computer Users“**.

18. 3rd National Conference on **“Opportunities and Challenges in Physical Education”** Organised Department of Physical Education Punjabi University Patiala on 10th & 11th 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 5th & 6th 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 12th & 13th March 2009.
21. National Level workshop on **Research Methodology and Statistics in Physical Education**, Organised by Department of Physical Education Bharathiar University Coimbatore 16th & 17th 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 2nd & 3rd February 2010. Participated.
23. International Conference on **“Yoga Therapy and Fitness – An Integrated Approach ”** Organised School of physical education Karaikudi Alagappa University on 12th & 13th 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 14th 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 8th & 9th 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 29th 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 21st & 22nd 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, 19th to 21st 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 29th Jan 2011. Participated.

30. National Workshop on **Volleyball** Organised by Aptech Computer Education and Alagappa University College of Physical Education Karaikudi on 4th February 2011 and participated..
31. National Workshop on “ **Athletics** ” Organised by Selvam College of Physical Education Namakkal on 5th 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 11th & 12th 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 16th to 18th 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 8th & 9th 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 Eng;ish and foreign language Alagappa University on1st 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 11th & 12th 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 5th & 6th 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 17th 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 19th and 20th 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 24th to 26th January 2013 and presented paper on **“Effect of Pranayama on The Development of Selected Physical, Physiological Variables among College 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 1st and 2nd 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 20th February 2013. Participated.

43. National Workshop on Yoga Allied Therapy and Physical Education Organised by Koviloor Andavar College of Physical Education Koviloor on 27th 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 25th 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 30th and 31st 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 30th and 31st 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 15th February 2014 and presented paper on **“Anthropometric Measurement between Volley ball and foot ball players “** .

48. 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 22nd and 23rd August 2014 and Participated .

Other Training Programs

1. Level one Anthropometrist 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 Surfing and Skiing Organised by Government of Himachal Pradesh Atal Bihari Vajpayee Institute of Mountaineering & Allied Sports Manali From 17.03.11 to 26.03.11

Membership in

Professional Bodies

1. Life member of National Association of Physical Education and Sports Science

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. No. of PhD Thesis evaluated : 3
2. No. of PhD Public Viva Voce Examination conducted : 2

Recent Publications

Nishan singh Deol, Manmeet Gill and K.MuraliRajan (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:).

K.Murali Rajan and P.K. Senthil Kumar, 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

K.Murali Rajan, Dr.S.Nagarajan (Dec 2012), " Analysis of selected psychological variables among women cricket university players ", Journal of health and Sports Sciences(JHSS) ISSN 0975-4563 Vol5 no:2 page numbers 33 -47.

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 .

Dr. K.Murali Rajan Dr.S.Nagarajan, (Jan & July 2015), " Comparative study of Co-Ordinative Abilities among various level school football players ", Indian Journal of Sport Sciences and Physical Education ISSN 0971-0140 Vol23 no:1 &2 page numbers 20 – 28 .

Dr. K.Murali Rajan Dr.S.Nagarajan, (Jan & July 2015), " Impact of varied intensities of circuit training on selected strength and endurance parameters of women hockey players ", Indian Journal of Sport Sciences and Physical Education ISSN 0971-0140 Vol23 no:1 & 2 page numbers 58 – 65 .

Dr. K.Murali Rajan S.Nagarajan, (Jan & July 2015), " Impact of varied intensities of circuit training on selected strength and endurance parameters of women hockey players ", Indian Journal of Sport Sciences and Physical Education ISSN 0971-0140 Vol23 no:1 & 2 page numbers 58 – 65 .

Dr. K.Murali Rajan, Mr.S.Saravana Sudharsan (Jan 2015 to Mrch 2015), " Effect of different factors of running on maximum speed ", International Journal of Health ,Physical Education & Computer Science in sports(IACSS) ISSN 2231-3265 Vol 17 no:1 page numbers 10 .

Dr. K.Murali Rajan, Mr.S.Saravana Sudharsan (Oct 2015), " Comparison of selected motor fitness components among different match practice teams ", Paripex – Indian Journal of Research (IACSS) ISSN 2250-1991Vol 4 page numbers 20 - 22 .

Dr. K.Murali Rajan, (Oct 2015), " Comparison of selected motor fitness components among different match practice teams ", Sara publishing Academy Paripex – Indian Journal of Research journal for all subjects (IACSS) ISSN 2250-1991 page numbers .

, Dr. K.MuraliRajan , Dr S.Nagarajan C.Senthil kumar ,” Comparative effect of plyometric training and aquatic plyometric training on sprinting speed and long jump performance of college students”, International Journal of Applied Research

Dr. K.Murali Rajan Dr.S.Nagarajan, (July 2016), " Sports Participation of Women in India- Restraints Challenges Issues Empower Opportunities and Benefits ", International Journal of Innovative Knowledge Concepts(IJIKC) ISSN 2454-2415 Vol-2page numbers XX .

K.Murali Rajan and T.Alagesan (September 2016) ,” Effect of Sports and Extra curricular Activities on Anxiety of Schools Boys”, International Journal of Recent Research and Applied Studies(IJRRAS) ISSN 2349-4891 Vol 03

Dr.K.Murali Rajan & R.Thinesh Kumar (December – 2016),” Impact Of Sports And Extra Curricular Activities On Selected Physical Fitness Variables Among School Boys:, Indian Streams Research Journal(ISRJ) ISSN 2230-7850 Volume - 6 | Issue - 11 | (Impact Factor : 4.1625(UIF))