

Faculty Profile of Dr. S. Akila



Dr. S. Akila
Assistant Professor(On Lien)
Department of Physical Education

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Research Area

- Biomechanics, Sports training, Sports Sciences
- Adapted Physical Education / Yoga
- Sports and yoga for transgender

Education & Career

Education

Ph.D.

Subject : Physical Education

Institution : Ramakrishna Mission Vivekananda University

Affiliated University : Ramakrishna Mission Vivekananda University

Year of Award : 2012

B.Ed.,(Special Education - MR)

Subject : Mental Retardation

Institution : Faculty of Disability Management & Special Education, SRKV

Affiliated University : Ramakrishna Mission Vivekananda University

Year of Award : 2009

M.P.Ed.,

Subject : Physical Education

Institution : Bharathiar University

Affiliated University : Bharathiar University

Year of Award : 2007

B.P.Ed.,

Subject: Physical Education

Institution : Y.M.C.A College of Physical Education, Madras University

Affiliated University : Madras University

Year of Award : 2005

B.Sc.,

Subject: Physical Education

Institution: Avinashilingam University for women

Affiliated University: Avinashilingam University for women

Year of Award: 2004

M.Sc.,

Subject: Yoga

Institution: Tamilnadu Physical Education University

Affiliated University: Tamilnadu Physical Education University

Year of Award: 2010

M.Sc.,

Subject: Psychology

Institution: Bharathiar University

Affiliated University: Bharathiar University

Year of Award: 2016

PGDFM

Subject: Fitness Management

Institution: Bharathiar University

Affiliated University: Bharathiar University

Year of Award: 2007

PGDSO

Subject: Special Olympics

Institution: Ramakrishna Mission Vivekananda University

Affiliated University: Ramakrishna Mission Vivekananda University

Year of Award: 2008

PGDCD

Subject: Child Development

Institution: Ramakrishna Mission Vivekananda University

Affiliated University: Ramakrishna Mission Vivekananda University

Year of Award: 2009

CNIS

Subject: Basketball

Institution: LNCPE, Trivandrum

Affiliated University: *****

Year of Award: 2006

CYSC

Subject: Yoga for Special Child

Institution: Integral Yoga Institute, USA

Affiliated University: *****

Year of Award: 2012

SET

Year of Passing : 2009

Register Number : 02300002

NET

Year of Passing : 2011

Register Number : 09470030

CTET

Year of Passing : 2014

Register Number : 05605510

Career**At Bharathiar University (Reverse Order)**

Assistant Professor : November 2016 to Till Date

Awards

Travel Awards

Sl. No. : 1

Funding agency : University Malaya medical centre

Name of conference : International conference on nursing and health care 2020

Country : Malaysia

Paper presented (Oral/Poster) : Oral

Title of paper : Impact of psychological fears on health and role of exercise therapy in the experience of clinical services.

Dates : 20.02.2020

Sl. No. : 2

Funding agency : International journal of physical education, fitness and sports

Name of conference : Eurasia research- International conference on

Country : Malaysia

Paper presented (Oral/Poster) : Oral

Title of paper : Sports participation and sporting interest during pre-post gender shift of transgender

Dates : 15.10.2018

Academic Awards

Sl. No. : 1

Awarding Agency : Center For Special And Moment Education-

Manonmaniam Sundharanar University

Country: India

Purpose of Award : Best E-Content Module Award

Year of Award : 2020

Sl. No. : 2

Awarding Agency : Novel Research Academy

Country: India

Purpose of Award : Best Faculty Award

Year of Award : 2019

Sl. No. : 3

Awarding Agency : Rula Awards

Country: India

Purpose of Award : Research Ratna Award

Year of Award : 2018

Sl. No. : 4

Awarding Agency : Marina Labs, Chennai

Country: India

Purpose of Award : Dr.APJ Abdul Kalam Award For Scientific Excellence

Year of Award : 2018

Sl. No. : 5

Awarding Agency : Bharathiar University

Country: India

Purpose of Award : 2007- MPed - Gold Medalist

Year of Award : 2007

Sl. No. : 6

Awarding Agency : Bharathiar University

Country: India

Purpose of Award : 2007- Marimuthu Prize- For Securing I Rank

Year of Award : 2007

Sl. No. : 7

Awarding Agency : Maruthi College Of Physical Education

Country: India

Purpose of Award : 2006- Best Paper Presentation Award

Year of Award : 2006

Sl. No. : 8

Awarding Agency : Ramakrishna Vidhyalaya

Country: India

Purpose of Award : 2006- Best Exhibit Award On The Topic Evolution Of Cricket-Ramakrishna Vidhyalaya

Year of Award : 2006

Sl. No. : 9

Awarding Agency : Avinashilingam University

Country: India

Purpose of Award : 2004- Third Rank Proficiency- Avinashilingam University- Under Graduate Course

Year of Award : 2004

Membership

Membership in Professional Bodies

Sl. No. : 1

Organization : International federation of Physical education , Fitness and sports sciences association

Type of Membership : Professional member

Period : 2019 - Till date

Sl. No. : 2

Organization : Tamilnadu sport climbing association

Type of Membership : Vice president

Period : 2019 - Till date

Sl. No. : 3

Organization : Women hygiene and toilet blocks projects Rotary Club of Vadavalli (No. 3201), Tamil Nadu, India

Type of Membership : Chairman,

Period : 2019

Sl. No. : 4

Organization : Special Olympics Bharath, Tamil Nadu, India

Type of Membership : Secretary

Period : 2019

Sl. No. : 5

Organization : International journal for research under literal access

Type of Membership : Life member

Period : 2019 - Till date

Sl. No. : 6

Organization : Indian Biomechanics Society

Type of Membership : Member

Period : 2018 - Till date

Sl. No. : 7

Organization : Indian association of sports medicine

Type of Membership : Life member

Period : 2017 - Till date

Sl. No. : 8

Organization : Nature Science Foundation, Coimbatore (A Unique Research and Development Center for Society Improvement Advisory Committee)

Type of Membership : Advisory committee member

Period : 2018 - Till date

Sl. No. : 9

Organization : Aspen Yoga Society (USA)

Type of Membership : Member

Period : 2018 - Till date

Sl. No. : 10

Organization : Special Olympics Bharath, Tamil Nadu, India

Type of Membership : Secretary

Period : 2018 - Till date

Sl. No. : 11

Organization : International Service, Rotary Club of Vadavalli (No. 3201), Tamil Nadu, India

Type of Membership : Secretary

Period : 2017-2018

Sl. No. : 12

Organization : Research and Development, Bharathiar university

Type of Membership : Expert- doctoral committee

Period : 2018 - Till date

Sl. No. : 13

Organization : International journal for research under literal access

Type of Membership : Lifetime membership

Period : 2019 Till date

Membership in Academic Bodies

Sl. No. : 1

Organization : Board of studies, Sree Ramnath Theerth Marathwarda University, Maharashtra

Type of Membership : Member

Period : 2020

Sl. No. : 2

Organization : Malaysian journal of Nutrition- Scopus indexed

Type of Membership : Article Reviewer

Period : 2020

Sl. No. : 3

Organization : International journal of physical education, health and sports sciences, PEFI(formerly UGC listed)

Type of Membership : Managing Editor

Period : 2020

Sl. No. : 4

Organization : International Research Journal of Tamil; UGC CARE listed, <http://irjt.iorpress.org/index.php/irjt> (E-ISSN: 2582-1113)

Type of Membership : Scientific editor

Period : 2019

Sl. No. : 5

Organization : International Journal of Physical Education, Fitness and Sports (IJPEFS) (P & E ISSN 2277-5447;2457-0753) Indexing: Indian Citation Index, <https://ijpefs.com/index.php/ijpefs> (formerly UGC listed)

Type of Membership : Managing editor

Period : 2012

Sl. No. : 6

Organization : Asian Journal of Interdisciplinary Research; Indexing: Google Scholar <https://journals.iorpress.org/>; [E-ISSN 2581-8430]

Type of Membership : Editor

Period : 2019

Sl. No. : 7

Organization : Yoga Mimasa (P ISSN 0044-0507, e ISSN 2394-2487)

Indexing: Google Scholar and EBSCO; <http://www.ym-kdham.in/>

Type of Membership : Reviewer

Period : 2016

Sl. No. : 8

Organization : IOR International Press

Type of Membership : Associate editor

Period : 2019

Sl. No. : 9

Organization : Royal Book Publishing-International, India. Indexing: Google Scholar; www.royalbookpublishing.com

Type of Membership : Associate editor

Period : 2013

Sl. No. : 10

Organization : Sage Publication

Type of Membership : Article Editor

Period : 2019

Sl. No. : 11

Organization : Khel Journal

Type of Membership : Editorial board member

Period : 2017

Visits

Sl. No. : 1

Countries Visits : MALAYSIA

Duration of Visit : 5 days

Month and Year : October 2018

Purpose of Visit : Invited talk and paper presentation in International conference

Sl. No. : 2

Countries Visits : PHILIPPINES

Duration of Visit : 5 days

Month and Year : November 2019

Purpose of Visit : paper presentation in International conference

Sl. No. : 3

Countries Visits : MALAYSIA

Duration of Visit : 8 days

Month and Year : February 2020

Purpose of Visit : Keynote speaker in university of Malaya, Invited talk at University Putra Malaysia, MOU Initiation, Laboratory visit

Collaborators

Others

Projects

Funded Projects (National Level)

- [Ongoing](#)
- [Completed-5](#)

Ongoing Projects List with necessary Information

1. Tamil Nadu State Council for science and Technology, Government of Tamil Nadu

Young scientist fellowship

PI- S.Akila

Tamil Nadu State Council for science and Technology, Government of Tamil Nadu,
2020-2021
Rs.23,950/-

2. Tamil Nadu State Council for science and Technology, Government of Tamil Nadu

Student project scheme

PI- S.Akila

Tamil Nadu State Council for science and Technology, Government of Tamil Nadu,
2019-2020
Rs.7,500/-

3. Tamil Nadu State Council for science and Technology, Government of Tamil Nadu

Young scientist fellowship

PI- S.Akila

Tamil Nadu State Council for science and Technology, Government of Tamil Nadu,
2017- 2018
Rs.21,970/-

4. Mahatma Gandhi National council for Rural Education

Faculty Development Program

PI- S.Akila

Mahatma Gandhi National council for Rural Education,
Rs.2,25,000/-

5. Mahatma Gandhi National council for Rural Education

Nai-talim Workshop

PI- S.Akila

Mahatma Gandhi National council for Rural Education
Rs.60,000/-

Consultancy Projects

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

Research Guidance

- [Post Doc.](#)
- [Ph.D.](#)
- [M.Phil.](#)
- [M.P.Ed.,](#)

Ongoing

Title

Name

Completed

Title

Name

Ongoing

Sl. No. : 1

Name of the candidate : S. Senthil Kumar

Title of the Thesis : Enhancing COVID Lockdown Mental Health & Performance among elite athlete through Yoga

Status: Ongoing

Sl. No. : 2

Name of the candidate : D. Shanthi

Title of the Thesis : Kettle Bell intervention on health related & skill related physical fitness parameters among sports Hostel Girls

Status: Ongoing

Sl. No. : 3

Name of the candidate : M.Charu Nivedita

Title of the Thesis : *****

Status: Ongoing

Completed

Ongoing

Sample Data.

Completed

Sl. No. : 1

Name of the candidate : P. Priyadharsni

Title of the Thesis : Effect of yoga on playing ability and daily living skills on children with autism spectrum disorder

Year of Award : 2020

Ongoing

Sample Data.

Completed

Sl. No. : 1

Name of the candidate : Rahman Ali P.A

Title of the Dissertation : Comparative study on anthropometry and skill performance among swimmers of Coimbatore and Thrissur

Year of Award : 2018

Sl. No. : 2

Name of the candidate : M.Charu Nivedita

Title of the Dissertation : Effects of Adapted aerobic dance on body composition and lung capacity of obese children with down syndrome

Year of Award : 2019

Sl. No. : 3

Name of the candidate : P.Priyadharsni

Title of the Dissertation : Effect of exergames training program on selected physical fitness variables of children with Autism

Year of Award : 2019

Sl. No. : 4

Name of the candidate : S.Kiruthika

Title of the Dissertation : A survey on physical fitness and physiological parameters among farmers in Coimbatore district

Year of Award : 2019

Sl. No. : 5

Name of the candidate : S.Surendar

Title of the Dissertation : Effect of resistance training on shoulder strength and arm explosive power of intercollegiate football players

Year of Award : 2019

Sl. No. : 6

Name of the candidate : Ellammal

Title of the Dissertation : Impact of circuit training on speed, agility and balance of intercollegiate Kabaddi players

Year of Award : 2020

Sl. No. : 7

Name of the candidate : P.Nattamai

Title of the Dissertation : Effect of ball juggling drills on playing ability of grass root football players

Year of Award : 2020

Sl. No. : 8

Name of the candidate : T. Sakthivel

Title of the Dissertation : Impact of ladder training on speed, agility and balance of school level Kabaddi player

Year of Award :2020

Sl. No: 9

Student Name: M.Mohanbabu

Title of Thesis: Effect of ball control drills on playing ability of middle school volleyball players

Year of Award: 2021

Sl. No: 10

Student Name: J.Haseena

Title of Thesis: Managing exam stress and building resilience among post covid board exam appearers through yoga

Year of Award: 2021

Sl. No: 11

Student Name: N.Sangeetha

Title of Thesis :Effect of circuit training on hand grip, hand span and throwing accuracy of intercollegiate women basketball players

Year of Award: 2021

Sl. No: 12

Student Name: C.Yasodha

Title of Thesis: Effect of resistance training on shoulder strength and arm explosive power of intercollegiate football players

Year of Award: 2021

Research Publication

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

- [Database](#)

2021

20. [Meditation to mediate emotional swings of breast cancer survivors](#)

S.Akila , P.Priyadharsni , M.Charu Nivedita , Thilagavathi Shanmuga Sundaram

International Research Journal Of Tamil, (January 2021) 3(1),140-148.

19. [Effect of resistance training on shoulder strength and arm explosive power of football players](#)

Jayasivarajan Segaran, Akila Shanmuga Sundaram

International Journal Of Engineering Research And Applications, 11(1) (Series-Ii) (2021) 01-04.

2020

18. [Investigating the effectiveness of online physical education classes on personal and emotional development of school children among teachers and students](#)

S.Akila, S.Jayakumar, S.Sivarajan, Edward Packiaraj Sebastian, Senthil Kumar, Shanthi, Charu Nivedita, Priyadharshini

Working Papers on Linguistics and Literature 2020, 2349 -8420 14, 18-23

17. [Suryanamaskar enhances physical fitness of children with autism spectrum disorder](#)

S.Akila, P.Priyadharsni, M.Charu Nivedita

International Research Journal of Tamil, 3(1), 240-246.

16. [Assessment of nurses' knowledge, attitude and perception on cardiac rehabilitation program at a tertiary care teaching hospital](#)

M. Kumudah , M. Ashah , S. Palanisamy, K.Karthikayini, S.Akila

International Journal Of Research In Pharmaceutical Sciences, (July 2020) 11(3), 1-13. (Sjr0.119; Snip 0.265) (Scopus Indexed)

15. [Comparison of efficacy and safety of newer drugs approved for the treatment of migraine disorder: a review \(may 2020\)](#)

Palanisamy Sivanandy, Aidil Natasha Rosman, Ainaa Diyana Shapheri, Teng Teng Chew, Natalie Jia Xin Lau, Michelle Zi Yin Yeong, Michella Ong, Bibi Muniirah Ummeh Haani Meetooa, Elaine Ng, Karthikayini Krishnasamy,

Arulkumaran Govindarajan, Akila Shanmugasundaram
International Journal Of Pharmacy And Pharmaceutical Sciences, 12(7)
1-9. (Sjr 0.165; Snip 0.823) (Scopus Indexed)

14. Post lockdown classroom management challenges and solutions,
S. Akila, Renu das,
Bharatiya Jyotisham, December 2020

13. [Effect of suryanamaskar on selected physical fitness variables of teacher training students](#)

Jayasivrajan Segaran, Senthil Kumar, Shanthi Devasagayam, Anand Selva Kumar, Charu Nivedita Mariappan, Priyadharsni Ponnumuthu, Akila Shanmuga Sundaram,
Bharathiar National Journal Of Physical Education And Exercise Science;
September 2020, 11(3) 7-11.

2019

12. [Effect of pranayama on selected physiological variables among inter-collegiate men volleyball players](#)

M. Rajkumar and S. Akila, S. Jayasivarajan
Bharathiar National Journal Of Physical Education And Exercise Science;
March 2019, 10(1) 1-05

11. [Sports participation policies for transgender - a short review](#)

S. Akila,
International Journal For Science And Advance Research In Technology
(March 2018) 4,168-171

10. [Pontoon swimming pool](#)

Rahman Ali. P.A., S. Akila,
Asian Journal Of Multi-Dimensional Research (January 2018) 7(2) (2018) Spl-1932-936.

9. [Physiological parameters response to the influence of traditional badaga dance on school students](#)

R.G. Giridharaprasath, D. Nandagopal, S. Akila,
International Journal of Physical Education, Fitness And Sports, (September 2017)6, 20-22.

8. [Traditional kabaddi vs techno kabaddi](#)

S. Akila, D. Chinnadurai,

International Journal Of Physical Education, Fitness And Sports, (July 2017)6, 58-60

7. [Effect of transcendental meditation on occupational stress of private school teachers](#)

S. Akila,

International Journal Of Adapted Physical Education & Yoga, (October 2016),1, 22-30.

6. Effect of surya namaskar on body age of obese teachers

S. Akila,

International Journal Of Science And Research, (August 2016) 1, 1-8.

5. Effect of basketball skill training and yoga training on playing ability of school basketball players

S. Akila

International Journal Of

Adapted Physical Education And Yoga, (April 2016), 1 (3), 11- 18

4. Effect of basketball dribbling practice on cursive handwriting ability of primary school children

S. Akila

International Journal Of Science And Research, (2016) Volume 5 Issue 8, August 2016, 202 – 206.

3. Effect of adapted yogic practices on selected anthropometric variables of children with down syndrome

S. Akila

International Journal Of Adapted Physical Education And Yoga, (2014).

2. Effect of varied yogic practices on children with mild intellectual disability

S. Akila

Journal Of Adapted Physical Education And Yoga, 1 (2011).

1. Inclusive physical education

S. Akila

Journal Of Physical Education And Sports Sciences, (2011).

1. Effect Of Varied Yogic Practices On Children With Mild Intellectual Disability

S.AKILA

Journal Of Adapted Physical Education And Yoga, 2011.

2. Inclusive Physical Education

S.AKILA

Journal Of Physical Education And Sports Sciences, 2011.

S.No. : 1

Details of Patent : Multi sensorial wearable foul indicator for persons with disabilities

International/ National : International

Year : 2019

Conference Info

Books

1. Assessment tools for autism

S. Akila

Royal book publishers

2020 - ISBN – 978-81-950059-6-3

2. Exercise prescription for the downsyndrome

S. Akila

2020 - ISBN-978-81-950059-5-6

3. Educational technology trends in physical education

S.Akila

2019 - ISBN-978-93-88413-23-7

4. Traditional and modern methods of teaching physical education

S.Akila

2019 - ISBN: 978-93-88413-24-4

5. Handwriting training manual

S.Akila

2018 - ISBN: 978-81-938745-7-8

6. Handwriting practice book

S.Akila

2018 - ISBN: 978-81-938745-8-5

7. Famous Sports Journalist

S.Akila

2018 - ISBN: 978-93-88413-13-8

8. Sports training - a learners guide

S.Akila

2017 - ISBN: 9788193469125

9. Mass media and sports journalism

S.Akila

2017 - ISBN: 9788193469132

10. History of physical education

S.Akila

2016 - ISBN: 9788193469149

11. Yoga for the Down syndrome

S.Akila

2016 - ISBN: 9781684182855

12. Awards in India

S.Akila

2016 - ISBN: 9788193469149

Chapters Books

1. Tamilarin Parampariya Pazhakkamum Noai Thaduppum Ariviyalum

S.Akila

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