



Dr. D. MANIAZHAGU
Associate Professor

Contact

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Academic Qualifications: B.Sc., B.Ped, M.P.Ed., M.Phil., Ph.D., PGDCYNC, NIS (Cert)

Degree	Subject	Year of Passing	Class	Institution
B.Sc	Zoology	1995	Second	University of Madras,
B.P.Ed	Physical Education	1997	First	University of Madras,
M.P.Ed	Physical Education	1998	First	University of Madras,
M.Phil	Physical Education	2001	First	Alagappa University,
Ph.D	Physical Education	2006	Awarded	Alagappa University, Karaikudi
PGDCYNC	Yoga	2008	First	TNPESU, Chennai
NIS(Cert)	Volley Ball	1999	First	LNCPE- SAI Trivandrum
NIS(Cert)	Athletics	2007	First	SAI.NSEC. Kolkata

Teaching Experience: 22 Years

At Alagappa University			
S.No	Designation	From	To
1	Assistant Professor (Stage 1)	01.06.2006	31.05.2010
2	Assistant Professor (Stage-2)	01.06.2010	31.05.2015
3	Assistant Professor (Stage-3)(Level 12)	01.06.2015	31-05-2018
4	Associate Professor	01-06-2018	Till Date

Research Experience: 15 Years,

Additional Responsibilities

A) University Responsibilities

- Member of Standing Committee
- Member of Tracking of students progress
- Member of selection committee(University Football Team)
- Grievance Redressal Officer(Differently abled students)
- Member of ECI-Hub

B) Departmental Responsibilities

- Coordinator- NAAC
- Coordinator - NIRF
- Coordinator - Online Examinations
- Member - Health Club

Areas of Research

Varied sports training effects on health and skill-related components of physical fitness

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	35	3
	M.Phil.	60	2
	M.Sc.(Yoga)	1	1

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
103	28	33	37	1

Funded Research Projects

Completed Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	AURF	31-12-2009	28-07-2011	Effects of Isolated and combined training of yogic practices and physical exercise on selected physical and physiological variables among rural students	0.2
2	UGC	01-02-2010	31-01-2012	Effects of varied packages of yogic practice on health related fitness physiological hematological and biochemical variables among obese women	4.02
3	ICSSR	25-03-2013	31-09-2015	Impact of physical training programmes on health related and pulmonary variables of women students	8.5
4	UGC	18-03-2015	18-03-2017	Effects of isolated and combined effects of aerobic dancing and resistance training on health related fitness physiological and lipid profile status of type-2 diabetic patients	19.5

Ongoing Projects (Co-PD)

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	ICSSR	15-01-2018	14-01-2020	Individual and combined interventions of Tai-Chi, Pilates and Yogic Practices on health fitness, psycho-physiological components and math computation of B.ED Trainees	5.25
2	TANSCHÉ	31-04-2021	31-4-2024	Effectiveness of integrative neuromuscular training combined with brain gym exercises, asanas and pranayama practices on health fitness components ,lipid profile status and neuro cognitive performance of school students	20.08

Consultancy Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	ICSSR-NRCT	01-03-2015	15-03-2015	Health States of Alagappa University and Mahidol University. A comparative study on health related fitness, physiological and psychological parameters	5

Distinctive Achievements/Awards

S. No	Award	Awarded By	Category for which the award was given	Year of Award
1	Cristiano Ronaldo Excellence Award	International Foundation of Multi Disciplinary Research(AP)	Excellence in Physical Education	2022
2	International Kalam' S Golden Award	Kalam'S World Records	Public Health activities	2021
3	Social Service Award	Legal Rights Organization, Chennai	Public Health activities	2020
4	Asian Education Award	Kiteskraft Productions, Punjab	Contribution for Education	2020
5	Korean Research Fellow	South Korea	Extension health program	2020
6	Young Researcher	PEFI, New Delhi	Innovative research in physical education	2019
7	Best Physical Trainer Award for Children	International Association of Lions Club, Ashoke Mehta Region, Karaikudi	Fitness Trainer	2018
8	Outstanding Research Supervisor Award	ARUNAI International Research Foundation, Thiruvannamalai	Research Contribution	2018

9	Outstanding researcher Award	KNSU (Korean National Sports Univefrsity) International Conference-Asia Pacific conference on Coaching Science, Seoul, Korea	Research Contribution	2018
10	Social Service Award	Lions Club of Chettinadu, Chettinadu	Public Health activities	2018
11	Alagappa Excellence Award for Research	Alagappa University	Research Contribution	2018
12	Best Teacher Award	Legal Rights Organizations	Teaching	2017
13	Social Service Award	Cosmos Lions Club, Karaikudi	Public Health activities	2017
14	Social Service Award	City Lions Club, Karaikudi	Public Health activities	2016
15	UGC-Research Award	UGC, New Delhi	Research Contribution	2015
16	Best scientific paper award	VIT, Vellore and BU, Bangalore	Conference	2008& 2009
17	M.Phil- First Rank Holder	Alagappa University	Education	2001
18	Best student award	YMCA, College, Chennai	Student	1998

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized: 10

- 1) Seminar-Organizing Secretary -2
- 2) Conference-Coordinator -2
- 3) Organizing committee members – 8

Events Participated

Conferences / Seminars / Workshops: 50

Other Training Programs

S.No	Program	Venue	Year
1.	Faculty Development Program	Jayaraj Annapackiam College for Women	2020
2.	Refresh Course	UGC-ASC, Bharathidasan University, Tiruchirapalli	2018
3.	Refresh Course	University of Kerala	2012
4.	ISAK, level II course	West Bengal	2011
5.	Special Olympics Programme	Singapore	2010
6.	Refresh Course	UGC-ASC, Bharathiar University, Coimbatore	2010
7.	Orientation Programme	UGC-ASC, University of Kerala	2007
8.	ISAK, level I course	Chennai	2007
9.	NIS Certificate Course, Athletics	Kolkata	2007
10.	NIS Certificate Course- Volleyball	Kerala	1999

Overseas Exposure/Visits

1. Singapore
2. Thailand
3. The Netherland
4. South Korea

Membership in

Professional Bodies

1. Life Member: National Association Physical Education and Sports Sciences. ((Amravati, Maharashtra))
2. Life Member: Asian council of Exercises and Sports Science (China)
3. Physical Education Foundation of India (2019-2020)
4. Asian Coaching science -2018-2020

Editorial Board

1. International Journal of Physical Education Health & Sports Sciences (PEFI)
2. International Journal of (PESY) Physical Education, Sports Management & Yogic Science, New Delhi.
3. International Journal of (3R) All Academic Research, New Delhi

Panel of Reviewer

1. International Journal of Research in Humanities, Arts and Literature (IMPACT : IJRHAL)USA
2. International Journal of (IJAPEY) Adapted Physical Education & Yoga ,Coimbatore

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

1. Member of standing committee – Sri Venkateswara University, Tirupati, Andhra Pradesh.
2. Member of standing committee-Alagappa University, Karaikudi
3. Member of Board of studies, Bharathidasan University,Tiruchirapalli
4. Member of Board of studies,J.J.College of Arts and Science College,Pudukottai

PhD, Thesis Adjudication

1. Alagappa University, Karaikudi
2. Annamalai University, Chidambaram
3. Bharathidasan University, Tiruchirapalli
4. Tamilnadu Physical Education and Sports University (TNPESU), Chennai
5. Swami Ramanand Teerth Marathwada University, Nanded (Maharashtra)
6. University of Kerala, Trivandrum
7. Dravidian University, Kuppam, AP
8. University of Mysore-Karnataka
9. Karpagam University-Coimbatore
10. Ramakrishna Mission Vivekananda Educational and Research Institute, Coimbatore.
11. MangaloreUniversity,Mangalore
12. Bharathiyar University,Coimbatore

Resource persons in various capacities

Number of Invited / Special Lectures delivered: 30

Others

Articles published in Newspapers / Magazines

1. No. of PhD Thesis evaluated :14
2. No. of PhD Public Viva Voce Examination conducted : 10
3. Social Interests and Initiatives / Articles in News papers etc can also be included

I am conducting programmes to create health awareness among the public in and around Karaikudi area. This programme is scheduled to commence every day morning at 5.00 am and go upto 7.00 am. Totally 150 participants in the age between 5 to 50 years are participating. This service is specially mentioned in the name of “**ASSURE**” (**Alagappa Sports Support Utilities Reached for Everyone**) in the latest NAAC report (**NAAC 3rd accreditation 2017-2-18**) of Alagappa University and indicated as one of the ‘Best Practices’ in the University campus.

Recent Publications in Journals

2022

1. S.Malar, **Maniazhagu Dharuman** (2022). Effect of Circuit Training Combined with Speed Agility Quickness Drills and Jump Rope Drills on Agility. *Asian Journal of Applied Science and Technology*, 6(1) : 111-121.
2. R. Vadivel, **Maniazhagu** (2022). Effects of Circuit Training and Circuit Weight Training on Muscular Strength Endurance. *Journal of Advances in Sports and Physical Education*, 5(3): 38-42. DOI: 10.36348/jaspe.2022.v05i03.0
3. S. Lourdu Raj, **Maniazhagu** (2022), Effect of circuit training combined with speed agility quickness drills and jump rope rills on muscular endurance. *JETIR*, 9(1); f45-f50.
4. Lourdu Raj, **Maniazhagu** (2022), Effects of concurrent strength and endurance training on power. *International Journal of Physical Education, Sports and Health (Khel journal)*; 9(1): 168-173.
5. S. Lourdu Raj, **D. Maniazhagu** (2022). Effect of Circuit Training Combined with Speed Agility Quickness Drills and Jump Rope Drills on Upper body Muscular Endurance. *J Adv Sport Phys Edu*, 5(2): 24-30. DOI: 10.36348/jaspe.2022.v05i02.003.

2021

6. **Maniazhagu Dharuman** (2021). Effects of isolated and combined effects of aerobic dancing and resistance training on body composition of type-2 diabetic patients. *Journal of advances in sports and physical education*, 4(2): 15-18. DOI: 10.36348/jaspe.2021.v04i02.002
7. **Maniazhagu Dharuman**, Dr.N.V. Thiyagachanthan, Dr.K.S. Sridhar, Dr. M.Kalidasam, S.Malar and M. Manogari (2021), Effects of circuit training and battle rope training on upper body muscular endurance. *Asian Journal of Applied Science and technology*, 5(1); 39-43. <http://doi.org/10.38177/ssssajast.2021.5105>.
8. **Maniazhagu Dharuman**. (2021). Effects of isolated and combined effects of aerobic dancing and resistance training on resting pulse rate of type-2 diabetic patients. *Indian Journal of Applied Research*, 11(02), 1-2. <https://www.doi.org/10.36106/ijar>

9. Gowrishankar, Sankar, Kamaladevi, Chandrasekar, Ravi, Boomi, **Maniazhagu Dharuman**, Karutha Pandian (2021), Promising phytochemicals of traditional Indian herbal steam inhalation therapy to combat COVID-19- an in silico study. *Food and Chemical Toxicology*. <https://doi.org/10.1016/j.fct.2020.111966>

2020

10. Dr.S.Leo Stanly and **Maniazhagu Dharuman** (2020). Individual and combined interventions of taichi, pilates and yogic practices on cardio respiratory endurance of B.Ed. Trainees. *International journal of physical education sports management and yogic science*, Vol.10 No.4: 26-31
11. **Maniazhagu Dharuman**, (2020). Effects of isolated and combined effects of aerobic dancing and resistance training on diastolic blood pressure of type-2 diabetic patients. *International Journal of Research and Analytical Reviews*, 7(4): 220-224 <http://doi.one/10.1729/Journal.25212>
12. **Maniazhagu Dharuman**, Dr.N.V. Thiyagachanthan, Dr.K.S. Sridhar, S. Malar, M.Manogari, (2020). Effects of circuit training and battle rope training on agility of school girls. *International Journal of Research and Analytical Reviews*, 7(4): 199-203 <http://doi.one/10.1729/Journal.25213>
13. **Maniazhagu** (2020). Effects of concurrent strength and endurance training on agility. *International Journal of Physical Education sports management and yogic sciences*, 10(2); 26-36.
14. **Maniazhagu** (2020). Effects of concurrent strength and endurance training on speed. *Journal of advances in sports and physical education*, 3(7): 111-116.
15. **Maniazhagu** (2020). Effects of concurrent strength and endurance training on flexibility. *International journal of physical education sports management and yogic science*, 10(1): 19-30
16. S.Malar, **Maniazhagu** (2020). Effects of integrative neuromuscular training combined with yoga and stretching exercises on abdominal strength endurance of primary school children. *Indian Journal of Public Health Research & Development*, (Scopus Indexed), 11(3): 899-903.

17. **Maniazhagu** (2019). Effects of concurrent strength and endurance training on endurance. *International journal of physical education sports management and yogic science*, 9(4), 14-24.
18. K.Sudha, **Maniazhagu** (2019). Effects of circuit training combined with different neuromuscular activities on muscular endurance and body composition of school girls. *Indian Journal of Public Health Research & Development*, (Scopus Indexed) 2019, Vol. 10, No. 12, PP. 1329-1333
19. K.Sudha, **Maniazhagu** (2019). Effects of CT activities on Flexibility of school girls. *Third Concept: An International Journal of Ideas*, (UGC CARE Listed) 2020, 33(395): 39-41.
20. **Maniazhagu**, Malar, Manogari (2019). Effects of circuit training and battle rope training on speed of school girls. *Asian Journal of Applied Science and Technology*, 3(3): 66-72 (July- September 2019)
21. **Maniazhagu**, Malar, Murali (2019). Influences of two combinations of neuromuscular drills and asana practices on agility of basketball players. *International Journal of Research Granthaalayah*, 7(7): 167-172.
22. **Maniazhagu**, Malar, Murali (2019). Impact of two combinations of neuromuscular drills and asana practices on explosive power. *Journal of Emerging Technologies and Innovative Research*, 6(6):278-282.
23. **Maniazhagu** (2019). Effects of low and moderate intensities of aquatic plyometric training combined with yogic practices on anaerobic capacity of junior athletes. *International journal of Fitness, Health, Physical Education & Iron Games*, 6(3).
24. S.Malar, **Maniazhagu** (2019). Effects of integrative neuromuscular training combined with yoga and stretching exercises on speed of primary school children. *International journal of physical education sports management and yogic science*, 9(3):14-22.
25. Shiva Shankara, **Maniazhagu** (2019). Effects of metabolic based sport specific training combined with asana practices and pilates exercises on speed of adolescent hockey players. *International journal of physical education sports management and yogic science*, 9(3):41-50

26. Dr. Sudhir Kumar Sharma, **Maniazhagu** (2019). Effects of low and moderate intensities of aquatic plyometric training combined with yogic practices on explosive power of junior athletes. *International journal of physical education sports management and yogic science*, 9(2): 26-33.
27. **Maniazhagu** (2019). Effects of aerobic training and jump rope training on cardio respiratory endurance of overweight children. *International journal of physical education sports management and yogic science*, 9(1): 4-8
28. Ambili Ragavan, **Maniazhagu** (2019). Effects of two volume of plyometric training on different surface combined with SAQ drills on explosive power of junior volley ball players. *International journal of physical education sports management and yogic science*, 9(1): 13-17
29. Malar, **Maniazhagu** (2019). Effects of two combinations of neuromuscular drills and asana practices on speed. *International journal of physical education sports management and yogic science*, 9(1): 21-25
30. Santhose, **Maniazhagu** (2019). Effects of own body exercises combined with neuromuscular drills on explosive power – horizontal ability. *International journal of physical education sports management and yogic science*, 9(1): 26-30

2018

31. **D Maniazhagu**, Soniya James, S Malar (2018), Effects of asana practices and stretching exercises combined with neuromuscular drills on flexibility of school girls. *International Journal of Physical Education Sports Management and Yogic Sciences* 8(4); 24-32
32. KS Sridhar, **D Maniazhagu** (2018), Effects of explosive strength and strength endurance based circuit training on muscular endurance. *International Journal of Physical Education Sports Management and Yogic Sciences* 8(4); 8-16
33. **Maniazhagu**, Soniya James, Malar (2018). Effects of asana practices and stretching exercises combined with neuromuscular drills on cardio respiratory endurance of school girls. *International Journal of Research - Granthaalayah*, 6(10), 221-226. (IF: 3.136) <https://doi.org/10.5281/zenodo.1486217>.
34. K.S. Sridhar **Maniazhagu** (2018). Effects of explosive strength and strength endurance based circuit training on explosive power. *JETIR*, 5 (11): 105-109
IF:5.87

35. C.Krishnamoorthy, **Maniazhagu**, (2018), Effects of complex and maxex training on stride frequency. *International journal of physical education sports management and yogic science*,8(3): 50-56 (IF:0.671)
36. M.A.Sankaran, **Maniazhagu** (2018), Effect of low intensity plyometric training combined with stretching exercises on cardio respiratory endurance of school children. *International journal of physical education sports management and yogic science*,8(3), 23-31 (IF:0.671)
37. Biju Peter, **Maniazhagu** (2018). Effect of low and moderate intensities of aquatic plyometric training combined with yogic practices on muscular endurance of junior athletes, *International journal of physical education sports management and yogic science*, 8(3): 1-9 (IF:0.671)
38. C.Krishnamoorthy, **Maniazhagu** (2018), Effects of complex and maxex training on speed. *International journal of physical education sports management and yogic science*,8(2): 54-61 (IF: 0.671)
39. M.A.Sankaran, **Maniazhagu** (2018), Effect of low intensity plyometric training combined with stretching exercises on explosive power of school children. *International journal of physical education sports management and yogic science*, 8(2): 32-40 (IF:0.671)
40. Biju Peter, **Maniazhagu** (2018), Effect of low and moderate intensities of aquatic plyometric training combined with yogic practices on speed of junior athletes, *International journal of physical education sports management and yogic science*,8(2): 1-9 (IF:0.671)
41. Baljit Singh Sekhon, **Maniazhagu** (2018) Effects of low intensity plyometric training combined with aerobic training on flexibility. *Journal of Emerging Technologies and Innovative Research(JETIR)*, 5(7): 474-478.(online) (IF:5.87)
42. Baljit Singh Sekhon, **Maniazhagu** (2018). Effects of aerobic training and jump rope training on flexibility of overweight children. *Journal of Emerging Technologies and Innovative Research (JETIR)*, 5(5): 385-389.(online) (IF: 0.671)
43. Baljit Singh Sekhon, **Maniazhagu** (2018). Effects of aerobic training and jump rope training on body composition of overweight children. *Indian Journal of Applied Research*. 8(5): 405-407(Online) (Peer Reviewed, IC value: 86.18)

44. **Maniazhagu** (2018). Effects of isolated and combined effects of aerobic dancing and resistance training on Triglyceride of type-2 diabetic patients. *International Journal of creative research Thoughts*, 6(1):1734-1736. (IF:5.97, Peer Reviewed)
45. **Maniazhagu** (2018). Effects of low intensity plyometric training combined with aerobic training on speed performance. *Asian Journal of Multidimensional Research*. 7(2): 474-479 (online) (IF:6.053)
46. **Maniazhagu** (2018). Effects of isolated and combined effects of aerobic dancing and resistance training on high density lipo protein status of type-2 diabetic patients. *International Journal of Research*, 5(3): 41-48.

2017

47. James Zachariah, **Maniazhagu** (2017). Comparative effects of different sprint training in speed endurance. *Education dynamics*, Vol-II, No-II, July-December - 2017 Pages 75-79.
48. **Maniazhagu** (2017). Effects of isolated and combined effects of aerobic dancing and resistance training on low density lipo protein status of type-2 diabetic patients. *International journal of physical education sports management and yogic science*, 7(4):1-5. (IF: 0.671)
49. Malar, **Maniazhagu** (2017). Neuromuscular Adaptations to Physical Activity. *International journal of physical education sports management and yogic science*, 7(4): 14-15. (IF: 0.671)
50. **Maniazhagu**, Kalaiarasi (2017). Effects of aerobic dancing and yogic practice on low density lipoprotein among college women students. *Education dynamics*, Vol-II, No-1, Pages 19-24.
51. **Maniazhagu**, (2017). Effects of isolated and combined effects of aerobic dancing and resistance training on systolic blood pressure of type-2 diabetic patients. *International journal of research Granthaalayah*, 5(9: SE): 72-77. <https://doi.org/10.5281/zenodo.1020905>. (IF:3.136)
52. **Maniazhagu**, Kannadasan, Malar (2017), Effects of explosive strength and strength endurance based circuit training on breath holding time. *Asian journal of applied science and technology*, 1(9): 129-134.(Online) (IF:1.805) <http://ajast.net/data/uploads/2116.pdf>

53. **Maniazhagu**, Kannadasan, Malar (2017). Effects of explosive strength and strength endurance based circuit training on speed performance. *International journal of research – Granthaalayah*,5 (8: SE):76-82 (Online) (IF:3.136)
54. **Maniazhagu** (2017). Effects of isolated and combined effects of aerobic dancing and resistance training on muscular endurance of type-2 diabetic patients, *International journal of physical education sports management and yogic science*, 7(2): 8-12. (IF: 0.671)
55. **Maniazhagu** (2017). Effects of isolated and combined effects of aerobic dancing and resistance training on flexibility of type-2 diabetic patients. *International journal of physical education sports management and yogic science*, 6(2): 22-26. (IF: 0.671)

2016

56. **D Maniazhagu** (2016). Effect of two modes of circuit training on explosive power. *International journal of physical education sports management and yogic science*, 6(4): 5-10. (IF: 0.671)
57. Malathi,**Maniazhagu**, (2016). Effect of two modes of circuit training on speed. *International journal of physical education sports management and yogic science*, 6(3): 1-6. (IF: 0.671)
58. Malar, **Maniazhagu** (2016). Integrative neuromuscular training for children. *International journal of physical education sports management and yogic science*, 6(3), 21-23. (IF: 0.671)
59. Malar, **Maniazhagu**, (2016). An overview of integrative neuromuscular training. *International 3R*,4: 5-7. (Peer Reviewed)
60. Shekar Pratap Singh, **Maniazhagu** (2016). Relationship between selected physical fitness components and skill related variables among college men basketball players. *International journal of physical education sports management and yogic science*, 6(1): 36-38. (IF: 0.671)
61. Senthilnathan, **Maniazhagu** (2016). Effects of isolated and combined training of aerobic exercise and yogic practice on blood glucose of type 2 diabetes. *International journal of physical education sports management and yogic science*, 6(1), 29-33. (IF: 0.671)

62. Shekar Pratap Singh, **Maniazhagu** (2016). Relationship between selected physical fitness components and playing ability among college basketball players. *International* 3R,4: 30-32. (Peer Reviewed)
63. Senthilnathan, **Maniazhagu**, (2016). Effects of isolated and combined training of aerobic exercise and yogic practice on high density lipo protein of type 2 diabetes, *International* 3R,4: 11-15. (Peer Reviewed)

2015

64. Senthil, **Maniazhagu** (2015), Effect of aerobic and anaerobic training on vital capacity of untrained college men. *International research journal on health fitness and sports sciences*, 3(2): 63-67.
65. Senthil, **Maniazhagu**, (2015). Effect of aerobic and anaerobic training on inspiratory reserve volume of untrained college men. *International journal of physical education sports management and yogic science*, 5(4), 25-28. (IF: 0.671)
66. Jagadish Kumar, **Maniazhagu**, (2015). Effects of interval training on treading and spinning on speed of untrained college women. *International journal of physical education sports management and yogic science*, 5(4): 18-21. (IF: 0.671)
67. Jagadish Kumar, **Maniazhagu**, (2015). Effects of interval training on treading and spinning on cardio respiratory endurance of untrained college women. *International journal of physical education sports management and yogic science*, 5(3): 34-37. (IF: 0.671)
68. Senthil, **Maniazhagu**, (2015). Effect of aerobic and anaerobic training on expiratory reserve volume of untrained college men, *International journal of physical education sports management and yogic science*, 5(3): 1-4. (IF: 0.671)
69. Kurian Abraham, **Maniazhagu** (2015). Effects of circuit resistance training and super circuit resistance training on flexibility. *International journal of all academic research*, 2(11 & 12): 15-18.
70. Hemambara Reddy, **Maniazhagu** (2015). Effects of low intensity of aquatic and land plyometric training on muscular endurance. *International journal of all academic research*, 2(11 & 12): 11-14.
71. Akila, **Maniazhagu** (2015). Effects of different Intensity of bench step aerobic dance on expiratory reserve volume of untrained college women. *International journal of all academic research*, 2(11 & 12) 7-10.

72. Hemambara Reddy, **Maniazhagu**, (2015). Effects of low intensity of aquatic and land plyometric training on speed. *International journal of physical education sports management and yogic science*, 5(1): 16-19. (IF: 0.671)
73. Kurian Abraham, **Maniazhagu**, (2015). Effects of circuit resistance training and super circuit resistance training on speed. *International journal of physical education sports management and yogic science*, 5(1), 8-11. (IF: 0.671)
74. Akila, **Maniazhagu**, (2015). Effects of different Intensity of bench step aerobic dance on tidal volume of untrained college women, *International journal of physical education sports management and yogic science*, 5(1): 1-4. (IF: 0.671)

2014

75. James Zachariah, **Maniazhagu**, (2014). Comparative effects of different sprint training on anaerobic power, *International 3R*, 2(3), 20-23. (Peer Reviewed)
76. Tamilarasi, **Maniazhagu**, (2014). Effects of combination of assisted and resisted sprint training on anaerobic power among male soccer players. *International journal of physical education fitness and sports*, 3(1), 22-30.
77. Kalaiarasi, **Maniazhagu** (2014). Effects of aerobic dancing and yogic practice on flexibility among college women students, *International journal of physical education sports management and yogic science*, 4(1): 51-53. (IF: 0.671)
78. Senthil Kumar, **Maniazhagu**, (2014). Effects of circuit resistance training on selected motor fitness variables, *International journal of physical education sports management and yogic science*, 4(1): 37- 40. (IF: 0.671)
79. Tamilarasi, **Maniazhagu** (2014). Effects of combination of assisted and resisted sprint training on Agility among male soccer players. *International journal of physical education sports management and yogic science*, 4(1): 23-28. (IF: 0.671)
80. Vadivel, **Maniazhagu** (2014) Effects of circuit training and circuit weight training on leg explosive power. *International journal of physical education sports management and yogic science*, 3(4): 83-87. (IF: 0.671)
81. Kalyan Chaudhuri, **Maniazhagu**, (2014). Effects of different strength training on VO2 Max. *International journal of physical education sports management and yogic science*, 3(4): 25-27. (IF: 0.671)
82. James Zachariah, **Maniazhagu** (2014). Effects of different sprint training on speed. *International journal of physical education sports management and yogic science*, 3(4), 15-17. (IF: 0.671)

83. **Maniazhagu**, Nelliyan (2014). Effects of combined practice Asana, Pranayama and SAQ training on Vo2 max of school soccer players. *Indian journal for research in physical education and sports science*, 8(2): 35-40.
84. **Maniazhagu** (2014). Isolated and combined effects of assisted and resisted sprint training on VO2 max. *International journal of health, physical education and computer science in sports*, 15 (1):168-170. <http://www.ijhpecss.org/InternationalJournal-15.pdf>

2013

85. **Maniazhagu**, Vadivel (2013). Effects of circuit training and circuit weight training on speed. *International journal of physical education sports management and yogic science*, 3(3): 83-87. (IF: 0.671)
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