



**Dr. S. DHANARAJ**  
Associate Professor

## Contact

Address	:	Alagappa University College of Physical Education Karaikudi – 630 003
Employee Number	:	41413
Contact Phone (Office)	:	04565- 223561
Contact Phone (Mobile)	:	(+91) 8903453517
Contact e-mail(s)	:	dhanarajs@alagappauniversity.ac.in
Skype id	:	drdhanaraja@gmail.com
Website	:	www.alagappauniversity.ac.in

## Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph.D	Alagappa University, Karaikudi.	2013	Physical Education	Not Applicable
UGC - NET	University Grant Commission	2004	Physical Education	Not Applicable
M.Phil	Alagappa University, Karaikudi.	2002	Physical Education	First
M.P.Ed	Dr.Sivanthi Adithanar College of Physical Education, Tiruchendur.	2001	Physical Education	First
M.Sc. Yoga	Annamalai University, Chidambaram	2020	Yoga	First
BSc	Adithanar College, Tiruchendur	1999	Zoology	Second

## Teaching Experience

Total Teaching Experience : 21 Years

Position	Institution	Duration
Associate Professor	Alagappa University College of Physical Education, Alagappa University,	16-05-2023 to Till Date
Associate Professor	Centre for Yoga Education, Alagappa University	04-12-2021 to 16-05-2023
Asst. Professor	Centre for Yoga Education, Alagappa University	07-05- 2019 to 03-12-2021
Asst. Professor	Alagappa University College of Physical Education, Alagappa University, Karaikudi	18-02-2009 to 06-05-2019
Assistant Professor Cum Director of Physical Education	T.D.M.N.S College, T. Kalikalm	05-12- 2002 to 17-02- 2009

## PDF/ Visiting Professor : Abroad

Position	Institution	Duration
Assistant Professor	Sports Centre, University of Malaya, Kuala Lumpur, Malaysia.	2013-14

## Research Experience

Total Research Experience : 10 Years

Position	Institution / University	Duration
Associate Professor	Alagappa University	2013-Till-now

## Academic and Additional Responsibilities

S.No	Position	University Bodies	Period	
			From	To
1	Deputy Co-coordinator	Centre for Yoga Education	2019	2023
2	Coordinator, SWAYAM	AUCPE	2015	2019
3	Deputy Warden	AUCPE-Men Hostel	2009	2019

## Areas of Research

- Sports Psychology
- Sports Physiology
- Yoga Education
- Sports Training

## Research Supervision/Guidance

Program of Study		Completed	Ongoing
Research	Ph.D	6	5
	M.Phil	13	-
Project	PG	30	2

## Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
36	24	33	60	02

Cumulative Impact Factor(as per JCR)	:	
h-index	:	04
i10 index	:	01
Total Citations	:	64

## Completed Projects:

S.No	Agency	Period		Project Title	Budget (Rs.In lakhs)
		From	To		
1	AURF	2017-2019		Changes of Health Related Fitness Through Surya Kriya and Shambhavi Mahamudra Programmes	0.25

## Distinctive Achievements / Awards

- Appreciation Award for Theme Based Research Project of RUSA 2.0. Alagappa University
- Best Teacher Award Lions club of Karaikudi Heritage.

## Events organized in leading roles

Number of Seminars /Conferences /Workshops/ Events organized:

Position	Programme	Duration	Institution
Deputy Director	Leaders Training Programme	2010 & 2012 (One week)	AUCPE- Thondi Campus
Organizing Secretary	Yoga @ Home & "Yoga With Family.	21-06-2020	Centre For Yoga Education

## Events Participated

Number of Conferences/Seminars/Workshops:

International : 20

National : 60

Workshop : 20

## Overseas Exposure/Visits

- Visited Malaysia for presenting my research paper titled on “Effects of Autogenic Training With and Without Strength Training on Explosive Power and Sports Competition Anxiety Among Intercollegiate Men Handball Players” in the International Sports Science Students Conference (ISSSC 2013)held on 28th and 29th November 2013 at Sports Centre, University of Malaya, Kulalumpur.
- Visited Srilanka for presenting research paper titled on “Changes of Physiological and Psychological Variables through Physical Exercise and Yogic Practices” in the International Research Conference on Humanities and Social Science” organized by University of Sri Jeyewardenepura, Nugegoda-Columbu on 15th and 16th October 2014.

## Membership in Professional Bodies

1. Member in International Centre of Economics, Humanities and Management.
2. Member in Scientific Board of Law, Tourism, Education and Sports.
3. Member in Society for Research of Movement Education, Sager M.P, India.
4. Vice president in Sivagangai, District Handball Association

## Advisory Board

Year/Period	Name of the BoS/Administrative Committee /Academic Committee	Role
2023-2026	M.P.Ed, B.P.Ed, D.P.Ed and B.Sc- Board of studies in AUCPE	Internal Member
2019-2024	B.Sc- Centre for Yoga Education-Board of studies	Internal Member
2019-2022	P.G.D.Yoga- DDE-Alagappa University –Board of studies in Yoga	Internal Member

## Academic Bodies in Other Institutes /Universities

Year/Period	Name of the BoS/Administrative Committee /Academic Committee	Role
Since 2016	B.Sc – Board of studies, Department of Physical Education, JJ College, Pudukottai.	External Expert
Since 2014	B.Sc – Board of studies, Department of Physical Education, H.H.The Rajahs College, Pudukottai.	External Expert

## Ph.D. Thesis Guided

1. No. of PhD Thesis evaluated : 06
2. No. of PhD Public Viva Voce Examination conducted : 06

S.No	Name	Title	Year of Completion
1	X.Christy	Impact of Fartlek Training with and without Pranayama Practices on Selected Physiological Psychological and Performance Variables of Athletes	2022
2	S.Parthasarathy	Isolated and Combined Effect of Suryakriya and Shambavi Mahamudra Programmes on Selected Health Related Physical Fitness Physiological and Psychological Parameters	2022

3	P.Sasikumar	Relative Effect of Isolated and Combined SAQ and Combined Psychotonic Training on Selected Biomotor Psychological Parameters and Performance of Cricket Players	2021
4	R.Sankar	Influence of Triphasic Training with and without Tapering Package on Selected Physical Fitness Components Physiological Psychological and Performance Variables among Volleyball Players.	2021
5	C.R.Binodh	Influence of Isolated and Combined Bulgarian Bag and Weight Training Package on Selected Anthropometrical Power parameters and Performance of Volleyball Players	2019
6	U.Chellapandi	Impact of Isolated and Combined Aerobic Exercise and Yogic Practices on Selected Biomotor Physiological and Psychological Parameters of Alagappa University Male Students	2017

### List of Research Articles / Recent Publications

S. No	Authors/Title of the paper /Journal	Impact Factor
1.	Dhanaraj. S. (2023).Twelve Weeks Practice of Isolated and Combined Effect of asana and pranayama on Selected Variables vital capacity and stress. <i>Journal of Emerging Technologies and Innovative Research</i> ,10, (7).	7.95
2.	Dhanaraj, S. Ramachandran, P. (2023).Isolated and Combined Effect of Surya Kriya and Shambavi Mahamudra Programme on Selected Physiological and Psychological Variables. <i>International Journal of Research and Analytical Reviews (Ijrar)   Ijrar.Org</i> ,10 (3/355)	7.17
3.	Dhanaraj,S. (2020).Efficacy of Selective Asanas Intervention On Body Mass Index Among Middle Aged Men. <i>Journal Of Information And Computational Science</i> Issn: 1548-7741ceVolume 10 Issue 12.	6.2
4.	Dhanaraj, S. (2020).Changes Of Breath Holding Time Through Surya Bheda Pranayama Among College Women. <i>Journal of Interdisciplinary Cycle Research</i> Issn No: 0022-1945Volume Xii, Issue Xii, December.	6.2
5.	Dhanaraj, S. (2021).Combined Quiet Breathing Pranayama And Meditation Practices On Self Confidence Among Working Men. <i>Science, Technology And Development</i> Issn: 0950-0707 ,Volume X.	6.1

### Resource persons in various capacities

National Conferences : 09

International Conferences : 15

Invited Lectures : 12