



**Dr.A.Mahaboobjan**  
**Professor**

#### Contact

Address : Department of Physical Education and Yoga  
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#### Academic Qualifications:

M.P.E.S., M.Phil., NIS(c)., Ph.D., M.B.A. (HR), M.Sc.(Y&N)., PGDY., PGDSTT., PGDCA.

#### Teaching Experience: 26Years

#### Research Experience: 14Years

#### Additional Responsibilities

1. Member, IQAC, Bharathidasan University, Tiruchirappalli.

#### Areas of Research

Area of Specialization – Sports Training, Exercise Sciences and Yoga.  
Game of Specialization UG – Cricket.  
Game of Specialization PG – Kabaddi.  
Game of Specialization NIS – Track and Field.

## Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	14	08
	M.Phil.	93	---
Project	PG	Nil	Nil
	UG / Others	Nil	Nil

## Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
41	03	56	19	10

## Events organized in leading roles:

Number of Seminars / Conferences / Workshops / Events organized: 12

S.No.	Name of the Event	Place/Dates	Capacity in which Organized
1.	State level seminar on “ <b>Research Designs and Statistical Applications in Physical Education and Sports</b> ”	Faculty of Physical Education, Vinayaka Missions University, Salem. Date: 06/07/2008	Organizing Secretary
2.	National Level Seminar on “ <b>Role of Statistics in Physical Education and Research</b> ”	Faculty of Physical Education, Vinayaka Missions University, Salem. Date: 17 / 02 / 2010	Organizing Secretary
3.	National Level Workshop on “ <b>Modern Techniques and Rules in Athletics</b> ”	Faculty of Physical Education, Vinayaka Missions University, Salem. Date: 02/04/2010	Organizing Secretary
4.	National Level Workshop on “ <b>Rules in Athletics</b> ”	Faculty of Physical Education, Vinayaka Missions University, Salem. Date: 03/12/2010	Organizing Secretary
5.	National Conference on “ <b>Use of Modern Technology in Physical Education, Sports and Allied Health Sciences</b> ”	Faculty of Physical Education, Vinayaka Missions University, Salem. Date: 11th & 12th Feb’2011.	Organizing Secretary

6.	National level Workshop on <b>“Comprehensive Approaches in Silambam”</b>	Faculty of Physical Education Vinayaka Missions University, Salem. Date: 18 <sup>th</sup> Feb’ 2012.	Organizing Secretary
7.	National level Workshop on <b>“Modern Concept of Health Through Yoga”</b>	Faculty of Physical Education Vinayaka Missions University, Salem. Date: 07 <sup>th</sup> March 2012	Organizing Secretary
8.	National Level Conference on <b>“Emerging Trends in Physical Education, Sports and Sports Management”</b>	Faculty of Physical Education Vinayaka Missions University, Salem. Date : 23 <sup>rd</sup> Mar’ 2012	Organizing Secretary
9.	State Level Workshop on <b>“Rules in Handball”</b>	Dept. of Physical Education, Bharathidasan University, Tiruchirappalli. Date: 29/04/ 2015	Organizing Secretary
10.	State Level Workshop on <b>“Rules in Athletics”</b>	Dept. of Physical Education, Bharathidasan University, Tiruchirappalli. Date: 01/05/2015	Organizing Secretary
11.	National Level Workshop on <b>“Evolution of Indian Physical Culture in Mallakhamb”</b>	Dept. of Physical Education, Bharathidasan University, Tiruchirappalli. Date:10/12/2015	Organizing Secretary
12.	UGC Sponsored national Conference on <b>“Concept of Health Fitness and Wellness”</b>	Dept. of Physical Education, Bharathidasan University, Tiruchirappalli. Date:04 &05/02/2016	Organizing Secretary

### Events Participated :

#### Conferences / Seminars / Workshops:

1. Participated in XLVI Indian Social Science Congress Symposium on **“Physical Education and Indigenous Sports” Jointly Organised by** Indian Social Science Academy and Bharathidasan University at Bharathidasan University, Tiruchirappalli from 27<sup>th</sup> to 31<sup>st</sup> January 2023.
2. Participated Online Course on **Plagiarism in Academic Research**, Conducted by Lalatendu Bidyadhara Kumar Baric on YouTube from 15.05.2022 to 25.05.2022.
3. Participated in UGC– Sponsored One Day Workshop for **Orientation Workshop on SWAYAM**, jointly organized by Department of the Library & Information Science and UGC-Human Resource Development Centre, Bharathidasan University, Tiruchirappalli, Tamilnadu on 03<sup>rd</sup> May 2018.

4. Participated in UGC – Sponsored Two Day Workshop for Academic Administrations on **“Institutional Assessment & Accreditation”** at Human Resource Development Centre & Internal Quality Assurance Cell Bharathidasan University, Tiruchirappalli, Tamilnadu on 12<sup>th</sup> & 13<sup>th</sup> March 2018.
5. Participated in National Conference on **“Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance”** at Gasnesar College of Arts and Science, Melasivapuri, Pudukkottai on 3<sup>rd</sup> March 2018.  
(Title: **“Effect of Circuit Training and Aerobic Training on Selected Physical Fitness Variables among Adolescent Kabaddi Players”**).  
(Title: **“Effect of SAQ Training of Selected Physical Fitness Components among Inter-Collegiate Men Players”**).
6. Participated in International Seminar on **“Global Warming and its impact on Women and Environment”** at Department of Women Studies, Bharathidasan University and Kudumbam NGO, Trichy. Sponsored by Emmaus International on January 24<sup>th</sup> 2018.
7. Participated in UGC Sponsored National Level Workshop on **“Sports Biomechanics”** at Department of Physical Education, Bharathidasan University, Dated on 19<sup>th</sup> Dec 2016.
8. Participated in National Conference on **“Emerging Trends in Physical Education, Sports and Sports Management”** at Vinayaka Missions College of Physical Education, Salem on 23<sup>rd</sup> March 2012.
9. Participated in National level Workshop on **“Modern Concept of Health Through Yoga”** organized by Vinayaka Missions College of Physical Education, Salem on 07<sup>th</sup> March 2012.
10. Participated in National level Workshop on **“Comprehensive Approaches in Silambam”** organized by Vinayaka Missions College of Physical Education, Salem on 18<sup>th</sup> February 2012.
11. Participated in **“Technical Workshop in Athletics”** organized by Tamilnadu Athletic Association, at Dindigul on 11<sup>th</sup>&12<sup>th</sup> Feb’ 2012.
12. Participated in State level Workshop on **“Technology Enhanced Learning”** organized by Faculty of Education, Vinayaka Missions University, Salem on 21<sup>st</sup> Mar’2011.  
(Title: **“Analysis of Selected Performance Related Physical Fitness Components Between Trained and Un – Trained Adolescent Professional Students”**).
13. Participated in National Workshop on **“Rules in Athletics”** organized by Faculty of Physical Education and Sports Sciences, Vinayaka Missions University, Salem on 03<sup>rd</sup> Dec 2010.

14. Participated in National Workshop on **“Role of Physical Education and Sports Coaching for the Promotion of Competitive Sports”** organized by Department of Advanced Training and Coaching, Tamil Nadu Physical Education and Sports University, Chennai on 26<sup>th</sup> & 27<sup>th</sup> March 2010.
15. Participated in National Workshop on **“Modern Techniques and Rules in Athletics”** organized by Faculty of Physical Education and Sports Sciences, Vinayaka Missions University, Salem on 2<sup>nd</sup> April 2010.  
(Title: **“Comparative Study of Selected Physical Fitness Components among Weight Lifters and Power Lifters of the Tamilnadu State Men Team”**).  
(Title: **“Effect of Aerobic, Anaerobic and Intermittent Training on the Hematological and Lipid Profile of Engineering College Students”**).
16. Participated in National Level Seminar on **“Role of Statistics in Physical Education and Research”**, Organized by Faculty of Physical Education and Sports Sciences, Vinayaka Missions University, Salem on 17<sup>th</sup> Feb 2010.
17. Participated in National Workshop on **“Sports Management”** organized by SAI Lakshmibai National College of Physical Education, Thiruvananthapuram on 23<sup>rd</sup> & 24<sup>th</sup> August 2009.  
(Title: **“Comparative study of Selected Physical Fitness Components of Women Students at various colleges of Vinayaka Missions University”**).
18. Participated in **“International Workshop on Advanced Scientific Training in Football”** organized by Department of Advanced Training and Coaching Tamilnadu Physical Education and Sports University, Chennai on 12<sup>th</sup> & 13<sup>th</sup> March 2009.
19. Participated in National Level Workshop on **“Research Methodology and Statistics in Physical Education”** organized by Department of Physical Education, Bharathiyar University, Coimbatore on 16<sup>th</sup> & 17<sup>th</sup> Mar’2009.
20. Participated International Conference on Physical Education and presented a paper on **“Recent Trends in Sports Technology”** at VIT, Vellore on 5<sup>th</sup> & 6<sup>th</sup> December 2008.  
(Title: **“Analysis of Selected Physical and Physiological Variables among the Volleyball Players of Salem District”**).
21. Participated in the State level Seminar on **“Research Designs and Statistical Applications in Physical Education and Sports”** organized by Faculty of Physical Education and Sports Sciences, Vinayaka Missions University, Salem on 6<sup>th</sup> July 2008.
22. Participated **District level Orientation Course– 2007** organized by Sports Development Authority of Tamilnadu, Salem Unit 27<sup>th</sup> to 29<sup>th</sup> Mar’07.

23. Participated in the “**State Technical official Seminar**” organized by Tamilnadu Amateur Athletic Association, at Coimbatore on 16<sup>th</sup>&17<sup>th</sup> Dec’ 2000.

### **Overseas Exposure / Visits**

1. Sri Lanka, Bahrain and Dubai.

### **Membership in**

#### **Professional Bodies**

1. Life Member: NAPPES
2. Visiting Team: VT member in NCTE, New Delhi, India
3. **Member of Senate** Bharathidasan University, Tiruchirappalli, 2012 to 2017.
4. **Member of Senate (Government Nominee)** Bharathidasan University, Tiruchirappalli, 2022 to Till date.

#### **Editorial Board**

1. International Journal of Advanced Research and Review (IJARR)

#### **Advisory Board**

1. Journal of Physical Education and Allied Health Sciences (JPEAHS)

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

**Chairman, Board of Studies** for B.Sc. B.P.E, B.P.Ed., M.P.Ed., & M.Phil, courses, from 2005 to 2012 in VMCPE, Vinayaka Missions Research Foundation, Deemed University, Salem.

**Member-Senate Bharathidasan University, Tiruchirappalli from 2012 to 2017.**

**Member, Board of Studies** for B.Sc. B.P.E, B.P.Ed., M.P.Ed., & M.Phil, courses for various Universities and Affiliated colleges of Bharathidasan University Since 2012 to till date.

**Member-Senate Government Nominee, Bharathidasan University, Tiruchirappalli from 2022 to till date.**

**Nominated as the University Representative on the College Committee, from 2022 to 2025.**

**Member, Board of Studies** for M.Sc. Yoga at Bharathidasan University, Tiruchirappalli from 2017.

**Member, Board of Studies** for B.Sc. B.P.E, B.P.Ed., M.P.Ed., & M.Phil, courses for various Universities and Affiliated colleges of Bharathidasan University Since 2012 to till date.

## Resource persons in various capacities

### Others

Number of Invited / Special Lectures delivered: 15

1. No. of PhD Thesis evaluated : 70+
2. No. of PhD Public Viva Voce Examination conducted : 70+

## Recent Publications

1. **Dr.A.Mahaboobjan** and Mr.E.Rajasekaran, “Impact of Offshore and Aerobic Training Packages on Selected Motor Fitness Parameters of Kabaddi Players”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 37 No. 440, March, 2023, pp. 108-111.
2. P.S.Poukinreiyang Kamei, Dr.D.Prasanna Balaji, **Dr.A.Mahaboobjan**, “Effects of Plyometric Training on Soccer Related Motor Fitness Variables and Fundamental Skills among Inter-Collegiate Male Soccer Players” THIRD CONCEPT, ISSN : 0970-7247, Vol. 37 No. 438, August, 2023, pp. 39-41.
3. K.Mahesh, Dr.D.Prasanna Balaji, **Dr.A.Mahaboobjan**, “Use of Advanced Technologies and Algorithms in Cricket: A Survey”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 37 No. 438, August, 2023, pp. 56-58.
4. L.Mohammad Abbas, Dr.R Balasubramani and **Dr.A.Mahaboobjan**, “Mapping of Sri Lankan Universities Research Output: A Scientometric Analysis during 1989-2008”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 37 No. 436, June, 2023, pp. 131-132.
5. Miss.U.Perachi Selvi, Dr.R Balasubramani and **Dr.A.Mahaboobjan**, “A Scientometrics Analysis of Coronavirus Research Output in Sri Lanka”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 37 No. 436, June 2023, pp. 59-61.
6. Mr.C.Saravanan and **Dr.A.Mahaboobjan**, “Impact of Weight Training On Improving Selected Physical Variables of Cricket Players”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 37 No. 434, April, 2023, pp. 70-72.
7. Mr.E.Rajasekaran and **Dr.A.Mahaboobjan**, “Impact of Offshore and Aerobic Training Packages on Selected Respiratory Parameters of Kabaddi Players”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 37 No. 433, March, 2023, pp. 62-65.
8. Mrs.S.Princy and **Dr.A.Mahaboobjan**, “Effect of Ladder and Plyometric Training on Physical Fitness Variables among Kho-Kho Players, THIRD CONCEPT, ISSN: 0970-7247, Vol. 36 No. 432, February, 2023, pp. 205-207.
9. **Dr.A.Mahaboobjan** and Mr.T.Vinothkumar, “Effect of High Intensity Training, Resistance Training and Combined Training Selected Variables of Basket Players”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 36 No. 430, January, 2023, pp. 91-93.
10. Mr.T.Vinothkumar and **Dr.A.Mahaboobjan**, “Effect of High Intensity Training on Health-Related Fitness among Basket Players”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 36 No. 430, December, 2022, pp. 96-98.

11. Mrs.S.Princy and **Dr.A.Mahaboobjan**, “Impact of Ladder Plyometric and Combined Training on Selected Motor Fitness Components and Playing Ability among Kho-Kho Players”, Kanpur Philosophers, ISSN: 2348-8301, Vol.IX, Issue II (winter), pp. 820-825.
12. Mr.E.Rajasekaran and **Dr.A.Mahaboobjan**, “Effect of Kettlebell Training on Shoulder and Leg Strength among College Level Men Kabaddi Players”, International Journal of Physiology, Nutrition and Physical Education, ISSN : 2456-0057, 2022; 7(2): 286-288.
13. Mr.E.Rajasekaran and **Dr.A.Mahaboobjan**, “Effect of Ladder Training on Selected Physical Fitness Variables among Inter Collegiate Men Kabaddi Players”, International Journal of Physical Education, Sports and Health, E-ISSN : 2394-1693, 2022; 9(6): 188-190.
14. **Dr.A.Mahaboobjan** and Mr. Ajay James, “Combined Effect of CrossFit and Plyometric Training on Selected Physical Fitness Parameters of College Level Tennis Players”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 36 No. 427, November, 2022, pp. 195-197.
15. Mr.C. Saravanan and **Dr.A.Mahaboobjan**, “Effect of Core Strength Training on Selected Physical Fitness Variables of Cricket Players”, THIRD CONCEPT, ISSN : 0970-7247, Vol. 36 No. 429, October 2022, pp. 53-55.
16. Mrs.S.Princy and **Dr.A.Mahaboobjan**, “Effect of Ladder and Plyometric Training on Physical Fitness Variables among Kho-Kho Players, THIRD CONCEPT, ISSN: 0970-7247, Vol. 36 No. 427, September, 2022, pp. 54-55.
17. **Dr.A.Mahaboobjan** and Mrs. V. Sowmiya, “Training Packages on Acceleration Speed and Speed Endurance among Female Basketball Players”, THIRD CONCEPT, ISSN: 0970-7247, Vol. 36 No. 427, September, 2022, pp. 48-51.
18. **Dr.A.Mahaboobjan** and Mr. Hussainsab K.P., “Effect of SAQ Training on Selected Physical Fitness Parameters of Kabaddi Players”, Galaxy International Interdisciplinary Research Journal (GIIRE). ISSN(E) : 2347-6915, Volume- 10 Issue-6, June, 2022, pp. 206-210.
19. Mr.Ajay James and **Dr.A.Mahaboobjan**, “Effect of Cross-fit Training Plyometric Training and Combined Training among Tennis Players”, THIRD CONCEPT, ISSN: 0970-7247, Volume-36, No.424, June, 2022, pp. 46-49.
20. Mrs.V.Sowmiya and **Dr.A.Mahaboobjan**, “Effect of Weight Resistance Plyometric Resistance and Combined Training among Female Basketball Players”, THIRD CONCEPT, ISSN: 0970-7247, Volume-36, No.423, May 2022, pp. 54-57.
21. Mr.A.Robinson and **Dr.A.Mahaboobjan**, Effect of Fartlek Training with Pranayama on Selected Physical Physiological and Skill Performance Variables of Football Players, Madhya Bharti, ISSN: 0974-0066, Vol. 82 : No.09, (Jan – Jun), 2022, pp. 1-6.
22. Mrs.S.Princy and **Dr.A.Mahaboobjan**, “Effect of Circuit Training on Selected Physiological Components among Women Kho-Kho Players”, International Journal of Physiology, Nutrition and Physical Education, ISSN: 2456-0057, Vol. 7 : Issue 1, (Jan – Jun), 2022, pp. 423-426.
23. **Dr.A.Mahaboobjan**, Impact of Progressive Speed Training on Urban and Rural Adolescent School Boys, Galaxy International Interdisciplinary Research Journal (GIIRE). ISSN(E) : 2347-6915, Volume- 10 Issue-5, May, 2022, pp. 118-122.
24. **Dr.A.Mahaboobjan** and Mr. C.Saravanan, “Impact of Combined Plyometric and Circuit Training on Selected Physiological Components among Cricket Players”, International Journal of Advance Research and Innovative Ideas in Education (IJARIIE), ISSN(O): 2395-4396, Volume-8 Issue-3, 2022, pp.396-398.



25. Mrs. S. Princy and **Dr. A. Mahaboobjan**, "Effect Of Circuit Training On Selected Physical Fitness Variables Among College Level Women Kho-Kho Players", International Journal of Physical Education, Exercise and Sports (IJPEES), Online ISSN: 2664-9896, Print ISSN: 2664-9888, Volume 4, Issue 1, 2022, pp.12-16.
26. **Dr. A. Mahaboobjan** and Mr. C. Saravanan, "Effect of Combined Plyometric and Circuit Training on Selected Physiological Components among Cricket Players", International Journal of Creative Research Thoughts (IJCRT), ISSN: 2320-2882, Volume 10, Issue 4, April, 2022, pp. 738-740.
27. Mr. Ajay James and **Dr. A. Mahaboobjan**, "Isolated and Combined Effect of Crossfit Training and Plyometric Training on Selected Skill Performance among Inter-Collegiate Tennis Players", THE JOURNAL OF ORIENTAL RESEARCH MADRAS, ISSN: 0022-3301, FEBRUARY, 2022, pp. 47-54.
28. Mr. T. Vinothkumar and **Dr. A. Mahaboobjan**, "Effects of High Intensity Interval Training and Resistance Training on Selected Physiological Parameters among Basketball Players", THE JOURNAL OF ORIENTAL RESEARCH MADRAS, ISSN: 0022-3301 | FEBRUARY, 2022 pp. 88-92.
29. Mr. T. Vinothkumar and **Dr. A. Mahaboobjan**, "Effects of High Intensity Interval Training and Resistance Training on Selected Physical Variables among Basketball Players", SHODHSAMHITA, ISSN: 2277-7067 Volume- IX, Issue-II (IV), 2022, pp. 36-41.
30. Mr. Ajay James, **Dr. A. Mahaboobjan** and Mrs. V. Sowmiya, "Impact of Crossfit Training Plyometric Training and Combined Training on Selected Physiological Variables among Inter Collegiate Tennis Players", SHODHSAMHITA, ISSN: 2277-7067, Volume- IX, Issue-III (V), 2022, pp. 28-35.
31. Mrs. V. Sowmiya and **Dr. A. Mahaboobjan**, "The Effects of Traditional and Resisted Plyometric with Speed Training Programs on Acceleration and Leg Explosive Power among Female Basketball Players", Journal of the Maharaja Sayajirao University of Baroda, ISSN: 0025-0422, Volume-56, No.2 (I) 2022, pp. 84-90.
32. Mr. T. Vinothkumar, **Dr. A. Mahaboobjan** and V. Sowmiya, "Effects of High Intensity Interval Training and Resistance Training on Selected Performance Variables among Basketball Players", Journal of the Maharaja Sayajirao University of Baroda, ISSN: 0025-0422, Volume-56, No.2 (I) 2022, pp 91-95.
33. Mrs. V. Sowmiya and **Dr. A. Mahaboobjan**, "Impact of Weight Resistance and Plyometric Resistance Exercises with Speed Training on Selected Skill Performance among Basketball Players", JOURNAL OF EDUCATION: RABINDRA BHARATI UNIVERSITY, ISSN: 0972-7175 Vol: XXIV, No. :1(X), 2022, pp. 65-70.
34. Mrs. V. Sowmiya and **Dr. A. Mahaboobjan**, "Weight Resistance and Plyometric Resistance Exercises with Speed Training Packages on Selected Physical Variables among Female Basketball Players", Gedrag & Organisatie Review, ISSN: 0921-5077, Volume 34; Issue 04, 2021. pp. 18-25, WOS.
35. Mrs. V. Sowmiya and **Dr. A. Mahaboobjan**. "Isolated and Combined Effect of Weight Resistance and Plyometric Resistance Exercises with Speed Training Packages on Selected Physiological Variables among Female Basketball Players", Wutan Huatan Jisuan Jishu, ISSN: 1001-1749, Volume XVII, Issue X, October/2021, pp. 47-54.

36. V.Sowmiya and **Dr.A.Mahaboobjan**, “Isolated and Combined Effect of Weight Resistance and Plyometric Resistance Exercises with Speed Training Packages on Selected Skill Performance Variables among Female Basketball Players”, The International journal of analytical and experimental modal analysis, ISSN NO:0886-9367, Volume XIII, Issue X, October/2021, pp. 360-367. IF: 5.75
37. **Dr.A.Mahaboobjan** “Effect of Skill Training and Combined Skill with Resistance Training on Selected Performance Variables among Intercollegiate Basketball Players”, Journal of Information and Computational Science” ISSN: 1548-7741, Volume 10; Issue 4 – April/2020. pp.752-758 IF:SJIF 6.2.
38. **Dr.A.Mahaboobjan** “Analyze the Effect of Asana and Meditation Practices on Selected Psychological and Bio-Chemical Components among High School Boys”, Alochana Chakra Journal, ISSN: 2231-3990, Volume IX; Issue V, May/2020. IF:SJIF 6.3.
39. **Dr.A.Mahaboobjan** “Effect of Skill Training and Combination of Skill and Yoga Asanas Training on Playing Ability among Intercollegiate Female Basketball Players”, International Journal of Yoga, Physiotherapy and Physical Education, ISSN: 2456-5067, Volume 5; Issue 3; May/2020; Page No. 23-25, IF:RJIF 5.24.
40. **Dr.A.Mahaboobjan** “Analysis the Predominance of Physical and Physiological Variables in Association between Playing Ability among South Zone Inter University Basketball Players”, Infokara Research” ISSN: 1021-9056, Volume 9; Issue 4, April/2020, pp.302-310, IF:SJIF 5.3.
41. **Dr.A.Mahaboobjan** “Prediction of Anthropometrical and Psychological Variables Correlated with Playing Ability among South Zone Inter University Basketball Players”, Gedrag & Organisatie Review” ISSN: 0921-5077, Volume 33; Issue 02, April-June/2020. pp.813-823 WOS.
42. **Dr.A.Mahaboobjan** “Efficacy of Asana and Meditation Training on Selected Physiological and Bio-Chemical Variables among Pubescent Male Students”, Journal of Xidian University, ISSN No:1001-2400, Volume 14, Issue 4, 2020. pp. 2865 – 2876 IF:SJIF 5.4.
43. **Published a research Paper on** “Effect of asana and meditation on selected bio-chemical variables among high school students”, International Journal of Yogic, Human Movement and Sports Sciences. Jan-2019; 4(1): 63-65,
44. **Published a research Paper on** “Effects of psychomotor drills on depth perception eye hand co-ordination and skill performance among hockey players”, International Journal of Yogic, Human Movement and Sports Sciences. Jan-2019, Vol. 4 Issue 1 Part A.
45. **Published a research Paper on** “Influence of two different packages of yogic practices on total cholesterol among diabetic patients”, International Journal of Yogic, Human Movement and Sports Sciences. Dec-2018, Vol. 3 Issue 2 Part O.
46. **Published a research Paper on** “Effect of Circuit and Aerobic Training on Self Confidence among Adolescence Kabaddi Players”, International Journal of scientific Research, Online ISSN no. 2277-8179, Page no: 65-66 Vol.7, Issue 7, July-2018.
47. **Published a research Paper on** “Effect of Circuit and Aerobic Training on Selected Health Related Physical Fitness Variables among Adolescence Kabaddi Players “, International Journal of Current Trends in Science and Technology, Online ISSN no. 0976-9730, Print ISSN: 0976-9498 Page no: MS 20422-20426 Vol.8, Issue 5, May-2018.

48. **Published a research Paper on** “Impact of Hill and Sand Training Packages on Dribbling, Passing, Shooting Among Football Players”, International Journal of Current Trends in Science and Technology, Online ISSN no. 0976-9730, Print ISSN: 0976-9498 Page no: PE 20190-20196 Vol.8, Issue 7, July-2018.
49. **Published a research Paper on** “Analysis of the Psychological Variables Correlated With Playing Ability of Zone Inter University Women Basketball Players”, International Journal of Current Trends in Science and Technology, Online ISSN no. 0976-9730, Print ISSN: 0976-9498 Page no: PE 20181-20189 Vol.8 Issue 5, May-2018.
50. S.Senthil Kumaran and **Dr.A.Mahaboobjan**, “Impact of Specific Skill Training on Dribbling among Basketball Players”, International Journal of scientific Research, ISSN no.2277-8179, Vol. 7, Issue. 05, Page no: 6-7, IF: 4.758, IC Value: 93.98, May-2018.
51. **Published a research Paper on** “Effect of Circuit and Aerobic Training on Self Confidence among Adolescence Kabaddi Players”, International Journal of scientific Research” Online ISSN no. 2277-8179, Page no: 65-66 Vol.7, Issue 7, July-2018.
52. **Published a research Paper on** “Effect of Circuit and Aerobic Training on Selected Health Related Physical Fitness Variables among Adolescence Kabaddi Players”, International Journal of Current Trends in Science and Technology, Online ISSN no. 0976-9730, Print ISSN: 0976-9498 Page no: MS 20422-20426 Vol.8, Issue 5, May-2018.
53. **Published a research Paper on** “Impact of Hill and Sand Training Packages on Dribbling, Passing, Shooting Among Football Players”, International Journal of Current Trends in Science and Technology, Online ISSN no. 0976-9730, Print ISSN: 0976-9498 Page no: PE 20190-20196 Vol.8, Issue 7, July-2018.
54. **Published a research Paper on** “Analysis of the Psychological Variables Correlated With Playing Ability of Zone Inter University Women Basketball Players”, International Journal of Current Trends in Science and Technology, Online ISSN no. 0976-9730, Print ISSN: 0976-9498 Page no: PE 20181-20189 Vol.8 Issue 5, May-2018.
55. **Published a research Paper on** “Impact of Specific Skill Training on Dribbling among Basketball Players”, International Journal of scientific Research, ISSN no.2277-8179, Vol. 7, Issue. 05, Page no: 6-7, IF: 4.758, IC Value: 93.98, May-2018.
56. **Published a research Paper on** “Isolated and Combined Effect of Aerobic Training and Circuit Training on Attacking Performance of Women Volleyball Players”, International Journal of scientific Research, ISSN no.2277-8179, Vol. 7, Issue. 05, Page no: 19-20, IF: 4.758, IC Value: 93.98, May-2018.
57. **Published a research Paper on** “Effect of Circuit and Aerobic Training on Selected Health Related Physical Fitness Variables among Adolescence Kabaddi Players”, International Journal of Current Trends in Science and Technology, Online ISSN: 0976-9730, Print ISSN: 0976- 9498 Vol. 8, Issue. 04, Page no: MS 20422-20426 Page | 20422, IF: 6.12, 2018.

58. **Published a research Paper on** “Effects of Psychomotor Drill on Selected Skill Performance Among Hockey Players”, International Journal of Current Research and Modern Education” ISSN: 2455-5428, IF: 6.925, Volume 3, Issue 1, 2018.
59. **Published a research Paper on** “Effect of Psychomotor Drills with Pranayama Practices on Depth Perception and Eye Hand Co-ordination among Hockey Players”, Paripex- Indian Journal of Research” ISSN – 2250-1991, IF: 5.761, Volume 6, Issue 11, November 2017.
60. **Published a research Paper on** “Effect of Circuit Training on Physical Fitness Variables among College Women Kabaddi Players”, Paripex- Indian Journal of Research, ISSN – 2250-1991, IF: 5.761, IC Value:79.96, Volume 6, Issue 10, November 2017.
61. **Published a research Paper on** “Impact of Asana and Meditation on Self-Confidence of the High School Students”, Paripex- Indian Journal of Research” ISSN – 2250-1991, IF: 5.761, Volume 6, Issue 11, November 2017.
62. **Published a research Paper on** “Impact of Asana and Meditation on Vital Capacity of the High School Students”, Global Journal for Research Analysis” ISSN: 2277-8160, IF: 4.547, Volume 6, Issue 11, November 2017.
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72. **Published a research Paper on** “Effect of Kalaripayattu Training on Selected Biochemical Variables among Basketball Players”, International Journal of Recent Research and Applied Studies, ISSN: 2349-4891 Volume 3, Issue 11(13), Page No.59-63, Nov’ 2016, IF: 4.665.
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95. **Published a research paper on** “Yoga: A Solution to overcome the Ill-effects of Modern Life Style”, *University News - A Weekly Journal of Higher Education*, Association of Indian Universities, ISSN: 0566-2257, Vol:48,No: 05, Page: 39-42, February 01-07, 2010.
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#### **Books Published:**

1. **Dr. A. Mahaboobjan, “Research Methodology in Physical Education”**, Published by Kalpaz Publications, New Delhi- 110052. **ISBN : 978-81-7835-874-1.**
2. **Dr. A. Mahaboobjan, “Test Measurement and Evaluation in Physical Education”**, Published by Kalpaz Publications, New Delhi-110052. **ISBN: 81-7835-875-8.**
3. **Dr. A. Mahaboobjan & Mr. U. Viswejan, “Sports Training”**, Published by Khel Sahitya Kendra Publications, New Delhi-110002. **ISBN: 81-7524-594-8.**

4. **Dr. A. Mahaboobjan, “Body Dynamics”**, Published by Friends Publications, Delhi-110009. **ISBN: 81-8990-256-8.**
5. **Dr. A. Mahaboobjan, “Kinesiology and Bio-Mechanics in Physical Education”**, Published by Khel Sahitya Kendra Publications, New Delhi-110002. **ISBN: 81-7524-598-0.**
6. **Dr. A. Mahaboobjan, “Curriculum and Development in Physical Education”**, Published by Khel Sahitya Kendra Publications, New Delhi-110002. **ISBN: 81-7524-597-2.**
7. **Dr. A. Mahaboobjan, “Organization and Administration in Physical Education”**, Published by Khel Sahitya Kendra Publications, New Delhi-110002. **ISBN: 81-7524-599-9.**
8. **Dr.A.Mahaboobjan (2016), “Concept of Health Fitness and Wellness”**, Published by Bharathidasan University, Tiruchirappalli-24, **ISBN:978-93-83213-10-8.**
9. **Prof.Dr.A.Mahaboobjan, Dr.U.Viswejan, Dr.C.Arulraj, Dr. C.Selvaraj, Ms.V.Sowmiya, Mr.R.Vijayakumar (2021), “Competition Level Book of Sports & Games”** Published by Sports Publication, New Delhi-110002. **ISBN: 978-93-90974-56-6.**
10. **Prof.Dr.A.Mahaboobjan, Dr.U.Viswejan, Dr.C.Arulraj, Dr. C.Selvaraj, Ms.V.Sowmiya, Mr.R.Vijayakumar (2021),“Complete Handbook of Athletics”** Published by Sports Publication, New Delhi-110002. **ISBN: 978-93-90974-57-3.**

#### **Special Remarks**

- ⊙ **First Rank Holder in B.P.E.S. University Examinations, Annamalai University, 1993.**
- ⊙ **Third Rank holder in M.P.E.S. University Examinations, Annamalai University, 1995.**
- ⊙ Acted as **Chief Superintend** for Conducting B.P.E, B.P.Ed., M.P.Ed., & M.Phil, Examinations from 2005 to 2012 in VMCPE, Vinayaka Missions Research Foundation, Deemed University, Salem.
- ⊙ Acted as **Observer** for Conducting Medical, Dental, Engineering, Nursing, Pharmacy, Education and Distance Education Examinations from 2005 to 2012 in VMCPE, Vinayaka Missions Research Foundation, Deemed University, Salem..
- ⊙ **Chairman, Board of Studies** for B.Sc. B.P.E, B.P.Ed., M.P.Ed., & M.Phil, courses, from 2005 to 2012 in VMCPE, Vinayaka Missions Research Foundation, Deemed University, Salem.
- ⊙ **Created BPed. and MPed., Programme in Vinayaka Missions University, Salem in 2005.**
- ⊙ **Created BPed., Programme in Bharathidasan University, Tiruchirappalli in 2014.**
- ⊙ **Created MPed., Programme in Bharathidasan University, Tiruchirappalli in 2021.**
- ⊙ Serving as **Visiting Team Member, NCTE, New Delhi** Since 2012.
- ⊙ **UGC Member/Chairperson to assess the infrastructure facilities in Universities Since 2012.**
- ⊙ **Senate Member** Bharathidasan University From 2013 to 2016 and 2022 to 2025 (State Govt. Nominee)
- ⊙ Serving as an **Interview Board Selection Committee Member** in various Universities.
- ⊙ Serving as a **CAS Interview Board Member** in various Universities.
- ⊙ Serving as an application **Sq lutaning Committee Member** in Central and State Universities.
- ⊙ Serving as a Member of the Editorial Boards of National and International Journals (both on-line and print) on Physical Education.



- ⊙ Member of Board of Studies of 8 Affiliated Colleges and Universities.
- ⊙ Served as **Secretary of Bharathidasan University Sports and Tournaments Committee** and looked after the entire Inter-collegiate and Inter University Sports and tournaments activities of the university from 27/12/2012 to 03/08/2015.
- ⊙ Served as **Selection committee member**, Manager and Coach of various sports disciplines and athletic meets.
- ⊙ Serving Member of **One Man Commission** for Vedathri Maharishi Yoga centres affiliated to Bharathidasan University, Tiruchirappalli.
- ⊙ Delivered Lecture as **Resource Person** in Refresher Course in Physical Education conducted by Academic Staff Colleges.
- ⊙ Acted as **Resource Person** Delivered lecture in the UGC-Sponsored Online Refresher Course in Physical Education & Sports Sciences.
- ⊙ Acted as **External Examiner** for (B.Sc. BPES. B.P.Ed. M.P.Ed. M.Phil.) **Theory and Practical** at Tamilnadu Physical Education and Sports University, Chennai, Alagappa University College of Physical Education, Karaikudi, Annamalai University, Chidambaram, Bharathiar University, Coimbatore, Pondicherry Central University, Pondicherry and Vinayaka Missions University. Salem.
- ⊙ Awarded as **“Udalkalvi Kalaimamani”** by Dr. S. Navaraj Sellaiya Trust, on their 15<sup>th</sup> award function conducted at Kannimara General Library Hall, Egmore, Chennai, on 11<sup>th</sup> December 2010.
- ⊙ Awarded as **“Yoga Kalaimamani”** by Asana Andiappan Sundara Yoga and Natural Living Development Trust, on their 6<sup>th</sup> Convocation and Award function conducted at South Indian Artist’s Association, Chennai, on 9<sup>th</sup> January 2011.
- ⊙ Awarded as **“Best Teacher Award”** by Lions Club of Golden Paradise (Dist 324 A1, Region VII, Zone II), on their Teachers Day Celebrations conducted at Hotel Quality inn Sabari, T. Nagar, Chennai, on 4<sup>th</sup> September 2011.
- ⊙ Awarded as **“Award of Excellence”** for the promotion of Physical Education and Sports Sciences in republic of India by DIGISPORTS CONFERENCE 2019 at Hotel Sea View, Kanyakumari, on 2-3<sup>rd</sup> August 2019.
- ⊙ Asian Education Award **“Contribution to Education Community”** In recognition of continuing Excellence in Teaching, Awarded by KITES PRODUCTIONS at AEA Conference took place virtually on 05.09. 2020.