

## **Faculty Profile of Dr. P. Anbalagan**



**Dr. P. Anbalagan**  
**Professor**  
**Department of Physical Education**

Email:anbalagan@buc.edu.in

Phone No:0422 2428575

Mobile No:+91 9865108191

### **Research Area**

- Sports Training Methods
- Yoga Education
- Exercise Physiology
- Fitness and Wellness

### **Education & Career**

#### **Education**

**Ph.D.**

**Subject :** Exercise Physiology

**Institution :** Alagappa University

**Affiliated University :** Alagappa University

**Year of Award :** 2004

**Ph.D.**

**Subject :** Yoga

**Institution :** Department of Tamil

**Affiliated University :** Bharathiar University

**Year of Award :** Pursuing

**M.Phil.,**

**Subject :** Exercise Physiology

**Institution :** Department of Physical Education, Alagappa University

**Affiliated University :** Alagappa University

**Year of Award :** 1996

**SLET.,**

**Year of Passing :** 1997

**Register Number :** 1273803

**M.P.Ed**

**Subject:** Physical Education

**Institution :** Alagappa University College of Physical Education

**Affiliated University :** Alagappa University

**Year of Award :** 1995

**M.A.**

**Subject:** English

**Institution :** Bharathiar University, School of Distance Education

**Affiliated University :** Bharathiar University

**Year of Award :** Pursuing

**M.B.A.**

**Subject:** Management

**Institution :** Bharathiar University, School of Distance Education

**Affiliated University :** Bharathiar University

**Year of Award :** Pursuing

**M.Sc.,**

**Subject:** Yoga

**Institution :** Department of Yoga, TNPES University

**Affiliated University :** Tamilnadu Physical Education and Sports University

**Year of Award : 2011**

**B.Sc.,**

**Subject: Physical Education**

**Institution: M.D.T.Hindu College**

**Affiliated University: Manonmaniam Sundaranar University**

**Year of Award: 1993**

**P.G.D.Y.Ed**

**Subject: Yoga**

**Institution: Alagappa University**

**Affiliated University: Bharathiar University**

**Year of Award: 1996**

**P.G.D.F.M**

**Subject: Fitness management**

**Institution: Bharathiar University School of Distance Education**

**Affiliated University: Bharathiar University**

**Year of Award: 2007**

## **Career**

**At Bharathiar University (Reverse Order)**

**Professor :** 2018 to Till Date

**Associate Professor :** 2015 to 2018

**Assistant Professor :** 2005 to 2015

**Past Experience**

**Director of Physical Education (Senior Grade) :** 1999 to 2005 at SSN College of Engineering

**Director of Physical Education :** 1996 to 1999 at St Peter's Engineering college

## **Awards**

---

## Academic Awards

---

**Sl. No. : 1**

**Awarding agency :** Bale Bharath Congress

**Country :** India

**Purpose of award :** Bhale Bharat International Award for Yoga

**Date of Award :** 2017

**Sl. No. : 2**

**Awarding agency :** UAE Tamil Sangam

**Country :** Dubai

**Purpose of award :** International Award of Best Educationalist

**Date of Award :** 2019

**Sl. No. : 3**

**Awarding agency :** Natural Science Foundation

**Country :** India

**Purpose of award :** Best Faculty Award in national level

**Date of Award :** 2020

## Membership

---

### Membership in Professional Bodies

---

**Sl. No. : 1**

**Organization :** Tamilnadu Basketball Association

**Type of Membership :** Referee Board Member

**Period :** 1995-Till Date

**Sl. No. : 2**

**Organization :** Tamilnadu Handball Association

**Type of Membership :** Referee Board Member

**Period :** 2005-Till Date

**Sl. No. : 3**

**Organization :** Tamilnadu Athletic Association

**Type of Membership :** Referee Board Member

**Period :** 1996-Till Date

**Sl. No. : 4**

**Organization :** Physical Education Federation of India

**Type of Membership :** Member

**Period :** 2019 – Till Date

**Sl. No. : 5**

**Organization :** Tamilnadu Inter Engineering Sports Association

**Type of Membership :** Executive Committee Member

**Period :** 2000 - 2004

**Sl. No. : 6**

**Organization :** Nature Science Federation

**Type of Membership :** Member

**Period :** 2019 – Till Date

---

### **Membership in Academic Bodies**

---

**Sl. No. : 1**

**Organization :** VLB janakiammal college of engineering and technology

**Type of Membership :** Academic Council Member

**Period :** 2015 - 2017

**Sl. No. : 2**

**Organization :** Kathir College of Arts and Science

**Type of Membership :** Academic Council Member

**Period :** 2017 - 2019

### **Visits**

**Sl. No. : 1**

**Countries Vistes :** Dubai

**Duration of Visit :** 7 Days

**Month and Year :** January -2020

**Purpose of Visit :** Delivered Lecture and Paper presentation

**Sl. No. : 2**

**Countries Vistes :** Sharjah

**Duration of Visit :** 2 Days

**Month and Year :** January -2020

**Purpose of Visit :** To attend the Conference

**Collaborators**

**Others**

## **Projects**

Funded Projects (National Level)

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

Ongoing Projects List with necessary Information

---

### **1. University grant Commission(UGC)**

---

**Title :** Wellness course on Physical Health and Mental Health among Different Professionals

**Funding agency :** University grant Commission(UGC)

**Amount :** Rs.5.00 lakhs

**Duration :** 2020

---

### **2. DRDO-BUCLS**

---

**Title :** Effects of Yoga Nidra and Wellness Training Program on Selected Wellness Components among Paramilitary Personnel

**Funding agncy :** DRDO-BUCLS

**Amount :** Rs.13.1 lakhs

**Duration : 2020**

#### Consultancy Projects

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

Ongoing Consultancy Project Informations

Completed Consultancy Project Informations

#### Research Guidance

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

#### Ongoing

Title

Name

#### Completed

Title

Name

#### Ongoing

Sample Data.

#### Completed

**Sl. No. : 1**

**Name of the candidate :** Ganipandi

**Title of the Thesis :** Effects of plyometric training and concurrent plyometric with aerobic training on selected physical fitness and physiological components among college level basketball players

**Year of Award:** 2010

**Sl. No. : 2**

**Name of the candidate :** Sivabalan

**Title of the Thesis :** Effects of varied combination of aerobic exercise yogic exercise and resistance training on health related physical fitness components , body composition and selected physiological variable of enginee

**Year of Award:** 2010

**Sl. No. : 3**

**Name of the candidate :** Amirthavalli K

**Title of the Thesis :** Effects of hatha yoga practices and combination of hatha yoga practices and slim trim exercises on health related physical fitness components and selected cause factors of metabolic syndrome among the

**Year of Award:** 2011

**Sl. No. : 4**

**Name of the candidate :** Kavitha shree P K

**Title of the Thesis :** Effects of national cadet corps training programme and specific physical training on selected physical, physiological and psychological variables of college women students

**Year of Award:** 2011

**Sl. No. : 5**

**Name of the candidate :** Sivaramakrishna kumar R

**Title of the Thesis :** Effects of mindfulness meditation in combination with aerobic and resistance training on selected physical fitness physiological psychological and immunological variables among plhivs

**Year of Award:** 2012

**Sl. No. : 6**

**Name of the candidate :** Suma R S



**Title of the Thesis :** Effects of different multimode exercise intervention on selected physical fitness physiological psychological and treatment related symptoms variables among women breast cancer survivors

**Year of Award:** 2013

**Sl. No. : 7**

**Name of the candidate :** Lawrance

**Title of the Thesis :** Effects of progressive resistance training and progressive resistance training with tapering on selected physical fitness physiological and psychological variables among school level players

**Year of Award:** 2013

**Sl. No. : 8**

**Name of the candidate :** Venugopal

**Title of the Thesis :** Isolated and combined effects of pilates training and yoga practices on selected physical fitness components and physiological parameters among college level obese students

**Year of Award:** 2014

**Sl. No. : 9**

**Name of the candidate :** Ramaraj A S

**Title of the Thesis :** Isolated and combined effects of progressive resistance training with pilates training and pnf stretch technique on selected physical fitness physiological and psychological variables among college le

**Year of Award:** 2014

**Sl. No. : 10**

**Name of the candidate :** Kavitha kumaran

**Title of the Thesis :** Isolated and combined effects of different types of tribal dances and aerobic dance on selected physical fitness physiological and psychological variables among college women students in nilgiri district

**Year of Award:** 2015

**Sl. No. : 11**

**Name of the candidate :** Prabahardass

**Title of the Thesis :** Effects of static stretching and physio therapeutic modalities on triceps surae muscle to manage plantar fasciitis in athletes

**Year of Award:** 2015

**Sl. No. : 12**

**Name of the candidate :** Mathan A

**Title of the Thesis :** Effects of submaximal aerobic training in combinations with psychological counselling and yogic practices on selected health related physical fitness components physiologicalhormonal andpsychological

**Year of Award:** 2015

**Sl. No. : 13**

**Name of the candidate :** Sivakumar A

**Title of the Thesis :** Effects of aerobic exercise and combination of aerobic exercise and brahma kumaris rajyoga meditation with healthy lifestyle practice on physical physiological biochemical psychological and habitual f

**Year of Award:** 2015

**Sl. No. : 14**

**Name of the candidate :** Suresh kumar R

**Title of the Thesis :** Influence of combination of complex training and aerobic training on selected physical fitness and skill performance variables of school volleyball players

**Year of Award:** 2016

**Sl. No. : 15**

**Name of the candidate :** Savitha N

**Title of the Thesis :** Isolated and combined effects of hatha yoga and aerobic dance training on selected physical physiological and psychological variables among overweight college women

**Year of Award:** 2016

**Sl. No. : 16**

**Name of the candidate :** Appukutty G

**Title of the Thesis :** Effects of integrated yogic practices on selected physical cardiopulmonary functional and psychological variables among male senior citizens

**Year of Award:** 2017

**Sl. No. : 17**

**Name of the candidate :** Gandhi S

**Title of the Thesis :** Effect of varied modes of yogic practices and varmam on selected physical, physiological and psychological variables among middle aged men

**Year of Award:** 2017

**Sl. No. : 18**

**Name of the candidate :** Nithya G

**Title of the Thesis :** Analysis of physical fitness mental fitness academic status and their inter-relationship among school girls in nilgiris district

**Year of Award:** 2018

**Sl. No. : 19**

**Name of the candidate :** Rajeswari M

**Title of the Thesis :** Effects of varied combinaton of aerobic dance, brain gym and yogasana on the selected physical fitness, physiological and psychological variables among school girls

**Year of Award:** 2018

**Sl. No. : 20**

**Name of the candidate :** Nelson Raj A E

**Title of the Thesis :** Effects of yoganidra and wellness training programme on selected wellness components among paramilitary personnel

**Year of Award:** 2018

**Sl. No. : 21**

**Name of the candidate :** Raja Pandian C

**Title of the Thesis :** Analysis of anthropometric and physical fitness parameters of sepaktakraw players and influence of multimodal training on them

**Year of Award:** 2019

Ongoing

Sample Data.

Completed

**Sl. No. : 1**

**Name of the candidate :** Senthilnathan

**Title of the Thesis :** Effect of regimen of physical training with and without obstacles course training on selected physical fitness components on college

level players

**Year of Award:** 2007

**Sl. No. : 2**

**Name of the candidate :** Uma maheswari

**Title of the Thesis :** Effect of core training programme on the development of core strength fitness and construction of norms for core strength fitness for college women students

**Year of Award:** 2007

**Sl. No. : 3**

**Name of the candidate :** S. Logeswaran

**Title of the Thesis :** Effects of aerobic dance on cardio vascular fitness and body composition of adolescent boys at various altitudes

**Year of Award:** 2008

**Sl. No. : 4**

**Name of the candidate :** R. Sivarama krishnakumar

**Title of the Thesis :** Effect of hatha yoga practices and music meditation on selected physical physiological and psychological variables among prisoners

**Year of Award:** 2008

**Sl. No. : 5**

**Name of the candidate :** Karthick

**Title of the Thesis :** Assessment of status of anthropometrical and physiological profiles among various categories of men basketball players

**Year of Award:** 2008

**Sl. No. : 6**

**Name of the candidate :** Varunkumaran

**Title of the Thesis :** Effects of contrast and complex training on selected physical fitness components among high school handball and basketball players

**Year of Award:** 2010

**Sl. No. : 7**

**Name of the candidate :** Mohammed Ibrahim

**Title of the Thesis :** Isolated and combined effects of resistance training and pilates training on selected physical fitness variables and overall playing

ability of college level basketball players

**Year of Award:** 2010

**Sl. No. : 8**

**Name of the candidate :** Vairavasundaram

**Title of the Thesis :** Construction of kho-kho skill tests for college men players

**Year of Award:** 2010

**Sl. No. : 9**

**Name of the candidate :** R.muniaraj

**Title of the Thesis :** Effects of suryanamaskar and resistance training programme on selected physical health and mental health components among hiv-infected patients for men

**Year of Award:** 2011

**Sl. No. : 10**

**Name of the candidate :** R.naveena

**Title of the Thesis :** Influence of aerobic training and yogic practices on selected physical and psychological variables among women diabetes patients

**Year of Award:** 2011

**Sl. No. : 11**

**Name of the candidate :** A.kayalvizhi

**Title of the Thesis :** Effect of resistance training with combination of pnf stretch technique and yoga practices on selected physical fitness components among college women basketball players

**Year of Award:** 2013

**Sl. No. : 12**

**Name of the candidate :** Harisbabu

**Title of the Thesis :** Comparing short term complex and compound training programme on selected motor ability components of college level handball players

**Year of Award:** 2014

**Sl. No. : 13**

**Name of the candidate :** C.vinoth

**Title of the Thesis :** Comparative effects of strength endurance training

and continuous endurance training on selected physical fitness components among college level male handball and basketball players

**Year of Award:** 2014

**Sl. No. : 14**

**Name of the candidate :** Nithya

**Title of the Thesis :** Effect of yoga nidra on various anger dimensions during menstrual cycle among college women players

**Year of Award:** 2014

**Sl. No. : 15**

**Name of the candidate :** S.Sobers

**Title of the Thesis :** Comparison of selected psychological variables among the university level basketball, volleyball and football players

**Year of Award:** 2007

**Sl. No. : 16**

**Name of the candidate :** A.R. Ramesh

**Title of the Thesis :** Comparative study of physical fitness between athletes and volleyball players kuvempu university

**Year of Award:** 2007

**Sl. No. : 17**

**Name of the candidate :** H.C Lokesh

**Title of the Thesis :** Programme and facilities in the physical education institution of mysore university kuvempu university

**Year of Award:** 2007

**Sl. No. : 18**

**Name of the candidate :** U.Sandeep

**Title of the Thesis :** Effect of regular -multi activity programme of b.p.ed degree course on the performance of selected physical fitness components

**Year of Award:** 2007

**Sl. No. : 19**

**Name of the candidate :** V.R.Anusuya

**Title of the Thesis :** Effect of physical fitness battery with and without yogic training on selected physical fitness components on working women

**Year of Award:** 2007

**Sl. No. : 20**

**Name of the candidate :** P.Victor Vadivel Rajan

**Title of the Thesis :** Comparison of selected psychological and physical variables among the basketball and volleyball players of senior south zone

**Year of Award:** 2007

**Sl. No. : 21**

**Name of the candidate :** K.M.Veerendra

**Title of the Thesis :** Survey of states of selected physical fitness components among players of engineering colleges in bangalore district

**Year of Award:** 2007

**Sl. No. : 22**

**Name of the candidate :** A.Y. Anoop

**Title of the Thesis :** A study on the plyometric training and its influence on the performance of the basketball player

**Year of Award:** 2007

**Sl. No. : 23**

**Name of the candidate :** C.N.Viswanatha

**Title of the Thesis :** Prediction of handball playing ability through selected motor ability components among university level players

**Year of Award:** 2007

**Sl. No. : 24**

**Name of the candidate :** B.Amali Daisy

**Title of the Thesis :** Relationship between personality traits and motor fitness of women college students

**Year of Award:** 2007

**Sl. No. : 25**

**Name of the candidate :** P.Vijaya

**Title of the Thesis :** Effect of plyometric training and skill training on the improvement of selected physical fitness components and skill performance of different age categories of volleyball players

**Year of Award:** 2007

**Sl. No. : 26**

**Name of the candidate :** M.k. Rajesh

**Title of the Thesis :** Effect of two modes of circuit training schedule on

elected motor fitness components and basketball playing ability among the school level girls basketball players

**Year of Award:** 2008

**Sl. No. : 27**

**Name of the candidate :** C.Raja Vignesh

**Title of the Thesis :** A comparative study on selected physical fitness components among the different branches of engineering students during their period of study

**Year of Award:** 2008

**Sl. No. : 28**

**Name of the candidate :** K.P.Linsa

**Title of the Thesis :** Effect of aerobic exercise programme on aerobic capacity and skill performance among women basketball players

**Year of Award:** 2007

**Sl. No. : 29**

**Name of the candidate :** I.Selvarani

**Title of the Thesis :** Effect of circuit training exercise on selected bio motor variables and kinesthetic sense of college women football players

**Year of Award:** 2007

**Sl. No. : 30**

**Name of the candidate :** J.Suganthi

**Title of the Thesis :** A comparison of core strength and stability among juniors, seniors and super seniors school level girls

**Year of Award:** November-2007

**Sl. No. : 31**

**Name of the candidate :** R. Salomy

**Title of the Thesis :** Effect of aerobic and yogic exercise programme on health related physical fitness components among married and unmarried women

**Year of Award:** 2007

**Sl. No. : 32**

**Name of the candidate :** S.J.Puttaraju

**Title of the Thesis :** Predictors of performance ability of male hockey players



**Year of Award:** 2007

**Sl. No. : 33**

**Name of the candidate :** Babu Prasad

**Title of the Thesis :** Relationship of selected anthropometric variables with performance of football skills, among higher secondary school level football players

**Year of Award:** 2007

**Sl. No. : 34**

**Name of the candidate :** J.Kanstan

**Title of the Thesis :** Relationship of agility and flexibility on playing ability of kabaddi players

**Year of Award:** 2007

**Sl. No. : 35**

**Name of the candidate :** M. Deivamani

**Title of the Thesis :** A comparative study on personality traits and human relationships among college level women players

**Year of Award:** 2007

**Sl. No. : 36**

**Name of the candidate :** R. Karthick rajan

**Title of the Thesis :** Effect of target shooting practice on the accuracy in soccer goal scoring

**Year of Award:** 2007

**Sl. No. : 37**

**Name of the candidate :** V. Neelakandan

**Title of the Thesis :** Effect of floor exercise training package on selected fitness components of gymnast among different age groups

**Year of Award:** 2007

**Sl. No. : 38**

**Name of the candidate :** S.Kalidasan

**Title of the Thesis :** Analysis of selected physical fitness and skill performance variables of athletes and handball players on different playing surfaces

**Year of Award:** 2007

**Sl. No. : 39**

**Name of the candidate :** R. Albert Jeya Singh

**Title of the Thesis :** A competitive study of the health related physical fitness components between pre and post-adolescent boys

**Year of Award:** 2007

**Sl. No. : 40**

**Name of the candidate :** K.Prakash

**Title of the Thesis :** The effect of specific training programme on selected physical fitness components and skill performance of the high school level football players

**Year of Award:** 2006

**Sl. No. : 41**

**Name of the candidate :** B.K.Somasundara

**Title of the Thesis :** Survey of states of selected physical fitness components among student of engineering colleges in bangalore district

**Year of Award:** 2007

**Sl. No. : 42**

**Name of the candidate :** S.Muruganandam

**Title of the Thesis :** Effect of combination of resistance and explosive training on upper and lower extremity strength and explosive power of the college level men basketball players

**Year of Award:** 2007

**Sl. No. : 43**

**Name of the candidate :** S.Manju

**Title of the Thesis :** Relationship of selected physical and anthropometric variables to performance ability of swimmers in back stroke.

**Year of Award:** 2007

**Sl. No. : 44**

**Name of the candidate :** P.S. Harisha

**Title of the Thesis :** Comparative study of health related physical fitness among residential and non-residential school boys in davanagere district

**Year of Award:** 2007

**Sl. No. : 45**

**Name of the candidate :** M.D.Seetharam

**Title of the Thesis :** Comparative study of personality traits of visvesvaraya technological university cricket and football team

**Year of Award:** 2007

**Sl. No. : 46**

**Name of the candidate :** K.Sivakumar

**Title of the Thesis :** Comparison of Selected Physical Fitness Components For Players and Non-Players Between Different Age Groups

**Year of Award:** 2007

**Sl. No. : 47**

**Name of the candidate :** A.Habeebur Rahman

**Title of the Thesis :** Effect of Aerobic Training on Cardio Pulmonary Factors Among College Level Boys

**Year of Award:** 2007

**Sl. No. : 48**

**Name of the candidate :** R.Karthigaisamy

**Title of the Thesis :** A Comparative Study of Speed Agility and Abdominal Strength Between University Level Kabaddi and Athletes

**Year of Award:** 2007

Ongoing

Sample Data.

Completed

**Sl. No. : 1**

**Name of the candidate :** R.Ashok Kumar

**Title of the Dissertation :** The Effect Of Regimen Drills To Develop Selected Fundamental Skills Of Basketball And Physical Fitness Components In High School Girls

**Year of Award:**

**Sl. No. : 2**

**Name of the candidate :** A.S.Logeswaran

**Title of the Dissertation :** Effect Of Basketball Skill Thaining With Musics

On Skill Performance Of High School Level Basketball Boys

**Year of Award:** 2006

**Sl. No. :** 3

**Name of the candidate :** G.Sureshkumar

**Title of the Dissertation :** Construction Of Skill Test For Inter Collegiate Level Handball Players

**Year of Award:**

**Sl. No. :** 4

**Name of the candidate :** J.Suresh

**Title of the Dissertation :** A Comparative Study Of Abdominal Strength And Leg Explosive Power Of Men Football And Basketball Players At Inter – Collegiate Level

**Year of Award:**

**Sl. No. :** 5

**Name of the candidate :** K.Saravanan

**Title of the Dissertation :** Effect Of Step Aerobics Training On The Development Of Cardio Respiratory Endurance, Explosive Power And Leg Strength Among The College Level Football Players

**Year of Award:**

**Sl. No. :** 6

**Name of the candidate :** V.Karthik

**Title of the Dissertation :** Effect Of Core Strength Training Programme On Development Of Motor Ability And Motor Educability Among School Level Cricket Players

**Year of Award:**

**Sl. No. :** 7

**Name of the candidate :** R.Renuka

**Title of the Dissertation :** Comparative Analysis Of Selected Psychological Attributes Among College Level Women Karatekas, Players And Non-Players

**Year of Award:**

**Sl. No. :** 8

**Name of the candidate :** A.Sakthivel

**Title of the Dissertation :** Analysis Of Low Back Pain And Finding The Cause Factors Among Players And Non Players

**Year of Award:**

**Sl. No. : 9**

**Name of the candidate :** T.Santhoshkumar

**Title of the Dissertation :** A Study Of Relationship Between Body Composition And Stress Among Businessmen

**Year of Award:**

**Sl. No. : 10**

**Name of the candidate :** K.Saminathan

**Title of the Dissertation :** Analysis Of Selected Anthropometric Measurement And It's Relation With Performance Of Weight Lifters

**Year of Award:**

**Sl. No. : 11**

**Name of the candidate :** M.Nallasevugan

**Title of the Dissertation :** Comparision Of Leg Strength,Leg Explosive Power And Flexibility Among Football,Handball And Volleyball Players

**Year of Award:**

**Sl. No. : 12**

**Name of the candidate :** S.Rajaram

**Title of the Dissertation :** Analysis Of Selected Physiological Variables Of Volleyball Players Before,During And After The Match

**Year of Award:**

**Sl. No. : 13**

**Name of the candidate :** M.Rajesh

**Title of the Dissertation :** Comparison Of Selected Physical Fitness Components Among Rowers,Canoeists And Kayakers

**Year of Award:**

**Sl. No. : 14**

**Name of the candidate :** K.Sankar Ganesh

**Title of the Dissertation :** Comparison Of Selected Anthropometric And Psychological Parameters Between Offensive And Defensive Men Football Players

**Year of Award:**

**Sl. No. : 15**

**Name of the candidate :** K.Ramesh

**Title of the Dissertation :** A Study On Nilgiris District Football Association And Its Achievements From The **Year of Award**2001 -2010

**Year of Award:**

**Sl. No. : 16**

**Name of the candidate :** E.V.K.Sambath Kumar

**Title of the Dissertation :** Analysis Of Selected Physical Fitness And Anthropometric Variables With Its Relationship Among University Level Handball Pivot Players And Goalkeepers

**Year of Award:**

**Sl. No. : 17**

**Name of the candidate :** A.Sangeetha

**Title of the Dissertation :** Relationship Between Body Mass Index And Blood Sugar Level Among Onset Diabetes Mellitus Women Patients

**Year of Award:**

**Sl. No. : 18**

**Name of the candidate :** G.Nagarajan

**Title of the Dissertation :** A Comparative Study Of The Range Of Movement Of Selected Joints Among Different Sports Performers

**Year of Award:**

**Sl. No. : 19**

**Name of the candidate :** R.Nareshkumar

**Title of the Dissertation :** Comparison Of Hand Eye Co- Ordination Among The Racquet Game Players

**Year of Award:**

**Sl. No. : 20**

**Name of the candidate :** S.S.Saravan Kumaran

**Title of the Dissertation :** Comparative Study Of Selected Health Related Health Related Physical Fitness Components Between Students Living In Hill And Plain Stations

**Year of Award:**

**Sl. No. : 21**

**Name of the candidate :** Praveen Kumar. A

**Title of the Dissertation :** A Comparative Study On Selected Physical Fitness Variables Among Inter – Collegiate Level Volleyball And Badminton Men Players

**Year of Award:**

**Sl. No. : 22**

**Name of the candidate :** B.Rex Prem Xavier

**Title of the Dissertation :** Effect Of Specific Training Schedule On Physical Fitness Components And Skill Performance Among University Handball Players

**Year of Award:**

**Sl. No. : 23**

**Name of the candidate :** S.Mahadevi

**Title of the Dissertation :** Effect Of Selected Yogic Practices On Body Composition Indices Among Overweight Female Students

**Year of Award:**

**Sl. No. : 24**

**Name of the candidate :** P.Siva

**Title of the Dissertation :** Comparison Of Muscular Strength,Muscular Strength Endurance And Cardio Respiratory Endurance Between University Handball And Kabaddi Players

**Year of Award:**

**Sl. No. : 25**

**Name of the candidate :** M.Elakkiya

**Title of the Dissertation :** Effect Of Specific Conditioning On Self Confidence And Achievement Motivation Among University Women Handball Players

**Year of Award:**

**Sl. No. : 26**

**Name of the candidate :** Joson.K.Antony

**Title of the Dissertation :** Analysis Of The Status Of Health Related Physical Fitness Components Among Seminary Students In Different Age Category

**Year of Award:**

**Sl. No. : 27**

**Name of the candidate :** S.Thavasiappan

**Title of the Dissertation :** Identification Of Common Sports Injuries Among University Level Kabaddi And Handball Players

**Year of Award:**

**Sl. No. : 28**

**Name of the candidate :** V.Pandiyan

**Title of the Dissertation :** Comparison Of Muscular Strength Arm And Leg Explosive Power Between University Kabaddi And Handball Players

**Year of Award:**

**Sl. No. : 29**

**Name of the candidate :** M.Sudhakar

**Title of the Dissertation :** A Survey On Selected Physical Fitness Components Among Physically Challenged Students

**Year of Award:**

**Sl. No. : 30**

**Name of the candidate :** R.Rajamani

**Title of the Dissertation :** Survey On Selected Health Related Physical Fitness Components Among Middle Aged Physical Education Professionals

**Year of Award:**

**Sl. No. : 31**

**Name of the candidate :** K.Marimuthu

**Title of the Dissertation :** Survey On Selected Health Related Physical Fitness Components Among Middle Aged Police Persons

**Year of Award:**

**Sl. No. : 32**

**Name of the candidate :** S. Kalaivani

**Title of the Dissertation :** Analysis Of Status Of Body Composition Of Middle Aged Working Women

**Year of Award:**

**Sl. No. : 33**

**Name of the candidate :** M.R.Deepa

**Title of the Dissertation :** Effects Of Jump Rope Training And Plyometric Training On Leg Explosive Power Balance And Co-Ordination Among College Level Women Basketball Players

**Year of Award:**

**Sl. No. : 34**

**Name of the candidate :** S.Ramesh

**Title of the Dissertation :** Comparison of agility and core muscle strength among college level sprinters jumpers middle and long distance athletes



**Year of Award:**

**Sl. No. :** 35

**Name of the candidate :** A.Karthi

**Title of the Dissertation :** Comparison Of Playing Ability Between College And University Level Men Hockey Players

**Year of Award:**

**Sl. No. :** 36

**Name of the candidate :** C.Pandidurai

**Title of the Dissertation :** Effect Of Submaximal Aerobic Training On Muscular Strength Endurance And Cardio Respiratory Endurance Among School Level Football Players

**Year of Award:**

**Sl. No. :** 37

**Name of the candidate :** R.Perinbarajan

**Title of the Dissertation :** Comparison Of Selected Physiological Variables Between University Level Basketball And Kabaddi Players

**Year of Award:**

**Sl. No. :** 38

**Name of the candidate :** B.Kanagaraj

**Title of the Dissertation :** Analysis Of Selected Physical Fitness Components Among Different Age Category College Level Kabaddi Players

**Year of Award:**

**Sl. No. :** 39

**Name of the candidate :** P.Vijaya Alagendren

**Title of the Dissertation :** Analysis Of Physical And Mental Health Among Men Police Officials

**Year of Award:**

**Sl. No. :** 40

**Name of the candidate :** K.Parimala

**Title of the Dissertation :** Comparative Study On Selected Physical Fitness Components Between Kabaddi And Handball Inter-Collegiate Women Players

**Year of Award:**

**Sl. No. :** 41

**Name of the candidate :** S.Sivagnanam

**Title of the Dissertation :** Comparison Of Selected Physical And Mental Health Components Among Teaching Professionals

**Year of Award:**

**Sl. No. :** 42

**Name of the candidate :** C.Srinivasan

**Title of the Dissertation :** Comparison Of Selected Motor Fitness Components Among Different Sports Performers

**Year of Award:**

**Sl. No. :** 43

**Name of the candidate :** S.Arulkumar

**Title of the Dissertation :** Comparison Of Selected Motor Ability Components On Different Surfaces Among College Level Volleyball Players

**Year of Award:**

**Sl. No. :** 44

**Name of the candidate :** M.Jegan Raj

**Title of the Dissertation :** Construction Of Specific Skill Tests For Point Guard And Post Player In Basketball

**Year of Award:**

**Sl. No. :** 45

**Name of the candidate :** G.Tamilselvan

**Title of the Dissertation :** Analysis Of Physical Fitness And Mental Health Among Arts And Science Department Students Of Bharathiar University

**Year of Award:**

**Sl. No. :** 46

**Name of the candidate :** V.Marudhu Padiyan

**Title of the Dissertation :** Relationship Of Body Composition With Usage Of Screen Devises Among Students And Scholars Of Bharathiar University

**Year of Award:**

**Sl. No. :** 47

**Name of the candidate :** R.Sabari Kumar

**Title of the Dissertation :** Comparison Of Hand Eye Coordination And Leg Eye Coordination Between College Level Ball Games And Non Ball Games Men Players

**Year of Award:** 2019

**Sl. No. : 48**

**Name of the candidate :** G.Ganesan

**Title of the Dissertation :** Analysis Of Performance Of Indian Cricketer Ms Dhoni In One Day And T 20 International Cricket Matches

**Year of Award:** 2019

**Sl. No. : 49**

**Name of the candidate :** A.Arun Prasad

**Title of the Dissertation :** Comparison Of Strength Parameters Among College Level Basketball,Handball And Kabaddi Players

**Year of Award:** 2019

**Sl. No. : 50**

**Name of the candidate :** S.Vijay

**Title of the Dissertation :** A Comparative Study On Agility Explosive Power And Endurance Among University Level Men Handball,Basketball And Volleyball Players

**Year of Award:** 2019

**Sl. No. : 51**

**Name of the candidate :** G.Meenatchi

**Title of the Dissertation :** A Comparative Study On Aerobic And Anaerobic Capacity Among College Level women Handball,Kabaddi And Basketball Players

**Year of Award:** 2019

## **Research Publication**

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

**17.** Effects of varied combinations of aerobic dance, brain gym and yogasana on the selected psychological among school girls.

M Rajeswari and P Anbalagan

International Journal of Physical Education, Sports and Health, 2017.

**16.** Effects of varied combinations of aerobic dance, brain gym and yogasana on the selected physical fitness variables among school girls.

M Rajeswari and P Anbalagan

International Journal of Physical Education, Sports and Health, 2017.

**15.** Analysis of physical fitness and academic status on government school student of Nilgiris district.

G Nithya and P Anbalagan

International Journal of Yogic, Human Movement and Sports Sciences, 2017.

**14.** Analysis of selected yogic practises and aerobic dance on health related physical fitness variables among Girls students in Nilgiris district.

G Nithya and P Anbalagan

International Journal of Physical Education, Sports and Health, 2017.

**13.** Effects of wellness training programme on selected physical fitness components among paramilitary professionals.

AE Nelson Raj and P Anbalagan

International Journal of Physical Education, Sports and Health, 2017.

**12.** Analysis of physical and mental health components among teaching professionals.

AE Nelson Raj and P Anbalagan

International Journal of Applied Research, 2016.

**11.** Survey on health related physical fitness components among middle aged police professionals.

AE Nelson Raj, P Anbalagan and G Nithya,

International Journal of Physical Education, Sports and Health, 2016.

**10.** Effect of yogic practices combined with varmam on the selected physical variables among the middle aged men.

S Gandhi and P Anbalagan

International Journal of Physical Education, Sports and Health, 2016.

**9.** Effects of an integrated yogic practices on the selected physiological variables among the senior citizens.

G Appukutti and P Anbalagan

International Journal of Physical Education, Sports and Health, 2016.

**8.** Effect of yogic practices on the selected physiological variables among the middle aged men

S Gandhi and P Anbalagan,

International Journal of Physiology. Nutrition and Physical Education, 2016.

**7.** Effects of an integrated yogic practices on the selected psychological variables among the senior citizens.

G appukutti and P Anbalagan

International Journal of Physiology, Nutrition and Physical Education, 2016.

**6.** Effects of yoga Nithra on various anger dimensions during menstrual cycle among college women players.

G Nithya and P Anbalagan

International Journal of Physical Education, Sports and Health, 2016.

**5.** Comparison of playing ability between college and university level men hockey players

P Anbalagan and AE Nelson raj

International Recognized Double-Blind Peer Reviewed Multidisciplinary Research Journal Indian Streams Research Journal, May 2015.

**4.** Effects of aerobic exercise and massage with yogic training on cardio respiratory endurance and flexibility among women breast cancer survivors

R.S Suma and P Anbalagan

International Recognized Double-Blind Peer Reviewed Research Journal Academic Sports Scholar, october 2014.

**3.** Effects of aerobic exercise and massage with yogic training on cancer related pain and cancer related fatigue among women breast cancer survivors

R.S Suma and P Anbalagan

Star International Journal, July 2014.

**2.** Isolated and Combined Effects of Hatha Yoga and Aerobic Dance Training on Selected Physical Fitness Variables Among Overweight College Women..

N.Savitha and P.Anbalagan

Star International Journal, May 2014.

**1.** Application of Nutritional Principle and Yogic Practise on Body Composition Indices For Women.

G.Nithya and P.Anbalagan

International Recognized Double-Blind Peer Reviewed Research Journal  
Academic Sports Scholar, February 2014.

National Publications - Reverse Chronological Order

Patent Info

Conference Info

## **Book Publications**

---

### **1.** Doctor Yoga

Dr. P. Anabalagan

Pallavi Publication, February, 2012

ISBN : 978-81-89840-19-8

### **2.** Skills & Drills in Basketball

Dr. P. Anabalagan

MANO Publishers Trichy, February, 2012

ISBN : 978-81-921759-7-3

### **3.** Physical Education for Education (B.Ed.)

Dr. P. Anabalagan

MANO Publishers Trichy, February, 2012

ISBN : 978-81-921759-8-0

Database Related Info

Alumini Reflections: