



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்

**TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI**

Accredited with "B+ +" Grade by NAAC

India's First State University in Physical Education and Sports

*The Number of Ph.Ds Awarded per Teacher during the last five Years*

S.No	Name of the Supervisor	Name of the Department	Name of the Ph.D scholar	Title of Thesis	Year of Award
			<b>2014-15</b>		
1.	Dr.Grace Helina	Exercise Physiology & Nutrition	K.Silambu Selvi	Analysis of Nutritional Status Anthropometrical Physiological and Biochemical Parameters Among Rural and Urban Postmenopausal Women.	Nov-14
2.		Exercise Physiology & Nutrition	V.Vijay	Effect of Spinning Cycle Exercise and Protein Supplementation on Lipid Profile Testosterone Level in Obese Men Software Professionals.	2014
3.		Exercise Physiology & Nutrition	P.Amarnath	Effect of Specific Nutritional Supplementation Desupplementation and Resupplementation on Anemic Profile Status Among College Women	2014
4.		Physical Education	Mr.S.Jacop	Effects of Selected Drill Practices and Aerobic Exercise on Selected Motor Physiological Biochemical and Hematological Variables Among College Men Football Players	Jul-15
5.	Dr.S.Thirumalaikumar	Physical Education	D.Jayabal	Quantification of Selected Physiological Hematological and Biochemical Responses to Isolated and Combined Training of Yogic Practice Jogging and Walking Among University Men Students	Nov-14

6.		Yoga	A.Pushpalatha	Effect of Combined and Isolated Yogic Practiced and Yogic Diet on Selected Physiological and Psychological Variables Among Obese Engineering College Women Students	Apr-15
7.		Yoga	S.Lakshmikandhan	Effect of Yogic Practices and Therapeutic Exercises on Selected Physiological and Clinical and Psychological Variables Among Back Ache Affected men	Sep-14
8.	Dr.R.Elangovan	Yoga	E.Sudha	Effect of Yogic Practices and Therapeutic Exercises on Selected Physiological , Biochemical and Psychological Variables Among Police Men	Apr-15
9.		Yoga	V.Subbulakshimi	Effect of Varied Yogic Practices on Selected Physiological, Hematological and Psychological Variables Among Women Patients of Hypothyroidism	Mar-15
10.		Yoga	Ponnapan	Effect of Varma Therapy and yoga Therapy on Selected Physiological, Biochemical and Psychological Variables of Diabetics Patients	Nov-14
11.	Dr.R.Ramakrishnan	Sports Technology	P.K.Chidambaram	Synthesis and Performance Analysis of Carbon Nanotube and Nanoclay Reinforced Epoxy Nanocomposite for Sports Equipments	Feb-15
12.		Sports Technology	R. Manikandan	Evolving An Intellectual Method to Analyze the Motion of Object Using Video Frame	Nov-14

13.	Dr.R.Subramanian	Sports Coaching	Hari Om Sharma	Analysis of Physical fitness and Performance Variables Among Indian Male and Female Long Jumpers	2015
14.		Physical Education	V.Sethu Rajan	Effects Of Varied Grid Training On Selected Football Skills And Playing Performance Among Sports Authority Of India Football Players From Tamil Nadu	2015
15.	Dr.Shahin Ahmed	Sports Psychology & Sociology	M. Solomon	Impact Of Minor Games On The Psycho-Social Development Of Corporate Employees	Dec-14
16.	Dr.C. Arumugam	Physical Education	Kamala Kannan	Effects Of Concurrent Resistance And Endurance Training On Selected Fitness And Skill Performance Variables Among University Level Football Players	Jul-14
17.		Physical Education	E.Kuily	Effects Of Different Packages Of Psycho-Somatic Regulative Programmes On Selected Psychological And Physiological Variables Among Engineering College Women	Aug-14
18.		Physical Education	Peter Subbu Reddy.S	Effect Of Instructional Training And Skill Based Training On Selected Physical Fitness Physiological Variables And Skill Performance Of School Cricketers	Apr-15
19.	Dr.P.Gopinathan	Physical Education	T.Ganesh Babu	Effect Of Asanas Aerobics And Proprioceptive Training On Selected Motor Fitness Physiological And Performance Variables Among Football Players	Aug-14

20.		Physical Education	G.Kirubalan	Construction Of Games Specific Psychological Inventories And Computation Of Norms For City League Players In Cricket	Nov-14
21.	Dr.Venkatesan	Physical Education	A. Yuvaraj	Effects Of Yoga Circuit Training And Combined Training On Selected Metabolic And Lipid Profile Status Among Mild Intellectually Challenged Persons.	Sep-14
22.	Dr.P.K.Senthilkumar	Physical Education	K.Aaridhas	Effect Of Progressive Aerobic Resistance And Combined Training On Selected Morphological Physiological And Blood Parameters In Sedentary Male	Feb-15
23.	Dr.Lilly Pushpam	Physical Education	Flossy Rayappan	Isolated And Combined Effect Of Yogic And Pranamaya Practices On Selected Physiological Psychological Immunological Variables Among HIV Infected Persons	Oct-14
24.		Physical Education	John H Kamalesh	Combined Of Circuit Training And Resistance Training On Physical Physiological And Performance Variables Of Football Players	Sep-14
25.		Physical Education	Hasan Mendi	A Case Study On Legendary Volleyball Player And Coach Laxman And Arjuna Awardee Ranveer Singh	Nov-14
	<b>2015-16</b>				
1.	Dr.R.Elangovan	Yoga	P.Ashok Kumar	Effect Of Yogic Practices And Thai Chi Training On Selected Physiological , Biochemical And	Jul-16

				Psychological Variables And Playing Abilities Among Women Football Players	
2.	Dr. P.Samraj	Physical Education	G. Papu Rupavathi	Effect of Varied Phase Running And Iorn Supplementation On Selected Motor Ability Components And Biochemical Variables Among College Women Students	Oct-15
3.	Dr.V.Mangaiyarkarasi	Sports Psychology & Sociology	Santhalakhsmi Jayakumar	Sociological Factors Affecting Participation Of Women In Sports In Chennai City Colleges	Jan-16
4.		Sports Psychology & Sociology	A.S. Krishnamurthy	Sociological Study On Martial Arts	Feb-15
5.	Dr.S.Prem Kumar	Sports Management	Mr.P.Rajan	A Study On Quality Of Work Life Among Sports Coaches In Tamil Nadu	2015
6.	Dr.S.Thirumalaikumar	Physical Education	Mr. Sariful Islam	Effect Of Functional Training And Grid Training On The Selected Performance Related Fitness And Playing Ability Among Inter School Football Players Of West Bengal	Oct-15
7.		Physical Education	Mr. P. Senthil Kumar	Lomhturm Effects Of Varied Intensities Of Aerobic Exercise On Body Composition Physiological And Lipid Profit In Adult Men	Jan-16
8.	Dr.Shahin Ahmed	Sports Psychology & Sociology	Nirmala .N	Effect Of Psychological Skills Training On The Emotional Well Being, Quality Of Life And Personality	Dec-15
9.		Sports Psychology & Sociology	V.S. Jithendra	A Study On The Relationship Between Emotional Intelligence, Choice Of Sport, Level Of Involvement, And Achievement Satisfaction Of Sports Players	Jan-16
10.	Dr.R.Subramanian	Sports Coaching	A.Jayachitra	Isolated And Combined Effect Of SAQ And Swiss Ball Training On	2016

				Selected Physical Psychological And Performance Variables Among State Level Women Fencers	
11.	Dr.P.Gopinathan	Physical Education	K Initha	Effect of Isolated And Combined Aerobics And Psychological Training On Selected Motor Fitness Psychological Variables And Playing Ability Among College Women Basketball Players	Sep-15
12.		Physical Education	Abhilash Solomon	Effect Of Functional Training With And Without Psych Up Strategies On Selected Physical Fitness Psychological Game Skill Variables And Playing Ability Among Volleyball Players	Mar-16
13.	Dr.P.K.Senthilkumar	Physical Education	E.Jamuna Devi	Effect Of Varied Intensities Of Circuit Resistance And Aerobic Training On Selected Health Related Physical Fitness And Lipid Parameters Among Sedentary Men.	Aug-15
14.		Physical Education	Dasi Rajendra kumar	Influence Of Asanas And Pranayama On Selected Physical Psychological Physiological And Hematological Parameters Among Degree College Students	Jul-16
15.	Dr.C.Arumugam	Physical Education	M.Palanisamy	Isolated And Combined Effect Of General And Specific Fitness Training Packages On Selected Physical Fitness Psychological Variables And Skill Performance Of Volleyball Players	Jul-15
16.	Dr.Venkatesan	Physical Education	P. Baskaran	Effects Of Yogasanas Stretching Exercise And Concurrent Practices On Selected Physiological Biochemical And	Feb-16

				Immunoglobulin Status Among Information Technology Sector Men	
17.	Dr.P.Rajinikumar	Physical Education	Ranjth	Biomechanical Analysis Of Set Shot Among University Level Men Basket Players	Feb-16
18.		Physical Education	Sathees Franklin	Biomechanical Analysis Of Penalty Corner Drag Flick In Field Hockey	Feb-16
	<b>2016-17</b>				
1.	Dr.R.Elangovan	Yoga	C.Chithra	Effect Of Vasi Yoga And Raja Yoga On Selected Physiological , Biochemical And Psychological Variables Adult Women	Aug-16
2.		Physical Education	Premkumar.N	Effect Of Different Packages Of Yogic Practices On Selected Physiological , Biochemical And Psychological Variables Among Middle Aged Obese Women	Jan-17
3.		Yoga	G.Ramakrishnan	Effect Of Traditional Yoga And Debatian Yoga On Selected Physiological , Biochemical And Psychological Variables Among Diabetic Women	Mar-17
4.	Dr.R.Subramanian	Sports Coaching	S. Sunkara Srinivasa Rao	Effect Of Competitive Training With Varied Nutritional Supplements On Selected Motor Fitness Biochemical And Performance Variables Among Sub Junior National Level Weight Lifters	2016
5.		Sports Coaching	B.Venugopal	Effect Of Small Sided Games On Selected Physical Physiological And Techno Tactical Variables Among State Level Football Players	2016
6.	Dr.R.Ramakrishnan	Sports Technology	S.Uma Maheswari	Studies On Spectral Method Based Video Shot Clustering	Mar-17

7.	Dr.S. Premkumar	Business Administration, M.S University	Ms.S.Hannah Jeyaseeli	Assessment Of Emotional Intelligence And Its Impact On Performance: A Study With Reference To Women Employees Of BPO's In Chennai City	2017
8.		Business Administration, M.S University	Mr.U.Manikumar	Role Of Family Life Cycle In Purchase Decision: A Study With Reference To Life Insurance Policy Holders In Chennai City	2017
9.	Dr.Shahin Ahmed	Sports Psychology & Sociology	Arthi J	Impact Of Physical Activity And Psycho-Social Intervention On The Development Of Children With Attention Deficit Hyperactive Disorder (ADHD)	Dec-16
10.	Dr.S.Thirumalai Kumar	Yoga	Mrs.R.Kalpana	Effect Of Static And Dynamic Hatha Yoga Sadhana On Selected Socio Environmental And Pubertal Development Dimension Among Preteen Girls	Jul-16
11.	Dr.C.Arumugam	Sports Coaching	Nagasubramani.G	Effect Of Varied Intensities Of Strength Training On Selected Physical, Physiological, Psychological And Performance Variables Among State Levels Men Fencers	Oct-16
12.	Dr.P.K.Senthilkumar	Physical Education	N.Veera Parameswari	Effect Of Physical Exercise And Suryanamaskar Practices In Selected Health Related Physical Fitness Components Physiological And Biochemical Parameters Among College Women	Dec-16
13.		Physical Education	M.Vijay Amirtharaj	Effect Of Varied Intensities Of Resistance Training On Selected Morphological And Skill Related Fitness Variables Among College Men Kabaddi Players	Jul-16



14.		Physical Education	Siby Lukose	Effect Of Plyometric And Functional Core Training On Selected Physical Fitness Components Body Composition And Skill Performance Among Basketball Players	Jan-17
15.	Dr.R.Vengatesan	Physical Education	M.Poornachandran	Effect Of Functional Core Circuit Resistance And Combined Training On Selected Physiological Biochemical Variables And Serum Dyslipidemia Among Desk Bound People	Apr-17
16.		Physical Education	S.Abirami Kiruthiga	Effects Of Aerobics And Combined Training On Selected Liver Profile Cortisol And Thyroid Profile Among Obese School Girls.	Jul-16
	<b>2017-18</b>				
1.	Dr.R.Elangovan	Yoga	Urmil Sharma	Effect Yoga Nithra And Deep Relaxation Techniques On Selected Physiological , Hormonal And Psychological Variables Among Stressed Adult Women	Aug-17
2.		Yoga	Anjala Devi	Effect Of Yogic Practices With And Without Diet Modification On Selected Physiological , Hormonal And Psychological Variables Among Menopausal Women	Jan-18
3.		Yoga	Soundiram.B	Effect Of Varied Yogic Practices On Selected Physiological , Biochemical And Psychological Variables Among Middle Aged Type 2 Diabetic Women	Feb-18
4.	Dr.R.Subramanian	Sports Coaching	Pramod Kumar Singh	Effect Of Varied Grid Training On Selected Football Skills And Playing Performance Among Sports Authority Of India Football Players From Tamil Nadu Programme	Nov-17
5.	Dr.V.Mangaiyarkarasi	Sports Psychology &	Shanthi Rosalind .S	Role Of Martial Art On Women's Health	Apr-18

		Sociology			
6.	Dr.P.Samraj	Physical Education	Mr. P. Kumaravelu	Effect Of Moderate And High Intensive Strength Training And Detraining On Selected Strength And Physiological Variables Of Boys	Sep-17
7.		Physical Education	Mr.V.Shankaralingam	Effect Of Behavior Therapy On Health Related Physical Fitness And Selected Psychological Variable In Different Age Groups Of Juvenile Delinquents	Sep-17
8.	Dr.S.Thirumalaikumar	Physical Education	P. Muthukumar	Effect Of Physical Fitness Programme With And Without Recreational Game On Selected Health Related Fitness And Organizational Variables Among Labour Of The Firework Factors.	Aug-17
9.	Dr.C.Arumugam	Physical Education	Vengadesan.S	Impact Of Ambidexterity And Conventional Training On Batting Bowling And Fielding Ability Among School Level Cricketers	Oct-17
10.		Physical Education	Prabukumar.A	Influential Factors On Decision Making During National Badminton Tournaments Among The Technical Officials	Dec-17
11.	Dr.V.Duraisami	Yoga	Mrs.S.Vaishnavi	Impacts Of Chakra Sadhana Variations Of Physiological Psychological And Performance Skills Factors Among International Female Squash Players	Nov-16
12.		Yoga	P.Velsamy	Isolated And Combined Effects On Hath Yoga Sadhana With Parental Counseling On Selected Physiological Psychological And Life Skill Factors Among Autism Spectrum Disordered Children	Jan-18
13.	Dr.Venkatesan	Physical Education	R.Ganapathy	Effect Of Different Packages Of Yoga Practices On Selected Lipid Profile Status Physiological And Psychological Variables Among Overweight Middle Aged Women	Jul-17

	<b>2018-19</b>				
1.	Dr.R.Elangovan	Yoga	A.S.Selvam	Effects Of Yogic Practices With And Without Moderate Physical Activities On Selected Risk Factors Among Middle Aged Obese Men	Jan-19
2.		Yoga	Sabeena Yasim	Effect Of Yogic Practices With And Without Acupuncture On Selected Risk Factors Among Menopausal Women	Nov-18
3.		Yoga	S.Murugesan	Effect Of Yogic Practices With And Without Varma Therapy On Selected Physiological , Biochemical And Psychological Variables Among Aged Type 2 Diabetic Women	Apr-19
4.		Yoga	Sumathi.S	Effect Of Yogic Practices With And Without Satvic Diet On Selected Physiological, Biochemical And Psychological Variables Among Type 2 Diabetic Women	Jul-18
5.	Dr.R.Subramnian	Physical Education	A.Eswaramoorthy	Isolated And Combined Effect Of Par Course Training And Swiss Ball Training On Selected Motor Fitness And Performance Variables Among Football Players Of Periyar University Affiliated Colleges	2018
6.		Sports Coaching	Ms.Neelima Deshpande	Prediction Of Athletic Performance On Selected Anthropometrical Physiological And Motor Fitness Variables Among Indian Male Long Jumpers	2019

7.		Sports Coaching	S.Uma Shankar	Isolated And Combined Effect Of Randori And Uchikomi Training On Selected Anthropometrical ,Psychological And Performance Variables Among Junior State Level Judokas	2019
8.	Dr.S.Prem Kumar	Business Administration, M.S University	Ms.G.Kanthimathi	Role Of Psychographic Variables In Consumer's Purchase Decision: A Study With Reference To Cars In Chennai City	2019
9.	Dr.Grace Helina	Exercsie Physiology & Nutrition	V.Mariappan	Isolated And Combined Effect Of Functional Core And Slide Board Training On Selected Kinanthropometry Biometer Ability And Range Of Joint Motion Parameters Among Male Sprinters	Apr-19
10.	Dr.S.Thirumalaikumar	Physical Education	Ms. M. Karthika	Combined Effect Of Suryanamaskar With Pranayama Practice On Selected Socio Psychological Variable Learning Development Factors And Domestic Skill Among Asperger Syndrome Children	Aug-18
11.	Dr.P.Gopinathan	Physical Education	N Jeyaraj	Prediction of Kabaddi Playing Ability based on selected Anthropometric Physical Fitness Physiological and Psychological Variables of State Players	7/13/2018
12.	Dr.V.Duraisami	Yoga	Mrs.Shameen Nissa	Effects Of Static And Dynamic Hatha Yoga Sadhana On Selected Gynecological And Socio Environmental Factors Among Polycystic Ovary Disordered Teenage Girls	Mar-19

13.		Yoga	Selvi .c	Effect of yogic practices with and without Diet modification on selected physiological , biochemical and psychological variables among pregnant women	Apr-19
14.		Yoga	Vasanthi.V	Effect of varied integrated modules of yogic practices on selected motor fitness components physiological and psychological variables among police with dysmenoria	Nov-18
15.	Dr.P.K.Senthilkumar	Exercise Physiology & Nutrition	Uma	Efficacy of Aerobic Exercise with Functional Strength Training and Dietary Supplementation on Selected Body Composition Biochemical and Hormonal Profile Among Men with Low Bone Mineral Density	Dec-18
16.		Physical Education	G.Chandraprakash	Influence of Submaximal and Maximal Aerobic Exercise on Selected Musculoskeletal Fitness and Cardiopulmonary Parameters Among Active Smokers.	Feb-19