



**Dr. T. P. Yokesh**

Assistant Professor

### Contact

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### Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph. D	Bharathidasan University	2012	Physical Education	Awarded
M. Phil	Bharathidasan University	2009	Physical Education	First Class
M. Sc	TNPESU	2022	Yoga	First Class
M. P. Ed	Annamalai University	2008	Physical Education	First Class
B. P. Ed	Alagappa University	2006	Physical Education	First Class
B. A	National College	2005	Philosophy	First Class

### Teaching Experience

Total Teaching Experience : 8 Years

Position	Institution	Duration
Assistant Professor	Alagappa University College of Physical Education	8 Years

### Research Experience

Total Research Experience : 8 year

Position	Institution / University	Duration
Assistant Professor	Alagappa University College of Physical Education	8 Years

### Academic and Additional Responsibilities

S. No	Position	University Bodies	Period	
			From	To
1	Deputy Warden	AUCPE Men's Hostel	22.10.2023	Till Date
2	Deputy co-ordinator	Staff Recreation Club	05.09.2018	Till Date

### Areas of Research

- Sports Performance Analysis
- Yoga

### Research Supervision/Guidance

Program of Study		Completed	Ongoing
Research	Ph.D	4	4
	M.Phil	1	--
Project	PG	12	3

### Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
26	15	--	13	9

Cumulative Impact Factor (as per JCR) :

h-index : 3

i10 index : 2

Total Citations : 54

## Publications

Thesis Evaluated : 4  
Vivavoce Examiner : 4

## Funded Research Projects

### Ongoing Projects:

S.No	Agency	Period		Project Title	Budget (Rs.)
		From	To		
1	TANSCHE	2021	2024	Longitudinal match performance Characteristics of sports development authority of Tamilnadu	17,90,500/-
2	AURF	2017	2019	Effect of polymeric training on selected physical and performance variables among college level volleyball players	25,000/-

### Distinctive Achievements / Awards

- Best Young Faculty Award – DKIRF 2018
- Yuva shri – Patanjali College of Yoga & Research Centre 2019

## Events Participated

Number of Conferences/Seminars/Workshops: 35

## Overseas Exposure/Visits

- New Zealand - (36<sup>th</sup> International Society of Biomechanics in Sports Conference, 10.09.2018 to 14.09.2018)
- Malaysia - (International Conference on trends in research, 28.03.2018)
- Sri Lanka - (International Conference on Cultural records in Tamil Literature, 17.10.2018)

## Ph.D. Thesis Guided

1. No. of PhD Thesis evaluated : 4
2. No. of PhD Public Viva Voce Examination conducted : 4

S.No	Name of the Scholar	Title of the Thesis	Year of Completion
1	K. Kathiresan	Predominance of Playing Ability from selected Kinanthropometric Psychological and Skill Related Physical Fitness Variables among Handball Players	2021
2	S. Mathivanan	Isolated and Combination of Yogic Practices with Calisthenics Exercises and Their Influences on selected Physical Physiological and Performance Variables Among School Level Football Players	2021
3	Arava Suman Kumar	Effect of Game – Specific Training with and without Jump Rope Training on selected Physical Physiological and Performance Related Factors among College Handball Players	2021
4	R. Balaji	Design and development of E – Content modules and to study its impact among volleyball players	2021

### List of Research Articles / Recent Publications

S. No	Authors/Title of the paper/Journal	Impact Factor
1	<b>A. Deepa, T. P. Yokesh</b> Performance profiling on USA women's volleyball: Insights from the Tokyo 2020 Olympics, Third Concept, Vol no. 37 444, Pg no. 78 – 81, February 2024	-
2	<b>K. Kathiresan, A. Suman Kumar, T. P. Yokesh</b> Prediction of handball playing ability from anthropometrical and physical ability variables among Tamilnadu nationals players, International journal of advanced science and technology , Vol no 28(16),Pg no. 1222-1227, ISSN 2005-4238, 2019	0.79
3	<b>K. Kathiresan, A. Suman Kumar, T. P. Yokesh</b> Prediction of playing ability of tamilnadu handball players in relation to their motor ability and kinthropometric variables of handball players, International journal of psychosocial rehabilitation , Vol no 24 (02), Pg no 1313-1321, ISSN 1475-7192, 2020	0.54
4	<b>A. Suman Kumar, K. Kathiresan, T. P. Yokesh</b> Effect of various yogic practices on skill performance in football players International journal of psychosocial rehabilitation , Vol no 24(02), Pg no. 488-491, ISSN 1475-7192, 2020	0.54
5	<b>A. Suman Kumar, T. P. Yokesh</b> Effects of yogic practice and	0.79

	calisthenics exercise on selected speed and agility variables of inter collegiate football players, International journal of advanced science and technology , Vol no 28(16), Pg no. 1274-1281, ISSN 2005-4238, 2019	
6	<b>K. Kathiresan, T. P. Yokesh</b> Correlation between selected kinanthropometric variables with playing ability among handball players Think India journal, Vol no 22(14), Pg no. 2407-2410, ISSN 0971-1260, 2019	-
7	<b>T. P. Yokesh</b> Combined effect of yogic practices with free weights training on selected psychological and performance variables among volleyball players Compliance engineering journal , Vol no 10(7), Pg no. 110 - 114, ISSN 0898-3577, 2019	-
8	<b>A. Suman Kumar, T. P. Yokesh</b> Isolated and combination of yoga with calisthenics exercise and their influence on performance variables among school level football players, Journal of information and computational science, Vol no 9(8), Pg no. 349-355, ISSN 1548-7741, 2019	-
9	<b>T. P. Yokesh</b> Assessment of body weight among novice and experienced basketball players: a position wise analysis Journal of information and computational science, VOL no. 9(7), Pg no. 246-250, ISSN 1548-7741, 2019	-
10	<b>T. P. Yokesh</b> Effects of plyometric training with and without yogic practices on reaction time among handball players Think India journal, Vol no. 22(35), Pg no. 801-804, ISSN 0971-1260, 2019	-
11	<b>T. P. Yokesh</b> Effects of skill training with and without yogic practices on self confidence among handball players Our heritage , Vol no 67(8), Pg no. 306-309, ISSN 0474-9030, 2019	-
12	<b>T. P. Yokesh</b> Effects of plyometric with and without yogic practices on balance among handball players, Think India journal, Vol no 22(10), Pg no. 9357-9360, ISSN 0971-1260, 2019	-
13	<b>T. P. Yokesh</b> Effect of yoga training on blood pressure among inter-collegiate players Our heritage , Vol no. 67(7), Pg no. 721-725, ISSN 0474-9030, 2019	-
14	<b>T. P. Yokesh</b> Influence of game-specific skill training with and without yogic practices on performance variables among handball players Our heritage , Vol no. 67(5), Pg no. 451-456, ISSN 0474-9030, 2019	-
15	<b>T. P. Yokesh</b> various sports technologies are used in developing the sports performance International Journal of health, Physical education and computer science in sports, Vol no. 29(2), Page no. 5-7, ISSN 2231-3265, 2017	-
16	<b>T. P. Yokesh</b> Effect of aerobic dance training on systolic and diastolic blood pressure among volleyball players, Star International Journal , Vol no. 5 8(7), Pg no. 27-30, ISSN 2321-676, 2017	-
17	<b>T. P. Yokesh</b> Effect of resistance training on selected motor fitness	-

	variables among volleyball players Star International Journal , Vol no 5 7(3), Pg no. 9-12, ISSN 2321-676, 2017	
18	<b>T. P. Yokesh</b> Effect of complex training on selected physical variables among physical education students, Star International Journal , Vol no. 5 6(6), Pg no. 19-22, ISSN 2321-676, 2017	-
19	<b>T. P. Yokesh</b> Effect of aerobic dance training on resting pulse rate among volleyball players Star International Journal, Vol no. 12(10), Pg no. 37-39, ISSN 2321-676, 2016	-
20	<b>T. P. Yokesh</b> Influence of plyometric training on selected psychological variables among physical education students Star International Journal, Vol no. 410(5), Pg no. 19-24, ISSN 2321-676, 2016	-
21	<b>T. P. Yokesh</b> Impact of circuit training on speed and agility among volleyball players, International Journal of recent research and applied studies, Vol no. 3(6) , Pg no. 131-133, ISSN 2349-4891, 2016	-
22	<b>T. P. Yokesh</b> Influence of yoga on selected physiological variables among physical education students Star International Journal, Vol no. 4 7(6), Pg no. 17-20, ISSN 2321-676, 2016	-
23	<b>T. P. Yokesh</b> Effect of circuit training on selected physical variables among college men volleyball players, International Journal of recent research and applied studies, Vol no 3(5) , Pg no. 80-82, ISSN 2349-4891, 2016	-
24	<b>T. P. Yokesh</b> Effect of yogic practice and aerobic on selected physical and physiological variables among overweight school boys, Elixir International journal, Vol no. 43, Pg no. 6921-6923, ISSN 2229-712, 2012	-
25	<b>T. P. Yokesh</b> Effect of yogic practice on selected physical fitness among overweight school boys, Recent research in science and technology, Vol no. 3(9), Pg no. 43-45, ISSN 2076-5061, 2011	-
26	<b>T. P. Yokesh</b> Effect of yogic practice and aerobic exercise on selected physical and physiological variables among overweight school boys, International journal of current research, Vol no. 3(9), Pg no. 103-106, ISSN 0975-833, 2011	-

### Resource persons in various capacities

National Conferences	:	5
International Conferences	:	3
Invited Lectures	:	2