



Dr. P. YOGA
Assistant Professor

Contact

Address : Alagappa University College of Physical Education,
Alagappa University,
Karaikudi – 630 004.
Tamil Nadu, INDIA

Employee Number : 41418

Contact Phone (Office) : +91 4565 225212

Contact Phone (Mobile) : +91 73736 32007

Contact e-mail(s) : yogap@alagappauniversity.ac.in
yoga7373632007@gmail.com

Academic Qualifications:

B. Sc., B. P. Ed., M.A (English)., M. Sc (Yoga Therapy)., M. Sc (Yoga)., M. P. Ed., M. Phil (Phy Edu)., M. Phil (Yoga)., M. Phil (English)., PGDY., PGDYT., Ph. D.,

Degree	Subject	Institution/ University	Year of Completion	Class	%
Ph.D., (Full Time)	Physical Education	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	-	-
Ph.D.,	Yoga	Annamalai University, Chidambaram, TN	Pursuing	-	-
M. Phil.,(SSP)	English	Alagappa University Karaikudi-TN	2019	First Class	68.5%
M. Phil.,(SSP)	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2017	First Class Distinction	79%
M. Phil.,	Physical Education	Alagappa University Karaikudi-TN	2007	First Class	72%
M. P. Ed	Physical Education	Pondicherry University Pondicherry	2006	First Class	72%

M. Sc	Yoga Therapy	Tamil Nadu Physical Education & Sports University, Chennai-TN	2012	First Class	77%
M. Sc	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2015	First Class	80%
M.A	English	Alagappa University Karaikudi-TN	2013	Second Class	50%
B. P. Ed	Physical Education	Sri Ramakrishna Mission, Maruthi College of Physical Education Coimbatore-TN	2004	First Class	66%
B. Sc	Physical Education	Ayya Nadar Janaki Ammal College, Sivakasi-TN	2003	First Class	64%
P. G. Diploma/Diploma Course					
P. G. Diploma/ Diploma Course	Subject	Institution/ University	Year of Completion	Class	%
P. G. Diploma	Yoga	Tamil Nadu Physical Education & Sports University, Chennai-TN	2010	First Class	70%
P. G. Diploma	Yoga Therapy	Tamil Nadu Physical Education & Sports University Chennai-TN	2011	First Class	65%

Refresher Course / Orientation Course / Certificate Courses/Degree					
Certificate Courses/ Degree	Subject	Institution/ University	Year of completion	Class/ Grade	%/Grade
Certificate Programme	Physical Fitness	Sri Ramakrishna Mission, Maruthi College of Physical Education, Coimbatore-TN	2004	First Class	-
Orientation Course	Physical Education	University Grants Commission Academic Staff College University of Madras-Chennai-TN	2014	First Class	"A" Grade
Refresher Course	Physical Education	UGC-Human Resource Development Center, Bharathiar University, Coimbatore-TN	2016	First Class	"A" Grade

Short Term Course	Sports Science Skill Development	Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, Punjab	2016	First Class	-
Certificate Courses	Emergency medicine sports injury management and rehabilitations	Apollo reach hospitals, Alagappa University College of Physical Education, Karaikudi	2018	-	-
Refresher Course	Physical Education	UGC-Human Resource Development Center, Bharathiar University, Coimbatore-TN	2018	First Class	"A" Grade

Other Training programmes: 09

S. No	Name of the Programme	Place were organized	Date
1.	Community Coaching Training Program(Level-1)	Ministry of youth Affairs & Sports, Government of India scheme of sports and Games for the Disabled	12 to 13 August 2016
2.	Community Coaching Training Program(Level-2)	Ministry of youth Affairs & Sports, Government of India scheme of sports and Games for the Disabled	12 to 13 February 2016
3.	Faculty development (Enrichment) program	Internal quality assurance cell Alagappa University, Karaikudi, Tamilnadu, India Accreditation Quality Enhancement	6-12 January, 2017
4.	Entrust educational and entrepreneurial skills of teacher trainees"(EEETT-2017)	Department of education & university business collaboration centre, Alagappa University Karaikudi, Tamilnadu, India	30 & 31 January 2017
5.	Short Time Training Programme on "Training and Scope of SCUBA Diving"	Department of Oceanography and Coastal Area Studies and University Business Collaboration Center, Alagappa University, Thondi - TN	15 th & 16 th February 2017
6.	Short Term Course on Professional Enrichment	Alagappa University College of Education, Alagappa University Karaikudi, Tamilnadu, India	7 th -13 th August 2017
7.	Seagull short term leadership training course	Thondi, Alagappa University College of Education, Alagappa	18 th to 24 th August 2017

		University Karaikudi, Tamilnadu, India	
8.	Attitude traits and transferable life skills for prospective teachers	Department of Education & University Business Collaboration Centre	12 th & 13 th February 2018

Teaching Experience: 07 Years Research Experience: 11 Years

S. No	Name of the Institution	Designation	Date From - To	Years of Experience
1	Alagappa University College of Physical Education	Assistant Professor	28 th June 2013 - Till date	07

Achievement in Sports and Games

1. Placed "**Second**" in the age category of 26-30 years in the **All India** Inter-State Invitational **Yoga Championship** 2009 Organized by Patanjali Yoga Centre, Velammal Matric Hr. Sec. School on 25.10.2009 Chennai.
2. Represented the Pondicherry University in the game of **Hockey** in South Zone **Inter - University** Tournament held at Madurai Kamaraj University, Madurai, Tamil Nadu during the academic year 2005-2006. **(FORM - III)**
3. Represented the Pondicherry University in the game of **Kabaddi** in South Zone **Inter - University** Tournament held at Bharathiar University, Coimbatore, Tamil Nadu during the academic year 2004-2005. **(FORM - III)**
4. Represented the Pondicherry University in the game of **Kho-Kho** in South Zone **Inter - University** Tournament held at Pariyar University, Salem, Tamil Nadu during the academic year 2005-2006. **(FORM - III)**

Additional Responsibilities in Academics

S No	Name of the Programme	Place were organized	Date
1	University Examination Invigilation	Alagappa University, Karaikudi-TN	17, 20 December 2013
2	University Examination Invigilation	Alagappa University, Karaikudi-TN	17, 21, 22, 23 April 2014
3	University Examination Invigilation	Alagappa University, Karaikudi-TN	28 and 02 April 2014
4	University representative – Directorate of Distance Examination	Goa	May 2014
5	University Examination Invigilation	Alagappa University, Karaikudi-TN	17, 19 & 20 December 2014
6	University Examination Invigilation	Alagappa University, Karaikudi-TN	18, 20, 21, 22, 24 April 2015
7	External examiner	YMCA college of physical education-Chennai	27 th to 28 th April 2015
8	University representative – Directorate of Distance Examination	Vellore-TN	05 th to 23 rd May 2015
9	University Examination Invigilation	Alagappa University, Karaikudi-TN	14, 17, 19, 21, 24 November 2015
10	Affiliated Colleges Examination Inspection squad	Alagappa University, Karaikudi-TN	04 November 2015 to 03 December 2015
11	University Examination Invigilation	Alagappa University, Karaikudi-TN	25, 27, 28, 30 April 2016
12	Central valuation	DDE, Alagappa University-Karaikudi	26-06-2016
13	University Examination Invigilation	Alagappa University, Karaikudi-TN	19, 22, 23, 24 November 2016
14	External Examiner	Sri Pushpam College-Poondi	26 to 29 November 2016
15	University representative – Directorate of Distance Examination	Dharmapuri and Krishnagiri -TN	26 th December to 03 rd January 2016
16	Question Paper Setter B.Sc., yoga	ANJAC-Sivakasi	April 2017
17	Question Paper Setter M.Sc., Yoga	Tamilnadu Physical Education And Sports University-Chennai	May 2017
18	External valuation	Bharathidasan university-Thiruchirappali	29 April 2017
19	University Examination Invigilation	Alagappa University, Karaikudi-TN	04, 05, 06, 08, 09 May 2017

20	External examiner for central valuation	ANJAC-Sivakasi	29 to 30 May 2017
21	Central valuation	DDE, Alagappa University- Karaikudi	04 and 06 July 2017
22	Question Paper Setter	ANJAC-Sivakasi	November 2017
23	University representative - Directorate of Distance Examination	Dehardun, Uttarakhand	26 th December 2017 to 03 rd 12 th January 2018
24	Central valuation	DDE, Alagappa University- Karaikudi	09 to 12 February 2018
25	External Examiner	ANJAC-Sivakasi	21-03-2018 to 23-03-2018
26	University Examination Invigilation	Alagappa University, Karaikudi- TN	16 th to 20 th April 2018
27	Question Paper Setter B.Sc., fundamental of Tests & Measurement and computer Application in physical education	ANJAC-Sivakasi	April 2018
28	Question Paper Setter	Tamilnadu Physical Education And Sports University-Chennai	April 2018
29	DDE-Question Paper Setter	Alagappa University, Karaikudi- TN	July 2018
30	Question Paper Setter	ANJAC-Sivakasi	November 2018
31	University Examination Invigilation	Alagappa University, Karaikudi- TN	13, 14, 15, 16 November 2018
32	University Examination Invigilation	Alagappa University, Karaikudi- TN	23, 24, 26, 28, 30 November & 05 December 2018
33	Personal Contact Programme	Centre for Yoga Education DDE, Examination, Alagappa University- Karaikudi	8 to 24 December 2018
34	Question Paper Setter	ANJAC-Sivakasi	April 2019
35	Central valuation	DDE, May 2019 Examination, Alagappa University- Karaikudi	03 to 05 July 2019
36	DDE-Question Paper Setter B. Sc., Astanga Yoga	Alagappa University, Karaikudi- TN	08-07-2019
37	Question Paper Setter	ANJAC-Sivakasi	Nov 2019
38	External examiner B. Sc., Yoga-practical examiner	Centre for Yoga Education Alagappa University- Karaikudi	07-11-2019 To 08-11-2019
39	University Examination Invigilation	Alagappa University, Karaikudi- TN	13, 14, 18, 20, 22 and 27 November 2019

40	Examiner in Physical Education Valuation	Sri Pushpam College, Poondi	21 st and 22 nd November 2019
41	External Examiner for Terminal Examinations	ANJAC-Sivakasi	25-11-2019 to 26-11 2019
42	University Examination Invigilation	Alagappa University, Karaikudi-TN	12-12-2019
43	Question Paper Setter PG Diploma Yoga	DDE, Examination, Alagappa University- Karaikudi	10-02-2020
44	Examiner for central valuation(PGDY)	Alagappa University, Karaikudi-TN	17-2-2020 to 19-02-2020
45	External Examiner for practical Examinations	H. H. The Rajah's College, Pudukottai-TN	04-03-2020 to 06-03-2020
46	Question Paper Setter, April 2020, Terminal examination	ANJAC-Sivakasi	12-03-2020
47	Question Paper Setter, April 2020	ANJAC-Sivakasi	15-06-2020
48	Question Paper Setter PG Diploma Yoga(2018-19 Academic year onwards)	DDE, 2020 Examination, Alagappa University- Karaikudi	11-11-2020
49	Question Paper Setter, November 2020	ANJAC-Sivakasi	23-11-2020

Additional Responsibilities in Sports

S No	Name of the Programme	Place were organized	Date
1	Organizer Alagappa University Inter collegiate tournament	Alagappa University, Karaikudi-TN	2013 - 2014
2	University Football Women team Selection Committee Member	Alagappa University, Karaikudi-TN	24 th to 25 th September 2013
3	University Ball Badminton Women team Selection Committee Member	Sree Sevugan Annamalai College, Devakottai-TN	24 th to 25 th October 2013
4	University team manager- (All India Inter University Athletic Meet)	Panjab University, Patiala.	22 nd to 28 th December 2013
5	University team manager cum coach (Kabaddi Men & Women SDAT Tamilnadu Inter University)	Jawaharlal Nehru Stadium, Chennai-TN	17 th to 20 th September 2014
6	University team manager (Kabaddi Men south zone)	Vel's University, Chennai-TN	20 th to 26 th December 2014

7	University team coach cum manager (Football Women south zone)	Thiruvalluvar University, Vellore-TN	03 rd to 06 th January 2015
8	University team manager- (All India Inter University Athletic Meet)	Rajiv Gandhi University of Health Sciences, Mangalore- Karnataka	14 th to 22 nd January 2015
9	University team Coach cum manager (Kabaddi State Level Inter University Sports Meet)	M.G.R Stadium, Madurai-TN	17 th to 19 th July 2015
10	University team manager (Kabaddi Men south zone)	Kuvempu University, Shankaghatta- AP	15 th to 19 th October 2015
11	Inter collegiate athletics meet track & jump in charge	Alagappa University, Karaikudi-TN	12&13 December 2015
12	University women team coach (Handball South Zone)	Alagappa University, Karaikudi-TN	24 December 2015 to 07 th to January 2016
13	University team coach (Handball All India)	Banaras Hindu University- Varanasi	23 rd to 27 th February 2016
14	University Hockey Women team Selection Committee Member	Alagappa University College of Education, Alagappa University, Karaikudi-TN	31 st October to 1 st November 2016
15	University Handball Women team Selection Committee Member	Dr.Zakir Husain College, Ilayangudi-TN	12 th to 13 th December 2016
16	University Kabaddi women team Coach cum manager (SDAT Tamilnadu State Level Inter University Sports Meet)	M.G.R Stadium, Madurai-TN	29 to 31 January 2016
17	University team manager cum coach (Handball South Zone & All India tournament)	Periyar University, Salem	26 th December 2016 to 2 nd January 2017
18	University Handball men & Women team Selection Committee Member	Dr.Zakir Husain College, Ilayangudi-TN	9 th September 2017
19	University men Handball team manager cum coach (South Zone India inter University Handball tournament)	Krishna University, Andrapradesh	20 th September 2017 to 26 th September 2017
20	University team manager cum coach (All India inter University Boxing tournament)	Panjab University, Chandigarh	18 th to 25 th November 2017
21	University Women Handball team manager cum coach (South Zone inter University Handball tournament)	Kakatiya University, Warangal	5 th December 2017 to 11 th December 2017

22	University representative - Intercollegiate cricket tournament	Syed Hammedha College, Keelakkarai, Ramnad	20 December 2017 to 22 December 2017
23	University Men/Women Handball team coach (SDAT Handball tournament)	SVN College Nagamalai, Madurai	9 th to 11 th April 2018
24	University men Handball team Selection Committee Member	Nachiappa swamigal Arts & Science College, Kovillor	20 & 21 September 2018
25	University Men/Women Handball team Manager (SDAT Handball tournament)	Saveetha University, Chennai	02 nd to 06 th October 2018
26	Observer For AUIC Table Tennis Women Tournament	Dr. Zakir Husain College, Llayangudi.	21 January 2019
27	Summer Coaching Camp "Hockey"	Alagappa University, Karaikudi-TN	24 th May to 2 nd June 2019
28	Alagappa university Hockey (Men & Women) team Selector	Alagappa University, Karaikudi-TN	4 th October 2019
33	Stock verification committee coordinator	Alagappa University, Karaikudi-TN	09-10-2020

Other Capacities

1.	Deputy Coordinator Centre for Yoga Education	Alagappa University	28-08-2018 to till Date
2.	Deputy Director - Intramural Tournament	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN	2013-14 to 2017-18
3.	Deputy Director - Leadership Training Camp	Thondi-TN	07 th to 12 th September 2015

Areas of Research

1. Yoga
2. Sports Training
3. Exercise Physiology
4. Sports Psychology

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	05	02
	M.Phil.	06	01
Project	PG	15	-
	UG / Others	-	-

Ph. D., Thesis Evaluated/External Expert

Nature of Duties			
No of Ph. D., Thesis Evaluated	05	Doctoral Committee (External Expert)	03

Publications of Journals: 42

Journals Publications			
International		National	
Scopus Indexed	06	08	
UGC Care Listed	24		
Peer reviewed	35		
Total	65		
Total Citations in Google Scholar		902	
h-index Google Scholar		15	
i10 index		40	
Total Citations in Research gate		1023	
h-index		23	

Conferences / Seminars / Workshops : 149

1.	International and National Conferences/ Seminars	National	International	Participated
		63	28	
2.	International and National Workshops	National	International	
		34	02	
3.	Chair Person	08	Research Person	10

Articles published in Conference proceeding: 68

1.	International and National Conferences/ Seminars	National	International
		40	28

Books Published: 04

S No	Name of the book	ISBN	Publisher
1	Yoga Education	978-1-5457-1842-1	Educreation Publishing
2	Curriculum Design	978-1-5457-2398-2	Educreation Publishing
3	Olympism in Action	978-93-88719-05-6	Educreation Publishing
4	Anatomy and Physiology	978-93-89534-42-9	Educreation Publishing

Book chapter Published: 01

S No	Name of the book	ISBN	Publisher
1	Embracing change & Transformation in management techno science	978-93-88335-67-6	ISN,T TECH Publishing (OPV) PVT LTD (CIN) is U22219TN20160PC111575

Funded Research Projects

Completed Projects: 01

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	Alagappa University	2017	2018	Effect yogic practice on selected attention and mental concentration ability among college men students	0.25lakhs

Distinctive Achievements / Awards: 05

1. Doctoral Fellowship (F.No.8-32/OD/09-10/F)
2. Post Doctoral Fellowship (F.No.3-068/2012-2013/PDF/SC)
3. Best Researcher award (DK International Research foundation DKIRF Awards-2018)
Date: 27-05-2018.
4. "Kalvi Seva Ratna Award" (Rotary Club of Sivakasi Town) Date: 05-09-2019
5. "Best Teacher Award" (Patanjali College of Yoga & Research centre) Date: 06-10-2019.

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized: 12

S.No	Title	Position	Period
1.	Recent Developments in Sports and Yogic Sciences	Organizing Committee	19 th and 20 th March 2015
2.	Role of Bharathanatnam in Rhythmics and Physical Education	Organizing Committee	12 th January 2017
3.	National Level Dwarf Sports & Games Championship & State Level Para Athletic Championship	Event-Coordinator	20 th to 21 st January 2017
4.	Exercise, training & diet for high performance in Para sports	Organizing Committee	31 st January 2017
5.	Health indicators for physical and cognitive fitness education	Organizing Committee	26 & 27 February 2016
6.	Fitness and wellness	Joint secretaries	28 th September 2017
7.	International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020", organised by the Alagappa University	Organizing Committee	16 th and 17 th March 2018

	College of Physical Education & Para Sports centre, Karaikudi-630 003		
8.	National Level Yoga Championship 2018	Organizing Committee	18 th March 2018
9.	National Sports Day	Organizing Committee	29 th August 2018
10.	5 th International Yoga day	Organizing Committee	21 June 2019
11.	International conference on Yoga For Harmony of Body and Mind (ICYHBM)	Organizing Joint secretaries	24 th & 25 th October 2019

Overseas Exposure / Visits: 04

1. At **Malaysia** presented a paper on **“Yoga Principles for Human Life. (Yoga Kotpadum Manitha Valvem).”** International Conference on “International Trends in Research”, organised by the Sultan Idris Education University, Malaysia on 28th March 2018.
2. At Srilanka presented a paper on “Yogavem manakavali melanmaum” International Conference on **“Cultural Records In Tamil Literature”** organized by University of Peradeniya, Department of Tamil Alagappa University, Sri S. R. N. M. College(Autonomous), Semuthai Publication, at Srilanka on 17-10-2018(ISBN: 978-93-81000-95-5).
3. At Srilanka **Chair person** on International Conference on **“Cultural Records In Tamil Literature”** organized by University of Peradeniya, Department of Tamil Alagappa University, Sri S. R. N. M. College(Autonomous), Semuthai Publication, at Srilanka on 17-10-2018.
4. At Sri lanka Participated in conference on **“Nool vasippum- payanum Paarvaum”** Organized by Colombo Tamil organization, Srilanka and NWES C media, Srilanka on 19-10-2018.

Membership

Professional Bodies

1. Life Member: International Federation of Physical Education, Fitness and Sports Science Associations from the year 2019 to Life time.
2. Life Member: Yoga Professional member of Indian Yoga Association from the year 2019 to Life time. (Membership ID: IYA/2019/YP460).

Editorial Board/Reviewer

1. International Journal of Physics Research And Development (IJPRD)
2. International journal of basic and applied research

Advisory Board

1. Nil

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

1. Member Board of Studies, Vivekanandha College, Madurai
2. Special invitee Board of studies in Centre for Yoga Education, Alagappa University, Karaikudi.
3. Member in Board of Studies in the Centre for Yoga Education, Alagappa University to be held on 29th November 2019.

Others

1. Articles published in Newspapers / Magazines : Nil
2. Products developed : Nil
3. No. of PhD Thesis evaluated : 05
4. No. of PhD Public Viva Voce Examination conducted :05
5. Sequences submitted in GenBank

**Social Interests and Initiatives / Articles in News papers etc can also be included

ARTICLE PUBLICATIONS IN JOURNALS

List of Scopus/Web of Science/SCI Indexed Journals

1. **Yoga P.**, (2020). Scientific technological evaluation of isolated and companied practices of yogic practices and meditation on psychological conditions of college students. *International journal of scientific & technology research*, 9(02), pp.6257-6258. (SCOPUS Indexed, ISSN: 2277-8616).
2. Alaguraja K, & **Yoga P.**, (2020). Combination of naturopathy and yoga on vo2 max among hypertensive patient. *Indian Journal of Public Health Research & Development*, 11(04), pp.131-134. (SCOPUS Indexed, Print ISSN: 09760245, E ISSN: 09765506).
3. Alaguraja K, & **Yoga P.**, (2020). Effect of yoga therapy on BMI rate among class I obese

patient. *Indian Journal of Public Health Research & Development*, 11(5), pp.143-146. (SCOPUS Indexed, Print ISSN: 09760245, E ISSN: 09765506).

4. James Rathinaraj S, **Yoga P**, Alaguraja K, & Selvakumar K., (2020). Combination of walking practices and yogic practices on low density lipoprotein (LDL) among middle aged women. *Indian Journal of Public Health Research & Development*, 11(6), pp. 362-365. (SCOPUS Indexed, Print ISSN: 09760245, E ISSN: 09765506).
5. Marina Rai, **Yoga P**, Alaguraja K, Selvakumar K, and Sumitra Das., (2020). The power of yoga. *International Journal of Advanced Science and Technology*, 29(03), pp. 6225 - 6229. (ISSN - 2005-4238).
6. Sumitra Das, **Yoga P**, Alaguraja K, Selvakumar K, and Marina Rai., (2020). Consequence of yoga and rowing. *International Journal of Advanced Science and Technology*, 29(03), pp. 7079-7084.(ISSN - 2005-4238).

UGC - Care Listed Journals

1. Ranjith VP and **Yoga P.**, (2019). Effect of yogic practice on resting pulse rate among college men handball players. *Indian journal of Applied Research*, 9(4), pp. 59-60. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333 & Impact factor: RJIF 5.18).
2. Alaguraja K, and **Yoga P.**, (2019). Effect of yogic practice on resting pulse rate among school students. *Indian journal of Applied Research*. 9(7) pp. 43-44. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333 & Impact factor: RJIF 5.18).
3. Selvakumar K, and **Yoga P.**, (2019). Influence of yogic practice on flexibility among college students. *Indian journal of Applied Research*. 9(7). pp. 45-46. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333 & Impact factor: RJIF 5.18).
4. Alaguraja K, **Yoga P**, Balamuralikrishnan R. and Selvakumar K. (2019). A scientific study on efficacy of yogic package on resting pulse rate among obese school students. *Journal of Information and Computational Science*, 9(8), pp.483-487.
5. Alaguraja K, and **Yoga P.**, (2019). Analyze of pranayama technique on physiological parameter among rural school students. *Journal of Information and Computational Science*, 9(8), pp.545-550.

6. Sumitra Das and **Yoga P.**, (2019). Effect of yogic package on body mass index among rural school girls. *Journal of Information and Computational Science*, 9(8), pp.462-467.
7. Sumitra Das and **Yoga P.**, (2019). A study on effect of combined yoga and naturopathy on triglycerides among high school girls. *Journal of Information and Computational Science*, 9(8), pp.450-454.
8. Marinarai, and **Yoga P.**,(2019). A scientific effect of yogic package on body mass index among class I obese. *Journal of Information and Computational Science*, 9(10), pp.468-473.
9. Marinarai, and **Yoga P.**, (2019). Efficacy of yogic therapy on high density lipoprotein among high school girls. *Journal of Information and Computational Science*, 9(10), pp.455-459.
10. Alaguraja, K., **Yoga P.**, James Rathinaraj, S., & Selvakumar, K. (2019). A study on yoga intervention on maximal oxygen uptake among stress patient. *Indian Journal of Applied Research*, 9, (9), 38-39. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333 & Impact factor: RJIF 5.18).
11. Marina Rai, **Yoga P.**, Alaguraja K, Selvakumar K, and Sumitra Das., (2020). Effect of plyometric training on selected physiological parameters among handball players. *Journal of Xidian University*, 14(03), pp. 1606-1615. (ISSN – 1001-2400).
12. Sumitra Das, **Yoga P.**, Alaguraja K, Selvakumar K, and Marina Rai., (2020). Importance of yoga in kabaddi. *Journal of Xidian University*, 14(03), pp. 1621-1627. (ISSN – 1001-2400).
13. **Yoga P.**, (2020). A scientific study on restorative yogasana practice on systolic blood pressure. *Aegaeum journal*, 8(6), pp.74-81. (ISSN No: 0776-3808).
14. Veeramani, P., & **Yoga P.**, (2020). Effect of selective asanas intervention on body mass index among college women. *Aegaeum journal*, 8(6), pp.82-88. (ISSN No: 0776-3808).
15. **Yoga P.**, (2020). Vinyasa yoga on body composition among high school girls. *Aegaeum journal*, 8(6), pp.43-50. (ISSN No: 0776-3808).
16. Marina Rai., & **Yoga P.**, (2020). Effect of saq training on speed among kho-kho players. *Aegaeum journal*, 8(7), pp.423-428. (ISSN No: 0776-3808).
17. Marina Rai., & **Yoga P.**, (2020). Combination of surya bhedan pranayama and mantra meditation practices on self confidence among women handball players. *Aegaeum journal*, 8(7), pp.429-434. (ISSN No: 0776-3808).

18. **Yoga P,** & Chidambararaja, S.,(2020). Effect of taoist meditation practices on mental concentration ability among rural school students. *Bulletin monumental*, 21(07), pp.155-160. (ISSN No: 0007-473X).
19. **Yoga P,** & Chidambararaja, S.,(2020). Efficacy of transcendental meditation practices on psychological variable among school handball players. *Bulletin monumental*, 21(07), pp.155-160. (ISSN No: 0007-473X).
20. Sumitra Das., & **Yoga P.,** (2020). Transcendental meditation and surya bheda pranayama practices on life satisfaction among middle aged working women. *Aegaeum journal*, 8(7), pp.813-818. (ISSN No: 0776-3808).
21. James Rathinaraj S., & **Yoga P.,** (2020). Neuromuscular reeducation on explosive power among youth handball players through selective yogasanas. *Aegaeum journal*, 8(6), pp.59-66. (ISSN No: 0776-3808).
22. James Rathinaraj, S., & **Yoga P.,** (2020). A study on dirga pranayama on triglycerides among middle aged women. *Aegaeum journal*, 8(6), pp.89-96. (ISSN No: 0776-3808).
23. James Rathinaraj, S., & **Yoga P.,** (2020). Power walking on high density lipoprotein among urban women. *Aegaeum journal*, 8(6), pp.104-111. (ISSN No: 0776-3808).
24. James Rathinaraj, S., & **Yoga P.,** (2020). Influence of sheetali and sitkari pranayama package on systolic blood pressure among middle aged person in Bangalore city. *Aegaeum journal*, 8(6), pp.112-119. (ISSN No: 0776-3808).

Peer Reviewed Journals

1. Balasubramanian K, and **Yogaraj P.,** (2009). Effect of weight training and physical exercises on bio-chemical variables among college football players. *International journal of Physical Education*. 2 (1 &2) pp. 1-4.
2. Selvalakshmi S, and **Yogaraj P.,** (2009). Effect of varied yogic practices on haemoglobin and blood sugar among obese women. *Asian Journal of Physical Education & Computer Science in Sports*, 1(1), pp. 262-264.
3. **Yogaraj P,** Ramaraj P, and Elangovan R., (2010). Effects of selected asanas on serum cholesterol and functions of adrenal gland in college women. *Asian Journal of Physical*

Education & Computer Science in Sports, 2(1), pp. 206-208.

4. **Yogaraj P**, Ramaraj P, and Elangovan R., (2010). Effect of selected yogic practices physical exercises on bio-chemical variables among college women students. *Asian Journal of Physical Education & Computer Science in Sports*, 3(1). pp. 27-29.
5. Anandakumar P, **Yoga P** and Elangovan R., (2011). Effect of selected asana and suryanamaskar on selected physiological variables among diabetic patients. *Asian Journal of Physical Education & Computer Science in Sports*, 4(1). pp. 130-131.
6. **Yogaraj P**, and Elangovan R., (2011). Effect of varied packages of yogic practice on selected bio-chemical variables of college men students. *International journal of Physical Education Sports Management and Yogic Sciences*. 1(1). pp. 35-39.
7. **Yoga P.**, (2013). Effect of varied integrated modules of yogic practices on platelets count among women type ii diabetic patients. *Asian Journal of Physical Education & Computer Science in Sports*. 9(1). pp. 47-49.
8. **Yoga P.**, (2014). Effect of varied integrated modules of yogic practices on white blood cell count among women type ii diabetic patients. *International journal of Physical Education Sports Management and Yogic Sciences*, 4(1). Pp. 33-36.
9. **Yoga P.**, (2014). Effect of varied integrated modules of yogic practices on red blood cell count among women of type II diabetic patients. *International journal of Sports Technology, Management and Allied Sciences*. 3(1), pp.70-74.
10. **Yoga P.**, (2014). Effect of varied packages of yogic practices on white blood cell count among college men students. *International Journal of Health, Physical Education & Computer Science in Sports*. 15(1), pp.47-49.
11. **Yoga P.**, (2015). Influence of varied packages of yogic practices on cardio vascular endurance among college men students. *International Journal Engineering Research & Sports Science*. 2(2). Pp.33-34
12. **Yoga P.**, and Ranjith VP.(2015). Efficacy of sectional breathing and nadi suddhi pranayama on white blood cell count among college men students. *International Journal of Health, Physical Education & Computer Science in Sports*. 17(2). Pp. 16-18.
13. **Yoga P.**, (2015). Efficacy of sectional breathing and nadi suddhi pranayama on red blood

cell count among college men students. *International Journal of Information Research and Review*. 2(3). pp.537-539.

14. Alaguraja K. and **Yoga P.**, (2017). Influence of yogasana practice on flexibility among obese adolescent school boys. *International Journal of Yoga Physiotherapy and Physical Education*. 2(4). pp.70-71.
15. **Yoga P.**, (2018). Effect of circuit training on respiratory frequency among male handball players. *International journal of health, physical education & computer science in sports*. 29(2). Pp.153-155.
16. Balamuralikrishnan R and **Yoga P.**, (2018). Effect of varied intensity of aerobic training on body composition. *International Journal of Physical Education, Sports and Health*. 5(2). pp. 284-285.
17. James Rathinaraj S. and **Yoga P.**, (2018). Structured resistance training on Vo2 Max. *International Journal of Physical Education Sports and Health*. 5(2). pp. 286-287.
18. **Yoga P.**, and James Rathinaraj S. (2018). Yogic Practices on Heart Rate. *International Journal of Yogic Human Movement and Sports Sciences*. 3(2), pp. 349-350.
19. Alaguraja K. and **Yoga P.**, (2018). Effect of core stability training on dynamic strength among college male students. *International Journal of Yogic Human Movement and Sports Sciences*. 3(2), pp. 436-437.
20. Selvakumar K. and **Yoga P.**, (2018). Changes of vertical jump through maximal power training among college men handball players. *International Journal of Yogic Human Movement and Sports Sciences*. 3(2), pp.438-439.
21. **Yoga P.**, and Balamuralikrishnan R. (2018). Effects of yoga on psychological variable among school boys. *International Journal of Yogic Human Movement and Sports Sciences*. 3(2), pp. 473-474.
22. Yoga P, Balamuralikrishnan R and Alaguraja K., (2018). Influence of cyclic meditation on selected physiological parameter. *International Journal of Advanced Education and Research*. 4(1). Pp.17-18.
23. **Yoga P.**, James Rathinaraj S and K. Selvakumar., (2018). Influence of intensive interval training on flexibility among college students. *International Journal of Advanced Education*

and Research. 3(6). pp. 72-73.

24. James Rathinaraj S and **Yoga P.**, (2019). Effect of physical exercise on resting pulse rate among school students. *International Journal of Advanced Education and Research. 4(1) pp. 21-22.*
25. Balamuralikrishnan R and **Yoga P.**, (2019). Influence of Tibetan yoga on cardiovascular endurance among obese men students. *International Journal of Advanced Education and Research. 4(1) pp. 19-20.*
26. Alaguraja K and **Yoga P.**, (2019). A study on yogic package on body mass index among rural school boys. *International Journal of Physical Education, Exercise and Sports.1 (2). pp. 07-09.*
27. Alaguraja K and **Yoga P.**, (2019). Impact of yogic package on body mass index among obese people. *International Journal of Physical Education, Exercise and Sports.1 (2). pp. 04-06.*
28. Alaguraja K and **Yoga P.**, (2019). Combined pranayama and meditation practices on self confidence. *International Journal of Physical Education, Exercise and Sports, 1 (2), pp. 01-03.*
29. Alaguraja K and **Yoga P.**, (2019). Mindfulness meditation on stress among working men. *International Journal of Physiology, Sports and Physical Education, 1 (1), pp. 09-11. (Online ISSN: 2664-7729, Print ISSN: 2664-7710).*
30. Alaguraja K and **Yoga P.**, (2019). Yogic therapy treatment on high density lipoprotein among high school boys. *International Journal of Physiology, Exercise and Physical Educatio,1 (1), pp. 09-11. (Online ISSN: 2664-7257, Print ISSN: 2664-7249).*
31. Alaguraja K and **Yoga P.**, (2019). A study effect of combined yoga and naturopathy on triglycerides among stressed people. *International Journal of Physiology, Exercise and Physical Education, 1(1). pp. 09-11. (Online ISSN: 2664-7257, Print ISSN: 2664-7249).*
32. Alaguraja K and **Yoga P.**, (2019). Analysis the effect of yogic package on low density lipoprotein among trained handball players. *International Journal of Physiology, Exercise and Physical Education, 1(1). pp. 09-11. (Online ISSN: 2664-7257, Print ISSN: 2664-7249).*
33. Alaguraja K and **Yoga P.**, (2019). A sequence of combined effect of SAQ training and yogic package on self confidence among handball players. *International Journal of Sports, Exercise and Physical Education, 1(1). pp. 15-17. (Online ISSN: 2664-729X, Print ISSN: 2664-7281).*

34. Alaguraja K and **Yoga P.**, (2019). Pranayama package on systolic blood pressure among Middle Ages unemployed women. *International Journal of Sports, Exercise and Physical Education*. 1(1). pp. 18-20. (Online ISSN: 2664-729X, Print ISSN: 2664-7281).
35. Alaguraja K and **Yoga P.**, (2019). Effect of yogasana and walking practices on body mass index on urban school students. *International Journal of Sports, Health and Physical Education*. 1(1). pp. 14-16. (Online ISSN: 2664-7567, Print ISSN: 2664-7559).

NATIONAL JOURNAL

1. **Yoga P.**, Abirami Kiruthiga S, and Elangovan R., (2011). Influence of suryanamaskar and physical exercises on selected hematological variables among college women students. *Journal of Physical Education Sports and Allied Disciplines*, 2(1), pp.64-67, ISSN: 0974-343X.
2. **Yoga P.**, Initha K, and Elangovan R., (2011). Influence of weight training and plyometric training on selected bio-chemical variables among college football players. *Journal of Physical Education Sports and Allied Disciplines*, 2(2), pp.55-59. ISSN: 0974-343X.
3. Abirami Kiruthiga S. and **P. Yoga P.**, (2012). Effect of suryanamaskar and physical exercises on selected motor ability variables among college women students. *Journal of Physical Education Sports and Allied Disciplines*, 3 (1), pp.17-20. ISSN: 0974-343X.
4. **Yoga P.**, and Abirami Kiruthiga S., (2012). Effect of suryanamaskar and taichi on selected motor ability variables among college women students. *Journal of Physical Education and Sports Science*, 2, pp.353-355, ISSN: 2229-7049.
5. **Yoga P.**, and Yuvaraj A, (2013-14). Effect of suryanamaskar and yogasanas on selected physical physiological and psychological variables among school girls. *Yogheal A Journal of Scientific Yoga and Health*, 2(2), pp.120-123, ISSN: 2278-9227.
6. **Yoga P.**, (2014). Influence of varied packages of yogic practices on flexibility among college men students. *Journal of Yoga Physical Education and Traditional Medicine*, 1(1), pp. 38-41, ISSN: 978-81-927985-0-7.
7. **Yoga P.**, and Ranjeth V. P., (2016). Influence of yogic practices on resting pulse rate among college men handball players. *Journal of Education Dynamics*, Alagappa University Bi Annual journal Volume II, RNI No: L TNENG05989, Page No:93-95.

8. **Yoga P.**, (2017). Influence of yogic practices on breath holding time among college men athletes. Journal of Education Dynamics, Alagappa University Bi Annual journal Volume II, RNI No: L TNENG05989, Page No: 111-114.

PROCEEDING PUBLICATIONS

INTERNATIONAL CONFERENCE/SEMINAR

1. Dr. K. Balasubramanian, Dr. A. Ananthi and **P. Yogaraj** "Yoga and Mirror Neurons". Yoga Therapy and fitness - on Integrated Approach, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (2), ISBN: 978-93-80400-00-6 (February 2010).
2. Dr. K. Balasubramanian, **P. Yogaraj** and C. Senthil Kumar "Sport – Psychology - Mental Imagery and Self – hypnosis can Improve Performance". Modern Trends in Sports Technology, Management & Allied Sciences, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (61), ISBN: 978-93-80400-11-2 (March 2010).
3. Dr. R. Elangovan and **P. Yoga** "Influence of Suryanamaskar and Physical Exercises on selected Bio-Chemical Variables among College Women Students". Yoga, Physiotherapy, Nutrition and Sports for Lifelong Fitness, Karaikudi, Tamilnadu, India: Nitheesh Praba Pathippaham, Page No (2), ISBN: 978-93-80400-11-2 (January 2011).
4. **P. Yoga** and S. Abirami Kiruthiga "Effect of Selected Yogic Practices and Aerobic Training on Selected Bio-Chemical Variables among Obese School Girls". Sports and Nutrition Gurgaon, Haryana, India: Macmillan Publication, Page No (372-376), ISBN: 978-9350-59339-4 (March 2012).
5. S. Abirami Kiruthiga and **P. Yoga** "Effect of Yogic Practices and Aerobic Training on Selected Physiological Variables among Obese School Girls". Sports and Nutrition Gurgaon, Haryana, India: Macmillan Publication, Page No (367-371), ISBN: 978-9350-59339-4 (March 2012).
6. **P. Yoga** "Influence of Yogic Practice on Anxiety among College Men Hockey Players". Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (230-231), ISBN: 978-81-836868-8-4 (February 2016).
7. **P. Yoga** and Ranjith VP. "Effect of Yogic Practice on Respiratory Rate among College Men Obese Students". Health Indicators for Physical and Cognitive Fitness Education, Chennai,

Tamilnadu, India: Universal Publication, Page No (226-227), ISBN: 978-81-836868-8-4 (February 2016).

8. **P. Yoga** and R. Balamuralikrishnan “Effect of Yogic Practice on Vital Capacity among College Men Football Players”. Health Indicators for Physical and Cognitive Fitness Education, Chennai, Tamilnadu, India: Universal Publication, Page No (228-229), ISBN: 978-81-836868-8-4 (February 2016).
9. **P. Yoga** “influence of mindfulness meditation on self confidence among men handball players.” international conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7th & 8th December 2017. Universal Publishers, Volume-II, Page No (157-158), ISBN: 978-8192-8690-87 (December 2017).
10. James Rathinaraj S and **P. Yoga** “influence of yogic practices on systolic blood pressure among men handball players.” International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7th & 8th December 2017. Universal Publishers, Volume-II, Page No (94-95), ISBN: 978-8192-8690-87 (December 2017).
11. R. Balamuralikrishnan and **P. Yoga** “effect of yogic practices on heart rate among men handball players.” International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7th & 8th December 2017. Universal Publishers, Volume-I, Page No (155-156), ISBN: 978-8192-8690-87 (December 2017).
12. Ranjeth V. P and **P. Yoga** “Efficacy of sectional breathing on red blood count among college men students.” International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7th & 8th December 2017. Universal Publishers, Volume-II, Page No (213-214), ISBN: 978-8192-8690-87 (December 2017).
13. **P. Yoga** “Efficacy of Pranayama Practices on Cardiovascular Endurance among Obese Men Students.” International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of

Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (44-45), ISBN: 978-93-5300-603-7.

14. K. SELVAKUMAR and **P. Yoga** "Effect of Nadi Sodhana Pranyama on Breath Holding Time Among College Students". International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020", organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (49-50), ISBN: 978-93-5300-603-7.
15. K. ALAGURAJA and **P. Yoga** "Influence of Yogic Practices On Cardio Respiratory Endurance Among School Handball Players". International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020", organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (64-65), ISBN: 978-93-5300-603-7.
16. R. Balamuralikrishan and **P. Yoga** "Impact of Yogic Practices on Restraining Pulse Rate among High School Students". International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020", organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (66-67), ISBN: 978-93-5300-603-7.
17. James Rathinaraj S and **P. Yoga** "Influence of Yogasana on Flexibility among College Students". International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020", organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (68-69), ISBN: 978-93-5300-603-7.
18. RANJETH V. P and **P. Yoga** "Effect of Kapalapathi Pranayama on Resting Pulse Rate among Rural School Students". International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020", organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (70-71), ISBN: 978-93-5300-603-7.
19. V. PRASATH and **P. Yoga** "Sports and Holistic Health". International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020", organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (72-73), ISBN: 978-93-5300-603-7.

20. M. GURUSAMY and P. **Yoga** “Nutrition for and Holistic performance”. International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (72-73), ISBN: 978-93-5300-603-7.
21. P. **Yoga** “Yoga Principles for Human Life. (Yoga Kotpadum Manitha Valvem)”. International Conference on “International Trends in Research”, organised by the Sultan Idris Education University, Malaysia on 28th March 2018. Page No (262-266), ISBN: 978-93-81006-55-9.
22. P. **Yoga** presented a paper on “Yogavem manakavali melanmaum” International Conference on “Cultural Records In Tamil Literature” organized by University of Peradeniya, Department of Tamil Alagappa University, Sri S. R. N. M. College(Autonomous), Semuthai Publication, at Sri lanka on 17-10-2018(ISBN: 978-93-81000-95-5).
23. Presented a paper on “**Influence of Traditional Yogic Practice on Vo2 Max among Rural School Students**”. International conference on Yoga Meditation and Sports for Peace and Prosperity – 2019 (INCYMSPP – 2019), organized by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 17th &18th October 2019. Volume-I, Page No (29-31), ISBN: 978-8193747940.
24. Presented a paper on “**Effect of Iyengar Yogic Practice on Selected Physiological variable among School Students**”. International conference on Yoga Meditation and Sports for Peace and Prosperity – 2019 (INCYMSPP – 2019), organized by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 17th &18th October 2019. Volume-I, Page No (168-170), ISBN: 978-8193747940.
25. Presented a paper on “**Effect of Kapal Bhati Pranayama on Resting Pulse Rate among School Students.**” International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019. Volume-I, Page No (225-226), ISBN: 978-8193447376.
26. Presented a paper on “**Effect of Yogic Practices on Heart Rate among College Athletes.**” International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019. Volume-I, Page No (225-226), ISBN: 978-8193447376.

27. Presented a paper on **“Dirga Pranayama on Respiratory Rate among School Student.”** International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019. Volume-I, Page No (290-291), ISBN: 978-8193447376.
28. Presented a paper on **“Relationship between Yoga and Sound Body.”** International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019. Volume-I, Page No (287-289), ISBN: 978-8193447376.

NATIONAL PROCEEDING

1. **P. Yoga** “Buvie Veppamayamathalin Moolatharam”. Tamil Science Paravai Aaivuk Covai, Chennai, Tamil Nadu, India: Kalainyan Pathippaham, Page No (297-298), ISBN: 978-93-80627-17-5 (May 2010).
2. **P. Yoga** and Dr. R. Elangovan “Effect of Weight Training and Plyometric Training on Selected Hematological Variables among College Football Players”. Emerging Trends in Physical Education and Sports Sciences, Tiruchirappalli, Tamilnadu, India: Bharathidasan University Publication Division, Page No (40-42), ISBN: 978-81-908078-6-9 (March 2011).
3. P. Anandakumar and **P. Yogaraj** “Fight Obesity with Yoga”. Modern Trends in Sports Management, Salem, Tamilnadu, India: MSK Publication, Page No (521-522), ISBN: 938048714-2 (March 2012).
4. **P. Yogaraj** and P. Anandakumar “Meditation Improve Overall Wellbeing”. Modern Trends in Sports Management, Salem, Tamilnadu, India: MSK Publication, Page No (638-641), ISBN: 938048714-2 (March 2012).
5. **P. Yoga** “Influence of varied packages of yogic practices on flexibility among college men students” National conference on yoga herbal and traditional medicine” organized by Indian institute of yoga and naturopathy & Tamilnadu agricultural University , TNPESU Page no(38-41)2014.
6. **P. Yoga** “Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Platelets Count among College Men Students”. Sound Body Sound Mind Fitness through Yoga & Sports,

Madurai, Tamilnadu, India: Shanlax Publication, Page No (638-640), ISBN: 978-93-80686-60-8 (January 2015).

7. **P. Yoga** and Ranjith VP. "Comparative Study on Flexibility among College Men Cricket and Hockey Players". Sound Body Sound Mind Fitness through Yoga & Sports, Madurai, Tamilnadu, India: Shanlax Publication, Page No (133-134), ISBN: 978-93-80686-60-8 (January 2015).
8. **P. Yoga** "Influence of Aerobic Training on VO² Max among College Men Handball Players". Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (186-188), ISBN: 978-81-928690-4-9 (March 2015).
9. **P. Yoga** and Ranjith VP. "Influence of Weight Training on Muscular Strength among College Men Handball Players". Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (190-191), ISBN: 978-81-928690-4-9 (March 2015).
10. **P. Yoga** and K. Alaguraja "Effect of Aerobic Training on Vital Capacity among College Men Handball Players". Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (194-195), ISBN: 978-81-928690-4-9 (March 2015).
11. **P. Yoga**, Dr.R. Balamuralikrishnan and S. James Rathinaraj "Influence of Weight Training on Cardio Vascular Endurance among College Men Handball Players". Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (188-189), ISBN: 978-81-928690-4-9 (March 2015).
12. **P. Yoga**, J.T. Jose Mariapackiaraj and M. Vairamuthu "Position-Wise Analysis on Anthropometric Characteristics of All India Inter University Kabaddi Players". Recent Developments in Sports and Yogic Sciences, Madurai, Tamilnadu, India: Shanlax Publication, Page No (191-193), ISBN: 978-81-928690-4-9 (March 2015).
13. **P. Yoga** and Ranjith VP. "Influence of Yogic Practice on Flexibility among College Men Students". Scientific Approaches and Application of Yoga and Holistic Lifestyle for Better Tomorrow, Tripunithura, Kerala, India: Government College Publication, Page No (93-95), ISBN: 978-81-925-229-1-3 (November 2015).
14. **P. Yoga** and Ranjith VP. "Effect of Yogic Practice on Stress Management among College men Students". Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016),

Karaikudi, Tamilnadu, India: Department of Education Alagappa University Publication, Page No (610-613), ISBN: 978-81-928690-8-7 (March 2015).

15. Ranjeth VP and **P. Yoga** “ Influence of yogasana practice on Vo2 max parameter among college men students” National conference on “Physical education Yogic & allied sciences” Mahavir press, Varanasi, India, isbn-978-81-932543-8-7. Page No(345-347) 2016.
16. **P. Yoga** and Ranjeth VP “Influence of aerobic exercise on maximum expiratory power among college men student” National seminar on Road Map to 2020 Olympic” published by the secretary Ramakrishna mission vidyalaya, coimbatore, tamilnadu, india ISBN: 81-9235734-8. Page no:(185-186).(February 2017).
17. **P. Yoga** “Influence of aerobic exercise on cardiorespiratory endurance among obese men student” National seminar on Road Map to 2020 Olympic, published by the secretary Ramakrishna mission vidyalaya, Coimbatore, Tamilnadu, India ISBN: 81-9235734-8. Page no:(209-210).(February 2017).
18. **P. Yoga** “Effect of Yogic Practice on Resting Pulse Rate among School Students” National conference on new trends in teacher education pedagogical, didactical, curriculum design and technological innovations (NTTE 2017), published Department of Education, Alagappa University Karaikudi, ISBN: 935268151-7. Page no :(332-334).(February 2017).
19. **P. Yoga** “Effect of aerobic exercise on cardio vascular endurance among obese men Students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no :(425). (21st & 22nd September 2017).
20. **P. Yoga** and “Effect of Yogic Practice on Resting Pulse Rate Among School Students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no :(423). (21st & 22nd September 2017).
21. **P. Yoga** “Influence of aerobic exercise on flexibility among college students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no:(427).(21st & 22nd September 2017).

22. **P. Yoga** “effect of aerobic exercise on breath holding time among college students” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no :(429). (21st & 22nd September 2017).
23. **P. Yoga** “Efficacy of yogic practices on selected physiological parameters among college men handball players” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, ISBN: 978-93-5001-559-9. Page no:(431).(21st & 22nd September 2017).
24. **P. Yoga** “Changes of Inspiratory Volume through Kapalabhati Pranayama among Handball Players.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018. Page No:(277-278), ISBN: 978-81-926565-3-3
25. James Rathinaraj S and **P. Yoga** “Effect of Yogic practice on VO2 max among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018. Page No:(47-48), ISBN: 978-81-926565-3-3
26. K. Alaguraja and **P. Yoga** “Impact of Ujjayni pranayama on Resting pulse rate among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018. Page No:(69-70), ISBN: 978-81-926565-3-3
27. R. Balamuralikrishnan and **P. Yoga** “Effect of Yogic practice on muscular endurance among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018. Page No:(81-82), ISBN: 978-81-926565-3-3
28. V. P. Ranjeth and **P. Yoga** “Efficacy of Yogic practice on expiratory volume among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018. Page No:(210-211), ISBN: 978-81-926565-3-3
29. K. Selvakumar and **P. Yoga** “Influence of Suryanamaskar practice on respiratory rate among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue”

organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018. Page No:(230-231), ISBN: 978-81-926565-3-3.

30. **P. Yoga** "Yoga for mindfulness for Quality Education." National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)" organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018. Volume II Page No:(32-33), ISBN: 978-81-921754-2-3.
31. James Rathinaraj S and **P. Yoga** "Quality Education of Slow Learner." National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)" organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018. Volume II Page No:(49-50), ISBN: 978-81-921754-2-3.
32. K. Alaguraja and **P. Yoga** "Yoga for Mentally Retardation Children." National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)" organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018. Volume II Page No:(49-50), ISBN: 978-81-921754-2-3.
33. V. P. Ranjeth and **P. Yoga** "Basic Needs of Quality Education for Adults." National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)" organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018. Volume II Page No:(105-106), ISBN: 978-81-921754-2-3
34. K. Selvakumar and **P. Yoga** "Yoga Therapy for Mentally Handicapped Children." National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)" organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018. Volume II Page No:(105-106), ISBN: 978-81-921754-2-3.
35. R. Balamuralikrishnan and **P. Yoga** "Quality of Teacher's Resilience and a Positive Classroom Climate." National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)" organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018. Volume II Page No:(162-163), ISBN: 978-81-921754-2-3.

36. **P. Yoga** “Efficacy of pranayama practices on obese.” National conference on Cognitive and techno pedagogical skills, For 21st Century learner’s (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019. Volume I Page No:(50-52),ISBN: 978-93-5346-994-8.
37. K. Alaguraja and **P. Yoga** “Impact of yogic practices on resting pulse rate.” National conference on Cognitive and techno pedagogical skills, For 21st Century learner’s (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019. Volume I Page No:(52-55),ISBN: 978-93-5346-994-8.
38. R. Balamuralikrishanan and **P. Yoga** “Influence of yogic practice in cardio respiratory endurance.” National conference on Cognitive and techno pedagogical skills, For 21st Century learner’s (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019. Volume I Page No:(55-57),ISBN: 978-93-5346-994-8.
39. James Rathinaraj S. and **P. Yoga** “Effect of nadi sodhana pranayama on breath holding time among college students.” National conference on Cognitive and techno pedagogical skills, For 21st Century learner’s (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019. Volume I Page No :(57-60),ISBN: 978-93-5346-994-8.
40. K. Selvakumar and **P. Yoga** “Impact of yogasana on flexibility among college students.” National conference on Cognitive and techno pedagogical skills, For 21st Century learner’s (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019. Volume I Page No :(242-244),ISBN: 978-93-5346-994-8.

PAPER PRESENTATIONS

INTERNATIONAL CONFERENCES

1. Presented a paper on “**Yoga and Mirror Neurons**” in the International Conference on “Yoga Therapy and fitness – on Integrated Approach” Organized by the School of Physical Education, Alagappa University, Karaikudi on 12th&13th February 2010.
2. Presented a Paper on “**Sport – Psychology-Mental Imagery and Self – hypnosis can Improve Performance**” in the International Conference on “Modern Trends in Sports Technology, Management & Allied Sciences” organized by Association of Sports

Technology, Management & Allied Sciences and School of Physical Education Alagappa University, Karaikudi on 8th& 9th March 2010.

3. Presented a Paper On **“Effect of Varied Yogic Practices on Hemoglobin and Blood Sugar among Obese Women”**. in the Asian Conference on “Physical Education & Computer Science in Sports” organized by Indian Federation of Computer Science in Sports, Osmania University, Hyderabad on 7th to 9th May 2010.
4. Presented a paper on **“Influence of Suryanamaskar and Physical Exercises on selected Bio-Chemical Variables among College Women Students”** in the International Conference on “Yoga, Physiotherapy, Nutrition and Sports for Lifelong Fitness” Organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 27th 28th January 2011.
5. Presented a paper on **“Effect of Suryanamaskar and Taichi on Selected Motor Ability Variables among College Women Students”** in the International Conference on “Better Life Better World, Through Yoga with Allied Sports Sciences” Organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai on 16th to 18th February 2012.
6. Presented a paper on **“effect of yogic practices and aerobic training on selected bio chemical variable among obese school girls”** in the International Conference on “Sports and Nutrition: organized by Avinashilingam University, Tamilnadu, India on 08th to 09th March 2012.
7. Presented a paper on **“Effect of Varied Packages of Yogic Practices on White Blood Cell Count among College Men Students”** in the “25th Pan Asian conference of Sports Physical Education & Computer Science in Sports” Jointly organized by Indian Federation of Computer Science in Sports and Pan Asian Conference of Sports & Physical Education, Osmania University, Hyderabad Telangana, India on 08th to 10th August 2014.
8. Presented a paper on **“Effect of Varied Packages of Yogic Practices on Red Blood Cell Count among College Men Students”** in the UGC Sponsored International Seminar on “Health Related Physical Fitness and Wellness” Organized by the Department of Physical Education, Poornaprajna College, Udupi, Karnataka State, India on 22nd and 23rd August 2014.

9. Presented a paper on **“Effect of Yogic Practice on Blood Pressure Parameter among the Middle Aged Men”** in the International Conference on “Prospective Approaches and Application of Yoga and Physical Activity for Better Life” Organized by the Department of Physical Education, All Saint’s College, Thiruvananthapuram, Kerala State, India on 19th and 20th November 2015.
10. Presented a paper on **“Influence of Yogic Practice on Anxiety among College Men Hockey Players”** 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 26th and 27th February 2016.
11. Presented a paper on **“Effect of Yogic Practice on Respiratory Rate among College Men Obese Students”** 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 26th and 27th February 2016.
12. Presented a paper on **“Effect of Yogic Practice on Vital Capacity among College Men Football Players”** 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 26th and 27th February 2016.
13. Presented a paper on **“Influence of yogasana practice on VO2 max parameter among college men students”** in the International seminar on various aspects of physical education, yogic & allied sciences. Organized by Dept of Physical Education & Yoga, Mahatma Gandhi Kasha Vidyapith, Varanasi, and U.P - India. 27th & 28th September 2016.
14. Presented a paper on **“Effect of Yogic Practice on Cardio Respiratory Endurance among College among College Students”** in the International Conference on “Emerging trends in sports medicine, physical education, sports science and yoga” Organized by Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India on 18th and 19th January 2017.
15. Presented a paper on **“Influence of selected pranayama practices on cardio respiratory endurance among school students”** in the International Yoga Conference on “Mind, Body, Soul” Organized by Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu, India on 25th May 2017.

16. Presented a paper on **“Influence of mindfulness meditation on self confidence among men handball players.”** international conference on Focus on Mindfulness: Glimpses of Neuroscience Education-2017 (ICFM: GNSE - 2017), organised by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 7th & 8th December 2017.
17. Presented a paper on **“Efficacy of Pranayama Practices on Cardiovascular Endurance among Obese Men Students.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.
18. Presented a paper on **“Effect of Nadi Sodhana Pranyama on Breath Holding Time among College Students.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.
19. Presented a paper on **“Influence of Yogic Practices on Cardio Respiratory Endurance among School Handball Players.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.
20. Presented a paper on **“Influence of Yogic Practices on Restraining Pulse Rate among High School Students.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.
21. Presented a paper on **“Influence of Yogasana on Flexibility among College Students.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.
22. Presented a paper on **“Effect of Kapalapathi Pranayama on Resting Pulse Rate among Rural School Students.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa

University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.

23. Presented a paper on **“Sports and Holistic Health.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.
24. Presented a paper on **“Nutrition for and Holistic performance.”** International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organised by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018.
25. Presented a paper on **“Yoga and People Health”** International Conference on Enhancement of Technology and Innovations in contemporary Libraries(ICETICL-2019)”(Sponsored under RUSA Phase 2.0 Schme) organized by the Department of Library and Information Science, Alagappa University Karaikudi-630 003 on 24th and 25th April 2019.
26. Presented a paper on **“Yogic Practice on Cardio respiratory Endurance among school students”** International Conference on Universal Design for learning embedded with Assistive Technology For Children with Special Needs – UDLAT 2019. Organized by Department of Special Education and Rehabilitation Science” Alagappa University Karaikudi-630 003 on 4th and 5th September 2019.
27. Presented a paper on **“Impact of Yogic Practice on Physiological parameters among high school students”** International Conference on Universal Design for learning embedded with Assistive Technology for Children with Special Needs – UDLAT 2019. Organized by Department of Special Education and Rehabilitation Science” Alagappa University Karaikudi-630 003 on 4th and 5th September 2019.
28. Presented a paper on **“Pranayama Practices on Cardiovascular Endurance among obese school students”** International Conference on Universal Design for learning embedded with Assistive Technology For Children with Special Needs – UDLAT 2019. Organized by Department of Special Education and Rehabilitation Science” Alagappa University Karaikudi-630 003 on 4th and 5th September 2019.

29. Presented a paper on **“Influence of Traditional Yogic Practice on Vo2 Max among Rural School Students”**. International conference on Yoga Meditation and Sports for Peace and Prosperity – 2019 (INCYMSPP – 2019), organized by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 17th &18th October 2019.
30. Presented a paper on **“Effect of Iyengar Yogic Practice on Selected Physiological variable among School Students”**. International conference on Yoga Meditation and Sports for Peace and Prosperity – 2019 (INCYMSPP – 2019), organized by the Department of Physical Education and Health Science, Alagappa University Karaikudi, on 17th &18th October 2019.
31. Presented a paper on **“Effect of Kapal Bhati Pranayama on Resting Pulse Rate among School Students.”** International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019.
32. Presented a paper on **“Effect of Yogic Practices on Heart Rate among College Athletes.”** International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019.
33. Presented a paper on **“Dirga Pranayama on Respiratory Rate among School Student.”** International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019.
34. Presented a paper on **“Relationship between Yoga and Sound Body.”** International Conference on Yoga For Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa University College of Physical Education & Alagappa University, Karaikudi-630 003 on 24th and 25th October 2019.

NATIONAL CONFERENCES

1. Presented a paper on **“Influences of Meditation on Athletes”** in the national seminar on “Modern Multi-Dimensional Approaches for Excellence in Sports” organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 25th September 2009.

2. Presented a paper on **“Effect of Yoga among Obese Women”** in the National Conference on **“Modern Trends in Yoga and Naturopathy”** organized by the Indian Institute of Yoga and Naturopathy, Coimbatore on 11th October 2009.
3. Presented a paper on **“Combined Effect of Asana Pranayama and Meditation on Selected Physiological Variables among Obese Women”** in the National Conference on **“Modern Trends in Yoga and Naturopathy”** organized by the Indian Institute of Yoga and Naturopathy, Coimbatore on 11th October 2009.
4. Presented a paper on **“Influences of Yogic Practices on Healthy Primary School Children”** in the national seminar on **“Role of Science, Technology and Yoga in enhancing Sports performance and Health”** organized by the Department of Physical Education, Meenaakshi Ramasamy Arts & Science College and Meenatchi Physical Education College, Thathanur on 6th February 2010.
5. Presented a paper on **“Comparative Analysis on Aggression between Cricket and Football Players among School Boys”** in the national seminar on **“Social aspects of Sports in Indian Context”** organized by the Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai on 12th March 2010.
6. Presented a paper on **“Comparative Analysis of Aggressive and Anxiety between Mallakhamb and Kho-Kho Players among School Boys”** in the UGC Sponsored National Seminar on **“Role of Modern Training in Physical Education and Sports”** organized by the Department of Physical Education and sports, University of Madras, Chennai on 19th & 20th March 2010.
7. Presented a paper on **“Effect of Selected Yogic Practices and Physical Exercises on Bio-Chemical Variables among College Women Students”** in the National Seminar on **“Essentials of a Qualified Teacher in Yoga”** Jointly Organized by the faculty of General & Adapted Physical Education and Yoga, Ramakrishna Mission Vivekananda University, Coimbatore, Ramakrishna Mission Vidyalaya Maruthi college of Physical Education, Coimbatore. On 26th & 27th March 2010.
8. Presented a paper on **“Effect of selected Asanas on Serum Cholesterol and Functions of Adrenal Gland in College Women”** in the UGC Sponsored National Seminar on **“Modern Trends in Sports Medicine”** Organized by the Department of Physical Education, Bharathiar University, Coimbatore on 9th and 10th April 2010.

9. Presented a paper on **“Buvie Veppamayamathalin Moolatharam”** in the National Seminar on “Tamil Science Paravai Aaivu Covai”, Jointly Organized by the Tamilaga Science Paravai Aaivu and Manonmaniam Sundaranar University, Thirunelveli on 21-23 May 2010.
10. Presented a paper on **“Effect of Yogic Asanas on Selected Psychological Variables”** in the national seminar on “Yoga and Physiotherapy for Stress Management” organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 29th October 2010.
11. Presented a paper on **“Effect of Varied Packages of Yogic Practices on Selected Bio-Chemical Variables among College men Students”** in the national conference on “Yoga : Caring, Sharing and Empowering” organized by the Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai on 20th and 21st December 2010.
12. Presented a paper on **“Influence of Suryanamaskar and Physical Exercises on Selected Hematological Variables among College Women Students”** in the UGC Sponsored National Seminar on “The Felicitous Intertwined Trio of Physical Activities, Wellness and Sports” organized by the Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 5th February 2011.
13. Presented a paper on **“Effect of Suryanamaskar and Physical Exercises on Selected Motor Ability Variables among College Women Students”** in the national conference on “Use of Modern Technology in Physical Education, Sports and Allied Health Sciences” organized by the Vinayaka Mission’s College of Physical Education, Vinayaka Missions University, Salem on 11th & 12st February 2011.
14. Presented a paper on **“Influence of Weight Training and Plyometric Training on Selected Bio-Chemical Variables among College Football Players”** in the national conference on “Scientific Innovations In Sports Sciences and Technology” organized by the Selvam College of Physical Education, Namakkal on 5th March 2011.
15. Presented a paper on **“Effect of Weight Training and Plyometric Training on Selected Haematological Variables among College Football Players”** in the national conference on “Emerging Trends in Physical Education and Sports Sciences” organized by the Department of Physical Education, Bharathidasan University, Tiruchirappalli on 12th March 2011.

16. Presented a paper on **“Meditation Improve Overall Wellbeing”** in the UGC Sponsored national seminar on “Modern Trends in Sports Management” organized by the Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi on 21st and 22nd March 2012.
17. Presented a paper on **“Influence of Aerobic Training on VO² Max among College Women Football Players”** in the UGC Sponsored national seminar on “Women Sports Participation in India” organized by the Department of Physical Education, Bharathiar University, Coimbatore on 30th and 31st January 2014.
18. Presented a paper on **“Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients”** in the UGC Sponsored national conference on “Physical Activities, Sports, Fitness and Dietetics – The Elixir Quartet of Health” organized by the Research Department of Physical Education, Bishop Heber College (Autonomous), Tiruchirappalli on 15th February 2014.
19. Presented a paper on **“Effect of Yogasana Practices on Fitness and Wellness for Youth”** in the UGC Sponsored national seminar on “Fitness & Wellness” organized by Department of Physical Education, K.V.R, K.V.R & M.K.R College, Khajipalem, (AP) on 5th and 6th December 2014.
20. Presented a paper on **“Influence of Aerobic Training on VO² Max among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
21. Presented a paper on **“Position-Wise Analysis on Anthropometric Characteristics of All India Inter University Kabaddi Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
22. Presented a paper on **“Effect of Aerobic Training on Vital Capacity among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
23. Presented a paper on **“Influence of Weight Training on Cardio Vascular Endurance among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent

Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.

24. Presented a paper on **“Influence of Weight Training on Muscular Strength among College Men Handball Players”** in the UGC Sponsored national seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi on 19th and 20th March 2015.
25. Presented a paper on **“Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on Platelets Count among College Men Students”** in the UGC Sponsored national seminar on “Sound Body Sound Mind Fitness through Yoga & Sports” organized by Department of Physical Education, G.T.N. Arts College, Dindigul on 25th and 26th March 2015.
26. Presented a paper on **“Comparative Study on Flexibility among College Men Cricket and Hockey Players”** in the UGC Sponsored national seminar on “Sound Body Sound Mind Fitness through Yoga & Sports” organized by Department of Physical Education, G.T.N. Arts College, Dindigul on 25th and 26th March 2015.
27. Presented a paper on **“Efficacy of Sectional Breathing and Nadi Suddhi Pranayama on WBC Count among College Men Students”** in the UGC Sponsored national seminar on “Physical Education on Health and Sports Science” organized by Department of Physical Education, S.K.S.D. Mahila Kalasala (UG & PG), Tanuku on 29th and 30th March 2015.
28. Presented a paper on **“Effect of Aerobic Training on Cardio Respiratory Endurance among College Men Football Players”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
29. Presented a paper on **“Effect of Varied Integrated Modules of Yogic Practices on Blood Glucose among Women Type II Diabetic Patients”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
30. Presented a paper on **“Effect of Aerobic Training on Vital Capacity among College Women Handball Players”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education,

Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.

31. Presented a paper on **“Effect of Aerobic Training on Resting Pulse Rate among College Women Handball Players”** in the UGC Sponsored national seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association on 28th and 29th September 2015.
32. Presented a paper on **“Influence of Yogic Practice on Flexibility among College Men Students”** in the UGC Sponsored national seminar on “Scientific Approaches and Application of Yoga and Holistic Lifestyle for Better Tomorrow” organized by Government College, Tripunithura, Ernakulam, Kerala on 25th and 26th December 2015.
33. Presented a paper on **“Effect of Circuit Training on Explosive Power among College Men”** in the national seminar on “Role of Yoga and Technology in Enhancing Sports Performance and Populace Health” organized by Urumu Dhanalakshmi College on 28th and 29th January 2016.
34. Presented a paper on **“Influence of Different Yogic Practice on Self Confidence among College Men Students”** national seminar on “Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016)” organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 31th March and 01st April 2016.
35. Presented a paper on **“Effect of Yogic Practice on Stress Management among College men Students”** national seminar on “Perspectives and Prospects of Technology Enabled Learning (COPPTTEL-2016)” organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 31th March and 01st April 2016.
36. Presented a paper on **“Influence of Varied Packages of Yogic Practice on Total Cholesterol among Obese Men 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 31th March and 01st April 2016.
37. Presented a paper on **“Effect of yogic practices on Vo2 max among obese school boys”** National Conference on Information for all: Changing role of public libraries in digital India initiatives (NCIFA 2016) organized by Department of library and information science, Alagappa University, Karaikudi on 2 & 3 September 2016.

38. Presented a paper on **“Influence of aerobic exercise on cardiovascular endurance among obese men students.”** National seminar on “Road map to 2020 Olympics” organized by Sri Ramakrishna Mission Vidyalaya, Maruthi College of physical education on 23rd & 24th February 2017.
39. Presented a paper on **“Influence of Yogic Practice on Muscular Endurance Among School Students”** UGC- CAS-1 national seminar on “Genomic And Cultural Variation Of Indian Populations: An Appraisal of Health And Disease Susceptibility ” Organized by Department Of Anthropology, Sri Venkateswara University, Tirupati, Andhra Pradesh, on 23rd & 24th February 2017.
40. Presented a paper on **“Effect of Yogic Practice on Resting Pulse Rate Among School Students”** national conference on new trends in teacher education pedagogical, didactical, curriculum design and technological innovations (NTTE 2017) organized by Department of Education, Alagappa University, Karaikudi, Tamil nadu on 06th February and 07th February 2017.
41. Presented a paper on **“Influence Hatha of Yogic Practice on flexibility among college men”** national conference on “Contemporary in justice and human rights issue (CIJHR 2017) ”organized by Department of History, Alagappa University, Karaikudi, Tamil nadu on 25th to 26th September 2017.
42. Presented a paper on **“Effect of Yogic Practices on Resting Pulse Rate among School Students.”** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi, 21st & 22nd September 2017).
43. Presented a paper on **“Effect of Yogic Practices on cardio vascular endurance among obese men students.”** National conference on Human Rights Education (NCHRE- 2017), published Department of Education, Alagappa University Karaikudi, (21st & 22nd September 2017).
44. Presented a paper on **“influence of aerobic exercise on flexibility among college students.”** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi,(21st & 22nd September 2017).
45. Presented a paper on **“Effect of aerobic exercise on breath holding time among college students.”** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi,(21st & 22nd September 2017).

46. Presented a paper on **“Efficacy of Yogic Practices on selected physiological parameters among college men handball players.”** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi). (21st & 22nd September 2017).
47. Presented a paper on **“Influence of yogic practice on cardio respiratory endurance among school students.”** National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi). (21st & 22nd September 2017).
48. Presented a paper on **“Indian Athlete Deepa Malik.”** National conference on education and empowerment of women with disabilities towards sustainable development (EEWSDSD - 2017), organised by the Department of Special Education & Rehabilitation Science, Alagappa University, Karaikudi, on 5th & 6th December 2017.
49. Presented a paper on **“Changes of Inspiratory Volume through Kapalabhati Pranayama among Handball Players.”** National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organised by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018.
50. Presented a paper on **“Effect of yogic practice on VO2 max among college women Handball Players.”** National conference on Modern Perspectives of sports Science and yoga for the enhancement of sports performance” organised by the Department of Physical Education, Ganesar College of Arts and Science, Melasivapuri on 3rd March 2018.
51. Presented a paper on **“Effect of yogasana practice on flexibility among obese school boys.”** National conference on Modern Perspectives of sports Science and yoga for the enhancement of sports performance” organised by the Department of Physical Education, Ganesar College of Arts and Science, Melasivapuri on 3rd March 2018.
52. Presented a paper on **“Influence of yogic practice on cardio respiratory endurance among school students.”** National conference on Modern Perspectives of sports Science and yoga for the enhancement of sports performance” organised by the Department of Physical Education, Ganesar College of Arts and Science, Melasivapuri on 3rd March 2018.
53. Presented a paper on **“Yoga Therapy for Mentally Handicapped Children.”** National Seminar on Quality Education for the students belonging to the marginalized sectors in

India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018.

54. Presented a paper on **“Quality Education of Slow Learner.”** National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018.
55. Presented a paper on **“Basic Needs of Quality Education for Adults.”** National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018.
56. Presented a paper on **“Quality of Teacher’s Resilience and a Positive Classroom Climate.”** National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018.
57. Presented a paper on **“Yoga for Mentally Retardation Children.”** National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018.
58. Presented a paper on **“Yoga for mindfulness for Quality Education.”** National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018.
59. Presented a paper on **“Effect of circuit training on respiratory frequency among male handball players.”** National conference on Impact of technology in sports performance” organised by the Vinayaka mission College of Physical Education, Salem on 23rd & 24th March 2018.
60. Presented a paper on **“Efficacy of pranayama practices on obese.”** National conference on Cognitive and techno pedagogical skills, for 21st Century (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019.

61. Presented a paper on **“Impact of yogic practices on resting pulse rate.”** National conference on Cognitive and techno pedagogical skills, for 21st Century (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019.
62. Presented a paper on **“Influence of yogic practices on cardio respiratory endurance.”** National conference on Cognitive and techno pedagogical skills, for 21st Century (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019.
63. Presented a paper on **“Effect of nadi sodhana pranayama on breath holding time among college students.”** National conference on Cognitive and techno pedagogical skills, for 21st Century (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019.
64. Presented a paper on **“Impact of yogasana on flexibility among college students.”** National conference on Cognitive and techno pedagogical skills, for 21st Century (CTPSCL-2019)” organised by the Department of Education, Alagappa University, Karaikudi on 07th & 08th March 2019.

International/ National Conference and Seminar Participated

1. **Participated** in a “New Games” in the National seminar on “Squash, Boxing, Fencing, Gymnastics and Swimming” organized by the Sports Development Authority of Tamilnadu on 04th to 05th September 2003.
2. **Participated** in a “Trends Emerging in Physical Education in the 21st Century” organized by the Sri Ramakrishna Mission Vidyalaya Maruthi college of Physical Education-Coimbatore, Tamilnadu on 29th & 30th January 2004.
3. **Participated** in National seminar on “Safety and Security of Women and Girls in Public Spaces: Planning and Designing Mechanism” organized by the Alagappa University, Karaikudi, Tamilnadu on 04th to 05th September 2015.
4. **Participated** in the National conference on “Human Rights Education” organized by Department of History, Alagappa University, Karaikudi, Tamil Nadu, on 14 & 15 March 2017.

5. **Participated** in the International congress on “Renaissance in sports strategies, challenges and choices” organized by National College, Thiruchirappali, Tamilnadu, India. On 10th and 11th February 2017.
6. **Participated** in the One Day National Conference on “Institution – Industry Linkage” organized by the Department of Commerce, Alagappa University & Chamber of Commerce and Industries, Karaikudi held on 30th August 2019.

Resource persons in various capacities: 10

S. No	Name of the Programme	Capacity	Date
1.	State level athletics reefer’s clinic, Alagappa University College of Physical Education, Alagappa University, Karaikudi- TN	Resource person	19 th to 21 st July 2014
2.	Workshop on Athletics	Resource person	8 th to 9 th January 2015
3.	UGC-SERO (Equal opportunity) Sponsored state level workshop on “Fitness and wellness-2017”	Resource person	28 th September 2017
4.	State level Para Athletic Workshop And Clinic Programme	Resource person	7 th December 2017
5.	State Level Workshop in Hockey And Umpire Examination	Resource person	11 th 12 th March 2017
6.	One day Workshop on “Employability among prospective teachers”, Alagappa University College of Education, Alagappa University, Karaikudi- TN	Resource person	25 th September 2017
7.	National Level Advance Coaches Training Camp & State Level Preparatory Camp For World Games 2019	Resource person	16 th to 19 th February 2018
8.	National conference on impact of technology in sports performance)” organised by the Vinayaka mission College of Physical Education, Salem	Resource person	23 rd & 24 th March 2018
9.	Orientation Programme on “Emotional Challenges on Mental Health and Hygiene” Alagappa University College of Education, School of Education, Alagappa University Karaikudi, Tamilnadu, India	Resource person	28 th November 2018
10.	International conference on “Role of sports science and yoga on human performance enhancement”	Resource person	06 th and 07 th February 2020

Chair persons in Seminar/Conference: 08

S. No	Name of the Programme	Capacity	Date
1.	UGC Sponsored National seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi	Chair person	19 th and 20 th March 2015
2.	UGC Sponsored National seminar on “Fit and Healthy India-Vision 2023” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi in collaboration with Tamil Nadu Paralympics Sports Association	Chair Person	28 th and 29 th September 2015
3.	National seminar on “Role of Bharatha Natiyam In Rhythmic and Physical Education” organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi	Chair person	12 th January 2017
4.	National seminar on “New Trends In Teacher Education: Pedagogical, Didactical, Curriculum Design and Technological Innovations (NTTE- 2017)” organized by Department of Education, Alagappa University, Karaikudi	Chair person	06 th & 07 th February 2017
5.	National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi	Chair person	15 th & 16 th March 2018
6.	National Conference on “Cognitive and techno pedagogical skills for 21 st century learners(CTPSCL-2019)” organized by Department of Education, Alagappa University, Karaikudi	Chair person	7 th and 8 th March 2019
7.	International conference on Yoga Meditation and Sports for Peace and Prosperity – 2019 (INCYMSPP – 2019)”, organized by the Department of Physical Education and Health Science, Alagappa University Karaikudi	Chair person	17 th & 18 th October 2019
8.	International Conference on Yoga for Harmony of Body and Mind (ICYHBM-2019)”, organized by the Alagappa	Chair person	24 th and 25 th October 2019

University College of Physical Education & Alagappa University, Karaikudi-630 003		
---	--	--

Number of Invited / Special Lectures delivered: 03

S. No	Name of the Institution/Place	Capacity	Date
1.	ANJAC, Sivakasi	Guest Lecture	28-08-2014
2.	A.V.P. Trust National Matriculation Higher Secondary School, Thirupur, TN	Special Lectures	9 th and 10 th November 2016
3.	DDE, Alagappa University	Guest Lecture	10-02-2017

International Workshop

S. No	Name of the Workshop	Institution/ University	Date
1.	Advanced Scientific Training and Coaching	Department of Advanced Training and Coaching. Tamil Nadu Physical Education and Sports University, Chennai	2 nd and 3 rd February 2010
2.	Football	School of Physical Education. Alagappa University, Karaikudi	14 th February 2010

National Workshop

S. No	Name of the Workshop	Institution/ University	Date
1.	Volleyball Clinic	Department of Physical Education, ANJAC, Sivakasi	19 th February 2001
2.	Latest Changes and New Rules in Sports and Games	YMCA college of Physical Education in association with Tamil Nadu State Council for Higher Education (TANSICHE)	25 th and 26 th August 2009
3.	Population of Physical Education and Sports Related to Sciences to the School Physical Education Teachers	Department of Physical Education with the financial assistance received from the Tamil Nadu State Council for Science and Technology	9 th October 2009
4.	Enhancing Human Values,	Department of Yoga, Tamil Nadu	17 th November

	Moral Values and Spiritual Values	Physical Education and Sports University in Coordination with Prajapita Brahmakumaris Ishwarya Vidyalaya at Chennai	2009
5.	Cardio Respiratory Fitness	St. Joseph's College of Engineering and Department of Exercise Physiology and Nutrition, Tamil Nadu Physical Education and Sports University, Chennai	23 rd March 2010
6.	Emerging Needs and Application of Biomechanics in Sports & Games	YMCA college of Physical Education, Chennai	29 th and 30 th March 2010
7.	Comprehensive Approaches in Physical Education	Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	22 nd April 2010
8.	Women Empowerment: Directions	Department of Sports Psychology, Tamil Nadu Physical Education and Sports University, Chennai	8 th September 2010
9.	Track & Field : Planning, Construction, Rules and Interpretations	Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai	24 th & 25 th January 2011
10.	Yoga Therapy, Exercise Therapy and Allied Therapy	Koviloor Andavar Institute of Yoga & Research, Koviloor Madalayam, Koviloor	29 th January 2011
11.	Physiological Adaptations on Training and Nutrition	Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai	9 th February 2011
12.	Association of Indian Universities Sports Organisation	Department of Physical Education and sports, University of Madras, Chennai	25 th & 26 th March 2011
13.	Modern Trends in Yoga and Allied Therapies	Department of Yoga, Tamil Nadu Physical Education and Sports University in co-ordination with Viniyoga Healing Foundation of India, Chennai at Chennai	26 th March 2011
14.	Own Yoga – Own the Life	Department of Yoga, Tamil Nadu Physical Education and Sports University, Chennai	7 th April 2011
15.	Research Methodology & Technology Management in Higher Education	Pondicherry University Academic Staff College, Puducherry	14 th & 15 th March 2013
16.	Physical Education and Communication Skills	Koviloor Andavar College of Physical Education and Sports Science, Koviloor, Karaikudi	28 th February 2014
17.	State Level Kho-Kho	Alagappa University College of Physical	28 th February

	Workshop & Referees Examination	Education, Alagappa University, Karaikudi	2015
18.	Art of Writing in APA Style	Department of Psychology, Manonmaniam Sundaranar University, Thirunelveli	16 th and 17 March 2015
19.	Biomechanics	Tamil Nadu Physical Education and Sports University-Chennai	15 th October 2015
20.	Soft Skills Training for Pre-Service Teachers	Alagappa University, Karaikudi	23 rd and 24 th March 2016
21.	Sports Biomechanics	Department of Physical Education, Bharathidasan University, Tiruchirappalli-TN.	19 th December 2016
22.	Exercise, Training And Diet For High Performance In Para Sports- 2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi- TN	31 st January 2017
23.	Workshop and activity based yoga (way 2017)	Centre for yoga education, Alagappa University, Karaikudi- TN	08 th February 2017.
24.	“Current Scenario of Educational Videogames in the Technological Era: Links with Problem Solving”	Directorate of Distance Education, Alagappa University, Karaikudi- TN	10 th November 2017
25.	State Level Workshop on Sports Injuries	Department of Physical Education, ANJAC, Sivakasi	26 th to 27 th December 2017
26.	National Level Advance Coaches Training Camp & State Level Preparatory Camp For World Games 2019	Special Olympic Bharat Tamil Nadu & Department of Special; education & Rehabilitation science, , Alagappa University, Karaikudi	16 th to 19 th February 2018
27.	Tamilnadu State Level Kho-Kho Workshop & Referees Examination	Alagappa University College of Physical Education, Alagappa University, Karaikudi	09 th April 2018
28.	Design and development of MOOCs for the faculty members of Alagappa University and affiliated colleges	Digital Education cell, Alagappa University, Karaikudi	8 th November 2018
29.	Technical and academic writing centre “one day workshop on Technical and scholarly writing”	Alagappa University, Karaikudi	14 th February 2019
30.	Five Days Workshop on “Research Methodology and Data Analysis”	Alagappa University Research Scholars Forum, Karaikudi	10 th to 14 th June 2019

31.	Tips and Tricks of Publishing in high impact Journals	Department of International Business, Alagappa University, Karaikudi	26 th August 2019
32.	One day workshop on "Rural immersion-community engagement"	College of Education and Centre for Gandhian studies, Alagappa University, Karaikudi	23 rd September 2019
33.	One day National Symposium on "Keeladi Archaeological Excavations"	Department of History Alagappa University, Karaikudi	30 th October 2019
34.	Two day national workshop on "Universal Design For Learning Embedded With Assistive Technology For Children With Special Needs" – UDLAT-2020	Department of speial education and rehabilitation science, Alagappa University, Karaikudi	9 th and 10 th March 2020