



**Dr. S. Nagarajan**  
**Associate Professor**

### Contact

Address : COLLEGE OF PHYSICAL EDUCATION  
Alagappa University  
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Employee Number : 41404

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**Academic Qualifications: M.COM., M.Sc., YOGA., M.P.ED., Ph.D.**

**Teaching Experience: 16 Years**

**Research Experience: 15 Years**

### Additional Responsibilities

1. Coordinator – Remedial coaching for SC/ST/OBC (Non Creamy layer) and minorities-
2. Selection Committee member Alagappa university Football team 2010-2016.
3. Selection committee member Alagappa university volleyball team 2012-2014.
4. University Representative for DD exam every year.
5. Flying squad of afflicted colleges.
6. Aucpe Extramural in charge of games 2009-2014.
7. Organizing secretary for state level inter collegiate football tournament every year.
8. Coordinator for college cultural club

## Areas of Research

Training Methods and Measurement & Evaluation.

## Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	2	7
	M.Phil.	21	1
Project	PG	45	3

## Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
9	3	5	2	2

Cumulative Impact Factor (as per JCR) : 5  
h-index : 1  
i10 index : 1  
Total Citations : 7

## Distinctive Achievements / Awards

1. Best citizen of India award 2011

## Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized: 9

1. Seminar-2
2. Workshops-3
3. Conferences-4

## Events Participated

### Conferences / Seminars / Workshops:

#### INTERNATIONAL / NATIONAL

1. Conferences - 8 / 8
2. Seminar - 4 / 14
3. Workshops - 3 / 5

### Other Training Programs

1. Water sports course at manali 17-3-11 to 26-3-11
2. The Nilgiris trekking 23-3-12 to 1-4-12
3. Isak level ONE anthropometric April 5-9-2009
4. Isak level TWO anthropometric June 6-10-2011
5. Advance scientific training march 12-13-2009
6. Orientation programme under ugc XI plan 24-25 feb 2010
7. Research methodology at Pondicherry july 21-22-2011
8. Orientation British council at Alagappa university 120 hours

## Membership in

### Professional Bodies

1. Life Member of fitness society of India
2. Life member of napes

### Academic Bodies (such as Board of Studies etc.,)

1. PONDICHERRY UNIVERSITY
2. ANNAMALAI UNIVERSITY

### Others

1. AVINASILANGAM UNIVERSITY
2. ARUL ANANDHAR COLLEGE

## Resource persons in various capacities

Number of Invited / Special Lectures delivered: 2

## Others

1. Articles published in Newspapers / Magazines : 2
2. No. of PhD Thesis evaluated : 3
3. No. of PhD Public Viva Voce Examination conducted : 3

## Recent Publications

### PUBLISHED PAPERS IN INTERNATIONAL JOURNALS

1. NAGARAJAN.S, (2016), "IMPACT OF AQUATIC PLYOMETRIC TRAINING ON SELECTED MOTOR FITNESS COMPONENTS AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE MEN STUDENTS", INDIAN STREAMS RESEARCH JOURNAL, ISRJ, Volume - 6/ Issue - 6, page numbers -7. (Impact Factor: 4.1625).
2. NAGARAJAN.S, (2016), "COMPARATIVE EFFECT OF PLYOMETRIC TRAINING AND AQUATIC PLYOMETRIC TRAINING ON SPRINTING SPEED AND LONG JUMP PERFORMANCE OF COLLEGE STUDENTS", INTERNATIONAL JOURNAL OF APPLIED RESEARCH, IJAR, VOLUME – 2 / ISSUE – 8, PAPER NUMBER – 5
3. NAGARAJAN.S, (2016), "SPORTS PARTICIPATION OF WOMENS IN INDIA – RESTRIANTS CHALLENGES ISSUES EMPOWER OPPORTUNITIES AND BENEFITS", INTERNATIONAL JOURNAL OF INNOVATIVE KNOWLEDGE CONCEPTS, IJIKC, VOLUME – 2/ ISSUE – 7, PAPER NUMBER
4. NAGARAJAN.S (AUG, 2012 ) EFFECT OF CARBOHYDRATE LOADING ON PERFORMANCE OF LONG DISTANCE RUNNERS. INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION SPORTS AND YOGIC SCIENCE (PAGE 35-37). DEPT.OF PHYSICAL EDUCATION, DEVI AHILYA UNIVERSITY, INDORE. ISSN. 2249 8775.
5. NAGARAJAN.S. (JULY 2013) EFFECT AEROBIC CIRCUIT TRAINING AND PARCOURS TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE MEN STUDENTS. INTERNATIONAL JOURNAL OF HEALTH PHYSICAL EDUCATION AND COMPUTER SCIENCE IN SPORTS (PAGE 149-151) INDIAN FEDERATION OF COMPUTER SCIENCE IN SPORTS.ISSN.2231-3265.
6. NAGARAJAN.S (NOV, 2013) THE EFFECT OF CIRCUIT TRAINING FOR THE DEVELOPMENT OF VERTICAL JUMPING ABILITY ENDURANCE, AGILITY AND SKILL

ABILITY IN FOOTBALL PLAYER BOYS AGE 12-14 YEARS. SPECTRUM INTERNATIONAL JOURNAL OF HUMANITIES ONLINE. [WWW.PGPHYEDU.KEM.ORG](http://WWW.PGPHYEDU.KEM.ORG).ISSN.2321 – 6805.

7. NAGARAJAN.S (6 JUNE 2014) EFFECT VARIED MODES OF YOGIC PRACTICES ON SELECTED PHYSIOLOGICAL VARIABLES AMONG OBESE SCHOOL GIRLS. INTERNATIONAL JOURNAL OF ADVANCED AND INNOVATIVE RESEARCH. PAGE NO-11-18.PUBLISHED IN IJAIR –VOLUME 3, ISSUE.ISSN NO: 2278-7844.

8. NAGARAJAN.S (JULY 2014) EFFECT OF AEROBIC EXERCISES WITH MEDIUM INTENSITY AND DURATION OF SELECTED MOTOR FITNESS VARIABLES OF HAND BALL PLAYERS. INTERNATIONAL JOURNAL OF RECENT RESEARCH AND APPLIED STUDIES.PAGE NO 27-29.IJRAS.VOLUME NO 1, ISSUE 2 (7).ISSN NO-2349-4891.

9. NAGARAJAN. S. (JULY 2012) EFFECT OF YOGIC PRACTICE ON SELECTED PHYSICAL FITNESS COMPONENT AMONG OBESE SCHOOL GIRLS (PAGE NO. 375-377), DOPING IN SPORT INVIGORATION PREREQUISITES AND MISAPPREHENSIVE. ISBN.978-81-9091.

#### **PUBLISHED PAPERS IN NATIONAL JOURNALS**

1.NAGARAJAN.S THE EFFECT OF FITNESS PROGRAMME ON ENDURANCE AND FITNESS – RELATED KNOWLEDGE IN SEDENTARY SCHOOL BOYS.JOURNAL OF PHYSICAL EDUCATION SPORTS AND ALLIED DISCIPLINES (PAGE 105-113) TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI. JULY 2010.ISSN.0974 – 343X.

2. NAGARAJAN.S EFFECT OF YOGIC PRACTICES, PHYSICAL EXERCISES AND COMBINATION YOGIC PRACTICE PHYSICALEXERCISES AND SELECTED MOTOR ABILITY COMPONENTS, PHYSIOLOGY VARIABLES OF COLLEGE MENSTUDENTS. NAPESS JOURNAL OF PHYSICAL EDUCATION AND SPORTS SCIENCE (PAGE 154-156). TAMIL NADU PHYSICAL EDUCATION & SPORTS SCIENCE. FEB, 2012.ISSN.2229-7049.

3. NAGARAJAN.S (DEC 2012) ANALYSIS OF SELECTED PSYCHOLOGICAL VARIABLES AMONG WOMEN CRICKET UNIVERSITY PLAYERS.JOURNAL OF HEALTH AND SPORTS SCIENCES (PAGE 37-44). FORUM OF PHYSICAL EDUCATION & SPORTS..ISSN.0975-45 INTERNATIONAL CONFERENCE PROCEEDING:

4. NAGARAJAN.S (JAN, 2012) EFFECT OF YOGIC TRAINING ON SELECTED BIOMETER VARIABLES (PAGE 337 – 339) PHYSICAL EDUCATION RECREATION AND YOGIC SCIENCES BHU VARANASI., ISSN.2250-1398.

5. NAGARAJAN. S. (MARCH 2012) ANALYSIS OF CORE STRENGTH AND STABILITY AMONG MALE FOOTBALL PLAYER AT DIFFERENT PLAYING POSITION (PAGE 377-379), SPORTS & NUTRITION 2012 AVINASHILINGAM UNIVERSITY, , ISBN.935-059 –339-4.

6. NAGARAJAN. S. , (OCT 2012) EFFECT OF HIGH INTENSITY TRAINING AND CONTINUOUS ENDURANCE TRAINING ON AEROBIC CAPACITAND BODY COMPOSITION IN RECREATIONALLY ACTIVE RUNNER (PAGE 48-52) INNOVATIVE TECHNOLOGY IN SPORTS AND ALLIED SCIENCES.ISBN.978-81-920866-4-4.

7. NAGARAJAN. S (JAN 2013) EFFECT OF PARANAYAMA ON THE DEVELOPMENT OF SELECTED PHYSICAL PHYSIOLOGICAL VARIABLES AMONG COLLEGE MALE STUDENTS (PAGE 358 -363. FUTURISTIC TRENDS IN PHYSICAL EDUCATION,.ISBN.978-93-80144-62-7

#### **INTERNATIONAL CONFERENCE / SEMINARS/WORKSHOPS:**

1. EFFECT OF YOGIC TRAINING ON SELECTED BIO MOTOR VARIABLES. "PHYSICAL EDUCATION RECREATING AND YOGIC SCIENCE" BANARAS HINDU UNIVERSITY.19 -21 JAN - 2012

2. EFFECT OF YOGIC PRACTICES, PHYSICAL EXERCISE AND COMBINATION OF YOGIC PRACTICES ON SELECTED MOTOR ABILITY COMPONENTS OF MEN STUDENTS. "BETTER LIFE BETTER WORLD THROUGH YOGA WITH ALLIED SPORTS SCIENCE. TAMIL NADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY.FEB, 16-18, 2012

3. "A COMPARATIVE STUDY OF AGILITY AND SPEED OF SCHOOL LEVEL BASKETBALL AND HOCKEY PLAYERS". INNOVATIVE TECHNOLOGY IN SPORTS & ALLIED SCIENCE. ALAGAPPA UNIVERSITY, KARAIKUDI..OCT 19 & 20 - 2012

4. SPORTS MANAGEMENT. MANAGEMENT OF ALCOHOLISM. MANONMANIAM SUNDARANAR UNIVERSITY.22, 24, AUG - 2001

5. INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORTS SCIENCES. "EXERCISE FOR HEALTH AND LONGEVITY". KASTURBA MEDICAL COLLEGE, MANIPAL.28, 30, APRIL - 2006.

6. "THE INFLUENCE OF VARIED REST INTERVALS AFTER POLYMERIC EXERCISES ON MAXIMUM SPORTS PERFORMANCE". INTERNATIONAL CONFERENCE AND EXHIBITION ON SPORTS TECHNOLOGY. VIT UNIVERSITY, VELLORE,26, 27, OCT - 2008.

7. INTERNATIONAL CONFERENCE ON STRESS MANAGEMENT. "EFFECT OF YOGA ASANA ON CHOLESTEROL IN ALAGAPPA UNIVERSITY WOMEN EMPLOYEES". LNIPE 20 TO 22 OCT - 2008

8. INTERNATIONAL CONFERENCE ON RECENT TREND IN SPORTS TECHNOLOGY. "SPORTS EQUIPMENT AND TECHNOLOGY". VIT UNIVERSITY, VELLORE 4, 5, DEC - 2005

9. INTERNATIONAL CONFERENCE ON EMERGING TRENDS IN FITNESS FOR LONGEVITY AND EDUCATION FOR EMPOWERMENT (INCOFLEE – 09) ALAGAPPA UNIVERSITY, 5, 6, NOV – 2009

10. INTERNATIONAL WORKSHOP ON ADVANCE SCIENTIFIC TRAINING IN FOOTBALL. TNPESU 12, 13, MAR – 2009

11. INTERNATIONAL WORKSHOP ON ADVANCE TRAINING AND COACHING. TNPESU 2, 3 FEB – 2010

12. INTERNATIONAL CONFERENCE ON YOGA THERAPY AND FITNESS – AN INTEGRATED APPROACH. “EFFECTS OF SELECTED YOGA PROGRAMME ON ANXIETY VO2 MAX AND FLEXIBILITY”. ALAGAPPA UNIVERSITY 12, 13, FEB 2010

13. INTERNATIONAL WORKSHOP ON FOOTBALL. ALAGAPPA UNIVERSITY 14 FEB – 2010

14. INTERNATIONAL CONFERENCE ON MODERN TRENDS IN SPORTS TECHNOLOGY MANAGEMENT AND ALLIED SCIENCES. “SPORTS ARCHITECTURE AND TECHNOLOGY”. SCHOOL OF PHYSICAL EDUCATION, ALAGAPPA UNIVERSITY 8, 9, MAR – 2010

15. INTERNATIONAL CONFERENCE ON YOGA, PHYSIOTHERAPY, NUTRITION AND SPORTS FOR LIFELONG FITNESS. SAP – DRS – I & DEPT .PHY.EDU ALAGAPPA UNIVERSITY 28 JAN 2011.

**NATIONAL CONFERENCE / SEMINARS/WORKSHOPS:**

1.“SPORTS INFORMATION TECHNOLOGY”. NATIONAL SEMINAR ON TRAINING PRESCRIPTION AND FUNCTIONAL RESPONSES ON DIFFERENT POPULATION. ANNAMALAI UNIVERSITY, 28, 29, NOV – 2011

2. “YOGA FOR MODERN SOCIETY”. RECENT TREND IN YOGA AND PHYSICAL EDUCATION. DEPT. OF PHYSICAL EDUCATION VHNSNC, VIRUDHUNAGAR. 11 & 12, AUG 2011

3. “EFFECT OF YOGIC PRACTICE ON SELECTED PHYSICAL FITNESS COMPONENT AMONG OBESE SCHOOL GIRLS” CONFERENCE ON DOPING IN SPORTS. NATIONAL COLLEGE TIRUCHIRAPALLI. 28TH JULY 2012.

4. “INFLUENCE OF PLYOMETRIC TRAINING ON SELECTED MOTOR PERFORMANCE AMONG COLLEGE STUDENTS”. RECENT DEVELOPMENT IN SPORTS SCIENCE AND THE

CONTRIBUTION TOWARDS PHYSICAL EDUCATION. SREE SEVUGAN ANNAMALAI COLLEGE, DEVAKOTTAL.5 & 6 OCT 2012

5. "CULTIVATING LIFE STYLE FOR HOLISTIC HEALTH". INNOVATIVE CONCEPT IN PHYSICAL EDUCATION& YOGA. ARUL ANANDAR COLLEGE, MADURAI.1 & 2 FEB. 2013.

6. "COMPARATIVE STUDY OF MENTAL HEALTH OF SPORTSMEN AND NON SPORTSMEN OF TN".ROLE OF YOGA & PHYSICAL EXERCISE FOR ENHANCEMENT OF HEALTH & FITNESS. PONDICHERRY UNIVRESITY.25TH MARCH 2013

7. "WORKSHOP' PARTICIPATED IN YOGA ALLIED THERAPHY AND PHYSICAL EDUCATION. KOVILOOR ANDAVAR COLLEGE OF PHYSICAL EDUCATION.27TH MARCH 2013.

8. "EFFECT OF ELASTIC RESISTANCE TRAINING AND MOBILITY TRAINING ON SELECTED MOTOR ABILITY COMPONENT OF SCHOOL BOYS". WOMEN SPORTS PARTICIPANT IN INDIA. BHARATHIAR UNIVERSITY.30 & 31 JAN. 2014

9. "MUSCLE FIBER BASE FOR HUMAN PERFORMANCE" PHYSICAL ACTIVITY SPORTS FITNESS AND DIETETICS AND ELIXIR QUARTET OF HEALTH BISHOP HEBER COLLEGE, TRICHY..FEB 15, 2014

10. "WORKSHOP".PHYSICAL EDUCATION AND COMMUNICATION SKILLS. KOVILOOR ANDAVAR COLLEGE OF PHYSICAL EDUCATION 28TH FEB 2014

11. WORKSHOP" RULES AND INTERPRETATION OF CHESS AND CARROM. VINAYAKA MISSION COLLEGE OF PHYSICAL EDUCATION, SALEM. 2 MARCH 2014

12. "PARTICIPATION" CONTRIBUTION OF ALLIED SCIENCE TO THE SPORTS PERFORMANCE. ANNAMALAI UNIVERSITY 25 & 26TH MAR 2014

13. "THE EFFECT OF TRAINING ON CIRCULATORY SYSTEM" NATIONAL SEMINAR ON MILLENNIUM MANAGEMENT TRENDS IN PHYSICAL EDUCATION. GOVT. ARTS COLLEGE TRIVANDRUM 29, 30, JAN, 2001

14. "YOGIC DIET AND FASTING". NATIONAL SEMINAR ON ROLE OF YOGA ON HEALTH & FITNESS. BHARATHIDASAN UNIVERSITY 20, MARCH - 2002



15. "ROLE OF RECRUITMENT AND RELEVANCE ON WOMEN'S HIGHER EDUCATION". NATIONAL SEMINAR ON WOMEN EMANCIPATION. L.N.I.P.E 7, 9, DEC – 2002
16. "WOMEN IN EDUCATIONAL ADMINISTRATION". NATIONAL SEMINAR INDIAN WOMEN & PHYSICAL EDUCATION AND SPORTS. L.N.I.P.E 18, 19, DEC – 2003.
17. "THE FITNESS LEADER". NATIONAL SEMINAR CUM WORKSHOP ON PHYSICAL EDUCATION AND SPORTS SCIENCES. DR. S.A.C.P.E.18, 19, DEC – 2004
18. "CONTROL OF STRESS THROUGH YOGIC PRACTICES" NATIONAL CONFERENCE ON YOGA HEALTH AND SPIRITUALITY. KERALA 17, 18, FEB – 2007
19. "SPORTS INJURIES & PREVENTION OF FOOTBALL PLAYERS". NATIONAL CONFERENCE ON SPORTS MEDICINE & SPORTS INJURIES./ NATIONAL COLLEGE – TRICHY 28 FEB – 2007
20. "PRINCIPLES OF YOGA THERAPY". NATIONAL CONFERENCE ON YOGA FOR HOLISTIC HEALTH. TNPESU.10 MARCH – 2007
21. "HEALTHY LIVING". NATIONAL SEMINAR ON MULTIDIMENSIONAL FUTURISTIC APPROACH TO EXCELLENCE IN PHYSICAL EDUCATION AND SPORTS. TNPESU,21 JULY – 2007
22. "ROLE OF INFORMATION TECHNOLOGY IN THE REVOLUTIMARY MODERN SPORTS" NATIONAL SEMINAR ON INNOVATIVE CONCEPTS OF INTER DISCIPLINARY APPROACHES TOWARDS PHYSICAL EDUCATION. ALAGAPPA UNIVERSITY,14 SEP – 2007
23. "EFFECT OF YOGA RELAXATION TECHNIQUE ON PERFORMANCE OF DIGIT LETTER SUBSTITUTION TASK BY TEENAGERS" NATIONAL SEMINAR ON YOGA THERAPY. KOVILLOOR ANDAVAR YOGA RESEARCH CENTRE.15 NOV – 2008
24. "WORKSHOP ATTENDED". NATIONAL LEVEL WORKSHOP RESEARCH METHODOLOGY AND STATISTICS IN PHYSICAL EDUCATION. BHARATHIAR UNIVERSITY.16, 17, MARCH – 2009
25. "FACULTY OF GENERAL & ADAPTED PHYSICAL EDUCATION AND YOGA" NATIONAL SEMINAR ON SOFTWARE BASED STATISTICAL APPLICATION IN PHYSICAL EDUCATION. RAMAKRISHNA MISSION VIVEKANANDA UNIVERSITY.17, 18, DEC – 2010

26. NATIONAL WORKSHOP ON YOGA THERAPY, EXERCISE THERAPY AND ALLIED THERAPY. KOVILLOOR ANDAVAR INSTITUTES OF YOGA & RESEARCH.29 JAN – 2011

27. “ATTENDED” NATIONAL WORKSHOP ON ATHLETICS, SELVAM COLLEGE OF PHYSICAL EDUCATION.5 FEB – 2011

28. “SPORTS SCIENCE AND TECHNOLOGY” NATIONAL CONFERENCE ON USE OF MODERN TECHNOLOGY IN PHYSICAL EDUCATION SPORTS AND ALLIED HEALTH SCIENCES. VINAYAKA MISSION’S COLLEGE OF PHYSICAL EDUCATION.11. 12. FEB – 2011

**BOOKS PUBLISHED AS SINGLE AUTHOR OR AS EDITOR**

<b>S. No</b>	<b>Title with Page Nos.</b>	<b>Type of Book &amp; Author ship</b>	<b>Publisher &amp; ISSN/ ISBN No</b>	<b>Whether peer reviewed</b>
1	Management of sports	Nithees praba parthippaham	<b>ISBN</b>	978-81 -907935 6-8
2	Physical education for TRB, NET & SLET	Nithees praba parthippaham	<b>ISBN</b>	978- 81 907935 5-1