

## **Faculty Profile of Dr. P. Manju Pushpa**



**Dr. P. Manju Pushpa**  
**Assistant Professor**  
**Department of Physical Education**

Email:manjupushpa@buc.edu.in

Phone No:0422 2428431

Mobile No:+91 9629441357

### **Research Area**

- Exercise Physiology
- Sports Training

### **Education & Career**

#### **Education**

**Ph.D.****Subject :** Physical Education**Institution :** Maruthi college of Physical Education**Affiliated University :** Bharathiar University**Year of Award :** 2007**SLET****Subject :** Physical Education**Year of Passing :** 2006**Register Number :** 02210034**~~M.P.Ed.,~~****~~Subject :~~** Physical Education**~~Institution :~~** Sri Saradha College of Physical Education**~~Affiliated University :~~** Periyar University**~~Year of Award :~~** 2000**B.P.Ed.,****Subject :** Physical Education**Institution :** Sri Saradha College of Physical Education**Affiliated University :** Periyar University**Year of Award :** 1999**B.Sc.,****Subject:** Physical Education**Institution:** Department of Physical Education**Affiliated University:** Avinasilingam Deemed University**Year of Award:** 1998**P.G.D.C.A.,****Subject:** Computer Science**Institution:** Distance Education**Affiliated University:** Pondicherry University**Year of Award:** 2003**P.G.D.Y.E.,****Subject:** Yoga Education**Institution:** Distance Education

**Affiliated University:** Bharathiar University

**Year of Award:** 2006

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

**Subject:** Fitness Management

**Institution:** Distance Education

**Affiliated University:** Bharathiar University

**Year of Award:** 2008

## Career

**At Bharathiar University (Reverse Order)**

**Assistant Professor :** January 2008 to Till Date

### Past Experience

**Physical Directress :** February 2003 to January 2008 at Faculty of Engineering, Avinashilingam University for Women.

**Physical Directress :** January 2002 to February 2003 at P.K.R. Arts College for Women

**Guest Lecturer :** January 2001 to May 2001 at Avinashilingam University for Women

## Awards

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### Academic Awards

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#### 1. **Best Women of theYear**

Honored by NSS unit of Avinashilingam Institution for Home Science and Higher Education for Women on **8.3.2020**

2. **GMRAF Best faculty award** (In Appreciation and recognition of outstanding contribution in the field of Physical Education teaching, administration, publication, research and development and continues dedicated service to the academic and students community - **13th March 2021**

Honored by Global multidisciplinary research & Academic foundation, Chennai, Tamil Nadu.

## Membership

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## Membership in Professional Bodies

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**Sl. No. : 1**

**Organization :** Sports psychology Association of India

**Type of Membership :** Life member

**Period :** Life member

**Sl. No. : 2**

**Organization :** International Association for the study of Obesity

**Type of Membership :** Member

**Period :** Annual

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## Membership in Academic Bodies

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**Sl. No. : 1**

**Organization :** Sri Saradha college of Physical Education

**Type of Membership :** College committee member

**Period :** Three years 2016-2018

## Visits

## Collaborators

## Others

## Projects

Funded Projects (National Level)

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

## Ongoing Projects List with necessary Information

### 1. Tamil Nadu State Council for Higher Education

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**Topic :** Cardio respiratory fitness through pranayama for overweight children in Coimbatore district.

**Name of the Investigator :** Dr. P. Manju Pushpa, Dr. P. Anbalagan and Dr. V. Vallimurugan

**Funding Agent :** Tamil Nadu State Council for Higher Education

**Duration :** Three years

**Total sanctioned amount :** Rs7,93,000

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### 2. RUSA-2.0 BCTRC

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**Topic :** Impact of yoga for cancer survivors.

**Name of the investigator :** Dr. K .Murugaval, Dr. P. Anbalagan and Dr. P. Manju Pushpa

**Funding agent :** RUSA-2.0 BCTRC

**Duration :** Two years

**Total sanctioned amount :** Rs. 9,50,000

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### 3. UGC, New Delhi

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**Topic :** To Conduct certificate course in sports coach

**Name of the investigator :** Dr. P. Manju Pushpa

**Funding Agent :** UGC, New Delhi

**Duration :** Two years

**Total sanctioned amount :** Rs24,70,000.

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### 4. Minister of Women and Child Development, Government of India.

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**Topic :** To organize state level and national level training programme on Gender Budgeting on topic Gender budgeting for the officials in the Department of youth affairs and sports

**Name of the programmer :** Dr. Kamalaveni and Dr. P. Manju Pushpa

**Funding agent :** Minister of women and child development, Government of India.

**Total sanctioned amount : Rs75,000**

Consultancy Projects

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

Ongoing Consultancy Project Informations

Completed Consultancy Project Informations

## **Research Guidance**

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

Ongoing

Title

Name

Completed

Title

Name

Ongoing

Sample Data.

Completed

**Sl. No. : 1**

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

**Title of the Thesis :** Effect of complex training programme with yogic practices on performance related variables and skill performance of male volleyball players

**Year of Award:** 2012

**Sl. No. : 2**

**Name of the candidate :** K.N. Gurumurthy

**Title of the Thesis :** Isolated and combined effects of Skill- Based Conditioning Games with instructional training programme on motor fitness components and skill performance variables of basketball players.

**Year of Award:** 2013

**Sl. No. : 3**

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

**Title of the Thesis :** Effect of combination of Yogic practices with resistance training health related physical fitness components and physiological parameters of women students

**Year of Award:** 2015

Ongoing

Sample Data.

Completed

**Sl. No. : 1**

**Name of the candidate :** R.Vishnu Raj

**Title of the Thesis :** Impact of body index and gender on selected cardiorespiratory and psychological variables among the adolescent boys and girls students of kollam district in Kerala.

**Year of Award:** 2017

Ongoing

Sample Data.

Completed

**Sl. No. : 1**

**Name of the candidate :** T.Xavier Jayakuamar

**Title of the Dissertation :** Comparative study on Physical and Physiological variable among the male Volleyball Players`

**Year of Award:** 2009

**Sl. No. : 2**

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

**Title of the Dissertation :** Effect of Intermittent Aerobic Circuit Training on Body Composition Indices of Obese House Wives

**Year of Award:** 2009

**Sl. No. : 3**

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

**Title of the Dissertation :** Effect of skill Practice Combined with step Aerobic on cardio respiratory endurance and playing ability of the male handball players.

**Year of Award:** 2009

**Sl. No. : 4**

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

**Title of the Dissertation :** Survey study on coronary heart disease risk factors prevalence in men twenty one through fifty of age

**Year of Award:** 2009

**Sl. No. : 5**

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

**Title of the Dissertation :** A Comparative a study on body composition indices of the government and matriculation school girls in Tirupur district.

**Year of Award:** 2010

**Sl. No. : 6**

**Name of the candidate :** M.Suresh Kumar

**Title of the Dissertation :** A Critical analysis of physical and physiological variables of Non-Teaching faculty Bharathiar University

**Year of Award:** 2010

**Sl. No. : 7**

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

**Title of the Dissertation :** A Comparative study of the psychological



factors of obese male students of Bharathiar University.

**Year of Award:** 2010

**Sl. No. :** 8

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

**Title of the Dissertation :** Effect of plyometric Training and stretching exercise on vertical jump for sports school volleyball players (SDAT).

**Year of Award:** 2010

**Sl. No. :** 9

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

**Title of the Dissertation :** Effect of concurrent training programme on skill performance of men football players

**Year of Award:** 2011

**Sl. No. :** 10

**Name of the candidate :** D.Vishnupriya

**Title of the Dissertation :** Effect of obesity on varied level of stress for college women

**Year of Award:** 2011

**Sl. No. :** 11

**Name of the candidate :** K.Velli Malai

**Title of the Dissertation :** The Effect of Tabata Training on selected physical fitness variables among school level male kabaddi players

**Year of Award:** 2011

**Sl. No. :** 12

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

**Title of the Dissertation :** Comparative study on selected physical fitness components among high altitude and low altitude school boys.

**Year of Award:** 2012

**Sl. No. :** 13

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

**Title of the Dissertation :** Study on Aggression between winner and losers of district level tennis players

**Year of Award:** 2012

**Sl. No. :** 14

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

**Title of the Dissertation :** Comparative study on hand eye co-ordination and Reaction time among obesity and Non-Obese Women

**Year of Award:** 2012

**Sl. No. :** 15

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

**Title of the Dissertation :** Comparative study on self-confidence between inter college soccer and field hockey players

**Year of Award:** 2012

**Sl. No. :** 16

**Name of the candidate :** K.Uma Maheshwari

**Title of the Dissertation :** Analysis of positional based Aggression among high school basketball players.

**Year of Award:** 2012

**Sl. No. :** 17

**Name of the candidate :** K.L. Wilma lilly

**Title of the Dissertation :** Effect of yogasana and Suryanamaskar practice of body composition indices of obese women

**Year of Award:** 2012

**Sl. No. :** 18

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

**Title of the Dissertation :** Effect of complex training programme with yogic practices on performance related variables and skill performance of male volleyball players

**Year of Award:** 2012

**Sl. No. :** 19

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

**Title of the Dissertation :** A study on Psychomotor component between offensive and Defensive high school Kho-Kho players

**Year of Award:** 2013

**Sl. No. :** 20

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

**Title of the Dissertation :** A Comparative on physical fitness and lipid profile between male and female It Professional

**Year of Award:** 2013

**Sl. No. : 21**

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

**Title of the Dissertation :** A status study of Lipid profile and physical fitness on female professionals

**Year of Award:** 2013

**Sl. No. : 22**

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

**Title of the Dissertation :** Comparative study on motor fitness components and physiological variables between humanities and science student of Bharathiar University.

**Year of Award:** 2013

**Sl. No. : 23**

**Name of the candidate :** Mohammed Ershad M.P

**Title of the Dissertation :** A status study on lipid profile and physical fitness on male it professionals

**Year of Award:** 2013

**Sl. No. : 24**

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

**Title of the Dissertation :** Influence of positional play on psychological skills and skill performance variables of basketball players at school level.

**Year of Award:**2014

**Sl. No. : 25**

**Name of the candidate :** P.Mohan Kumar

**Title of the Dissertation :** A study on life style and motivation aspect of exercise among middle aged men and women in Coimbatore district

**Year of Award:** 2014

**Sl. No. : 26**

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

**Title of the Dissertation :** A study on motor fitness component, life style and motivation aspects of exercise among middle age and geriatric male walker in Coimbatore district.

**Year of Award:** 2014

**Sl. No. : 27**

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

**Title of the Dissertation :** A study on postural deformity impact on selected muscular fitness and physiological parameters among female students of Bharathiar University

**Year of Award:** 2014

**Sl. No. :** 28

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

**Title of the Dissertation :** Analysis on health related fitness components and body composition indices of college obese women

**Year of Award:** 2014

**Sl. No. :** 29

**Name of the candidate :** B. Ramesh pandian

**Title of the Dissertation :** A study on lifestyle and motivational aspects of exercise among professional and arts college students

**Year of Award:** 2014

**Sl. No. :** 30

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

**Title of the Dissertation :** Effect of sports participation on co-coordinative ability of college women

**Year of Award:** 2015

**Sl. No. :** 31

**Name of the candidate :** G.Dhivya Bharathi

**Title of the Dissertation :** Impact of domicile on fitness related parameters among college women

**Year of Award:** 2015

**Sl. No. :** 32

**Name of the candidate :** S.Satham Hussain

**Title of the Dissertation :** Occupational based analysis on selected physiological parameters on Bharathiar University man staff

**Year of Award:** 2015

**Sl. No. :** 33

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

**Title of the Dissertation :** Effect of combination of yogic practices with resistance training on health related physical fitness components and

physiological parameters of women students

**Year of Award:** 2015

**Sl. No. :** 34

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

**Title of the Dissertation :** A study on impact of posture on physiological parameters of 12-15 school students

**Year of Award:** 2016

**Sl. No. :** 35

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

**Title of the Dissertation :** Effect of selected footwork drills on selected physical and skill Related performance variables of Badminton players.

**Year of Award:** 2016

**Sl. No. :** 36

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

**Title of the Dissertation :** Effect of band resistant training on selected muscles group and kicking ability of inter collegiate male soccer players.

**Year of Award:** 2016

**Sl. No. :** 37

**Name of the candidate :** D.Nandhagopal

**Title of the Dissertation :** Effect of shooting drills on shooting accuracy of male inter collegiate football players

**Year of Award:** 2016

**Sl. No. :** 38

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

**Title of the Dissertation :** Impact of body composition emotional intelligence for school boys and girls

**Year of Award:** 2016

**Sl. No. :** 39

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

**Title of the Dissertation :** Effect of specific drill training on motor fitness components variable and performance skill related variables of volleyball players

**Year of Award:** 2017

**Sl. No. : 40**

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

**Title of the Dissertation :** Visual impact on the performance of cricket players in batting and defending color ball used in test match

**Year of Award:** 2017

**Sl. No. : 41**

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

**Title of the Dissertation :** Impact of body composition and gender on stress among Bharathiar University non teaching staff.

**Year of Award:** 2018

**Sl. No. : 42**

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

**Title of the Dissertation :** Impact of nature of the work on health status among the male staff of Bharathiar University

**Year of Award:** 2019

**Sl. No. : 43**

**Name of the candidate :** A.Ponnu Mani

**Title of the Dissertation :** Impact of domiciles on health status of students studying in matriculation school- A case study of Coimbatore north district

**Year of Award:** 2019

**Sl. No. : 44**

**Name of the candidate :** Kesavan

**Title of the Dissertation :** Analytical study on performance of batsman with right and left hand pairs among the international level cricket players.

**Year of Award:** 2019

## **Research Publication**

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

## Reverse Chronological Order

2021

Number. Title  
Author Names  
Journal Name

2020

Number. Title  
Author Names  
Journal Name

2019-2004

**8. [Geographical influences anthropometric measurement on body composition among football players](#)**

S Jeyaganesh and Dr. P Manju Pushpa

International journal of physiology, nutrition and physical education.  
Vol-5, P 61-64., Year – 2019, ISSN NO; 2456-0057

**7. Impact of Specific Drills on skill performance among footballers**

D. Nadagopal and Dr. P Manju Pushpa

International Journal of Physiology, Nutrition and Physical Education.  
Vol-5, P 61-64., Year – 2019, ISSN NO; 2347-3797.

**6. [Effect of different training modalities on skill performance variables among male Kabaddi player](#)**

V Ponnuruselvan and Dr. P Manju Pushpa

International Journal of Physiology, Nutrition and Physical Education.  
Vol-5, P 61-64., Year – 2019, ISSN NO; 2347-3797

**5. Misogyny in cyberspace: An overview of sports women**

Dr. P Manju Pushpa

International Journal of Physiology, Nutrition and Physical Education.  
Vol-5, P 61-64., Year – 2019, ISSN NO; 2347-3797

**4. [Lipid profile and physical fitness relationship among information technology professionals,](#)**

Dr. P Manju Pushpa

International Journal of Physiology, Nutrition and Physical Education.  
Vol-3, P 9-14., Year – 2018, ISSN NO; 2456-4419.

**3. [Influences of suryanamaskar and pranayama practices on body mass index, muscular strength endurance, breath holding time among middle aged obesity men](#)**

K Tamizhmaran and Dr. P Manju Pushpa

International Journal of Physiology, Nutrition And Physical Education.  
Vol: 2 Iss:2P.No: 414-417 Year: 2017

**2. Effect of yogic practices with resistance training on physiological parameters of women students of information technology**

Mrs. K. Lakshmi and Dr. P Manju Pushpa

Star Research Journal- Vol-4, P 9-14., Year – 2016, ISSN NO; 978-93-832113-10-8

**1. [Comparative study on hand eye co-ordination and reaction time among obese and non-obese women](#)**

Vishnu Raj R and Dr. P Manju Pushpa

International Journal of Physiology, Nutrition and Physical Education.  
Vol-4, P 9-14., Year – 2015, ISSN NO; 2321-676X

**1. Effect of Stretching and Contracting Exercise on Health Related Fitness Variable of Adolescent Boys**

Dr. P Manju Pushpa

Research Journal on Physical Education & Sports.  
Vol-1, P-12-22, Year- 2007 ISSN NO; E6-17978/07.

**2. Analysis of Techno stress Among Physical Education Students**

Dr. P Manju Pushpa

Research Journal on Physical Education & Sports.  
Vol-5, 63-67 P-12-22, Year – 2010, ISSN NO; 0975-4687.

**3. Effect of complex Training programme with Yogic practice on motor fitness components and playing ability among volleyball players**



P. Ashok Kumar and Dr. P Manju Pushpa  
Research Journal on Physical Education & Sports.  
Vol-3, P- 15-19, Year – 2011, ISSN NO; 0976-3678.  
<http://shodhganga.inflibnet.ac.in:8080/jspui/handle/10603/101613>

**4.** Effect of instructional training programme on skill performance variables of basketball players.

Dr. P Manju Pushpa  
Research Journal on Physical Education & Sports.  
Vol-4, P- 69-720., Year – 2011, ISSN NO; 0976-3678.

**5.** Effect of yogic practices with resistance on physical parameters for women students of Information Technology.

Dr. P Manju Pushpa  
Research Journal on Physical Education & Sports.  
Vol-4, P 65-71., Year – 2012, ISSN NO; 0976-3678. Effect of Skill practice combined with Step Aerobics on Cardio Respiratory

**6.** Endurance and Playing Ability of the Male Hand ball Players.

C. Vairavasundaram and Dr. P Manju Pushpa  
Research Journal on Physical Education & Sports.  
Vol-4, P 29-32., Year – 2012, ISSN NO; 0976-3678.

**7.** Effect of Skill Based Conditioning Games on Motor Fitness Components And Playing Ability of Basketball Players.

K.N. Gurmurthy and Dr. P Manju Pushpa  
Journal of physical education and sports sciences.  
Vol-4, P 59-64., Year – 2012, ISSN NO; 0976-3678.

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## **Book Published**

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**1.** Obesity and Your Health

Mano Publishers, India. ISBN No 9788192175973

Sports Injuries Management” Mano Publishers, Coimbatore, India.

ISBN No 9788192175997

## **2. Anatomy and Physiology**

Text Book Mano Publishers, Coimbatore, India.

ISBN No 9788192175980

Yoga Asana" Text book

Fitness and Wellness" Text Book

## **3. Concept of physical Fitness and wellness" (Study Material)**

Science of Yoga" (Study Material)

Fitness Assessment and Management" (Study Material)

Fitness Training" (Study Material)

Alumini Reflections: