

Faculty Profile of Dr. K. Murugavel



Dr. K. Murugavel
Senior Professor & Head
Department of Physical Education

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Mobile No: +91 9442554063

Research Area

- Exercises Physiology
- Sports training
- Athletics

Education & Career

Education

Ph.D.**Subject :** Physical Education**Institution :** Alagappa University**Affiliated University :** Alagappa University**Year of Award :** 2003**M.Phil.,****Subject :** Physical Education**Institution :** Alagappa University**Affiliated University :** Alagappa University**Year of Award :** 1988**M.Sc.,****Subject:** Yoga**Institution :** Annamalai University**Affiliated University :** Annamalai University**Year of Award :** 2013**P.G.D.Y****Subject:** Yoga**Institution :** Annamalai University**Affiliated University :** Annamalai University**Year of Award :** 2008**NSNIS(CC)****Subject:** *******Institution :** SAI**Affiliated University :** *******Year of Award :** 1992**M.P.Ed.,****Subject:** Physical Education**Institution :** Alagappa University**Affiliated University :** Alagappa University**Year of Award :** 1988**B.A.,****Subject:** *******Institution:** M.K University**Affiliated University:** M.K University

Year of Award: 1986

Career

At Bharathiar University (Reverse Order)

Senior Professor & Head : June 2018 to Till Date

Professor & Head & Director : April 2008 to June 2018

Past Experience

Reader : December 1990 to April 2008 at Ayya Nader Janaki Ammal College, Sivakasi

Awards

1. Life Time Achievement Award - Nature Science Foundation - February, 2019
2. Life Achievement Award - Novel Research Academy- December, 2019
3. Life Member - Indian Federation of computer science in sports

Membership

MEMBERSHIP IN PROFESSIONAL BODIES

1. NAAC peer Member – Assessed 7 colleges
 2. NCTE visiting team member
 3. Member Syndicate in Bharathiar University (2011 - 2014)
 4. Dean of Education in Bharathiar University (2012-2015)
 5. Life Member of Indian Federation of Computer Science in Sports in the year 2015
 6. Member in Fitness Society of India
 7. Member in the Organizing committee of World Classical Tamil Conference
 8. Senate Member of Bharathiar University, Coimbatore.
-

BOARD OF STUDIES
CHAIRMAN - B.O.S.

1. Alagappa University, Karaikudi
 2. Bharathidasan University, Tiruchirrapalli
 3. Kannur University, Kannur, Kerala.
 4. Manonmaniam Sundaranar University Tirunelveli,(UG Board)
-

MEMBER - B.O.S.

1. Alagappa University, Karaikudi
2. Arul Anandar College Karumathur
3. Annamalai University, Annamalai Nagar.
4. Avinashilingam University for women, Coimbatore
5. Bharathidasan University, Trichy.
6. Bangalore University.
7. G.V.G. Vishalakshi College for women, Udumalpet.
8. Kannur University, Kerala.
9. Madurai Kamaraj University, Madurai
10. Periyar University, Salem
11. SRM University, Chennai.
12. Tamil Nadu Physical Education and Sports University
13. University of Madras, Chennai.
14. Subbu Lakshmi Laksmipathy College Madurai

Visits

Collaborators

Others

Projects

Funded Project (National Level)

- [Ongoing](#)
- [Completed-01](#)

1.MHRD - RUSA 2.0

Title of the project : Emotional behavior analysis of human using electroencephalography based brain pattern

Funding Agency : MHRD - RUSA 2.0

Amount : Rs. 8,00,000

Duration : 2 Years

Accordion title 2

- [Ongoing](#)
- [Completed](#)

Tab 1 Content

Research Guidance

- [Post Doc.](#)
- [Ph.D.](#)
- [M.Phil.](#)
- [M.Sc.](#)

Ongoing

Completed

Ongoing

Completed

Sl. No. : 1

Name of the Scholar : M.Ganeshkumar

Title of the Thesis : Comparative effects of physical training asanas practice and football participation on physiological and psychomotor variables of intellectually challenged children

Year of Award: Nov 2010

Sl. No. : 2

Name of the Scholar : R. Kanthanathan

Title of the Thesis : Effects of varied combinations of asanas pranayama and brisk walking on physiological psychological and bio chemical variables of non-insulin dependent diabetes mellitus patients

Year of Award: Sep 2011

Sl. No. : 3

Name of the Scholar : Vinaya. C. Damu

Title of the Thesis : Effects of varied combinations of yogic practices brisk walking and pilates training on physical physiological and psychological variables of sedentary women

Year of Award: Mar 2012

Sl. No. : 4

Name of the Scholar : P.Zakir Ahamed

Title of the Thesis : Effects of varied intensities of plyometric training on motor components and soccer techniques of junior players

Year of Award: May 2012

Sl. No. : 5

Name of the Scholar : S.Kalidasan

Title of the Thesis : Effect of selected yogic practices on pineal secretion cardio respiratory and psychological profile of sleeping disordered students

Year of Award: Oct 2012

Sl. No. : 6

Name of the Scholar : A.S.Logeswaran

Title of the Thesis : Effects of varied impacts and frequencies of aerobic dance training on kinanthropometric physiological and psychological variables of college men students

Year of Award: Jan 2013

Sl. No. : 7

Name of the Scholar : S.Muthu

Title of the Thesis : Effects Of Asanas Pranayama And Combination Of Asanas And Pranayama Training On Dexterity Body Composition And Biochemical Variables Of College Men

Year of Award: Mar 2014

Sl. No. : 8

Name of the Scholar : S.Selvakumaran

Title of the Thesis : Effects of varied combinations of continuous running on different terrains on motor fitness physiological and athletic performance variables of high school boys

Year of Award: Mar 2014

Sl. No. : 9

Name of the Scholar : Debdulal Baidya

Title of the Thesis : Effects of pilates training plyometric training and combination of pilates and plyometric training on motor fitness physiological and psychological variables of college men

Year of Award: Oct 2015

Sl. No. : 10

Name of the Scholar : Mrs.L.Mahalakshmi

Title of the Thesis : Effects of physiotherapeutic techniques and combination of physiotherapeutic techniques with core muscle strengthening exercises on stress urinary incontinence and performance in athletic events among collegiate females

Year of Award: Oct 2013

Sl. No. : 11

Name of the Scholar : Nandhini.P

Title of the Thesis : Effects of varied combinations of pranayama plyometric and aerobic dance training on physical physiological and biochemical variables of college women

Year of Award: Oct 2013

Sl. No. : 12

Name of the Scholar : Angel Robert. m

Title of the Thesis : Effects of sprinting after resistance training plyometric after resistance training of speed and power parameter of men basketball players

Year of Award: Aug 2014

Sl. No. : 13

Name of the Scholar : G.Kumaraguruparan

Title of the Thesis : Study on stress related cardiovascular risk factors among computer professionals and the influence of physiotherapeutic intervention and yoga therapy on them

Year of Award: Aug 2014

Sl. No. : 14

Name of the Scholar : K.Siva

Title of the Thesis : Resistance training detraining and retraining effects on speed parameters and physiological variables of junior badminton players

Year of Award: Mar 2015

Sl. No. : 15

Name of the Scholar : Divya Laxmi

Title of the Thesis : Effects of varied combinations of asanas pranayama and core training on physiological psychological variables of middle aged women

Year of Award: Aug 2016

Sl. No. : 16

Name of the Scholar : P.Satheeskumar

Title of the Thesis : Effects Of Maximal Power Training With And Without Plyometrics On Strength And Power Parameters And Skill Performance Of

Inter Collegiate

Year of Award: Aug 2016

Sl. No. : 17

Name of the Scholar : Balaji.E

Title of the Thesis : Effects Of Maximal Power Training With And Without Plyometrics On Speed And Power Parameters And Skill Performance Of Inter Collegiate

Year of Award: Apr 2017

Sl. No. : 18

Name of the Scholar : Guruvupandian c

Title of the Thesis : Effects pf Endurance after weight Training and Plyometrics after Weight training on speed and Endurance Parameters of Inter collegiate Men Kho- Kho players

Year of Award: Aug 2018

Sl. No. : 19

Name of the Scholar : Giridharaprasath R G

Title of the Thesis : Assessment of minimum Muscular Fitness and the Influence of Remedial Yogasana and Aerobic Dance Programme on Health related fitness Parameters of Triable Students in The Nilgiris

Year of Award: Nov 2018

Sl. No. : 20

Name of the Scholar : K. Raja Senthil

Title of the Thesis : Impact Of Combination Of Yogic Therapy And Manual Therapy On Cardio-Respiratory Parameters Among Subject With Sub-Acute Bronchial Asthma-A Randomized Control Trial

Year of Award: ****

Sl. No. : 21

Name of the Scholar : Vanitha Devi K

Title of the Thesis : Effects of Aerobic dance and Pilated training on health related physical Fitness Component and Physiological Parameters of College Women

Year of Award: Nov 2019

Sl. No. : 22

Name of the Scholar : Sreemathi A

Title of the Thesis : Effect of Varied intensities and Frequencies of Plyometric Training on Selected motor fitness components and physiological parameters of intercollegiate women players

Year of Award: 2021

Sl. No. : 23

Name of the Scholar : Nirendan.J

Title of the Thesis : Functional assessment of arthokinematics of badminton players and impact of sports specific resistance training with yoga on them

Year of Award: 2021

Sl. No. : 24

Name of the Scholar : Nandagopal D

Title of the Thesis : Impact of speed based and endurance based skill training on motoric and skill performance variables of men soccer players

Year of Award: August 2022

Sl. No. : 25

Name of the Scholar : Ezhilarasi.R

Title of the Thesis : Study on Cardiovascular risk factors among police personnel and the influence of yoga and pilates training on them

Year of Award: March 2023

Sl. No. : 26

Name of the Scholar : Ajitha Kumari.K.R

Title of the Thesis : Individual and combined effects of music therapy And aroma therapy on selected performance Related psychological variables of Inter collegiate women players

Year of Award: *****

Ongoing

Sample Data.

Completed

Sl. No. : 1

Name of the Scholar : Santhi.PK

Title of the Thesis : Study of aggressive behaviour pattern among high school girls in relation with their socio-economic status academic achievement and sports achievement

Year of Award: Sep 2009

Sl. No. : 2

Name of the Scholar : M.Angel Robert

Title of the Thesis : Study on vital capacity and metabolic risk factors of type ii diabetic patients

Year of Award: Sep 2010

Sl. No. : 3

Name of the Scholar : K.Saminathan

Title of the Thesis : Study of relationship between anthropometric measurements and performance of different categories of university men powerlifters

Year of Award: Sep 2010

Sl. No. : 4

Name of the Scholar : M.Muniasamy

Title of the Thesis : Effect of silampam,kalaripattu and gymnastics training on physical and physiological variables of high school boys

Year of Award: Dec 2010

Sl. No. : 5

Name of the Scholar : S.K.Kalaimahal

Title of the Thesis : Effect of pelvic position and stretching methods on hamstring muscle flexibility of college women

Year of Award: Sep 2011

Sl. No. : 6

Name of the Scholar : B.Balaviswanathan

Title of the Thesis : Effect of taichi training on physical and physiological parameters of high school boys

Year of Award: Sep 2011

Sl. No. : 7

Name of the Scholar : K.Nagarajan

Title of the Thesis : Effect of resistance training and detraining program on aerobic and anaerobic variables of university tennis players

Year of Award: Oct 2012

Sl. No. : 8

Name of the Scholar : P.Selvam

Title of the Thesis : Analysis of fifa world cup 2014

Year of Award: Nov 2014

Sl. No. : 9

Name of the Scholar : N.D.Devaraj

Title of the Thesis : Effect of plates training on joint mobility parameters of inter collegiate football players

Year of Award: Dec 2013

Sl. No. : 10

Name of the Scholar : S.Udhaya Kumar

Title of the Thesis : Effect of resistance training and detraining program on aerobic and anaerobic variables of university handball players

Year of Award: Oct 2012

Sl. No. : 11

Name of the Scholar : S.Muniraj

Title of the Thesis : Effect of varied frequencies of scientific training on anthropometric and skill performance of field hockey players.

Year of Award: Dec 2013

Sl. No. : 12

Name of the Scholar : M.Sridhar

Title of the Thesis : Effects of SAQ training and Sports Specific Training on motor fitness and skill performance of Inter collegiate football players

Year of Award: Nov 2015

Sl. No. : 13

Name of the Scholar : Praveen.M

Title of the Thesis : Analysis of physical and skill performance variables of basketball players at different playing positions

Year of Award: May 2019

Ongoing

Sample Data.

Completed

Sl. No. : 1

Name Of The Student : Anbu

Title Of The Thesis: Effect Of Step Aerobic Training On Cardiovascular Endurance And Explosive Power Of Volleyball Players

Year Of Award: 2012

Sl. No. : 2

Name Of The Student : Anbu Selvan

Title Of The Thesis: Effects Of Exercise With And Without Ankle Weight On Leg Explosive Strength And Agility Of Kabaddi Players.

Year Of Award: 2012

Sl. No. : 3

Name Of The Student : Amsaveni

Title Of The Thesis: Effect Of Circuit Training On Physical Fitness Variables Of Women Kho-Kho Players.

Year Of Award: 2012

Sl. No. : 4

Name Of The Student : Devaraj

Title Of The Thesis: Effect Of Plyometric Training On Speed And Kicking Ability Of Inter Collegiate Football Players

Year Of Award: 2012

Sl. No. : 5

Name Of The Student : Dinesh

Title Of The Thesis: Effect Circuit Training On Skill Performance Variables Of College Level Handball Players.

Year Of Award: 2012

Sl. No. : 6

Name Of The Student : Dinesh Raj

Title Of The Thesis: Effect Of Three Different Duration Of Aerobic Dancing On Selected Physical And Physiological Variables For College Men Students.

Year Of Award: 2012

Sl. No. : 7

Name Of The Student : Ahalya

Title Of The Thesis: Effect Of Aerobic Dance Training On Aerobic Performance Variables Of High School Girls.

Year Of Award: 2013

Sl. No. : 8

Name Of The Student : Mohan

Title Of The Thesis: Effect Of Core Strength Training On Selected Motor Ability Variables Of College Men Handball Players

Year Of Award: 2013

Sl. No. : 9

Name Of The Student : Saranya

Title Of The Thesis: Effect Of Plyometric Training Programme On Anaerobic Performance Variables Of Women Basketball Players

Year Of Award: 2013

Sl. No. : 10

Name Of The Student : Srinivasan

Title Of The Thesis : Effect Of Sports Specific Exercise On Trunk Lateral Flexion Of Men Cricket Players.

Year Of Award: 2013

Sl. No. : 11

Name Of The Student : Steffy

Title Of The Thesis: Effect Of Rhythmic Exercise On Aerobic Performance Variables Of Adolescent Girls

Year Of Award: 2013

Sl. No. : 12

Name Of The Student : Afasal

Title Of The Thesis: Impact Of Positional Play On Speed, Agility And Kicking Ability Of Inter Collegiate Men Soccer Players

Year Of Award: 2014

Sl. No. : 13

Name Of The Student : Nandhini

Title Of The Thesis: Effect Of Sports Specific Training Package On Skill Performance Of Women Volleyball Players

Year Of Award: 2014

Sl. No. : 14

Name Of The Student : Gayathiri

Title Of The Thesis: Effects Of Plyometric Training And Stretching Exercise Programme On Motor Fitness Components Of Women Volley Ball Players

Year Of Award: 2014

Sl. No. : 15

Name Of The Student : Kausalya

Title Of The Thesis : Effect Of Core Strength Training On Motor Ability Variables Of Women Handball Players

Year Of Award: 2014

Sl. No. : 16

Name Of The Student : Vignesh Kumar

Title Of The Thesis: Effect Of Circuit Training On Physical Fitness Components Of Men Kho-Kho Players

Year Of Award: 2014

Sl. No. : 17

Name Of The Student : Elango

Title Of The Thesis: Effect Of Sport Specific Speed Training On Selected Skill Related Physical Fitness Variables Of College Level Men Tennis Players.

Year Of Award: 2015

Sl. No. : 18

Name Of The Student : Prabakaran

Title Of The Thesis: Effect Of Specific Circuit Training On Selected Physicalvariables Of Men Handball Players

Year Of Award: 2015

Sl. No. : 19

Name Of The Student : Sridhar

Title Of The Thesis: Effect Of Hollow Sprint On 400metrs Performance Of College Men Athletes

Year Of Award: 2015

Sl. No. : 20

Name Of The Student : Mugesh

Title Of The Thesis: Effect Of Sport Specific Circuit Training On Selected Physical Fitness Variables Of Intercollegiate Male Volleyball Players.

Year Of Award: 2015

Sl. No. : 21

Name Of The Student : Jeeva Ganesh

Title Of The Thesis: Effect Of Stair Case Training On Power Parameters Of Intercollegiate Men Volleyball Players

Year Of Award: 2016

Sl. No. : 22

Name Of The Student : P.Angelin Jenifer

Title Of The Thesis: Effect Of Speed Based Training Programme On Physical Fitness Components Of Women Hockey Players

Year Of Award: 2016

Sl. No. : 23

Name Of The Student : G.Nishanth

Title Of The Thesis: Effect Of Ins And Outs Core Strength Training On Muscular Strength And Flexibility Of High School Male Wrestling Players

Year Of Award: 2016

Sl. No. : 24

Name Of The Student : P.Saran Raj

Title Of The Thesis: Effect Of Plyometric Training On Speed And Agility Of College Level Men Handball Players

Year Of Award: 2016

Sl. No. : 25

Name Of The Student : P.Udhayakumar

Title Of The Thesis: Effect Of Cardiac Circuit Training On Physical Fitness Variables Of High School Male Kho-Kho Players

Year Of Award: 2016

Sl. No. : 26

Name Of The Student : N.Akshara

Title Of The Thesis: Impact Of Warm-Up And Match On Body Weight Of Inter University Men And Women Handball Players

Year Of Award: 2017

Sl. No. : 27

Name Of The Student : S.Eswari

Title Of The Thesis: Impact Of Warm Up And Match On Body Weight Of Inter Collegiate Men And Women Hockey Players

Year Of Award: 2017

Sl. No. : 28

Name Of The Student : K.Manikkam

Title Of The Thesis: Impact Of Warm Up And Competition On Body Weight Of Inter Collegiate Men And Women Sprinters

Year Of Award: 2017

Sl. No. : 29

Name Of The Student : S.Raja

Title Of The Thesis: Impact Of Warm Up And Match On Body Weight Of University Women Kabaddi Players

Year Of Award: 2017

Sl. No. : 30

Name Of The Student : M.Satheeshwaran

Title Of The Thesis: Impact Of Warm Up And Competition On Body Weight Of Inter Collegiate Men And Women Throwers

Year Of Award: 2017

Sl. No. : 31

Name Of The Student : M.Vinobharathi

Title Of The Thesis: Impact Of Warm Up And Match On Body Weight Of Men Cricket Players

Year Of Award: 2017

Sl. No. : 32

Name Of The Student : Bipin B

Title Of The Thesis: Effect Of Circuit Training On Motor Fitness Components Of Inter Collegiate Men Volleyball Players

Year Of Award: 2018

Sl. No. : 33

Name Of The Student : Sanish M Thomas

Title Of The Thesis: Effect Of Specific Drills On Dribbling And Shooting Ability Of School Level Basketball Players

Year Of Award: 2018

Sl. No. : 34

Name Of The Student : Abinaya

Title Of The Thesis: Assessment On Gross Motor Skills Of School Female Children

Year Of Award: 2019

Sl. No. : 35

Name Of The Student : Dhinesh Kumar

Title Of The Thesis: Effect Of Speed Based Resistance On Agility And Explosive Power Of College Men

Year Of Award: 2019

Sl. No. : 36

Name Of The Student : Kodeeswaran. N

Title Of The Thesis: Comparative Study On Selected Physical Fitness Variables Among Football Referees And Players

Year Of Award: 2019

Sl. No. : 37

Name Of The Student : Ramya

Title Of The Thesis: Effect Of Plyometric Training On Physical Fitness Variables Of School Handball Players

Year Of Award: 2019

Sl. No. : 38

Name Of The Student : Tamilselvan

Title Of The Thesis: Impact Of Resistance Traibibg On Physical Fitness Variables Of Inter School Hockey Players

Year Of Award: 2019

Sl. No. : 39

Name Of The Student : JAMUNA.R

Title Of The Thesis: COMPARATIVE STUDY ON PHYSICAL FITNESS LEVEL BETWEEN SCHOOL CHILDREN USING CYCLE AND CHILDREN USING OTHER DIFFERENT TRANSPORTATION

Year Of Award: 2020

Sl. No. : 40

Name Of The Student : T. MUTHULAKSHMI

Title Of The Thesis: COMPARATIVE STUDY ON PHYSICAL COMPONENTS BETWEEN COSTAL AND PLAIN REGIONS FOOTBALL PLAYERS

Year Of Award: 2020

Sl. No. : 41

Name Of The Student : T. ROHITHLINGAM

Title Of The Thesis: COMPARATIVE STUDY ONE COORDINATIVE ABILITY AND REACTION TIME BETWEEN HANDBALL AND BASKETBALL PLAYERS

Year Of Award: 2020

Sl. No. : 42

Name Of The Student : AISWARYA DAS A

Title Of The Thesis: EFFECT OF VARIOUS EXERCISE WITH KETOGENIC DIET ON BODY COMPOSITION OF OBESE WORKING WOMEN

Year Of Award: 2021

Sl. No. : 43

Name Of The Student : K. KARTHI

Title Of The Thesis: EFFECT OF SHOOTING DRILLS ON SHOOTING ACCURACY OF SCHOOL LEVEL FOOTBALL PLAYERS

Year Of Award: 2021

Sl. No. : 44

Name Of The Student : G. MUTHURAJALINGAM

Title Of The Thesis: COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLES BETWEEN TABLE TENNIS PLAYERS AND BADMINTON PLAYERS

Year Of Award: 2021

Sl. No. : 45

Name Of The Student : S. SATHISH KUMAR

Title Of The Thesis: COMPARATIVE STUDY ON SELECTED PHYSICAL FITNESS VARIABLES BETWEEN INTER SCHOOL LEVEL KHO KHO AND KABADDI PLAYERS

Year Of Award: 2021

Sl. No. : 46

Name Of The Student : ABILASHA

Title Of The Thesis: Effect of Various Shooting Drills on Leg Explosive power and Shooting Ability of School Football Players Year Of Award: 2022

Sl. No. : 47

Name Of The Student : LOGANATHAN

Title Of The Thesis: EFFECT OF SAQ TRAINING ON SELECTED PHYSICLA
FITNESS VARIABLES OF KABADDI PLAYERS

Year Of Award: 2022

Sl. No. : 48

Name Of The Student : KARTHI

Title Of The Thesis: EFFECT OF COMPLEX TRAINING ON SELECTED PHYSICAL
FITNESS VARIABLES OF KABADDI PLAYERS

Year Of Award: 2023

Sl. No. : 49

Name Of The Student : MARIYA SILVIA

Title Of The Thesis: EFFECT OF TABATA TRAINING ON SELECTED
ENDURANCE PARAMETERS OF BASKETBALL PLAYERS

Year Of Award: 2023

Research Publication

- [International](#)
- [National](#)
- [Patents](#)
- [Conferences](#)
- [Books/Chapters](#)
- [Database](#)

Reverse Chronological Order

2023

86. Effect of Isotonic Strength training on Selected Strength Parameters of
Handball Players (A Pilot Study)

International Journal of Research Publication and reviews

Vol-4 Page no- 2600-2607 July 2023

ISSN – 2582-7421

85. Impacts of Sports Specific Drills on Skill Performance Variables Among Male College Level Handball Players (A Pilot Study)

EPRA International Journal of Multidisciplinary Research (IJMR)

Vol 8(2) Page No: 234-239 July- 2023

ISSN 2455-7838

84. Position wise specific skill training (Midfielder and Defender) Physical Functional and Performance variables of football players (A Pilot Study)

International Journal of Research Publication and reviews

Vol-4 page no- 2600-2607 April 2023

ISSN – 2582-7421

83. Comparative study on selected physical fitness variables between football referees and plyers

International Journal of Research in Special Education

Vol-3(1) Page 25-27 2023

ISSN 2710-3870

82. Design and Development of Forwarders Specific Skill Training on Physical Functional and Performance Variables of School level Football layers (A Pilot Study)

EPRA International Journal of Multidisciplinary Research (IJMR)

Vol 8(2) Page No: 234-239 Feb- 2023

ISSN 2455-7838

81. Loop Band With Ladder Training : An Experimental Study

International Journal of Research in Special Education

Vol 3(1) Page No: 18-20 2023

ISSN 2710-3870

80. Effect of Continuous brisk Walking after Yogic Practice on Functional variables of Working Women

International Journal of Research in Special Education

Vol 3(1) page No: 21-24 2023

ISSN 2710-3870

2022

79. Effect of Pilates training on Cardiovascular risk factors of police personnel

International Journal of Physical Education Sports and Health

Vol 6(1) Page no: 318-321 18.09.2022

ISSN 2394-1693

78. Influence of Yoga Training on Cardiovascular risk factors of police personnel

International Journal of Physical Education Sports and Health

Vol 6(1) Page no: 311-314 11.09.2022

ISSN 2394-1693

77. Medicine Ball with Resistance Band Exercises- An Experimental Study

EPRA International Journal of Multidisciplinary Research (IJMR)

Vol- 7 & Issue 1 November 2022

ISSN- 24557833 (online)

76. Impacts of Plyometric Training on Selected motor Fitness variables Among Handball Players

EPRA International Journal of Multidisciplinary Research (IJMR)

Vol- 8 & Issue 5 May 2022

ISSN – 2455-3662

75. Footballers Corporal Capability As a Result of Aqua Aerobic Exercises: An Experimental Study

International Research journal of Modernization in Engineering Technology and Science

Vol-04 02/02/2022

ISSN 2582-5208

74. Combined Effect of Music therapy and Aroma therapy on Risk Talking and Emotional Intelligence among Women Inter Collegiate Players

International Journal of Physical Education Sports and Health

Vol 9(2) Page no: 104-109 22.02.2022

ISSN 2394-1693

2021

73. Effect of Music therapy Aroma therapy and Combination on Aggression and Stress among Women Inter Collegiate Players
International Journal of Physical Education Sports and Health
Vol 9(2)
Page no: 135-140 04.02.2021
ISSN 2394-1693

72. Functional Response to the Purpose of Silambam Practice after Yogic Practice
International Journal of Physical Education Sports and Health
Vol- 8(6) 208-2111 2021
ISSN 2394-1693

71. A Moving Meditation of Silambam – A Short View
International Journal of Advance Research and Innovative Ideas in Education.
Vol-7 Issue-3 2021
ISSN(O)-2395-4396

2019-2004

70. Impact of Speed based skill training after ankle weight resistance training on selected physical fitness and skill performance of men footballers
Bharathiar National Journal Physical Education and Exercises
Vol. 12, Iss. 1, Year 2021
ISSN -0976-3678

69. Comparative study on flexibility and balance on dancer and non-dancers boys
Bharathiar National Journal Physical Education and Exercises Science
Vol 12, No 1 Volume 12, Issue 1, Year 2021
ISSN -0976-3678

68. Overall Playing ability and skill performance parameters response to the ladder training after small side games of grass motor soccer boys
International Journal of Physical Education Sports and Health
Vol 7(6) P.no 288-292 year 2020
ISSN 2394-1693

67. Impact of maximal power training with and without plyometric on speed endurance and upper body power of team handball players
Physical Education of Students
24(2) Feb 2020
<https://doi.org/10.15561/20755279.2020.0201>
66. Influence of silambam practice after yogic practice on selected physical fitness variables of college men
Bharathiar National Journal Physical Education and Exercises Science
Vol. 11, No (3)Pg. 2020-09-30
ISSN -0976-3678
65. Effect of shadow training on motor fitness components of badminton players
International Journal of Physiology, Sports and Physical Education
1,2 – 04-06 & 2019
Online ISSN: 2664-7729; Print ISSN: 2664-7710
64. Impact of resistance training on selected physical fitness variables of men soccer players
Bharathiar National Journal Physical Education and Exercises Science
Vol. 10, No (2)Pg. 12-17 2019
ISSN -0976-3678
63. Assessment of Flexibility Among Teaching Staffs of Bharathiar university and Influence of Selected Yogic Practice on Them
Bharathiar National Journal Physical Education and Exercises Science
Vol. 10 No(4), 2019
ISSN -0976-3678
- 62 Skill Performance Response to the Influence of Endurance Based Skill Training of Men Soccer Players
International Journal of Physical Education and Sports Sciences
Vol. 14, Issue No. 3, June-2019,
ISSN 2231-3745
61. Influence of Resistance Training on Selected Osteokinematics Variables of Badminton Players
International Journal of Physical Education and Sports Sciences

Vol. 14, Issue No. 2, April-2019,
2231-3745

60. Impact of speed based skill training on selected Motoric parameters and skill performance of Men soccer players ".

International Journal of Physiology, Nutrition and Physical Education

4,1 & 2166-2169& 2019

2456-0057

59. Impact of low intensity sports specific resistance with yoga on osteokinematics variables of badminton

International Journal of Physiology, Nutrition and Physical Education

4,1 & 1485-1487 & 2019

2456-0057

58. Influence of step aerobics training on muscular strength and explosive power of footballers

Reviews of research

7.1-5 & 2018

2249894X

57. Influence of Traditional Badaga dance training on physical fitness parameters of school boys in Nilgiris

Reviews of research

8.1-5&2019

2249894X

56. Effect of Speed training program on selected skill related physical fitness variables of inter collegiate men Kho Kho Players

Journal of Emerging Technologies and Innovative Research

6.627-631&2019

2349-5162

55. Comparative study on selected physical fitness parameters between intercollegiate level male football and handball goalkeepers

Reviews of Research

7 .95-98 & 2018

2249894X

54. Comparison of Selected Psychological Variables between the Finalist of South Zone Inter University Men Volleyball Tournament
International Journal of Recent Research and Applied Studies
5.31-33 & 2018
2-34498

53. Effect Of Ins And Outs Core Strength Training On Muscular Strength And Flexibility Of High School Male Wrestling Players
International Journal of Physiology, Nutrition and Physical Education
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