



Dr. S. DHANARAJ
Assistant Professor

Contact

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Academic Qualifications: B.Sc.,M.P.Ed.,M.Phil., PGDYEd., Ph.D

Degree	Subject	Institution/ University	Year of completion	Class	%
BSc	Zoology	Adithanar College, Trichendur	1999	Second	57.83
MPed	Physical Education	Dr.Sivanthi Adithanar College of Physical Education, Trichendur	2001	First	66.52
MPhil	Physical Education	Alagappa University, Karaikudi	2002	First	62.56
Doctor of Philosophy	Physical Education	Alagappa University, Karaikudi	2013	-	-

Diploma Course

Certificate Courses Degree	Subject	Institution/ University	Year of completion	Class	Percentage
PGDYEd	Physical Education	Alagappa University, Karaikudi	2005	Second	58.66

Teaching Experience: 14 Years

Research Experience: 08 Years

Additional Responsibilities

1. Director – Intramural Tournament.
2. Deputy Warden – AUCPE Men Hostel.
3. University Representative – Directorate of Distance Examination.
4. Selection Committee Member – University Cricket Team.
5. Member – Board of Yoga Education in Alagappa University.
6. Coordinator – Internal Examination, Alagappa University College of Physical Education.

Areas of Research

Sports training and sports psychology

Research Supervision / Guidance

	Program of Study	Completed	Ongoing
Research	Ph.D.	-	5
	M.Phil.	09	-
Project	PG	18	3

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
12	9	03	33	-

Cumulative Impact Factor (as per JCR) : 8.5656

Distinctive Achievements / Awards

1. **Awards:** Awarded for Eligibility for Lectureship held on 20th June 2004 in the Physical Education Subject organized by National Educational Testing Bureau, University Grant Commission, and New Delhi.

Events organized in leading roles

National Seminar Organizing Committee (Recent Developments in Sports and Yogic Sciences)

1. **National Seminar Organizing Committee (Fit and Healthy India-Vision 2023)**
2. **National Seminar Organizing Committee (Role of Bharathanatyam in Rhythmics and Physical Education)**
3. **National Seminar Organizing Committee (Health indicators for physical and cognitive fitness education)**
4. **Inter National Seminar Organizing Committee (International Conference on Innovative Technology in Sports and Allied)**
5. **National Seminar Organizing Committee (Interview skills and opportunities)**

Events Participated

Conferences / Seminars / Workshops : 45

1. International and National Conferences :01
2. International and National Seminars :41
3. International and National Workshops :03

Overseas Exposure / Visits

1. Visited **Malaysia** for presenting my research paper titled on “Effects of Autogenic Training With and Without Strength Training on Explosive Power and Sports Competition Anxiety Among Intercollegiate Men Handball Players” in the International Sports Science Students Conference (ISSSC 2013) held on 28th and 29th November 2013 at **Sports Centre, University of Malaya, Kulalumpur**.
2. Visited **Srilanka** for presenting research paper titled on “Changes of Physiological and Psychological Variables through Physical Exercise and Yogic Practices” in the International Research Conference on Humanities and Social Science” organized by **University of Sri Jeyewardenepura, Nugegoda-Columbu** on 15th and 16th October 2014.

Membership in

Professional Bodies

1. Member in International Centre of Economics, Humanities and Management.
2. Member in Scientific Board of Low, Tourism, Education and Sports.
3. Member in Society for Research of Movement Education, Sager M.P, India.

Recent Publications

Publications of International Journals

S. No	Title of the Paper	Name of the Journal	ISSN No.	Impact Factor
1	Changes of physiological and psychological variables through physical exercise and yogic practices	Journal of IRCHSS 2014	ISSN: 2279-2309	-
2	Effects Of Aerobic Training And Continuous Running On Athletic Performance Of College Men Players	International Journal of Scientific Research, vol- 2,44-45.	ISSN: 2277 -8179	0.3317

3	Effect of Plyometric Training And Interval Training on Stride Length Among College Men Sprinters	Journal of Physical Education and Allied Health Sciences, Vol-3,01-05.	ISSN: 2249-2330	-
4	Influence of Autogenic Training on Selected Psychological Variables of College Cricket Players	Indian Journal of Applied Research Volume : 4 Issue : 4.	ISSN: 2249-555X	2.1652
5	Effects of Ladder Training on Selected Motor Fitness Variables Among Handball Players	International Journal of Scientific Research Volume : 4 Issue : 4.	ISSN: 2277-8179	1.8651
6	An Influence of Skill Training on Selected Performance Variables of College Football Players	PARIPEX - Indian Journal of Research Volume : 4 Issue : 4.	ISSN: 2250-1991	1.6714
7	An Impact of Circuit Training on Selected Physical Fitness Variables Among College Hockey Players	Global Journal For Research Analysis Volume : 3 Issue : 4.	ISSN: 2277-8160	1.5408
8	Effects Of Power Training With Varied Intensity On Selected Motor Fitness Variables Among College Men Volleyball Players	PARIPEX-Indian Journal of Research, vol-2, 40-42.	ISSN: 2250-1991.	0.328
9	Effect Of Aerobic Training On Selected Biochemical Variables Of College Men Athletes	International Journal of Scientific Research, vol-2,68-69.	ISSN: 277 - 8179.	0.3317
10	Effects of Harness Training on Selected Power Parameters Among College Men Athletes	Indian Journal for Research in Physical Education and Sports Sciences, Vol-7,23-29.	ISSN: 0973-9025.	-
11	Developing National Integration in India Through Physical Education Activities	International Journal of Scientific Research, Vol-1,91-92.	ISSN: 2277-8179.	-
12	Influence Of Circadian Rhythms On Selected Physiological Variables Among College Trained And Untrained Kabaddi Players	International journal of scientific research, vol-1,60-61.	ISSN: 2277-8179.	0.3317

National Journals

S.No	Title of the paper	Name of the Journal	ISSN No	Impact Factor
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1	Effect of Yogic practices on Stress Management of University Women Soccer Players	Indian Journal for Research in Physical Education and Sports Sciences, Vol-7,42-46.	ISSN: 0973-9025-	-
2	Effect of Maximal Power Training on Power Parameters Among College Men Players	Journal of Physical Education Sports and Allied Disciplines, Vol-3,1-4.	ISSN: 0974-343X	N
3	Multi-Dimensional Perspectives of Obesity and Its Management	Indian Journal of Applied Research, Vol-1,191-193.	ISSN: 2249-555X	N

Paper Presentation in Seminar and Conferences

International

S. No.	Seminar Title	Paper Title	Institution / University	Date/ month/ year
1	International Conference on Innovative Technology in Sports and Allied	Effect of Interval Training and Alternate Pace Running on Strength Endurance Among College Men Athletes	Department of Physical Education, Alagappa University, Karaikudi, Tamilnadu.	19 th and 20 th October 2012.
2	International sports science students conference (ISSSC 2013)	Effects of Autogenic Training With and Without Strength Training on Explosive Power and Sports Competition Anxiety Among Intercollegiate Men Handball Players	University of Malaya Kuala Lumpur, Malaysia	28 th to 29 th November 2013
3	25 th Pan Asian conference of sports & Physical education 2014	Impacts of weight training with varied intensity on sprint performance	Osmania University, Hyderabad, Telangana	8 th & 10 th August 2014.
4	International Research Conference on Humanities and Social Sciences	Changes of physiological and psychological variables through physical exercise and yogic practices	University of Sri Jayewardenepura, Srilanka	15 th & 16 th October 2014.

5	Health indicators for physical and cognitive fitness education	Mental training and its effects on psychological parameters of college women football players	Alagappa University, Karaikudi	26 th and 27 th February 2016.
6	Health indicators for physical and cognitive fitness education	Influence of isolated and combined aerobic exercise and yogic practices on selected pulse rate	Alagappa University, Karaikudi	26 th and 27 th February 2016.
7	Health indicators for physical and cognitive fitness education	Changes of concentration ability through yogic practices with and without meditation programme	Alagappa University, Karaikudi.	26 th and 27 th February 2016,
8	International conference of Teachers Educators	Impact of aerobic training on health related fitness	Christian college of education, Nagarkovil.	02th April 2016

National Seminar

S.No	Seminar Title	Paper Title	Institution / University	Date/ month/ year
1	Exercise- A Stress Reliever of Working Women	Impact of Physical Education in Developing Wholesome Personality Among Student Community	Sri Ramakrishna Mission Vidyalyaya, Maruthi College Of Physical Education, Coimbatore	16 th and 17 th March 2012,
2	Physical Education, Sports and Fitness Approaching Twenty First Century	Effect of Weight Training on Power Parameters Among College Men Players	Alagappa University, Karaikudi, Tamilnadu	22 nd March 2012.
3	Doping in Sports- Invigoration, Prerequisites and Misapprehensions	Effect Yogic Practices And Pranayama on Selected Psychological Parameters Among College Men	National College, Trichy, Tamilnadu.	28 th July 2012.

		Cricket Players		
4	Recent Development in Sports Science and Their Contribution Towards Physical Education and Sports	Effect of Circuit Resistance Training on Leg Strength Among College Men Handball Players	Sree Sevugan Annamalai College, Devakkottai, Tamilnadu	5 th and 6 th October 2012.
5	Physical Education and Sports- An Inter-Disciplinary Approach	Effect of Parcourse Training on Cardio Respiratory Endurance Among College Men Middle Distance Athletes	H .H. The Rajah's College, Pudukkottai, Tamilnadu	23 rd February 2013.
6	Innovative Concepts in Physical Education and Yoga	Effect of Core Strength Training on Abdominal Strength among College Men Handball Players	Arul Anandar College, Karumathur, Madurai, Tamilnadu	1 st and 2 nd February 2013.
7	Modern Trends in Sports Management	Acute Effect of Two Massage Techniques on Hip Flexibility of Physical Education College Men Students	V.H.N.S.N.College, Virudhunagar	21 st and 22 nd March 2013
8	Talent Identification and Development in Sports & Games	Effects of Mental Training on Psychosomatic Variables among Handball Players	KVR,KVR, & MKR College, Khajipaem,Guntur	25 th and 26 th March 2013.
9	Yoga Towards Enhancement in Sports	Effect of Yogic Training on Concentration ability Among College Women Students	Alagappa University, Karaikudi	26 th , 27 th and 28 th September 2013.
10	Relevance of Swami Vivekananda's Philosophy to Education and Physical Education in the Current High-tech Era	The role of Teachers' in Physical Education.	Sri Ramakrishna Mission Vidyalaya, Maruthi College Of Physical Education, Coimbatore.	20 th and 21 st December 2013.
11	Women Sports Participation in India	Effects of Continuous Running with and without	Bharathiyar University,	30 th and 31 st January

		Mental Training on Mental skills and Performance of Long Distance Runners	Coimbatore.	2014.
12	Challenges and Rehabilitation Practices for the Differently Abled Person	Effects of Yogic Practices on Sports Competition Anxiety Among College Women Handball Players	Sri Ramakrishna Mission Vivekananda University, Coimbatore.	4 th and 6 th February 2014.
13	Physical Activities Sports Fitness and Dietetics- The Elixir Quartet of Health	Effect of Autogenic Training on selected Psychological Variables of College Male Cricket Players	Bishop Heber College, Tiruchirappalli	15 th February 2014.
14	Promotion of yoga health and physical fitness a multi dimensional approach	Impacts of physical exercise and yogic practices on selected resting pulse rate and frustration among male students	Aditanar College, Tiruchendur	30 th & 1 st October 2014.
15	Fitness & wellness	Effect of yogasanas Pranayama and Meditation on psychological variables of female students	KVR, KVR & MKR College, Khajipalem	5 th & 6 th December 2014.
16	Fitness & wellness	Impacts of weight training on power parameters	KVR, KVR & MKR College, Khajipalem	5 th & 6 th December 2014.
17	Recent developments in sports and yogic sciences	Impact of skill training with and without yogic practices on anxiety among kabaddi players	, Alagappa University college of physical education, Karaikudi	19 th & 20 th March 2015.
18	Recent developments in sports and yogic sciences	Effect of interval sprinting and weight training on speed performance among college male sprinters	Alagappa University college of physical education, Karaikudi	19 th & 20 th March 2015.
19	Recent developments in sports and yogic sciences	Impact of aerobic training and yogic practices on cardio respiratory endurance among school boys	Alagappa University college of physical education, Karaikudi	19 th & 20 th March 2015.

20	Sound body and sound fitness through yoga & sports	Effect of yogic practices & aerobic training on flexibility among school boys	GTN College, Dindigul	25 th & 26 th March 2015.
21	Impact of electronic resources on teaching learning and research: Issues and opportunities	Impact of computer assisted instructional training traditional cricket skill training and combined training on cricket playing ability among college players	Alagappa University, Karaikudi	24 th and 25 th April 2015.
22	Role of physical education to health, recreation and sports promotion	Impact of interval training and staircase training on speed performance	Vinayaga Mission college of Physical Education, Salem	11 th April 2015.
23	Role of physical education to health, recreation and sports promotion	Impact of yogic practice on blood pressure	Vinayaga Mission college of Physical Education, Salem	11 th April 2015.
24	Fit and Healthy India - Vision 2023	Impact of contrast training on selected physiological and performance among volleyball players	AUCPE, Karaikudi	28 th and 29 th Sep 2015.
25	Fit and Healthy India - Vision 2023	Influences of breathing exercise on selected physiological variables among male handball players	AUCPE, Karaikudi	28 th and 29 th Sep 2015.
26	Fit and Healthy India - Vision 2023	Self employment and poverty alleviation schemes for disabled person	AUCPE, Karaikudi	28 th and 29 th Sep 2015.
27	Role of yoga and technology in enhancing sports performance and populace health	Effect of yogic practices on selected physical fitness variables of college men handball players	Ururu Dhanalakshmi College, Trichy	28 th and 29 th January 2016.
28	Concept of health fitness and wellness	Impact of yogic practices on selected physiological variables among University male students	Bharathidasan University, Trichy	4 th and 5 th February 2016.
29	Training, nutrition and	Changes of physical fitness	Bharathiar	31 st March

	analeptic regimen on corporeal property and high performance in sports	variables through Aerobic training programme	University, Coimbatore	and 1 st April 2016.
30	Educational Practices in Chola Kingdom (850-1279 AD) EPICK-2016	Sports participation of women's in India - Restraints challengers issues empower opportunities and benefits.	Alagappa University, Karaikudi	6 TH and 7 TH November 2016
31	Educational Practices in Chola Kingdom (850-1279 AD) EPICK-2016	Historical development of Physical education in India	Alagappa University, Karaikudi	6 TH and 7 TH November 2016

Participation in Conferences

Internationals

S.No	Name of the conference	Institution	Date/ Month / year
1	25 th Pan Asian conference of sports & Physical education 2014	Osmania University, Hyderabad, Telangana	8 th & 10 th August 2014.

National

S.No	Name of the Seminar	Institution	Date/ Month / year
1	Interview skills and opportunities	Alagappa University College of Physical Education, Karaikudi	17 th October 2013.
2	Interview skills and opportunities	Aptech computer education and AUCPE, Alagappa University, Karaikudi.	17 th October 2012.

Workshop Participation

National workshop

S. No	Name of the Workshop	Institution/ University	Date
1	Physical Education and Communication Skills	Koviloor Andavar College of Physical Education and sports sciences, Koviloor.	28 th February 2014
2	Rules and Interpretation of Chess and Carom	Vinayaga Mission college of Physical Education, Salem	1 st March 2014
4	Statistical software applications in physical education and sports science research	Bharathidasan University, Trichy	18 th and 19 th March 2012