



Dr. S. SAROJA
Assistant Professor

Contact

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Academic Qualifications: M.A., M.Sc(Phy Edu), M.Phil., Ph.D.

1. Doctor of Philosophy - Physical Education, Alagappa University, Karaikudi July 2000
2. Master of Philosophy - Physical Education, Alagappa University, Karaikudi, June 1992
3. Master of Physical Education: Alagappa University, Karaikudi, July 1991
4. M.Sc – Yoga TN P.E. & S University, Chennai Sep 2010
5. P G Diploma in Sports Management, Alagappa University, Karaikudi, Oct 1994
6. Diploma in Scientific Yoga & Meditation, M.K University, Madurai, May 1992
7. Diploma in Yoga & Massage Science, Alternative Medicine, Calcutta. April 1993
8. Certificate in Yoga, Alagappa University, Karaikudi, July 1994.

Teaching Experience: 22 Years

Research Experience: 11 Years

Additional Responsibilities

1. Warden- Alagappa University College of Physical Education women's Hostel from 11-05-2009 to 23-12-2010.
2. Coordinator- centre for yoga Education, Alagappa University
3. Programme Coordinator for PG Diploma in yoga (DDE) Alagappa University, Karaikudi

Areas of Research

1. Yoga
2. Sports Physiology
3. Sports Physiotherapy
4. Sports Training

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	-	6
	M.Phil.	11	1
Project	PG	30	3

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books Chapters Monographs Manuals
4	24	14	34	-3 / / /
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Distinctive Achievements / Awards

1. Indian President's Award for the BHARATH SCOUTS & GUIDES AWARD received from the former President of India Excellency Shri Giani Zali Singh on 1984 at Raj Bahavan, New Delhi.
2. M.Phil, GOLD MEDAL -1992 (regular) Alagappa University, Karaikudi

Events organized in leading roles

1. Seminars – 1 (UGC Sponsored)
2. Workshop – 6
3. Events - 5

Events Participated

Conferences / Seminars / Workshops

1. Conferences -10
2. Seminars -18
3. Workshops - 24

Other Training Programs

1. Anthropometrist training Course completed (Technician – Restricted Profile) Conducted by international Society for Advancement of Kinanthropometry, Scotland. from 7th to 9th April 2008.(Accreditation Valid until 2012)
2. Anthropometrist training Course completed (Technician – Restricted Profile) Conducted by international Society for Advancement of Kinanthropometry, Scotland.from 6th to 10th April 2011. (Accreditation Valid until 2015)\
3. Attended the skill development sports science course(kabaddi) organized by SAI NSNIS, Patiala from 8.10.2016 to 23.10.2016

Membership in

Professional Bodies

1. Life member Vilayattu Ulagam, Tamil Monthly Sports Magazine a professional Journal dedicated to the Development of sports in India
2. Life Member, The Indian Society for Technical Education I.I.T Campus, New Delhi,
3. LifeMember – (ISAK) International Society for the Advancement of Kinanthropometry, Scotland
4. Life member: YOGHEAL: A Journal of scientific Yoga and Health.
5. Life Member – International Journal of sports Technology Management and Allied Sciences

Editorial Board

1. Member in Editorial Board: International Journal of Sports Technology, Management & Allied Sciences.
2. Member in Peer review committee -A Journal of Scientific Yoga and Health (YOGHEAL)

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

1. Member – Board of studies in the courses of Diploma in Astanga yoga and B.Sc Astanga Yoga, Alagappa University collaborative mode.
2. Special Invitee - DDE Board of studies on Yoga Education, Alagappa University, Karaikudi – 2016

Resource persons in various capacities

Number of Invited: 6

Special Lectures delivered: 9

Others

1. Articles published in Magazines : 3
2. No. of PhD Thesis evaluated : 1
3. No. of PhD Public Viva Voce Examination conducted : 1

Recent Publications

1. Saroja.s (2014) “Effect of Suryanamaskar and Physical Exercise on Selected Physiological, Bio-Chemical and Psychological Variables Among College Women” Journal of Adapted Physical Education and Yoga 4/ 11-18.
2. Saroja.s (2014) “Effects of Yogic Exercise and Aerobic Dancing on Selected Bio-Chemical Variables of Non-Insulin Dependent Diabetic Mellitus of Working Women” Yogheal A Journal of Scientific Yoga and Health 2 /100-106.
3. Saroja.s, R.Senthilkumaran (2014) “Influence of Mallakhamb Exercises on Selected Motor Ability Components and Physiological Variables among Physical Education College Men” Journal of Adapted Physical educational and Yoga 4,38-43.
4. Saroja.s, R.Senthilkumaran (2013)“Reduction of Visual Syndrome in Information Technologists by Improving Yoga Practice” Yoheal A Journal of Scientific Yoga and Health ,2/1, 101-126.
5. Saroja.s (2014)“Influence of Yoga Therapy and Walking Programme on Selected Physiological Bio-Chemical and Psychological Variables among Diabetic Working Women Yoheal A Journal of Scientific Yoga and Health 2/1 ,19-27.
6. Saroja.s, R.Senthilkumaran (2014)“Effect of Intensive and Extensive Interval Training on Selected Speed and Power Parameters Among University Men Students International Journal of Sports Technology, Management and Allied Sciences ,3/1, 113-120.
7. Saroja.s (2013) “Effects of Asanas, Suriyanamaskar and Pranayama on Selected Motor Ability Components and physiological variables among adolescents” International Journal of Sports Technology, Management and Allied Sciences 2/1, 104-111.