

RESUME

Dr. M. Suresh Kumar

Director of Physical Education

Educational Qualifications (UG Degree onwards):

Degree	Subject	Specialization	University/ Institute	Year of passing
BPE	Physical Education	Hockey, Athletics	University of Kerala	2004
MPE	Physical Education	Hockey, Athletics	University of Kerala	2006
M.Phil.	Physical Education	Sports Training	Annamalai University	2008
Ph.D	Physical Education	Hockey, Test & Measurement	Bharathidasan University	2013
NIS, Dip. In Sports Coaching CCY	Hockey		SAI, NSSC, Bangalore	2007
PGDY	Yoga		Kaivalyadhama, Lonavla	2004
PGDSBSA	Yoga		TNPES&U	2011
PGDSBSA	Statistics		Annamalai University	
MSc., MSc.,	Psychology Yoga	General	University of Madras TNPESU	

Teaching Experience:

University	Designation	Duration		Length of Service
		From	To	
RKMVU, FGAPeDY, SRKV Post Periyanaicken Palayam, Coimbatore	Lecturer	30-05-2007	31-05-2008	One Year
Selvam College of Physical Education Thanthai Hans	Asst. professor	24-12-2010	04-02-2014	Three Years Two Months
Roever College, Perambalur	Asst. professor	30-06-2014	31-07-2015	One Year One Month
Ganesar College of Arts and Science	Director of Physical Education	03-08-2015	Till Date	

Specialization

- **Exercise Physiology**
- **Hockey**
- **Tennis**

Academic Distinction:

- Qualified **SET** (March. 2006)
- Awarded **UGC-JRF** (Dec. 2006)
- Qualified **UGC-NET** (Dec.2006 & June 2012)

Publications:

1. Books:

S.No	Title	Authors	Publishers
1	ABCs of Ball Badminton	Dr.R.Kalidasan, M.Suresh Kumar (ISBN No: 978-81-907441-8-8)	Vinsi Agencies, #9/4,Iswarya Complex, College Road, Karaikudi-02, Tamilnadu
2	Statistics for Physical Education Researchers	M. Suresh Kumar (ISBN No: 978-81-921759-5-9)	Karunanithi Publishers, Trichy – 620 002
3	A Guide for Physical Education Teachers	Dr.M.Suresh Kumar Dr.S.Viswanath Dr.V.Saminathan, Dr.A.Sathiyamoorthy, Dr.M.Srinivasan, Dr.S.Udhaya Shankar (ISBN: 978-93-5001-454-7)	Mercury Printers & Publishers, Perambalur-212.
4	Handbook on Track & Field and Games	Dr.J.Vincent Paul Dr.M.Suresh Kumar Dr.P.Senthilkumar (ISBN: 978-93-5001-507-0)	Mercury Printers & Publishers, Perambalur-212.
5	Research and Statistics in Physical Education	Dr.P.Senthilkumar Dr.M.Suresh Kumar (ISBN: 978-93-5001-505-6)	Mercury Printers & Publishers, Perambalur-212.

2. Research articles published:

Articles Published in Scopus Indexed Journal.

S.No	Authors	Title	Year	Name of the Journal	Vol. & Page No
1	Dr. T. Ekambaram & Dr. M. Suresh Kumar	EFFECT OF YOGIC PRACTICES THERAPEUTIC EXERCISE AND	2023	Journal of Data Acquisition and Processing ISSN: 1004-9037	Vol. 38 (4), 816-820

		COMBINED PRACTICES ON RESTING PULSE RATE AMONG LOW BACKACHE MEN		DOI: 10.5281/zenodo.777821	
2	Vishali, S. Selvalakshmi, S & Suresh Kumar. M	Studies on the effect of yogic practices on a psychological and academic-related variable of the tobacco smoking male students	June 2020	Journal of Xidian University (ISSN No:1001-2400)	14, 6, 2519-2535
3	Dr.M.Suresh Kumar	Position wise assessment of body weight among novice and experienced basketball players	Nov, 2019	The International journal of analytical and experimental modal analysis (ISSN: 0886-9367)	XI, XI, 526-531.
4	Dr.M.Suresh Kumar	Effect of yogic practices on selected lung volumes among asthmatic men	July 2019	The International journal of analytical and experimental modal analysis (ISSN: 0886-9367)	XI, VII, 1286-1290.
5	Dr.K.Kamalakkannan, Dr.M.Suresh Kumar & R.Mohanakrishnan	Influence of Health Related Physical Fitness on Mental Health of Rural School Students	2014	International Journal of Applied Engineering Research (ISSN: 0973-4562)	Volume. 9, Number.15. Pg.No. 2917-2924.

Articles Published in Book Chapter

S.No	Authors	Title	Year	Name of the Journal	Vol. & Page No
1	Dr.S.Selvalakshmi & Dr.M.Suresh Kumar	Impact of Yoga Therapy on Selected Clinical Parameters among Asthmatic Women	2017	Statistical Approaches in Multidisciplinary Research (ISBN: 978-93-86537-29-4)	Volume. 9, Number.15. Pg.No. 2917-2924.

Articles Published in UGC-CARE Journals

S.No	Authors	Title	Year	Name of the Journal	Vol. & Page No
1	M.Karuppaiah & Dr.M.Suresh Kumar	Circuit training's Influence on Changes in Muscular strength among College Kabaddi Players	September 2023	Third Concept. An International Journal of Ideas 0970-7247	36, 430, 65-66
2	G.Udaya Kumar & Dr.M.Suresh Kumar	Effect of Game-Specific Training on Dribbling Among Hockey Players	July 2023	Third Concept. An International Journal of Ideas 0970-7247	37, 437, 100-101
3	D.Shalini Devi & Dr.M.Suresh Kumar	Effect of SAQ Training on Agility among Kho Kho Players	June 2023	Third Concept. An International Journal of Ideas 0970-7247	37, 436, 99-100
4	M.Karuppaiah & Dr.M.Suresh Kumar	Investigation of the changes on explosive strength In response to interval training Among kabaddi players	May 2023	Third Concept. An International Journal of Ideas 0970-7247	37, 435, 82-83
5	D.Shalini Devi & Dr.M.Suresh Kumar	Effect of SAQ training on Balance among Kho kho Players	March 2023	Third Concept. An International Journal of Ideas 0970-7247	37, 433, 53-54
6	G.Udaya Kumar & Dr.M.Suresh Kumar	Effect of Game-Specific Training on Speed among Hockey Players	December 2022	Third Concept. An International Journal of Ideas 0970-7247	36, 430, 53-54
7	G.Udaya Kumar & Dr.M.Suresh Kumar	Effect of Psychological	October-December 2022	Asian Pacific Journal of Health	9, 4, 221,222.

		Skill Training on Selected Performance Variables among Hockey Players		Sciences, 2349-0659	
8	M.Karuppaiah & Dr.M.Suresh Kumar	Examination of the Changes on Selected Performance Parameters in Response to Circuit Training among Kabaddi Players	July-September 2022	Asian Pacific Journal of Health Sciences	9, 3, 25,26.
9	M.Karuppaiah & Dr.M.Suresh Kumar	Interval Training's Influence on Changes in Selected Strength Parameters among College Kabaddi Players	July-September 2022	Asian Pacific Journal of Health Sciences	9, 3, 143,144. 2349-0659
10	Sujitha Paulose & Dr.M.Suresh Kumar	Effect of Progressive Muscular Relaxation Training on Selected Psychomotor Variables among Hockey Players	May 2020	Alochana Chakra Journal (UGC Listed) (ISSN: 2231-3990)	Vol: 9, Issue: 5, 2439-2443
11	M.Suresh Kumar	Investigation of the Changes on Selected Physical Fitness Parameters in Response to SAQ Training among College Women Students	April 2020	Alochana Chakra Journal (UGC Listed) (ISSN: 2231-3990)	Vol: 9, Issue: 4, 5121-5124

12	Dr.M.Rajkumar, Dr.T.P.Yokesh & Suresh, Kumar M.	Influence of multimedia programme teaching among physical education students.	February 2020	Shambodhi (UGC Listed) (ISSN: 2249- 6661)	1. 3, 2, 373- 375.
13	Dr.A.Eswaramoorthy & Dr.M.Suresh Kumar	Effect of yogic practices and aerobic training on flexibility among physical education students	April 2020	Purakala (UGC Listed) (ISSN: 0971- 2143)	Vol: 31, Issue: 8, 417-420
14	M.Suresh Kumar	Comparative Analysis Of Core Strength Among Football Hockey And Kabaddi Players	December 2019	Think India Journal (UGC Listed), (ISSN:0971- 1260)	Vol.22 Issue 14, 1261- 1264.

Articles Published in International Refereed Journals

S.No	Authors	Title	Year	Name of the Journal	Vol. & Page No
1	D.Shalini Devi & Dr.M.Suresh Kumar	Effect of SAQ Training on Speed and Agility among Kho Kho Players	January 2021	International Journal of Recent Research and Applied Studies, 2349 – 4891	8, 1, (5), 20-23,
2	M.Karuppaiah & Dr.M.Suresh Kumar	Effect of Circuit Training on Strength and Endurance among Kabaddi Players	January 2021	International Journal of Recent Research and Applied Studies, 2349 – 4891	8, 1, (6), 24-26
3	M.Suresh Kumar	Influence of	January	(UGC) Star	Vol.5

		Yoga Practices on Blood Pressure Among Rural College Girls	2017	International Research Journal, (Online ISSN:2321-676X)	Issue 1(3),
4	M.Suresh Kumar	Effect of Complex Training on Selected Physical Fitness Variables of Men Kabaddi Players	December 2016	International Journal of Recent Research and Applied Studies	Volume. 3, Issue.12. 29. Pg.No. 121-124.
5	M.Suresh Kumar	Effect of interval Training on Selected Endurance Components Among College Kabaddi Players	September (2016)	(UGC) Star International Research Journal, (Online ISSN:2321-676X)	Vol.4 Issue 9(4),
6	Dr.Duraisami M.Suresh Kumar	Effect of Yogic Practices on Selected Lung Volumes among Asthmatic Men	July 2016	International Journal of Recent Research and Applied Studies (ISSN: 2349-4891)	Volume. 3, Issue.7. 5. Pg.No. 29-32.
7	M.Suresh Kumar	Effect of Aerobic Training on Selected Physical Variables among College Men	May 2015	International Journal of Recent Research and Applied Studies (ISSN: 2349-4891)	Volume. 2, Issue.5. 14. Pg.No. 71-73.
8	M.Suresh Kumar	Influence of Circuit Training on selected Physical Fitness Variables among Men Hockey	December, 2014	International Journal of Recent Research and Applied Studies (ISSN: 2349-4891)	Volume. 1, Issue.7. 06. Pg.No. 16-19.
9	M.Suresh Kumar	Skill Tests in Field Hockey - Past, Present & Future	July, 2014	International Journal of Recent Research and Applied	Volume. 1, Issue.2. 09. Pg.No.

10	M.Suresh Kumar	Influence of Explosive Resistance Training on Explosive Strength among Volleyball Players	June, 2014	Studies (ISSN: 2349-4891) International Journal of Recent Research and Applied Studies (ISSN: 2349-4891)	34-36. Volume. 1, Issue.1. 09. Pg.No. 35-36.
11	M.Suresh Kumar	Impact of Conventional Training on Dribbling Ability of Novice Hockey Players	January, 2014	(UGC) Star International Research Journal, (Online ISSN:2321-676X)	Volume. 2, Issue.1. 07.
12	C.A.Vijayarani, Dr.V.Vallimurugan & M.Suresh Kumar	Influence of Yogic Practices on Selected Physiological and Psychological Variables of Adolescent Boys	2012	Recent Research in Science and Technology (ISSN: 2076-5061)	3(1)
13	K. Ivin Jabakumar, M. Suresh Kumar , Dr.R. Kalidasan	Influence of e-content based coaching on selected Fundamental skills in field hockey	2011	Recent Research in Science and Technology (ISSN: 2076-5061)	3(1): 59-62

Articles Published in National Journals

S.No	Authors	Title	Year	Name of the Journal	Vol. & Page No
1	M.Suresh Kumar	Assessment of Exercise Motivation Level among Physical Educational Students	June, 2014	Journal of Physical Education and Sports Sciences, MCPE, Coimbatore. (ISSN: 0976-6618)	Volume. 6, Issue.1 & Page No. 78-82
2	M.Suresh Kumar	Construction of	Dec,	Journal of	Volume. 5,

	& Dr.R.Kalidasan	Norms for Skill Test Battery in Field Hockey	2013	Physical Education and Sports Sciences, MCPE, Coimbatore. (ISSN: 0976-6618)	Issue.2 & Page No. 6-10
3	M.Suresh Kumar & Dr.R.Kalidasan	Development of a Hitting Skill Test in Field Hockey	June, 2013	Journal of Physical Education and Sports Sciences, MCPE, Coimbatore. (ISSN: 0976-6618)	Volume. 5, Issue.1 & Page No. 92-96
4	M. Suresh Kumar	Effect of Yogic Practices on Selected Health Related Physical Fitness Components and Physiological Variables among Obese Women	June, 2012	Journal of Teacher Education and Research. (ISSN No: 0974-8210).	Volume. 7, No.1 & Page No. 47-51
5	Dr.V.Vallimurugan, M.Suresh Kumar & A.Senthil Kumar	Effect of Complex Training on Selected Physiological Variables of Women Participants	May, 2012	Academic Sports Scholar (ISSN No: 2277-3665)	Vol:1, Issue V
6	Dr.V.Vallimurugan, & M.Suresh Kumar	Effect of Game-Specific Skills Training With and Without Yogic Practices on Selected Motor, Psychophysiological and Performance Variables among Handball Players	Jan, 2012	Journal of Physical Education and Sports Sciences, MCPE, Coimbatore. (ISSN: 0976-6618)	Volume.3, No-2 & Page No. 26-33
7	M. Suresh Kumar	Resistance Training and its Impact Towards Muscular Performance Among Visually Impaired	Dec, 2011	Journal of Adapted Physical Education and Yoga (ISSN: 2229-4821)	Volume 1, Issue 2, Page No. 31-33

Adolescents

8	M.Suresh Kumar	Impact of Sport Vision Training for Enhancing Selected Visual Skills and Performance Factors of Novice Hockey Players	July-December 2011	Indian Journal of Movement Education and Exercises Sciences (IJMEES), Bi-annual Refereed Journal. (Online ISSN 2249-6246)	Vol. I No. 1
9	M.Suresh Kumar	Analysis of Sports Achievement Motivation Between Physical Education and Non Physical Education Boys Vs Girls	Oct, 2011	Research Bi-annual for Movement (ISSN No: 0973-1989).	Volume. 28, No.1 & Page No. 62-68.
10	M.Suresh Kumar & Dr.R.Kalidasan	Construction and Development of Skill Tests and Prediction of Playing Ability in Field Hockey	April 2011-September 2011	Indian Journal for Research in Physical Education and Sports Sciences (ISSN: 0973-9025)	Vol.6 No.1 & Page No. 94-99
11	M.Suresh Kumar & Dr.R.Kalidasan	Comparison of Sports Achievement Motivation Between Tamilnadu and Karnataka Freshers and Experienced ball Badminton Players	Feb, 2011	Vyayam-Vidnyan. H.V.P.Mandal, Amravati. (ISSN: 0975-8895)	Volume. 44, No.1 & Page No. 1-5
12	M.Suresh Kumar & Dr.R.Kalidasan	Construction of Skill Test Battery in Field Hockey	Jan, 2011	Journal of Physical Education and Sports	Volume.3, Issue-1 & Page No. 28-33

				Sciences, MCPE, Coimbatore. (ISSN: 0976-6618)	
13	Dr.V.Vallimurugan, V.Saminathan & M.Suresh Kumar	Influence of Psychological Skills Training on Selected Psychophysiological and Psychomotor Variables of High Level Participants	Jan, 2011	Journal of Physical Education and Sports Sciences, MCPE, Coimbatore. (ISSN: 0976-6618)	Volume.3, Issue-1 & Page No. 56-62
14	M.Suresh Kumar & Dr.R.Kalidasan	Position-wise analysis of Sports Achievement Motivation among women ball Badminton Players	Dec, 2010	Journal of Teacher Education and Research. (ISSN No: 0974-8210).	Volume. 5, No.2 & Page No. 35-39
15	M.Suresh Kumar & Dr R.Kalidasan	Evaluation of Slap Hit in Field Hockey	Oct, 2010	Research Bi-Annual for Movement (ISSN No: 0973-1989)	Volume. 27, No.1 & Page No. 18-27
16	M.Suresh Kumar & Dr. R.Kalidasan	Sportpersonship among Field Hockey Players	Oct, 2010	Journal of Sports and Sports Sciences, Oct. 2010, (ISSN No: 0970-7557). SAI, NSNIS, Patiala.	Volume. 33, No.4 & Page No. 36-43
17	M.Suresh Kumar & Dr.S.Alagesan	Effect of Aerobic Circuit Training on Selected Physical Fitness Components of Children	April, 2010	Journal of Physical Education Sports and Allied Disciplines (ISSN: 0974-343X)	Volume. 1, No.1 & Page No. 62-67
18	M.Suresh Kumar & Dr.R.Kalidasan	Comparison of Sports Achievement Motivation level among different Topography of Ball Badminton players	Jan, 2010	Journal of Physical Education and Sports Sciences, MCPE, Coimbatore.	Volume.00 2, Issue-1 & Page No. 15-18

19	M.Suresh Kumar, P.B Muralikrishnan & Dr. R.Kalidasan	Analysis of Selected Anthropometric Characteristics and Iso-Inertial Strength with Hitting Speed of Hockey Players	2009	Journal of Sports and Sports Sciences, Oct. 2009, (ISSN No: 0970-7557). SAI, NSNIS, Patiala.	Volume. 32, No.4 & Page No. 24-30
-----------	--	---	------	--	--

3. Research articles/Papers Presented in Inter-National Level Seminars / Conferences:

Sl.No	Title of the Paper	Organised by	Theme	Date
1	Immediate effect on speed among kho-kho players owe to SAQ training	Sri Krishna Arts and Science College, Coimbatore	3 rd International Conference on Current Trends in Multidisciplinary Research- ICCMR-2023	22 nd & 23 rd September, 2023
2	Performance assessment among hockey players due to game-specific training	Sri Krishna Arts and Science College, Coimbatore	3 rd International Conference on Current Trends in Multidisciplinary Research- ICCMR-2023	22 nd & 23 rd September, 2023
3	Interval training and its effect on strength of kabaddi players	Sri Krishna Arts and Science College, Coimbatore	3 rd International Conference on Current Trends in Multidisciplinary Research- ICCMR-2023	22 nd & 23 rd September, 2023
4	Impact of Resistance Training on selected Physical Fitness Components among College Students	Alagappa University, Karaikudi	Two days International Conference on "MODERN TRENDS IN SPORTS PERFORMANCE"	15 TH & 16 TH March 2023
5	An Extensive Study of Tamilnadu Sports Coaches on Selected Quality of Work Life Variables Between the Government and Private Sector	All Saints College, Tiruvananthapuram, Kerala, India	International Conference on Prospective Approaches and Applications of "YOGA AND PHYSICAL ACTIVITY FOR	19 & 20-11-2015

	Assessment of Slap Hit in Field Hockey on Astro Turf	Association of Sports Technology Management & Allied Sciences and School of Physical Education, Alagappa University	BETTER LIFE” Modern Trends in Sports Technology, Management & Allied Sciences (ISBN: 978-93-80400-11-2)	08,09-03-2010
6	E-content Based Learning in Physical Education-With Special reference to Hockey	Dept. of Educational Technology & Dept. of Library and Information Science, Bharathidasan University, Trichy	eResources in Higher Education: Issues, Developments, Opportunities & Challenges (ISBN: 978-81-908078-9-0)	19,20-02-2010
7	Impact of Sport Vision Training for Enhancing Selected Visual Skills and Performance Factors of Novice Hockey Players	Banaras Hindu University, Varanasi	Recent Technological Advancement & Entrepreneurship	16,17-01-2010
8	Field Hockey Injuries and its Prevention	MAM College of Engineering, Trichy	Application of Science, Engineering & Technology in Sports	07,08-12-2009
9	Analysis of Hitting Speed in Field Hockey Using Bushnell Radar Speed Gun	VIT University, Vellore & TNPE&SU, Chennai	Recent Trends in Sports Technology	4,5-12-08

5. Research articles/Papers Presented in National Level Seminars / Conferences:

Sl.N	Title of the Paper	Organised by	Theme	Date
1	Effect of circuit training on selected physical Variables among kabaddi players	Seshadripuram Institute of Commerce and Management, Bengalure	Two-Days Virtual Multi-Disciplinary National Conference “ERUDITE”	24th and 25th February 2021.
2	Effect of SAQ Training on Speed and Agility among Kho Kho Players	Seshadripuram Institute of Commerce and Management, Bengalure	Two-Days Virtual Multi-Disciplinary National Conference “ERUDITE”	24th and 25th February 2021.
3	Effect of progressive	Seshadripuram	Two-Days Virtual	24th

	muscular relaxation training on selected psychomotor Variables among hockey players	Institute of Commerce and Management, Bengalure	Multi-Disciplinary National Conference “ERUDITE”	and 25th February 2021.
4	Effect of game specific training on performance variable among the hockey player's	Seshadripuram Institute of Commerce and Management, Bengalure	Two-Days Virtual Multi-Disciplinary National Conference “ERUDITE”	24th and 25th February 2021.
5	Indian dream in Olympics – Coaches Perspective	Maruthi College of Physical Education, Coimbatore	Road Map to 2020 Olympics	24-02-2017
6	Application of Statistics in Social Science Research-A Modern Perspective	Thanthai Hans Roever College, Perambalur, Tamilnadu	Role and Application of Statistics in Multi-Disciplinary Research	7 th October, 2016
7	Recent Innovations and improvisation in kabaddi performance	Bharathidasan University, Tiruchirappalli, Tamilnadu	(UGC Sponsored) Concept of Health Fitness and Wellness	04 th & 05 th February 2016
8	Effect of Yoga on selected psychological variables among middle aged women	Urnu Dhanalakshmi College, Tiruchirappalli, Tamilnadu	(UGC Sponsored) Role of Yoga and Technology in Enhancing Sports Performance and Populace Health	28 th & 29 th January, 2016
9	Effect of Aerobic dance training on selected psychological variables among ball badminton players	Maruthi College of Physical Education, Coimbatore	National seminar on role of sports sciences in achieving human excellence (UGC Sponsored)	13-14 March 2015
10	Effect of SAQ training on selected Physiological Variables among Hockey Players	Bishop Heber College, Tiruchirappalli, Tamilnadu.	Physical Activities, Sports, Fitness and Diabetics- The Elixir Quartet of Health	15 th , Feb, 2014
11	Construction of Skill Test Battery in Field Hockey	St.Aloysius’ College, Kerala	UGC Sponsored National Conference “Honing modern trends and promotion of education in health sciences.	14-16 Decemb er, 2011
12	Post Mortem in Hockey	Bharathidasan University, Tiruchirappalli, Tamilnadu.	Emerging Trends in Physical Education and Sports Sciences	12 th March, 2011
13	Hawk-Eye Technology in International Events	Selvam college of Physical Education, Namakkal,	Scientific Innovations in Sports Sciences and Technology	5 th March, 2011

14	Position-wise analysis of selected Psychological variables among hockey Players	Tamilnadu. Maruthi College of Physical Education, Coimbatore, Tamilnadu.	NAAC sponsored Seminar “ Teaching-Learning in Physical Education: Quality Outcomes	18 & 19 March 2011
15	A Study on Attitude of Tamilnadu state Physical Education college students as a Profession	Tamilnadu Physical Education and Sports University, Chennai, Tamilnadu.	Social Aspects of Sports in Indian Context	12 th March 2010
16	An overview of sports injury causes in Field Hockey	Meenatchi Physical Education College, Ariyalur, Tamilnadu.	Role of science, Technology and Yoga in Enhancing Sports Performance and Health	6 th Feb, 2010
17	Stress Management Techniques for Field Hockey Players	Indian Institute of Yoga and Naturopathy	Modern Trends in Yoga and Naturopathy	11-10-2009
18	Need of Artificial Turfs in India for Healthier Hockey Performance	Alagappa University, Karaikudi	Modern Multidimensional Approaches for Excellence in Sports	25-09-2009
19	Relationship of Selected Anthropometric Characteristics with Hitting Ability of Hockey Players	Bangalore University, Bangalore	Physical Education and Sports	4,5,6-04-09
20	Modern Playing Surfaces and Its Effect on Hockey Performance	Bharathidasan University, Trichy	Role of Sports Sciences and Technology in Enhancing Sports Performance	21-03-09
21	Validation of Skill Tests in Field Hockey	Bishop College, Trichy	Physical Education, Sports and Art of Well Being	20-03-09
22	Hockey Players Need Attention Headed for Backpain	Koviloor Andavar Yoga Research Centre	Yoga Therapy	15-11-08
23	Gait Analysis and Its Relevance in Rehabilitation	TNPE&SU, Chennai	Impact of Biomechanics on Excellence in Sports	30-10-08
24	Healthy Initiatives for Longer Life	Alagappa University, Karaikudi	Healthy Ageing Through Yoga Therapeutic Means and Sports	18-09-08

6. Details of Workshops attended at National Level:

Sl.No	Organised by	Topic	Date
1	H.H. The Rajah's College, Pudukkottai	SPSS-Application and Data analysis	14-16 Feb, 2020
2	Bharathidasan University	National workshop on Tennis and Racketlon	23 rd March, 2019
3	Bharathidasan University	UGC Sponsored National Workshop on Sports Biomechanics	19-12- 2016
4	Tamilnadu Physical Education and Sports University, Chennai Tamilnadu	Yoga "Your Life Your Choice"	27 th February, 2016
5	Selvam College of Physical Education, Namakkal	Application of Biomechanics in the field of Physical Education	16 th , September 2013
6	Selvam College of Physical Education, Namakkal	Therapeutic Aspects in Yoga	7 th to 13 th May, 2011
7	Selvam College of Physical Education, Namakkal	Athletics	5 th , Feb.2011
8	Bharathidasan University	Scholarly Information Access	23 & 24 October 2009
9	Bharathiar University, Coimbatore	Research Methodology and Statistics in Physical Education	16,17-03- 09
10	Bharathidasan University, Trichy	Access to e-Resources and Digital Library Consortium	1,2-08-08
11	Everonn Learning Academy	SPSS for Data Analysis	29 to 30- 08-2007
12	LNCPE, Trivendrum	Danish Gymnastics	13, 14-03- 2006

7. Research Guidance (M.Phil)

S.No	College	University	Status
1	Selvam College of Physical Education, Namakkal-03 5 Students (2011-13)	TNPE &SU, Chennai	Awarded
2	Bharathidasan University 2 Students (2016-18) Part-time	Department of Physical Education, Bharathidasan University	Awarded

8. Research Guidance (Ph.D): 4 Pursuing