

**Name** : **DR.P.Kumaresan**

**Designation** : **Associate Professor,**  
**Department of Physical education**

**Date of Birth** : **09.06.1965**

**Date of Appointment** : **30.06.1992**

**Address** : **35/10, Vasantha Nagar, Perumalpuram,**  
**Tirunelveli – 627007**

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### **Awarders and Achievement**

Best NSS Programmer Officer in MS University 2001

Best NSS Programmer Office State Level 2001

Best NSS UNIT Award in MS University 2002

### **Seminars/ Conference Organized**

Two Seminars - National Level

### **Paper presented in the international / National Seminars / Conferences**

#### **International/National Seminar/ Conference attended**

1.Recent Trends in physical Education and sports	St. John Collage, Palayamkottai	5-7 March 1997
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2.National Seminar on Right of the child with special focus in infanticide. Department of women and child development HRD Ministry Govt of India and Sri ParamakalyaniCollage Alwarkurch 9-10 August 2002

### **Papers presented in the International/ National Seminar / Conference**

#### **International Conference:**

1. India's Performance in SAF Games Asiad and Olympics	ManonmaniamSundarnar University	16-18 June 1999
3.Influence of plyometric Training and aerobic Training on an aerobic power, aerobic power and Skill performance among soccer players	ManonmaniamSundarnar University	25-28 Sep2003
4.Brain and Breeathing	ManonmaniamSundarnar University	16-18 August 2007
5.Importance of Suspension (kumbaka) stage in Pranayama	Alagappa University	18-19 Dec 2007
6.Physiology of breathing	TN physical Education & sports University	15 <sup>th</sup> to 16 <sup>th</sup> Feb 2008
7.Drug abuse in sports	First International Conference of scott research rosum	19 <sup>th</sup> April 2008
8.yoga for fitness	Alagappa University	18-12 Feb 2010
9.Physiology of breathing	Alagappa University	12-13 Feb 2010
10. Performance and Drug Abuse in sports	VIT University Vellore	26-27 March 2008

### **National Seminar:**

1.	Recent Trends in Physical Education and sports	St. John Collage, Palayamkottai	5-7 march 1997
2.	India's Performance in International Scenario-analysis	Alagappa University	20 <sup>th</sup> June 1997
3.	Yoga –A Remedy for back pain	Alagappa University	20 <sup>th</sup> June 1999
4	Yoga – A Remedy for Back Pan (UGC National Seminar)	Bharathidasan University	28th March 2001
5	Acute effects of yogic lifestyle in Branchialasthuma	Bharathidasan University	20th March 2002
6	National Seminar on Rights of the child with special focus in infanticide	Dept of women and child development – HRD Ministry Govt of India and Sri Paramakalyani college Alwarkurchi	9-10 August 2002
7	It is time to prevent Cardio Vascular diseases (CVD)	Annamalai University	3,4 March 2003
8	Perfomance management – AnandNatrajan Muscle Biopsy Test Analysis. (UGC National Seminar)	Osmamia University Hydrabad.	28-29 March 2003
9	Fitness management	Pondichery University	31st March 2004
10	Physiological Values of Pranayama Practices in yoga	Dr.SivanthiAditanar college of Physical Education	17-19 December 2004
11	Brain and Breathing	Bharathidasan University	21st March 2007
12	Yoga for Holistic Health	Tamil Nadu Physical Education and Sports University	10th March 2007
13	National Seminar on Multidimentional Futuristic Approach to Excellence in Physical Education & Sports	Tamil Nadu Physical Education & Sports University, Chennai	21st July 2007
14	Yoga and Mental Health	Dept of PhyEdn MDT Hindu College Tirunelveli.	29th Jan 2010

15	Human Rights in India - Tirunelveli.	Dept of Economics MDT Hindu College	18, 19th Feb 2011
16	Influence of Plyometric Training and aerobic Training on Aerobic Power among Soccer Players	Dept of PhyEdn The MDT Hindu College Tirunelveli.	4th Feb 2011
17	Importance Yoga for school Children	Dept of PhyEdn, VHNSN College, Virudhunagar.	11, 12 Aug 2011
18	Influence of Specific Training Programme Management on Performance related Physical fitness variables of College Volley Ball Players.	AyyaNadarJanakiAmmalCollgeSivakasi	21, 22 March 2012

### **Papers presented in the Journal (With ISSN)**

1. Reaction time with respect to age for male subjects - Indian Journal for research in PhyEdn and Sports Science (ISBAN - Publication in Journal) (Oct. 2009)
2. "Influence of Strength Training on Explosive power and muscular strength among sprinters" JETIR, June 2018, (Volume5, issue 6). ISSN – 2349 – 5162.
3. "Prediction of factors predominant to playing Ability of women kabaddi players from selected Anthropometric measurements" – Bi-Annual refereed journal ISSN 2349 – 6312, IJ- PEYAS Vol No.4 PP 19 – 21, Issue 2
4. "Research Out put on Yoga therapy Global perspective" ISBN 978 – 938 213 – 10 – 8.,Vol No IX No.2, PP-91-98.
5. "Sports and Exercise medicine" – out Reach ISSN 0975 1246. Vol X, Issue – z PP 193 – 2000
6. Silambam : India's ancient Martial Art – star International Journal, Star Vol.4, Issue 11(2), Nov-2016 ISSN 2321676x.

7. "Influence of Kalari Training on selected motor fitness variables among school Boys" , A Research Bulletin vol-III, No.2 Jan 2016, ISSN No 2347 – 7644
8. "Martial Arts silambam injuries" – Out Reach Vol.X special Issue Z , March 2017, ISSN No.0975 1246.
9. Effect of Silambam Training on Grip strength and Arm strength for higher secondary Boys" – AyyaNadarJanakiAmmal college sivakasi, ISBN No – 978 – 93 – 80487 – 18 – 2, 21<sup>st</sup> and 22<sup>nd</sup> March 2012.
10. "Effect management of Instrumentation and Infrastructure facility of sports and Games – ArumugamPillaiseethaiAmmal college, Thirupattur, ISBN – No.978 – 81 – 9224835 – 2 – 8.
11. "A Pilot study of Yoga for perristent fatigue in Breast cancer survivors" – Aditanar college of Arts and science, Tiruchendur, ISBN No.978 – 93 – 84734 – 02 – 2. Date 30<sup>th</sup> Sep and Oct 1<sup>st</sup> 2014.
12. "Effect of Martial Art Training oon motor fitness variables of Higher secondary school level silambam players, Alagappa University, Karaikudi – International conference on Health Indicators for physical and cognitive Fitness Education 26<sup>th</sup> , 27<sup>th</sup> Feb 2016, ISBN No.978 – 81 – 836868 – 8 – 4 (Vol I)
13. Influence of specific Training Programme Management on performance related Physical Fitness Variables of College Volleyball Players - Proceedings of National Seminar "Modern Trends in Sports Management" AyyaNadarJanakiAmmal College, Sivakasi - March 2012 MSK Publication Tirunelveli 2012.
14. "Yoga and Mental Health - Facts of Sports medicine Krishna Publications Tirunelveli 2012.
15. Influence of Plyometric Training and Aerobic Trainings on Aerobic power among soccer Players, Facts of Sports Medicine Krishna Publication, Tirunelveli - 2011.

**Paper published in the Journal (Without ISSN / ISBN)**

1. Brain and Breathing - Indian Journal of Scientific Yoga, July 2008.
2. Influence of Physical Exercise and Yogic practices on anxiety, aggression and achievement motivation levels of college men, - Indian Journal Scientific Yoga, July 2008.
3. Samyama, The perfect control of mental concentration - Indian Journal of Scientific Yoga, July 2008.
4. Effect of selected yoga exercise and pranayama on Anxiety, vo2 max and Flexibility - Indian Journal of Scientific Yoga, December 2009.
5. Cardiovascular fitness and Body composition in relation to the practice of selected yogic exercise - Indian Journal of Scientific Yoga, December 2009.
6. Effect of Yogic practice on Blood pressure - Indian Journal of Scientific Yoga, December 2009 (Co - author).
7. Doping - Caution for Athletes aiming at High performance - Jopes, April 012.
8. Tobacco and Health Management - Jopes, April 2001.
9. Perfect control of mental concentration - proceedings of the First International conference of scot Research forum, April - 2008.
10. Drug Abuse in Sports - proceedings of the First International conference of scot Research forum, April - 2008.

### **Orientation / Refresher Courses attended**

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|------------------------|--|
| 1. Orientation Course  | 19-11-96 to 16-12-96 Pandichery University |
| 2. Refresher course -1 | 25-11-98 to 16-12-98 Annamalai University  |
| 3. Refresher course -2 | 02-02-99 to 22-02-99 Alagappa University   |
| 4. Refresher course -3 | 13-05-99 to 02-06-99 University of Madras. |

### **Work shops attended**

1. Workshop on basketball Alagappa University 7-9 September 1995.
2. Workshop on Features of sports Training for
3. Samyama, The perfect control of mental concentration- Indian journal of scientific Yoga, July 2008.
4. Effect of selected yoga exercise and Pranayama on Anxiety, vo<sub>2</sub> max and Flexibility-Indian Journal of Scientific Yoga, December 2009.
5. Cradiovascular fitness and Body composition in relation to the practice of selected yogic exercise- Indian Journal of Scientific Yoga, December 2009.
6. Effect of Yogic practice on Blood pressure – Indian Journal of Scientific yoga, Decembar 2009(Co-author).
7. Doping- Cacution for Athletes aiming at High performance – Jopes, April 2012.
8. Tobacco and Health Management – Jopes, April 2001.
9. Perfect control of mental concentration – proceedings of the First International Conference of scot Resreach forum, April -2008.
10. Drug Abuse in Sports- proceedings of the First International conference of scot Research forum, April -2008.

### **Books Published (Without ISBN)**

Yogasanum- Abinaya Publications -2002

### **Ph.D Guidance**

Awarded : 10

Submitted : 1

Under Progress : 2

### **M.Phil Guidance**

Awarded : 5

Submitted : Nil

Under Progress : Nil

### **Extra Curricular Activities**

Furnish Details

As N.S.S Programme Officer (5 years) - 1998 to 2003

Awards in N.S.S

Best NSS Po award M.S.University - 2000 -01

Best NSS Unit award M.S.University - 2001-02

Best NSS Po TN State award - 2000 – 01

### **NCC Officer: From 2004**

Captain Dr. P. Kumaresan,

Company Commander, 3/7 Coy,

The MDT Hindu College, Tirunelveli.

### **Other Activities (Furnish Details)**

Board of Studys as a Chairman and Member in MS University, Tirunelveli.