



Dr. P. KALEESWARAN
ASSISTANT PROFESSOR

Contact

Address : Alagappa University College of Physical Education
Alagappa University
Karaikudi – 630 003
Tamil Nadu, INDIA.

Employee Number : 41407
Date of Birth : 20-04-1969
Contact Phone (Office) : +91 4565 225212
Contact Phone (Mobile) : +91 94422 30496
Contact e-mail(s) : dr.kaleesaucpe@gmail.com

**Academic Qualifications: B.Sc.,Msc., (Yoga)M.P.Ed., M.Phil.,SLET., D.S.Y.M., P.G.D.Y.,
Certi.NIS., Ph.D.,**

Teaching Experience: 24 Years

Research Experience: 24 Years

Additional Responsibilities

S.No	Name of the Programme	Place were organized	Date
1.	Deputy Director of Physical Education	Alagappa University Karaikudi-TN	16 Oct 2015 Onwards
2.	Deputy Warden	AUCPE Men's Hostel	July 2005-2008 & 2014-2015

3.	Warden	AUCPE Men's Hostel	Aug 2009-2011 & 2015 Onwards
4.	Director of Physical Education (i/c)	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN	July 2006-2009 & 2011-2012 & 15 Oct 2014 - 2015
5.	Convenor	Alagappa university Intercollegiate Sports and tournament	2006-2009 & 2011-2012 & 2014 - 2015
6.	University team coach (Basketball Men & Women)	Alagappa University, Karaikudi- TN	2007 Onwards
7.	University team coach (Handball Men & Women)	Alagappa University, Karaikudi- TN	2006-2017
8.	Chief Coach (Handball Men & Women)	All Inter University South Zone Tournament, Alagappa University, Karaikudi-TN	Winner 15 Feb 2015-2016
9.	Member of Inspection squad	Alagappa University affiliated Colleges examination Nov-2013	24 th March 2016
10.	Event Judge	Fascon Fest 2016, Alagappa Institute of Skill Development	11 th March 2016
11.	Doctoral Committee Member	Ramakrishna Mission Vidyalaya University,CBE	30 th Jan 2016

Areas of Research

Exercise Physiology, Sports Training & Kinesiology

Research Supervision / Guidance

	Program of Study	Completed	Ongoing
Research	Ph.D.	01	05
	M.Phil.	09	-
Project	PG	33	03

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
07	17	04	51	02

Cumulative Impact Factor (as per JCR) : 5.08

Funded Research Projects

Ongoing Projects

S. No	Agency	Period		Project Title	Budget (Rs. In lakhs)
		From	To		
1	AURF	2016	2017	Effect of Specific Fitness Training With And Without Yogic Exercises on Selected Health Related Physical Fitness Components, Physiological and Psychological Variables among Alagappa University Staff	40,000/-

Distinctive Achievements / Awards

S.No	Name of the Award/ Fellowship	Institution awarding the Honor	Year
1	Gold Medalist (M.P,Ed.,) Degree	Madurai Kamaraj University	1993
2	Best Paper Presentation (Nano science in Indian sports Industry-An analysis.)	National Seminar on Scientific Innovations In Sports Sciences And Technology Selvam College Of Physical Education, Namakal.	5 th March 2011
3	National Sports Management “Physical Education Achievers Award” for the year-2013	National Sports Sivaganga District	2013

Events organized in leading roles

S. No	Title	Position	Period
1	National workshop on hand ball	Organizing secretary	2005-06
2	National workshop And Clinic on hand ball	Organizing secretary	2007-08
3	National workshop on handball	Organizing secretary	2010-11
4	National workshop on Track & field	Organizing secretary	2012-13
5	National workshop on Athletics	Organizing secretary	2013-14
6	State level athletics referee's clinic workshop	Organizing secretary	19 th to 21 st July 2014
7	Tamilnadu Open Invitation Masters Athletic Meet (Sivaganga District Masters Athletic Association)	Member	16 th Oct 2005
8	Indian Social Science Congress National Level , Indian Academy of social sciences. & Alagappa University, Karaikudi	Member	27 th to 31 st Dec-2006
9	National Seminar on Innovative Concept of Inter Disciplinary Approaches towards Physical Education. DPEHS, Alagappa University, Karaikudi	Member	14 th Sep. 2007
10	International Conference on "Metabolic Syndrome in Yoga and Naturopathy" . Department of Physical Education & Health Science, Alagappa University, Karaikudi	Member	Dec 18 th & 19 th 2007
11	National Seminar on Health Ageing through Yoga Therapeutic means and Sports. Department of Physical Education & Health Science, Alagappa University, Karaikudi	Member	18 th Sep 2008
12	National Seminar on Modern Multidimensional Approaches for Excellence in sports	Member	2 nd March 2009
13	International Conference on Emerging trends in Fitness for longevity and Education for Empowerment (Department of Physical Education & Health Science, Alagappa University, Karaikudi)	Member	5 th & 6 th March 2009
14	International Workshop On Football School of Physical Education Alagappa University, Karaikudi	Member	14 th Feb.2010

15	International Conference on Innovative Technology in Sports and Allied Sciences	Member	19 th & 20 th Oct 2012
16	UGC Sponsored National Seminar on Recent Trends in Sports Technology, Management Allied Sciences, Dept. of Phy.Edn, APSA College, Thirupathur	Member	12 th & 13 th Sep 2014
17	National Conference on Fit and Health India Mission 2015	Member	28 th & 29 th Sep 2015
18	National Seminar Organizing Committee (Role of Bharathanatiyam in Rhythmics and Physical Education)	Member	12 th January 2017
19	National Dwarf Tournament (Para Sports)	Member	20 th & 21 st January 2017
20	State Para Athletic Sports Tournament	Member	20 th & 21 st January 2017

Events Participated (optional)

Conferences / Seminars / Workshops: 103

1. **Conferences** :27
2. **Seminars** :53
3. **Workshops** :23

Other Training Programs

Course	Organised by & place	Duration
UGC sponsored Orientation course	Academic staff college, Bharathiar University Coimbatore.	28days (5.3.2009 to 1.4.2009)
UGC sponsored Refresher course	Academic staff college, Bharathiar University. Coimbatore.	21days (09-11-2010 to 29-11.2010)
UGC Sponsored Refresher Course	Academic staff college, University of Madras. Chennai.	21 days (23.11.2012 to 13.12.2012)
Refresher course in communicative English	British counsel & Alagappa University Karaikudi.	21 days (120 hours) 2008
Orientation Programme	Para sport National Educational Academy, Tamilnadu.	(30 Days) Nov 26 th to Dec 28 th 2013

Kineanthropometric Training Course	International society of kineanthropometric & Alagappa University Karaikudi.	2 days (7 th & 8 th April 08)
Orientation Programme	Alagappa University College of Physical Education, Karaikudi.	2 days 24 th & 25 th Feb 2010
Short Term Course in Sports Science Skill Development	Sports Authority of India, Netaji Subhas National Institute of Sports, Patiala, Punjab.	09 th October to 25 th 2016

Membership in

Professional Bodies

S.No	Name of the institution and place	Capacity / Status
1	Tamil Nadu Anatomy Association, Chennai.	Life member
2	Tamilnadu Handball Association	Joint secretary
3	Tamilnadu Handball Association	Technical committee Chairman
4	Tamil Nadu Athletic Association as official	Member
5	Tamil Nadu Kabbadi association as official	Member
6	Sivaganga District Basket Ball Association	Member
7	Sivaganga District Volley Ball Association	Member
8	Sivaganga District Hockey Association	Member
9	Sri Ramachandra Medical College and Research (D.U) blood Donor Club	Member
10	Alagappa University Alumni Association	Member
11	Sivaganga District Secretary for Tamil Nadu Handball Association.	Secretary
12	International society of Kineanthropometric	Member
13	District Sports Advisory Committee	Member
14	AUCPE Revised Curriculum Committee	Member
15	Para Sports	Member

Editorial Board

1. International Journal of Sports Technology, Management and Allied Sciences.
2. National Journal of scientific yoga and health.

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

1. Alagappa University

Resource persons in various capacities

Exposures as Resources persons/ Chairpersons, etc

Sports Sciences

S.No	Name of Conference / Seminar/ Workshop	Institution and Place	Date
1	National seminar on sports science	Co chairperson Department of Physical Education, Bharathiar University, Coimbatore.	27 th Sep 2008
2	National seminar on Nano-Technology in Materials	Chairperson, Department of Physics, Sree Sevugan Annamalai College, Devakottai.	21 st & 22 nd August 2009.
3	National seminar on Scientific innovations in sports sciences and technology	Chairperson Selvam College of Physical Education, Namakal.	5 th march 2011
4	National seminar on Scientific innovations in sports sciences and technology	Resource Person Selvam College of Physical Education, Namakal.	5 th march 2011
5	UGC Sponsored National Seminar on "Recent Technologies in Sports Sciences"	Chairperson, Department of Physical Education, Bharathiar University, Coimbatore.	22 nd & 23 rd March 2011
6	International Conference on Innovative Technology in Sports and Allied Sciences	Chairperson Dept. of Physical Education & Health Sciences, Alagappa University, Karaikudi.	19 th & 20 th Oct 2012

Sports Medicine

S.No	Name of Conference / Seminar/ Workshop	Institution and Place	Date
1	UGC sponsored National Seminar on Modern Trends in Sports Medicine	Resource Person Department of Physical Education, Bharathiar University, Coimbatore.	9 th -10 th April 2010

Sports

Exposures as Resources persons/ Chairpersons, etc

S.No	Name of Conference / Seminar/Workshop	Institution and Place	Date
1	National Seminar on Innovative Concepts in Inter-Disciplinary Approaches in Physical Education	Co-Chairperson Dept. of Physical Education & Health Sciences, Alagappa University, Karaikudi	14 th Sept 2007
2	International Conference on Education, Culture and Literature of Greece and India	Chairperson Sri Venkateshwara College of Education, Peravurani, Thirupathur.	2 nd Dec 2009
3	Essence of Uniform Nomenclature and Curriculum Designs for Various Courses of Physical Education in India	Chairperson Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore.	19 th & 20 th April 2013
4	Essence of Uniform Nomenclature and Curriculum Designs for Various Courses of Physical Education in India	Co-Chairperson Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore.	19 th & 20 th April 2013
5	Essence of Uniform Nomenclature and Curriculum Designs for Various Courses of Physical Education in India	Resource person	19 th & 20 th April 2013
6	UGC sponsored National Seminar on Modern Trends in Sports Medicine	Chairperson Department of Physical Education, Bharathiar University, Coimbatore.	9 th -10 th April 2010
7	International Conference on Yoga, Physiotherapy, Nutrition and Sports for Sports for Life Long Fitness	Chairperson Dept. of Physical Education & Health Sciences, Alagappa University, Karaikudi	27 th & 28 th Jan 2011
8	National Seminar on Emerging Trends in Sports	Chairperson Department of Physical Education, Bharathiar University,	2011

		Coimbatore.	
9	UGC sponsored National Seminar on Development of Sports in Rural Areas; Issues and Challenges	Co-Chairperson Department of Physical Education, Gobi Arts & Science College, Namakkal.	16 th & 17 th Dec 2011
10	UGC sponsored National Seminar on Development of Sports in Rural Areas; Issues and Challenges	Resource Person Department of Physical Education, Gobi Arts & Science College, Namakkal.	16 th & 17 th Dec 2011
11	National Workshop on play day	Resource Person	20 th Feb 2013
12	National Workshop on Athletics	Resource Person	14 th & 15 th Feb 2013
13	National Workshop on Athletics	Resource Person	8 th & 9 th Jan 2013
14	Talent Identification and Development in Sports & Games	Chairperson Dept. of Physical Education, K.V.R.,K.V.R., & M.K.R College, Khajippalem, Guntur, Andhra Pradesh.	25 th & 26 th March 2013
15	Talent Identification and Development in Sports & Games	Co-Chairperson Dept. of Physical Education, K.V.R.,K.V.R., & M.K.R College, Khajippalem, Guntur, Andhra Pradesh.	25 th & 26 th March 2013
16	Women Participation in India	Chairperson Department of Physical Education, Bharathiar University, Coimbatore	30 th & 31 st Jan 2014
17	Women Participation in India	Resource Person Department of Physical Education, Bharathiar University, Coimbatore.	30 th & 31 st Jan 2014
18	Women Participation in India	Co-Chairperson Department of Physical Education, Bharathiar University, Coimbatore.	30 th & 31 st Jan 2014
19	National Seminar on sound body sound mind fitness through yoga &	Resource Person, GTN Arts college, Dindugul.	25 th & 26 th March 2015,

	sports		
20	National seminar on recent developments in sports and yogic sciences	Chairperson, AUCPE, Karaikudi.	19 th & 20 th March 2015
21	National seminar on fitness and wellness	Chairperson, K.V.R., K.V.R., & M.K.R College, Khajipalem, Gundur, Andhra Pradesh.	5 th & 6 th De 2014,
22	National Conference on “ Training, Nutrition and Analeptic Regimen on Corporeal Property and High Performance in Sports	Resource Person, Department of Physical Education, Bharathiar University, Coimbatore.	31 st & 1 st Mar 2016.
23	National Conference on Yoga – A Scientific Approach	Chairperson, Department of Physical Education, Sri Vasavi College, Erode	30 th Jan 2016.
24	International Conference on Health Indicators for Physical Cognitive Fitness Education	Chairperson, Faculty of Education, Alagappa University, Karaikudi.	26 th & 27 th Feb 2016,
25	National Conference on Fit and Health India Mission 2015	Chairperson AUCPE, Karaikudi.	28 th & 29 th Sep 2015,

Books Published / Course material written

S.No	Title	Publisher	Year
1	Sports Biomechanics	Jeyavel Printers, Karaikudi.	2007
2	History And Principles	Jeyavel Printers, Karaikudi.	2007
3	Kinesiology	Jeyavel Printers, Karaikudi.	2008

Resources persons in Various Capacities

Numbers of Invited /Special Lectures Delivered: 12

Others

1. Products developed : Produce national level Players-2, State Level-10, Inter University-100 Players in Basketball & Handball
2. No. of PhD Thesis evaluated : 02
3. No. of PhD Public Viva Voce Examination conducted : 01
4. Secretary in Sivaganga District Handball Association

Recent Publications

International Journals

S. No	Title of the Paper	Name of the Journal	ISSN No.	Impact Factor
1	A study on Match Analysis Of Basketball Teams in the State Level Tournament	ISRJ, Academic Sports Scholar, Volume-4 Issue-4 April-2015	ISSN No : 2230-7850	2.1052
2	Match Analysis of the State Teams in State Level Basketball Tournament for Men	International Recognized Double-Blind Peer Reviewed Research Journal Volume - 4 Issue - 5 May - 2015	ISSN : 2277-3665	2.1052
3	A Study on Match Analysis of Basketball in the State Level Basketball Tournament	Indian Streams Research Journal. Volume - 5 Issue - 7 Aug - 2015	ISSN No : 2230-7850	3.1560
4	Match Analysis of the State Teams in the State Level Basketball Tournament for Men	ISRJ. Academic Sports Scholars, Volume -4 Issue - 8 Aug - 2015	ISSN : 2277-3665	2.1052
5	Effect of Yogic Practices on Selected Physiological Variables among Rural School Boys	Journal of Yoga Physical Education and Traditional Medicine – ISBN: (September 2014)	978-81-927985-0-7	-
6	Effect of Specific Training on Agility among College Level Handball Players	Indian Journal of Physical Education. Vol:6/Issue: 7/July 2016	ISSN-2249-555X.	3.919
7	Effect of Circuit Training of Muscular Endurance and Muscular Strength Among Sedentary College Men	International journal of Sports Technology Management and Allied Sciences	ISSN-2319-5274	

National Journals

S.No	Title of the paper	Name of the Journal	ISSN No	Impact Factor
1	Comparison of Agility and Speed between hr.sec.school level of Basketball and Handball players	Bharathiar Journal of Physical Education and exercise and sciences	ISSN-0976-3678	-
2	Effect of Hypoxic Training at different attitudes on selected Physiological variables among 3000 Meters Running Performance	Bharathiar Journal of Physical Education and exercise and sciences	ISSN-0976-3678	-
3	Effects of Varied Regiments of Resistance Training on selected Physical, Physiological variables among College Men Students	Bharathiar Journal of Physical Education and exercise and sciences	ISSN-0976-3678	-
4	Effect of Varied Intensities of Bicycle Ergo Meter Training on Selected Physical and Physiological Variables Among The College Men	Journal of adapted physical education and yoga	ISSN-2229481	-

PROCEEDING PUBLICATIONS

1. Dr.P.Kaleeswaran (2015) "Effect of skills Training with and without yogic practices on Speed among Youth Male Handball Players", International Conference on Prospective approaches and applications of yoga and Physical Activity for better life, Published by Department of Physical Education, All Saints College, Tiruvananthapuram, Kerala, India. Page No. 86.
2. Dr.P.Kaleeswaran (2015) "Education Opportunity for Scheduled Caste & Scheduled Tribes in India", National Seminar on Dalit Education : Challanges and Emerging isusse in India, Nivi Publications, Tirunelveli, Tamilnadu, India. Page No.66.
3. Dr.P.Kaleeswaran (2015) "Effect of Weight Training on Muscular Strength Endurance and Leg Explosive Power among college level Handball Players", National Seminar on Sound Body in a Sound Mind and Fitness through Yoga and Sports, Shanlax Publication, Madurai, TamilNadu, India. Page No.135.
4. Dr.P.Kaleeswaran (2015) "Effect of Yogic Practices on Vital Capacity among Yogic Men Competitors, National Seminar on Recent Developments in Sports and Yogic Practices, AUCPE Publication, Maga Printers, Subramaniapuram, Karaikudi, TamilNadu, India. Page No.191 & 192.
5. Dr.P.Kaleeswaran (2015) "Effect of Weight Training with and without yogic Practices on Breath Holding Time among Physical Education Students", National Seminar on Recent Developments in Sports and Yogic Practices, AUCPE Publication, Maga Printers, Subramaniapuram, Karaikudi, TamilNadu, India. Page No.193 & 196.

6. Dr.P.Kaleeswaran (2014) "Effect of Specific Football Training with and without Surya Namaskar on Leg Muscular Strength among Women Football Players, National Conference on Importance of Physical Education and Sports Sciences on Nation Building, Department of Physical Education, Coimbatore Institute of Technology, Coimbatore, TamilNadu, India. Page No.111 - 114.
7. Dr.P.Kaleeswaran (2014) "Effect of Specific Resistance and Aerobic Training on Cardio-Respiratory Endurance among Women Basketball Players, National Conference on Importance of Physical Education and Sports Sciences on Nation Building, Department of Physical Education, Coimbatore Institute of Technology, Coimbatore, TamilNadu, India. Page No.115 - 118.
8. Dr.P.Kaleeswaran (2015) "Effect of Skills Training With and Without Yogic Practices on Leg Explosive Power among Youth Male Handball Players", National Seminar on Scientific approaches and application of Yoga and holistic Life style for Better life Tomorrow, Government College, Tripunithra, Kerala, India. Page No. 64 – 68.
9. Dr.P.Kaleeswaran (2016) "Effect of skills Training with and without Yogic Practices on selected Physiological variables among Youth Male Handball Players", International conference on Health Indicators for Physical and Cognitive Fitness Education, Published by Poocharam Printers, Karaikudi, TamilNadu, India. Volume 1. Page No. 163.
10. Dr.P.Kaleeswaran (2016) "Effect of Yogic Practices on Flexibility and Balance among College Level Men Handball Players", International conference on Health Indicators for Physical and Cognitive Fitness Education, Published by Poocharam Printers, Karaikudi, TamilNadu, India. Volume 1. Page No. 166.
11. Dr.P.Kaleeswaran (2016) "Effect of Specific Training on Speed among College Level Men Basketball Players", International conference on Health Indicators for Physical and Cognitive Fitness Education, Published by Poocharam Printers, Karaikudi, TamilNadu, India. Volume 1. Page No. 179.
12. Dr.P.Kaleeswaran (2016) "Effect of Yogic Practices on selected Bio-Chemical variables among yogic Men Competitors", International conference on Health Indicators for Physical and Cognitive Fitness Education, Published by Poocharam Printers, Karaikudi, TamilNadu, India. Volume 1. Page No. 181.
13. Dr.P.Kaleeswaran (2016) "Comparing the Effectiveness of Static Stretching versus PNF Stretching Hamstring Muscles following superficial Heat in Athletes", International conference on Health Indicators for Physical and Cognitive Fitness Education, Published by Poocharam Printers, Karaikudi, TamilNadu, India. Volume 1. Page No. 189.
14. Dr.P. Kaleeswaran (2011) "Effect of Weight Training on Arm Strength and Explosive Power for Male Handball Players", National Seminar on Development Sport in Rural Areas issues And Challenges, TamilNadu, India. Page No.269
15. Dr.P. Kaleeswaran (2011) "Effect of Periodised Handball Specific Training on Physical ability of Male Collegiate Team Handball Players", National Seminar on

Emerging Trends in Physical Education and Sports Sciences, Published by Publication Division, Trichy, TamilNadu, India. Page No.488.

16. Dr.P. Kaleeswaran (2012), "Basketball and Personality Development an Overview", National Seminar on Impact of Physical Education in Developing Wholesome Personality among Student Community, Tamil Nadu, India. Page No.113.
17. Dr.P. Kaleeswaran (2012), "Effect of Pranayama on the Development of Selected Physical Physiological Variables among College Students", National Conference on Innovative Technology in Sports and Allied Sciences, Universal Publisher, Chennai, Tamil Nadu, India. Page No.86.
18. Dr.P. Kaleeswaran (2012), "Effect of Core Training on Abdominal Strength Among University Men Handball Players", National Conference on Essence of Uniform Nomenclature and curriculum Design for Various Courses of Physical Education in India. SRKV Printing Press, Coimbatore, Tamil Nadu, India. Page No.255.
19. Dr.P.Kaleeswaran (2011) "Super foods for Superior Athletic Performance, National Seminar on Development Sport in Rural Areas issues And Challenges", Tamilnadu, India. Page No.267
20. Dr.P.Kaleeswaran (2016) "Effect of Skills Training With and Without Yogic Practices on Breath Holding Time among Youth Male Handball players", National Conference on Yoga a Scientific approach, Department of Physical Education, Vasavi College, Erode, Tamil Nadu, India. Page No. 178
21. Dr.P.Kaleeswaran (2016) "Effect of Yogic Practices on Blood Pressure variables among College Level Men Handball players", National Conference on Yoga a Scientific approach, Department of Physical Education, Vasavi College, Erode, Tamil Nadu, India. Page No. 181
22. Dr.P.Kaleeswaran (2016) "Effect of yogic practices on selected Physiological variables among College Level Men Cricket players", National Conference on Role of Yoga a Technology in Enhancing sports performance and populace health, Department of Physical Education, Urumu Dhanalakshmi College, Trichy, Tamil Nadu, India. Page No.232