



Dr. P. YOGA

ASSISTANT PROFESSOR CUM DEPUTY COORDINATOR

Contact

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Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph. D	Annamalai University, Chidambaram	2024	Yoga	Awarded
Ph. D	Tamil Nadu Physical Education & Sports University, Chennai	2012	Physical Education	Awarded
M. Phil	Alagappa University, Karaikudi	2019	English	First Class
M. Phil	Tamil Nadu Physical Education & Sports University, Chennai	2017	Yoga	First Class Distinction
M. Phil	Alagappa University, Karaikudi	2007	Physical Education	First Class

M. P. Ed	Pondicherry University, Pondicherry	2006	Physical Education	First Class
M. Sc	Alagappa University, Karaikudi	2021	Psychology	First Class
M. Sc	Tamil Nadu Physical Education & Sports University, Chennai	2015	Yoga	First Class
M. A	Alagappa University, Karaikudi	2013	English	Second Class
M. Sc	Tamil Nadu Physical Education & Sports University, Chennai	2012	Yoga Therapy	First Class
B. P. Ed	Sri Ramakrishna Mission, Maruthi College of Physical Education, Coimbatore	2004	Physical Education	First Class
B. Sc	Ayya Nadar Janaki Ammal College, Sivakasi	2003	Physical Education	First Class
P. G. Diploma	Tamil Nadu Physical Education & Sports University, Chennai	2011	Yoga Therapy	First Class
P. G. Diploma	Tamil Nadu Physical Education & Sports University, Chennai	2010	Yoga	First Class

Teaching Experience

: 13 Years

Position	Institution	Duration
Assistant Professor	Alagappa University College of Physical Education, Alagappa University, Karaikudi	28 th June 2013 - Till Date

Research Experience

Total Research Experience : 15 Years

Position	Institution / University	Duration
Assistant Professor	Alagappa University College of Physical Education, Alagappa University, Karaikudi	28 th June 2013 - Till Date
Post-Doctoral Fellow (ICSSR)	Tamil Nadu Physical Education & Sports University, Chennai	13 th February 2013 to 24 th June 2013
Doctoral Fellow (ICSSR)	Tamil Nadu Physical Education & Sports University, Chennai	12 th October 2009 to 11 th October 2011
Research Supervisor	Alagappa University College of Physical Education, Alagappa University, Karaikudi	28 th June 2013 – Till Date

Academic and Additional Responsibilities

S.No	Position	University Bodies	Period	
			From	To
1.	N.S.S Programme Officer	Alagappa University College of Physical Education, Karaikudi	28.03.2023	Till Date
2.	Event Coordinator (ALUTES - 2023)	Alagappa University, Karaikudi	02.03.2023	04.03.2023
3.	Event Coordinator (ALAGU AARAM)	Alagappa University, Karaikudi	30.03.2023	01.04.2023
4.	Question Paper Setter	Distance Education Examinations, Alagappa University, Karaikudi	10-02-2020	
5.	Question Paper Setter	Distance Education Examinations, Alagappa University, Karaikudi	11.11.2020	
6.	External examiner	Centre for Yoga Education, Alagappa University, Karaikudi	07.11.2019	08.11.2019
7.	Question Paper Setter	Distance Education Examinations, Alagappa University, Karaikudi	08-07-2019	
8.	Deputy Coordinator	Centre for Yoga Education, Alagappa University, Karaikudi	28.08.2018	Till Date
9.	University team coach (Handball All India)	Banaras Hindu University-Varanasi	23.02.2016	27.02.2016

10.	University women team coach (Handball South Zone)	Alagappa University, Karaikudi	24.12.2015	07.01.2016
11.	Deputy Director	Leadership Training Camp, (Thondi Campus) Alagappa University, College of Physical Education, Karaikudi	07.09.2015	12.09.2015
12.	Affiliated Colleges Examination Inspection Squad	Alagappa University, Karaikudi	04.11.2015	03.12.2015
13.	Deputy Director	Intramural Tournament Alagappa University College of Physical Education, Karaikudi	01.07.2013	01.07.2021
14.	Extramural in charge	Alagappa University College of Physical Education, Karaikudi	2013	2014
15.	University Representative	Distance Education Examinations, Alagappa University, Karaikudi	2013 Onwards	
16.	Central valuation	Distance Education Examinations, Alagappa University, Karaikudi	2013 Onwards	
17.	University Examination Invigilation	Alagappa University, Karaikudi	2013 Onwards	

Areas of Research

• Yoga	• Exercise Physiology
• Sports Psychology	• Sports Training

Ph.D (Yoga) :

Repercussions of Pranayama Practice and Taoist Meditation on Psycho Social Profile among Person with Alcohol Use Disorder (AUD)

Ph.D (Physical Education) :

Effect of Varied Packages of Yogic Practices on Selected Motor Ability Physiological Hematological and Bio-Chemical Variables among College Men Students

Patents Filed

- “Contraindication of Obesity and Heredity” Indian Patent Application No. 202141025144A, Publication Date: 18/06/2021, Applicants: Dr. P. Yoga, Dr. Chidambara Raja, Dr. R. Bala Murali Krishnan, Dr. S. Kalidasan, Dr. Seenimurugan.M, Dr. R. Selva Kumar, Dr. M. Selvam, Dr. S. James Rathinaraj, Dr. K. Alaguraja and Dr. K. Selvakumar.

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph. D	07	03
	M. Phil	07	-
Project	PG	31	03

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
50	59	08	64	22

Cumulative Impact Factor (as per JCR)	:	-
h-index	:	18
i10 index	:	46
Total Citations	:	1064

Funded Research Projects

Ongoing Projects: 01

S. No	Agency	Period		Project Title	Budget (Rs. Inlakhs)
		From	To		
-	-	-	-	-	-

Completed Projects: 01

S. No	Agency	Period		Project Title	Budget (Rs. Inlakhs)
		From	To		
1.	Alagappa University	2017	2018	Effect Yogic Practice on Selected Attention and Mental Concentration Ability among College Men Students	0.25
2.	Alagappa University RUSA 2.0 EIR Phase II	10.10.2023	10.01.2024	A Study on Leveraging Yoga Entrepreneur's Technologies: Internet-of-Things (IOT), Artificial Intelligence (AI), and Augmented / Virtual Reality (AR/VR)	0.50
3.	AURF Seed Money Project	December 2024	November 2025	Examining the efficacy of multi-sensory and virtual yoga Practices for students with learning disabilities: a scientific Inquiry	1 lakhs

Distinctive Achievements / Awards

- Post-Doctoral Fellowship (F.No.3-068/2012-2013/PDF/SC)
- Doctoral Fellowship (F.No.8-32/OD/09-10/F)
- Vallal Alagappan Research Recognition Award-2020
- “Best Teacher Award” (Patanjali College of Yoga & Research centre) Date: 06-10-2019
- “Kalvi Seva Ratna Award” (Rotary Club of Sivakasi Town) Date: 05-09-2019
- Best Researcher award (DK International Research foundation DKIRF Awards-2018)
Date: 27-05-2018.

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized: **16**

Position	Programme	Duration	Institution
Organizing Secretary	International conference on Modern Trends in Sports Performance (ICMTSP – 2023)	15 th March 2023-16 th March 2023	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Secretary	National Sports Day	29.08.2022	Alagappa University, Karaikudi
Organizing Secretary	Sports Entrepreneurship Programme	11.03.2022	Alagappa University, Karaikudi
Organizing Secretary	International Webinar on Innovative Technology for Sustainable Development in Sports, Fitness and Healthy Life	25 th Feb 2022 - 26 th Feb 2022	Alagappa University, Karaikudi
Organizing Joint Secretary	International Conference on Yoga for Harmony of Body and Mind (ICYHBM- 2019)	24 th & 25 th October 2019	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee	5 th International Yoga day	21 June 2019	Alagappa University College of Physical Education, Karaikudi
Organizing Committee	National Sports Day	29 th August 2018	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee	National Level Yoga Championship 2018	18 th March 2018	Alagappa University
Organizing Committee	International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020	16 th and 17 th March 2018	Alagappa University College of Physical Education & Para Sports Centre, Karaikudi
Joint Secretary	Fitness and wellness	28 th September 2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi

Organizing Committee	Exercise, Training & Diet for High Performance in Para Sports	31 st January 2017	Alagappa University College of Physical Education, Karaikudi
Event-Coordinator	National Level Dwarf Sports & Games Championship & State Level Para Athletic Championship	20 th to 21 st January 2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee	Role of Bharathanatyam in Rhythmics and Physical Education	12 th January 2017	Alagappa University College of Physical Education, Karaikudi
Organizing Committee	Health Indicators for Physical and Cognitive Fitness Education	26 & 27 February 2016	Alagappa University College of Physical Education, Karaikudi
Organizing Committee	Recent Developments in Sports and Yogic Sciences	19 th and 20 th March 2015	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Secretary	Alagappa University Inter Collegiate Tournament	2013-2014	Alagappa University College of Physical Education, Karaikudi

Events Participated

Number of Conferences / Seminars / Workshops: **165**

Overseas Exposure / Visits

- At **Malaysia** presented a paper on **“Yoga Principles for Human Life. (Yoga Kotpadum Manitha Valvem).”** International Conference on “International Trends in Research”, organised by the Sultan Idris Education University, Malaysia on 28th March 2018.
- At Srilanka presented a paper on “Yogavoum Manakavali Melanmaum” International Conference on **“Cultural Records In Tamil Literature”** organized by University of Peradeniya, Department of Tamil Alagappa University, Sri S. R. N. M. College(Autonomous), Semuthai Publication, at Srilanka on 17-10-2018(ISBN: 978-93-81000-95-5).

- At Srilanka **Chair person** on International Conference on “**Cultural Records In Tamil Literature**” organized by University of Peradeniya, Department of Tamil Alagappa University, Sri S. R. N. M. College(Autonomous), Semuthai Publication, at Srilanka on 17-10-2018.
- At Srilanka Participated in conference on “**Nool Vasippum- Payanum Paarvaum**” Organized by Colombo Tamil organization, Srilanka and NWES C media, Srilanka on 19-10-2018.

Membership

Professional Bodies

1. Life Member: International Federation of Physical Education, Fitness and Sports Science Associations from the year 2019 to Life time.
2. Life Member: Yoga Professional Member of Indian Yoga Association from the year 2019 to Life time. (Membership ID: IYA/2019/YP460).

Advisory Board

Year / Period	Name of the BoS / Administrative Committee / Academic Committee	Role
2022	Board of studies in Alagappa University College of Physical Education, Alagappa University, Karaikudi.	Member in Board of Studies
2020	Distance Education Questions Paper Setting Board, Alagappa University, Karaikudi	Member of Questions Paper Setting Board
2019-2020	Centre for Yoga Education, Alagappa University	Member in Board of Studies
2018	Board of studies in Alagappa University College of Physical Education, Alagappa University, Karaikudi.	Member in Board of Studies
2018	Board of Studies in Centre for Yoga Education, Alagappa University, Karaikudi.	Special Invitee

Academic Bodies in Other Institutes / Universities

Year/Period	Name of the BoS / Administrative Committee / Academic Committee	Role
2024	Bharathidasan University and Vedathri Maharishi World Community Service Centre	Expert to review
2022	National Institute of Technology, Nagaland	Member Board of Studies
2016 Onwards	Vivekanandha College, Madurai	Member Board of Studies

Ph.D. Thesis Guided

1. No. of Ph.D. Thesis Evaluated : 10

2. No. of Ph.D. Public Viva Voce Examination Conducted : 10

S. No	Name of the Scholar	Title of the Thesis	Year of Completion
1.	Alaguraja K	“Effect of Yogic Practices With and Without Diet Modification on Selected Risk Factor among Middle Aged Stressed Men”	2019
2.	Selva Kumar K	“Effect of Yogic Practices With and Without Diet Modification on Selected Risk Factors among Middle Aged Hypertensive Men”	2020
3.	Ranjith V P	“Effect of Varied Integrated Modules of Yogic Practices on Selected Physiological Motor Ability Hematological Bio-Chemical and Psychological Variables among Obese College Men Students”	2020
4.	Balamurali Krishnan R	“Effect of Aerobic Dance and Yogic Practices on Selected Physical Fitness Basal Metabolic Rate and Lipid Profile Variables among Obese Men”	2020
5.	James Rathinaraj S	“Influence of Yogic Practices and Walking on Selected Risk Factors among Middle Aged Diabetic Women”	2021
6.	Marina Rai	“Combined Effect of Naturopathy and Integrative Yoga Therapy on Selected Risk Factors among Obese Adulthood”	2024
7.	Sumitra Das	“Consequences of Yoga and Pilates Training on Selected Risk Factors Associated with Class I Obese”	2024

List of Research Articles / Recent Publications

S. No	Authors / Title of the paper / Journal	Impact Factor
1.	Marina Rai and Yoga P. , (2021). Combined effect of yoga practice with diet on cholesterol level among obese women. <i>International Journal of Biology, Pharmacy and Allied Sciences (IJBPAS)</i> , 10(11), pp. 1233-1238. (Web of Science Indexed, ISSN – 2277–4998).	-
2.	Sumitra Das and Yoga P. , (2021). Effect of yoga exercise with healthy diet on selected physiological variable among the undergraduate women student. <i>International Journal of Biology, Pharmacy and Allied Sciences (IJBPAS)</i> , 10(11), pp. 1239-1244. (Web of Science Indexed, ISSN – 2277–4998).	-
3.	I Sneha Ilayadarshini and Yoga P. , (2021). Effect of uphill training on systolic blood pressure among women athletes. <i>International Journal of Biology, Pharmacy and Allied Sciences (IJBPAS)</i> , 10(11), pp. 1245-1249. (Web of Science Indexed, ISSN – 2277–4998).	-
4.	Marina Rai and Yoga P (2021). Correction Of Postural Deformities Through Yoga Practices. <i>Ilkogretim Online - Elementary Education Online</i> , 20 (6): pp. 2287-2290. doi: 10.17051/ilkonline.2021.06.210	-
5.	Yoga P. , (2020). Scientific technological evaluation of isolated and companied practices of yogic practices and meditation on psychological conditions of college students. <i>International journal of scientific & technology research</i> , 9(02), pp.6257-6258.(SCOPUS Indexed, ISSN: 2277-8616).	-
6.	Alaguraja K, & Yoga P. , (2020). Combination of naturopathy and yoga on vo2 max among hypertensive patient. <i>Indian Journal of Public Health Research & Development</i> , 11(04), pp.131-134. (SCOPUS Indexed, Print ISSN: 09760245, E ISSN: 09765506).	-
7.	Alaguraja K, & Yoga P. , (2020). Effect of yoga therapy on BMI rate among class I obese patient. <i>Indian Journal of Public Health Research & Development</i> , 11(5), pp.143-146. (SCOPUS Indexed, Print ISSN: 09760245, E ISSN: 09765506).	-
8.	James Rathinaraj S, Yoga P , Alaguraja K, & Selvakumar K., (2020). Combination of walking practices and yogic practices on low density lipoprotein (LDL) among middle aged women. <i>Indian Journal of Public Health Research & Development</i> , 11(6), pp. 362-365. (Scopus Indexed, Print ISSN: 09760245, E-ISSN: 09765506).	-
9.	Marina Rai, Yoga P , Alaguraja K, Selvakumar K, and Sumitra Das., (2020). The power of yoga. <i>International Journal of Advanced Science and Technology</i> , 29(03), pp. 6225 – 6229 (SCOPUS Indexed, ISSN – 2005-4238).	-

10.	Alaguraja K, Yoga P. , Balamuralikrishnan R. and Selvakumar K. (2019). A scientific study on efficacy of yogic package on resting pulse rate among obese school students. <i>Journal of Information and Computational Science</i> , 9(8), pp.483-487. (ISSN: 1548-7741)	-
11.	Alaguraja K, and Yoga P. , (2019). Effect of yogic practice on resting pulse rate among school students. <i>Indian journal of Applied Research</i> . 9(7) pp. 43-44. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333)	5.18
12.	Selvakumar K, and Yoga P. , (2019). Influence of yogic practice on flexibility among college students. <i>Indian journal of Applied Research</i> . 9(7). pp. 45-46. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333)	5.18
13.	Ranjith VP and Yoga P. , (2019). Effect of yogic practice on resting pulse rate among college men handball players. <i>Indian journal of Applied Research</i> , 9(4), pp. 59-60. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333)	5.18
14.	Alaguraja, K., Yoga P. , James Rathinaraj, S., & Selvakumar, K. (2019). A study on yoga intervention on maximal oxygen uptake among stress patient. <i>Indian Journal of Applied Research</i> , 9, (9), 38-39. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333)	5.18
15.	Alaguraja K, and Yoga P. , (2019). Analyze of pranayama technique on physiological parameter among rural school students. <i>Journal of Information and Computational Science</i> , 9(8), pp.545-550. (ISSN: 1548-7741)	-
16.	Sumitra Das and Yoga P. , (2019). Effect of yogic package on body mass index among rural school girls. <i>Journal of Information and Computational Science</i> , 9(8), pp.462-467. (ISSN: 1548-7741)	-
17.	Sumitra Das and Yoga P. , (2019). A study on effect of combined yoga and naturopathy on triglycerides among high school girls. <i>Journal of Information and Computational Science</i> , 9(8), pp.450-454. (ISSN: 1548-7741)	-
18.	Marina Rai, and Yoga P. , (2019). A scientific effect of yogic package on body mass index among class I obese. <i>Journal of Information and Computational Science</i> , 9(10), pp.468-473. (ISSN: 1548-7741)	-
19.	Marina Rai, and Yoga P. , (2019). Efficacy of yogic therapy on high density lipoprotein among high school girls. <i>Journal of Information and Computational Science</i> , 9(10), pp.455-459. (ISSN: 1548-7741)	-

Resource persons in various capacities

National Conferences	: 08
International Conferences	: 03
Invited Lectures	: 07

Dr. P. YOGA

Assistant Professor