

Resume



1	NAME	:	S. CHIDAMBARA RAJA	
2	DESIGNATION	:	Associate Professor	
3	AGE and DATE OF BIRTH	:	24/07/1963	
4	EDUCATIONAL QUALIFICATION	:	B.A., M.P.E.S., M.Phil, Ph.D., M.Sc. (Yoga)	
5	OFFICIAL ADDRESS	:	Associate Professor, Department of Physical Education & Sports Science, Annamalai University, Annamalai Nagar – 608 002 Tel: 04144-237229	
6	RESIDENTIAL ADDRESS	:	2&3, Sivakami Amman Nagar, Meethigudi Road, Annamalainagar Post – 608 002.	
7	E-MAIL	:	Rajadi42@gmail.com	
8	PHONE	:	Mobile	9443540215
			Landline	04144-237164

9 EDUCATIONAL QUALIFICATIONS (SSLC Onwards)

Qualification	SUBJECT	YEAR OF COMPLETION	Board/College/University	Grade/Class
S.S.L.C.	-	1980	State Board	-
H.Sc.,	-	1983	State Board	-
B.A.	Economics	1989	Bharathidasan	III
M.P.E.S.	Physical Education	1991	Annamalai	I
M.Phil	“	1992	Annamalai	I
Ph.D.	“	1999	Annamalai	-
P.G. Diploma	Yoga	2008	Annamalai	I
M.Sc.,	Yoga	2012	T.N.P.E. & S.U	I
OTHER COURSES: International Society for the Advancement of Kinanthropometry - 2011				

10 ARTICLE PUBLISHED IN JOURNALS (From 1-1-2007 onwards)

No	Title/Journal/ Volume,Issue/Page Nos/ISSN No
1.	Dr. D. Selvam and Dr. S. Chidambara Raja , “Effect of Plyometric Training Combination of Weight and Plyometric Training on Anaerobic Capacity and Speed”, <i>Indian Journal of Research in Physical Education and Sports Sciences</i> , Vol. 4, No. 3, (April – September 2009), 5 – 7. (ISSN 0973 – 9025).
2.	Dr. S. Chidambara Raja , “Effect of Yogic Practices and Physical Exercise on Flexibility, Anxiety and Blood Pressure”, <i>Indian Journal for Research in Physical Education and Sports Sciences</i> , Vol5, No.2, (October 2010 – March 2011), 1 – 5. (ISSN 0973 – 9025).
3.	Mr. A. Neethi and Dr. S. Chidambara Raja , “Effect of Yogic Practices on Selected Physical Fitness and Physiological Variables”, <i>Journal of Physical Education Sports and Allied Disciplines</i> , Vol. 2, No.2, (July 2011), 127 – 132. (ISSN: 0974 – 343x).
4.	Dr. M. Elayaraja and Dr. S. Chidambara Raja , “Effect of Continuous Running on Selected Respiratory Parameters”, <i>Scientific Journal of Physical Education and Allied Subjects</i> , Vol.1, No. 1, (July 2011), 29-32. (ISSN-2231-041x)
5.	P. Mohan Antharias and Dr. S. Chidambara Raja , “Analysis of Selected Physical Fitness Variable on Football Playing Ability of Inter University Male Football Players”, <i>Voice of Sports</i> , Vol. VI, Issue. II, (March 2012), 13 – 19. (ISSN: 0975-4687).
6.	P. Mohan Antharias and Dr. S. Chidambara Raja , “Analysis of Selected Physiological and Anthropometric Variables on Football Playing Ability of Inter University Male Football Players”, <i>Indian Journal for Research in Physical Education and Sports Sciences</i> , Vol. 7, No. 1, (April - September 2012), 89 – 95. (ISSN: 0973 - 9025).
7.	Dr. S. Chidambara Raja , “Effect of Yoga Practices on Total Cholesterol Triglycerides and Uric Acid Among Male Diabetic Patients”, <i>Indian Streams Research Journal</i> , Vol.4:Issu:6, (July 2014), 1-4. (ISSN: 2230-7850) (Impact Factor 2.1506)
8.	Dr. Ajaykumar Koorma and Dr. S. Chidambara Raja , “Effect of Running and Swimming Activities on Selected Cardiac Risk Factor Among Middle Aged Men”, <i>British Journal of Sports Management</i> , Vol. 44, No. Supp 1, (September 2010), i18. (ISSN: 0306 - 3674).
9.	Mr. M.G. Saravanan and Dr. S. Chidambara Raja , “Effect of Yogic Practice and Aerobic Exercise on Vital Capacity and Blood Pressure Among School Boys”, <i>Asian Journal of Physical Education & Computer Science in Sports</i> , Vol 6, No.2, (January 2012 to June 2012), 41-43. (ISSN30975-7732).
10.	Dr. S. Chidambara Raja , “Effect of Pranayama Practices on Selected Respiratory Parameters”, <i>International Journal of Physical Education, Fitness and Sports</i> , Vol.1, No.3, (September 2012), 9 – 11. (ISSN 2277 – 5447).
11.	Ms. K. Bharatha Priya, Dr. R. Gopinath and Dr. S. Chidambara Raja , “Effect of Yogic Practices and Physical Exercise on Blood Glucose and High Density Lipoproteins Among Diabetes Patients”, <i>International Journal of Health, Physical Education & Computer Science in Sports</i> , Vol.5, No.1, (January 2012 to March 2012), 30 – 32. (ISSN 2231-3265).
12.	Dr. S. Chidambara Raja and Mr. A. Neethi, “Effect of Physical Exercise on Reaction Time Among Mentally Retarded (MR) Students”, <i>International Journal of Health, Physical Education & Computer Science in Sports</i> , Vol.6, No.1, (April to June 2012), 13 – 15. (ISSN 2231-3265).

13.	Dr. S. Chidambara Raja , “Attitude Towards Sports of Rural Living Peoples – A Survey”, <i>Asian Journal of Physical Education & Computer Science in Sports</i> , Vol. 7, No.1, (July to December 2012), 31-33. (ISSN30975-7732).
14.	Mr. M.G. Saravanan and Dr. S. Chidamabara Raja , “Effect of Yogic Practice and Aerobic Exercise on Vital Capacity and Blood Pressure Among School Boys”, <i>International Journal of Physical Education & Computer Science in Sports</i> , Vol. 7, No.1, (July to September 2012), 135-137. (ISSN2231-3265).
15.	Mr. R. Narayanasamy, Dr. V. Jayanthi and Dr. S. Chidamabara Raja , “Effect of Isolated and Combined Treadmill and Yogic Exercise on Leg Strength, Muscular Endurance and Flexibility Among Middle Aged Men”, <i>International Journal of Physical Education & Computer Science in Sports</i> , Vol. 7, No.1, (July to September 2012), 1-4. (ISSN2231-3265).
16.	Mr. P. Robert Clive, Dr. A.G. Venkatesan and Dr. S. Chidamabara Raja , “Effect of Parcourse Training and Interval Training on Leg Strength, Cardio-respiratory Endurance and Vital Capacity”, <i>International Journal of Physical Education & Computer Science in Sports</i> , Vol. 7, No.1, (July to September 2012), 10-12. (ISSN2231-3265). Impact Factor: 2.54
17.	Dr. S. Chidambara Raja , “Effect of Continuous Running on Selected Respiratory Parameters in Women Cricketers of Annamalai University”, <i>International Research Journal on Physical Education, Recreation and Sports Sciences</i> , Vol.1, No.1, (May 2012), 9 – 12. (ISSN: 2278 – 5027).
18.	Dr. Ajayakumar Koorma and Dr. S. Chidambara Raja , “Effect of Running and Swimming Activities on Selected CHD Risk Factors”, <i>Asian Journal of Physical Education & Computer Science in Sports</i> , Vol. 1, No. 1, (July December 2009),146 – 148. (ISSN30975-7732).
19.	Dr. S. Chidambara Raja and Dr. D. Selvam, “Effect of Plyometric Training on Weight and Plyometric Training on Flexibility and Agility”, <i>Asian Journal of Physical Education & Computer Science in Sports</i> , Vol. 1, No. 1, (July - December 2009), 168 - 170. (ISSN30975-7732).
20.	Mr. T. Prabakaran and Dr. S. Chidambara Raja , “Effect of Yogic Practice on Vital Capacity and Total Cholesterol”, <i>International Journal of Physical Education</i> , Vol.5, Issue. 1, (April 2012), 32 – 34. (ISSN 0974 – 2638).
21.	Mr. T. Prabakaran and Dr. S. Chidambara Raja , “Effect of Yogic Practice on Resting Pulse Rate and Anxiety”, <i>Thematics Journal of Physical Education</i> , Vol.1, Issue. 1, (November 2012), 20 – 22. (ISSN 2250 – 3811).
22.	P. Mohan Antharias and Dr. S. Chidambara Raja , “Analysis of Selected Physical Fitness Physiological and Anthropometric Variables on Football Playing Ability of Inter University Male Football Players”, <i>Thematics Journal of Physical Education</i> , Vol. 1, Issue. I, (November 2012), 29 – 32. (ISSN: 2250 -3811).
23.	P. Mohan Antharias and Dr. S. Chidambara Raja , “Analysis of Selected Physiological and Anthropometric Variables on Football Playing Ability of Inter University Male Football Players”, <i>International Journal of Physical Education & Computer Science</i> , Vol. 4, No. 1, (December 2011), 20 – 23. (ISSN: 2231-3265).
24.	Mrs. A. Joseph Clara and Dr. S. Chidambara Raja , “Effect of Yogic Practices on Blood Pressure and Blood Glucose Among Women Diabetic Patients”, <i>Asian Journal of Physical Education and Computer Science</i> , Vol. 6, No. 1, (January – June 2012), 24 – 26. (ISSN 0975 – 7732).
25.	Dr. S. Chidambara Raja , “Effect of Yoga Practices on Flexibility, Cholesterol and Blood Pressure”, <i>Online International Interdisciplinary Research Journal</i> , Vol.II, Issue.IV, (November – December 2012), 221-225. (ISSN2249-9598)

26.	Dr. S. Chidambara Raja , “Effect of Yoga Practices on Flexibility, Cholesterol and Blood Pressure”, <i>Online International Interdisciplinary Research Journal</i> , Vol.II, Issue.IV, (November – December 2012), 221-225. (ISSN2249-9598)
27.	Dr. S. Chidambara Raja , “Effect of Yoga Practices and Physical Exercise on Selected Physiological Variables”, <i>Online International Interdisciplinary Research Journal</i> , Vol.III, Issue.I, (January – February 2013), 159-163. (ISSN2249-9598)
28.	Dr. S. Chidambara Raja , “Effect of Yoga Practices on Total Cholesterol Triglycerides and Uric Acid among Women Diabetic Patients”, <i>International Journal of Physical Education, Fitness and Sports</i> , Vol3, Issue1, (March 2014), 44-50. (ISSN 2277-5447)
29.	Mr. S. Ananth and Dr. S. Chidambara Raja , “Effect of Parcourse Training on Speed and Leg Strength”, <i>Asian Journal of Health, Physical Education & Computer Science in Sports</i> , Vol. 14, No.1, (April – June 2014), 20-22. (ISSN 0975 – 7732).
30.	Mr. S. Ananth and Dr. S. Chidambara Raja , “Effect Of Yogic Practices And Physical Exercise On Hemoglobin Blood Glucose And Body Mass Index Among Male Diabetic Patients”, <i>International Journal of Physical Education & Computer Science in Sports</i> , Vol. 10, No.1, (January – June 2014), 20-22. (ISSN2231-3265).
31.	Dr. S. Chidambara Raja , “Effect of Upper and Lower Limb Plyometric Training on Performance Variables of Basketball Players”, <i>International Journal of Research and Applied Studies</i> , Vol.1:Issure: 2(1), (July 2014), 1 – 3. (ISSN: 2349 – 4891)
32.	Dr. S. Chidambara Raja , “Effect of Resistance and Endurance Training on Back Strength and Cardio-respiratory Endurance”, <i>Online International Interdisciplinary Research Journal</i> , Vol. IV Issue: IV, (July – August, 2014), 157 – 161. (ISSN2249-9598)
33.	Dr. S. Chidambara Raja , “Effect of Yogic Practices and Physical Exercises on Strength Endurance Self-concept and Blood Pressure”, <i>PESY</i> , Vol.4:No.3, (July – September 2014), 7-11. (ISSN: 2231-1394)
34.	Dr. S. Chidambara Raja , “Effect of Yogic Practices and Physical Exercises on Flexibility Anxiety and Blood Pressure”, <i>STAR</i> , Vol.2:No.7(1), (July 2014), 1-9. (ISSN: 2321-676X)
35.	Mr. S. Ananth and Dr. S. Chidambara Raja , “Effect Of Yogic Practices And Physical Exercise On Haemoglobin Blood Glucose And Body Mass Index Among Male Diabetic Patients”, <i>International Journal of Physical Education & Computer Science in Sports</i> , Vol. 10, No.1, (January – June 2014), 20-22. (ISSN2231-3265).
36.	Dr. S. Chidambara Raja , “Effect of Resistance and Endurance Training on Strength Endurance and Cardio-respiratory Endurance” <i>International Journal of Engineering Research and Sports Science</i> , Vol.1, Issue No. 10, 1-3.

11 ARTICLE PUBLISHED IN CONFERENCE PROCEEDINGS (From 1-1-2007 onwards)

No	Name of the seminar/Conference/Title/Journal/ Page Nos/ISBN No
1.	Dynamic Facets of Physical Education and Sports Studies “Effect of Plyometric Training Combination of Weight and Plyometric Training on Anaerobic Capacity and Speed”, 2009, ISBN : 978-81-908352-3-7, 190-192
2.	Recent Trends in Yoga and Physical Education, “Effect of Yogic Practices and Physical Exercise on Muscular Strength Self-concept and Blood Pressure”, August 2011 ISBN : 97881 – 910426 – 8 – 9, 58 – 61
3.	Emerging Trends in Physical Education and Sports Sciences, “Effect of Yogic Practices and Physical Exercise on Muscular Strength Self-concept and Blood Pressure”, 2011, ISBN : 978-81-908078-6-9, 230-233.

4.	Emerging Trends in Physical Education and Sports Sciences, “Effect of Plyometric Training Combination of Weight and Plyometric Training on Anaerobic Capacity and Agility”, 2011, ISBN : 978-81-908078-6-9, 274-276.
5.	Recent Trends in Yoga and Physical Education, “Effect of Running and Swimming Activities on Selected Cardiac Risk Factors Among Middle Aged Men”, August 2011 ISBN : 97881 – 910426 – 8 – 9, 159 – 62.
6.	Recent Trends in Yoga and Physical Education, “Effect of Yogic Practices and Physical Exercise on Muscular Strength Self-concept and Blood Pressure”, August 2011 ISBN : 97881 – 910426 – 8 – 9, 58 – 59.
7.	Recent Trends in Yoga and Physical Education, “Effect of Strength Training Programme on Leg Strength and Agility, August 2011 ISBN : 97881 – 910426 – 8 – 9, 188 – 189.
8.	Physiological Aspects of Training Nutrition Recovery and Performance, “Effect of Yogic Practices on Blood Pressure and Blood Glucose among Women Diabetic Patients”, 2012, ISBN: 978-93-80567-73-8
9.	Innovative Technology in Sports & Allied Sciences, “Effect of Step Aerobic Training Programme on Leg Strength and Explosive Power”, ISSN: 978-81-920866-4-4, 157-159.
10.	Innovative Technology in Sports & Allied Sciences, “Attitude Towards Sports in Rural Living Peoples - Survey”, ISSN: 978-81-920866-4-4, 31-34.
11.	International Conference on Sports and Nutrition-2012, “Effects of Walking Programme on Selected Physiological at Variables among Middle Aged men”, ISSN: 978-9350-59399-4, 58-59.
12.	Innovative Concepts in Physical Education and Yoga, “Effects of Yogic Practices and Physical Exercise on Selected Psychological Variables Among Male Diabetic Patients”, ISSN: 978-93-80686-07-3, 29-31.
13.	25 th Pan Asian Conference of Sports & Physical Education - 2014, “Effect of Resistance and Endurance Training on Leg Strength and Cardio-respiratory Endurance”, ISSN:2231-3265, 19 – 20.
14.	Broad Base Sports and Physical Education Structure at Universities, “Attitude Towards Sports in Rural Living Peoples - Survey”, ISSN: 978-81-920866-4-4, 48-51.

12 PAPERS PRESENTED AT CONFERENCES AND SEMINOR (From 1-1-2007 onwards).

No	Name of the seminar/Conference/ Organized by / Date / As Delegate/ Resource person
1.	XIII National Conference on Physical Education and Sports, “Effect of Plyometric Training Combination of Weight and Plyometric Training on Anaerobic Capacity and Speed”, organized by the University College of Physical Education, Bangalore University, Bangalore, 4 th – 6 th April 2009.
2.	International Conference on Honing Managerial skills in Sports, “Effect of Plyometric Training Combination of Weight and Plyometric Training on Anaerobic Capacity and Speed”, Organized by the Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli, 20 – 22, August, 2009.
3.	National Seminar on Modern Multidimensional Approaches for Excellence in Sports, Organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, 25 th September, 2009.
4.	National Seminar on Fitness for Urban and Rural Youth and For Special Population, “Analysis of Selected Physical Fitness and Body Composition Measures among Different Religion School Boys”, organized by the Department of Physical Education

	and Sports Sciences, Annamalai University, from 16 th to 17 th December, 2009.
5.	International Conference on Application of Science, Engineering & Technology in Sports, “Effect of Yoga Practice and Pranayama on Flexibility and Blood Pressure”, Organized by M.A.M. College of Engineering, Tiruchirapalli on 7 th & 8 th December, 2009.
6.	International conference on Yoga Therapy and Fitness – An Integrated Approach, “Effect of Yogic Practice and Physical Exercise on Flexibility Anxiety and Blood Pressure”, organized by School of Physical Education, Alagappa University, Karaikudi, on 12 th & 13 th February, 2010
7.	International Conference on Modern Trends in Sports Technology, Management & Allied Sciences, “Effect of Strength Training Programme on Leg Strength and Balance among Women Athletes”, organized by School of Physical Education, Alagappa University, Karaikudi, on 8 th & 9 th 2010.
8.	National Seminar on Role of Modern Training in Physical Education and Sports, “Effect of Strength Training Programme on Back Strength and Balance among Women Athletes”, organized by the Department of Physical Education, University of Madras, Chennai, from 19 th to 20 th March, 2010.
9.	National Seminar on Modern Trends in Sports Medicine, “Effect Strength Training Programme on Strength Endurance and Shoulder Strength Among Women Athletes”, organized by the Department of Physical Education, Bharathiar University, Coimbatore, on 9 th & 10 th April 2010.
10.	National Seminar on Modern Trends in Sports Medicine, “Effect Strength Training Programme on Back Strength and Agility”, organized by the Department of Physical Education, Bharathiar University, Coimbatore, on 9 th & 10 th April 2010.
11.	Asian Conference on Physical Education & Computer Science in Sports, “Effect of Plyometric Training Combination of Weight and Plyometric Training on Flexibility and Agility” Organized Indian Federation of Computer Science in Sports, Osmania University, Hyderabad, on 7 th to 9 th May 2010.
12.	Asian Conference on Physical Education & Computer Science in Sports, “Effect of Running and Swimming Activities on Selected CHD Risk Factors” Organized Indian Federation of Computer Science in Sports, Osmania University, Hyderabad, on 7 th to 9 th May 2010.
13.	14 th Commonwealth International Sports Science Congress, “Effect of Running and Swimming Activities on Cardiac Risk Factors Among Middle Aged Men”, organized by the Manav Rachna International University, Faridabad, Haryana, from 27 to 30, September, 2010.
14.	National Seminar on Yoga and Physiotherapy for Stress Management, “Effect of Yogic Practice and Physical Exercise on Selected Physiological Variables”, organized by Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 29 th October 2010.
15.	National Conference Emerging Trends in Physical Education and Sports Sciences, “Effect of Yogic Practices and Physical Exercise on Muscular Strength Self-concept and Blood Pressure”, organized by the Department of Physical Education, Bharathidasan University, Tiruchirappalli, 12 th March, 2011, 230-233.
16.	Participated in the National Seminar on Recent Technologies in Sports Sciences, Organized by the Department of Physical Education, Bharathiar University, Coimbatore, on 22 nd & 23 rd March 2011.
17.	National Seminar on Training Prescription and Functional Responses on Different Population, “Effect of Weight Training on Selected Strength and Power Parameters”, organized by the Department of Physical Education and Sports Sciences, Annamalai

	University, on 28 th & 29 th 2011.
18.	National Seminar on Recent Trends in Yoga and Physical Education, “Effect of Running and Swimming Activities on Selected Cardiac Risk Factors Among Middle Aged Men”, Organized by the Department of Physical Education, Virudhunagar Hindu Nadar Senthikumara Nadar College, Virudhunagar, in 11 th & 12th August 2011, 159 – 62.
19.	National Seminar on Recent Trends in Yoga and Physical Education, “Effect of Yogic Practices and Physical Exercise on Muscular Strength Self-concept and Blood Pressure”, Organized by the Department of Physical Education, Virudhunagar Hindu Nadar Senthikumara Nadar College, Virudhunagar, in 11 th & 12th August 2011, 58 – 59.
20.	National Seminar on Recent Trends in Yoga and Physical Education, “Effect of Strength Training Programme on Leg Strength and Agility”, Organized by the Department of Physical Education, Virudhunagar Hindu Nadar Senthikumara Nadar College, Virudhunagar, in 11 th & 12th August 2011, 188 – 189.
21.	International Seminar on Physical Education Recreation and Yoga Sciences, “Effect of Step Aerobic Programme on Leg Strength and Agility”, organized by the Department of Physical Education, Banaras Hindu University, Varanasi, from 19 th to 21 st January, 2012.
22.	International Seminar on Physical Education Recreation and Yoga Sciences, “Effect of Yogic Practices on Muscular Endurance, Self Concept and Blood Pressure”, organized by the Department of Physical Education, Banaras Hindu University, Varanasi, from 19 th to 21 st January, 2012.
23.	International Conferences on Sports and Nutrition: Modern Scientific Technologies Empower Sports Personnel, “Effect of Brisk Walking Programme on Selected Physiological Variables among Middle Aged Men”, organized by the Departments of Food Science and Nutrition & Physical Education, on 8 th & 9 th March 2012.
24.	National Seminar on Scientific Innovations and Technological Advances in Physical Education and Sports Sciences, “Effect of Anaerobic Training Programme on Speed Parameters”, organized by the Department of Physical Education, Govt. Sanskrit College, Thiruvananthapuram, on 15 th & 16 th March 2012.
25.	National Seminar on Modern Trends in Sports Management, “Effect of Aerobic Exercise on Selected Health Related Physical Fitness Variables Among Middle Aged Men”, organized by the Department of Physical Education, Health Education and Sports, Ayya Nadar Janaki Ammal College, Sivakasi, on 21 st and 22 nd March 2012.
26.	National Seminar on Physiological Aspects of Training Nutrition Recovery and Performance, “Effect of Yogic Practices on Blood Pressure and Blood Glucose among Women Diabetic Patients”, organized by the Department of Physical Education, Mannar Thirumalai Naicker College, on 10 th 2012.
27.	International Conference on Innovative Technology in Sports and Allied Sciences, “Attitude Towards Sports of Rural Living People – A Survey”, organized by the Department of Physical Education and Health Sciences, Alagappa University, Karaikudi, on 19 th & 20 th October, 2012.
28.	National Seminar on Innovative Concepts in Physical Education and Yoga, “Effects of Yogic Practices and Physical Exercise on Selected Psychological Variables Among Male Diabetic Patients”, organized by Department of Physical Education, Arul Anandar college, Karumathur, Madurai, on 1 st & 2 nd February, 2013.
29.	National Conference on Physical Education and Sports – An Inter-Disciplinary Approach, “Effect of Walking Programme on Selected Biochemical Variables Among Middle Aged Men”, organized the Department of Physical Education, H.H. The Rajah’s College, Pudukottai, on 23 rd February 2013.
30.	National Seminar on Yoga Towards Enhancement in Sports, “Effect of Yogic Practice

	on Reaction Time Among Mentally Retarded (MR) Students”, organized by the Department of Physical Education and Centre for Ethics and Human Values, on 26 th , 27 th and 28 th September, 2013.
31.	International Conference on Physical Education & Sports Science, “Effects of Yoga and Pranayama Practices on Vital Capacity and Blood Pressure among Middle Aged Men”, Organized by the Manipal University, on 9 th – 11 th January 2014.
32.	National Seminar On Women Sports Participation in India, “Effect of Yoga Practices on Respiratory Parameters among Working Women”, organized by the Department of Physical Education, Bharathiar University, on 30 th and 11 th January, 2014.
33.	National Conference on Physical Activities, Sports, Fitness and Dietetics – The Elixir Quartet of Health, “Effect of Yoga Practices on Total Cholesterol Triglycerides and Uric Acid Among Women Diabetic Patients”, organized by the Research Department of Physical Education, on 15 th February 2014.
34.	24 th Pan Asian Society of Sports & Physical Education Conference, “Effect of Yoga Practices on Blood Pressure and Blood Glucose Among Women Diabetic Patients”, Organized by the Department of Physical Education, Vinaya-Bhavana & Visva-Bharati Sports Board, on 7 th to 9 th February, 2014.
35.	International Conference on Recent Trends in Fitness, Health & Sports Science, “Effect of Yoga Practices on Selected Body Composition Measures and Total Cholesterol among Obese Children”, organized by the International Federation for Fitness, Health, Physical Education & Iron Sports, Hyderabad, on 1 st to 4 th of August, 2014.
36.	25 th Pan Asian Conference of Sports & Physical Education - 2014, “Effect of Resistance and Endurance Training on Leg Strength and Cardio-respiratory Endurance”, organized by the Osmania University, Hyderabad, from 8 th to 10 th August, 2014
37.	Renaissance in Sports: Strategies, Challenges and Choices, “Effect of Resistance and Endurance Training on Back Strength and Cardio-respiratory Endurance”, organized by the Research Department of Physical Education & Sports Sciences, National College, Tiruchirappalli, on 29 th and 30 th August, 2014.
38.	National Seminar on Recent Trends in Sports Technology, Management and Allied Sciences, “Effect of Yogic Practices on Selected Body Composition Measures Among Obese Children”, organized Department of Physical Education, from 12 th to 13 th September, 2014
39.	National Conference on Broad Base Sports and Physical Education Structure at Universities, “Attitude Towards Sports in Rural Living Peoples - Survey”, organized by the Department of Physical Education and Sports, University College of Arts, Tumkur University, on 18 th and 19 th September, 2014.

13 NAME OF THE WORKSHOPS ATTENDED

No	Name of the seminar/Conference/ Workshop/Organized by / Date and Duration of the workshop
1.	National Workshop on Sports Medicine, Organized by Department of Physical Education and Sports Sciences, Annamalai University, on 29 th January 2007,
2.	U.G.C. Sponsored National Workshop on Computerized Statistical Application in Physical Education and Sports Research, organized by Department of Physical Education and Sports Sciences, Annamalai University, between 6 th and 8 March 2007.
3.	National Workshop on Track & Field Planning Construction, Rules and Interpretations, organized by the T.N.P.E.S.U, Chennai, on 24 th & 25 th 2011.
4.	International Workshop on Football, organized by the School of Physical Education,

	Alagappa University on 14 th February 2010.
5.	International Workshop on Advanced Scientific Training and Coaching, organized by the T.N.P.E.S.U, Chennai, 2 nd & 3 rd February, 2010.
6.	International Workshop on Health, Physical Education and Computer Science in Sports, organized by the Osmania University, Hyderabad, 11 th & 12 th August, 2012.
7.	UGC Sponsored National Workshop on Analytical Techniques in Physical Education and Sports Sciences, Department of Physical Education, Devi Ahilya Vishwavidyalaa, Indore.

14. GUEST LECTURE/SPECIAL LECTURE/ KEYNOTE ADDRESS IN A SEMINOR/CONFERENCE/WORKSHOP/REFRESHERCOURSE/ORIENTATION COURSE ETC

1. Acted as a Resource Person in the International Conference on “Yoga Therapy and Fitness – An Integrated Approach”, organized by School of Physical Education, Alagappa University.
2. Acted as a Resource Person in the International Conference on “Modern Trends in Sports Technology, Management & Allied Sciences”, organized by School of Physical Education, Alagappa University.
3. Acted as a Resource Person in the U.G.C. and SERO, Hydrabad, Sponsored National Seminar on “Recent Trends in Yoga and Physical Education”, organized by Department of Physical Education, V.H.N.S.N. College, Virudhunagar.
4. Acted as a Resource Person in the International Conference on Sports and Nutrition : Modern Scientific Technology to Empower Sports Personnel on “Recent Trends in Yoga and Physical Education”, organized by Department of Physical Education, Avinashilingam Deemed University.
5. Acted as a Resource Person in the UGC Sponsored National Seminar on Yoga Towards Enhancement in Sports”, organized by Department of Physical Education, Seethalakshmi Ramaswami college, Tiruchirappalli, from 26th to 28th September, 2013.
6. Acted as a Resource Person in the International Conference on Physical Education & Sports on “Vision 2020: Global Excellence in Physical Education & Sports Science”, organized by Sports Council, Manipal University, Manipal from 9th to 11th January, 2014.
7. Acted as Resource Person in the 25th Pan Asian Conference of Sports & Physical Education - 2014, organized by the Osmania University, Hyderabad, from 8th to 10th August, 2014.