



**Tamil Nadu Physical Education and Sports University**  
**Chennai 600 127**

**Criterion 3 - Research, Innovations and Extension**

---

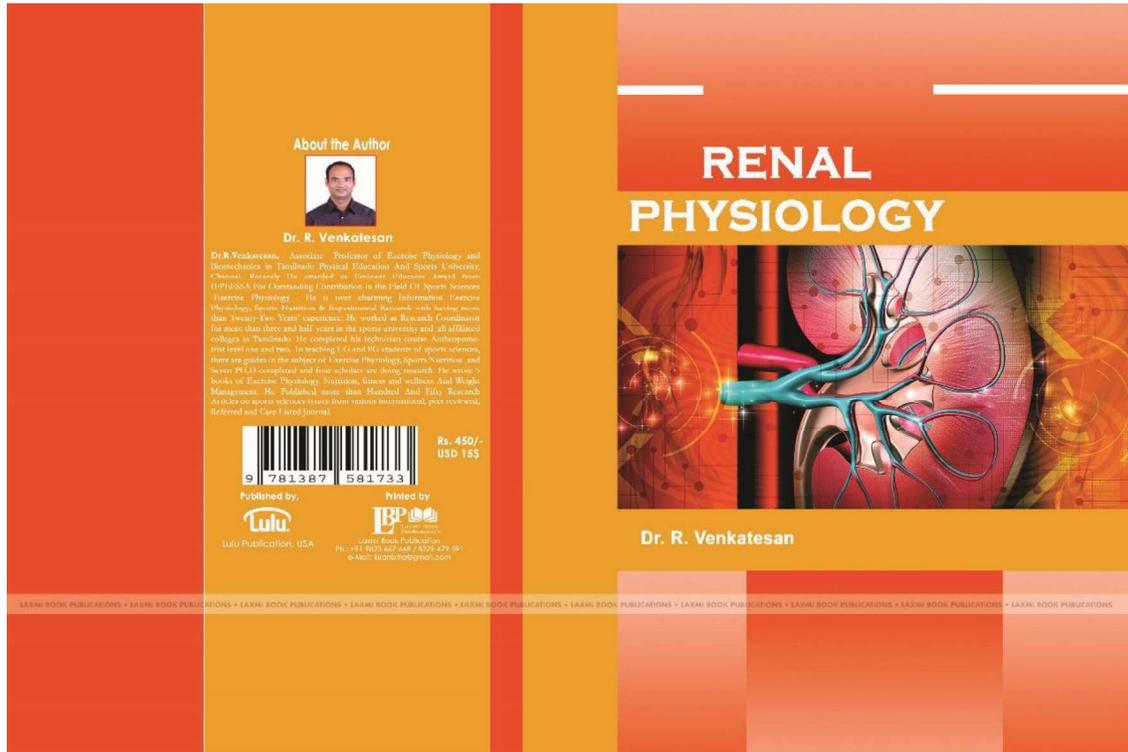
### ***3.4.5 BOOKS PUBLISHED***



*[Handwritten signature]*

**Registrar**  
**Tamilnadu Physical Education**  
**and**  
**Sports University**  
**Chennai - 600 127.**

# BOOK FRONT PAGE



DR. R. VENKATESAN



**About Author**



**Dr. R. Venkatesan**

**Dr.R.Venkatesan**, Associate Professor of Exercise Physiology and Biomechanics in Tamilnadu Physical Education And Sports University, Chennai. Recently He awarded as Eminent Educator Award from IPPEPSSA For Outstanding Contribution in the Field Of Sports Sciences -Exercise Physiology. He is over charming Information Exercise Physiology, Sports Nutrition & Experimental Research with having more than Twenty-Two Years' experience. He worked as Research Coordinator for more than three and half years in the sports university and all affiliated colleges in Tamilnadu. He completed his technician course Anthropometric test level one and two. In teaching UG and PG students of sports sciences, there are guides in the subject of Exercise Physiology, Sports Nutrition and Seven Ph.D completed and four scholars are doing research. He wrote 5 books of Exercise Physiology, Nutrition, fitness and wellness And Weight Management. He Published more than Hundred And Sixty Research Articles on sports sciences issues from various international, peer reviewed, Referred and Care Lissal Journal.



Rs. 450/-  
USD 15\$

Published by,



Lulu Publication, USA

Printed by



Laxmi Book Publication  
Ph: +91 9823 467 665/6327 479 891  
e-Mail: kiranbilal@gmail.com

# CARDIOVASCULAR AND RESPIRATORY PHYSIOLOGY



**Dr. R. Venkatesan**

DR. P. KUMARAVELU

# SPORTS TRAINING METHODS IN PHYSICAL EDUCATION

Dr. P. Kumaravelu



## About the Author

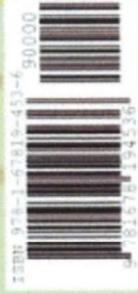


Dr. P. Kumaravelu

Dr. P. Kumaravelu has served as physical director in Dhanalakshmi Srinivas Group of Institutions, currently he is serving as Asst. Prof in Tamil Nadu Physical and Sports University. He was awarded the Ph.D. degree in "Effect of Moderate and High Intensity Strength Training and De-Training on Selected Strength and Physiological Variables of Boys". He has Published more than 40 research paper in several reputed Journal t National and International Level. He also presented different articles in seminars/ conferences/ workshop etc..... Dr. P. Kumaravelu is also member of National, Professional and Statutory body.

Dr. P. Kumaravelu has served as Joint Secretary of Sports in Tamil Nadu Physical and Sports University. He has three Universities Board on member in Tamil Nadu; he has introduced so many football, volleyball and badminton for the state level players. He is handball and kabaddi state level qualified referee.

He was life time member of Tamil Nadu Physical and Sports University to teacher association, and so many..... Supervised many research scholars successfully.



Published by

**Lulu**.com  
3101, HarbourView St.  
Raleigh, NC 27607,  
United States.

# Certificate

*This is to certify that Dr./Shri./Smt.:Dr. P. Kumaravelu has successfully published his/her book titled:-SPORTS TRAINING METHODS IN PHYSICAL EDUCATION through Laxmi Book Publication with ISBN 978-1-67819-453-6 in the Year 2020.*

Printed by

**Laxmi**

**Book Publication**

258/34, Raviwar Peth, Solapur-413005  
Maharashtra, India.

Published by

**Lulu**

**Book Publication**

Hillsborough St, Raleigh,  
United States of America (USA).

Tel.: +91-217-2372010, Mobile.: +91-9595-359-435

Email: [apiguide2014@gmail.com](mailto:apiguide2014@gmail.com)

Website: <http://lbp.world/>

Authorized Signature



Laxmi Book Publication

# SPORTS MEDICINE

## About the Book

This book is designed as a text book for the post graduate students in Physical Education. This book deals with Introduction to Sports Medicine, Program Management, Spine Injuries and Exercise and Upper Extremity Injuries and Exercise. According to new syllabus (M.P.Ed 2019-2020) National Council of Teacher Education Programme. This present book humble attempt by the authors the needs of the students preparing examination.

Acknowledgement of the book:

The authors would like to thank Alagappa University, RUSA 2.0 Scheme for their help. None of the authors has any competing interests in the books.

## AUTHORS



Dr. T. Arun Prasanna



Dr. R. Aanandhi



Mr. K. Govindasamy



Dr. P. Kumaravelu



Dr. M. SUNDAR



Dr. R. Mohanakrishnan



**SPORTS PUBLICATION**  
Publishers & Distributor

INDIA'S FIRST PUBLISHER AND ASIAR'S NO. 1 STOCKIST OF  
PHYSICAL EDUCATION, SPORTS AND HEALTH BOOKS

7/26, Ground Floor, Ansari Road, Darya Ganj, Delhi- 110002

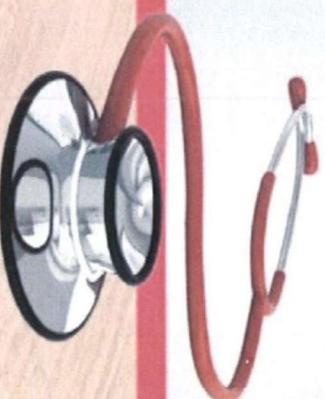
Web : [www.sportspublication.net](http://www.sportspublication.net) Email : [info@sportspublication.net](mailto:info@sportspublication.net)

Mobile : 9868028838, 9999146721 | Telephone No. : 011-23240261

₹ 350/-

# SPORTS MEDICINE

DR. T. ARUN PRASANNA | DR. R. AANANDHI | MR. K. GOVINDASAMY  
DR. P. KUMARAVELU | DR. M. SUNDAR | DR. R. MOHANAKRISHNAN



# SPORTS MEDICINE

DR. T. ARUN PRASANNA  
DR. R. AANANDHI  
MR. K. GOVINDASAMY  
DR. P. KUMARAVELU  
DR. M. SUNDAR  
DR. R. MOHANAKRISHNAN

**TEST, MEASUREMENT AND EVALUATION IN  
PHYSICAL EDUCATION**

**Dr. P. Kumaravelu and Dr. T. Arun Prasanna**

**First Edition**

**From Author(s)**

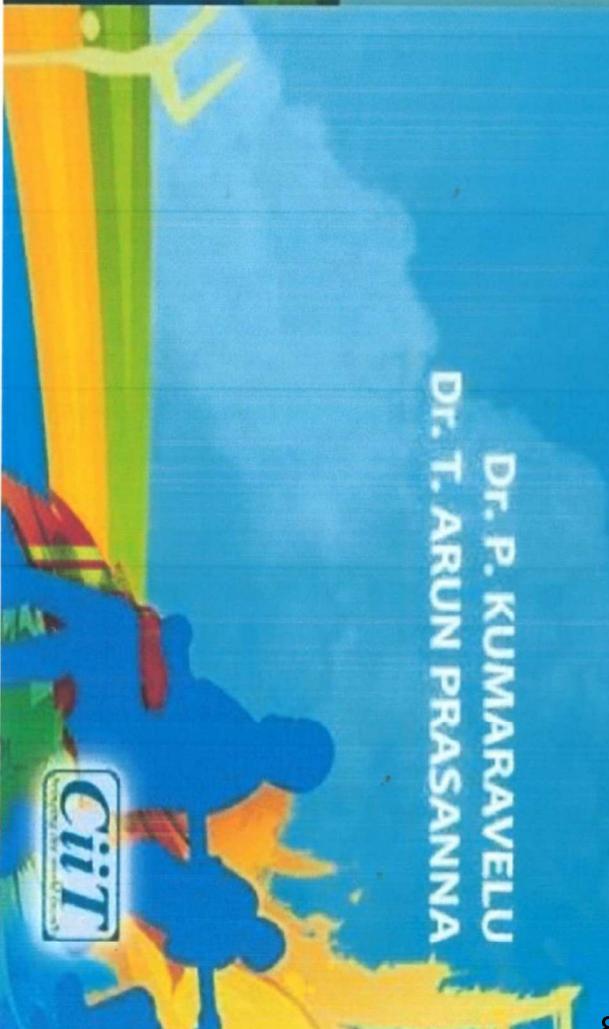
The book is designed as a text book for the B.P.Ed graduate students in Physical Education. This book deals with introduction to Test, Measurement and Evaluation, Criteria and Administration of Test, Physical Fitness Test, Sports Skill Test. The present book covers new syllabus for the course (B.P.Ed 2020-2021) by National Council of Teachers Education Programme. This present book humble attempt by the authors meet the needs of the students preparing for semester exams.



Rs. 250/-  
www.citresearch.org

**TEST, MEASUREMENT AND  
EVALUATION IN  
PHYSICAL EDUCATION**

**Dr. P. KUMARAVELU  
Dr. T. ARUN PRASANNA**



# SPORTS MANAGEMENT, RECREATION AND CAMPING

First Edition

Dr. P. Kumaravelu Dr. T. Arun Prasanna and Dr. M. Senthil Kumar

## From Author(s)

The book is designed as a text book for the B.P. Ed graduate students in Physical Education. This book deals with introduction to sports management, recreation and camping, criteria and meaning and definition of leadership style, factors planning school, college sports programme, aim-Scope and objectives of recreation and definition and meaning of camping. The present book covers new syllabus for the course (B.P.Ed 2020-2021) by National Council of Teachers Education Programme. This present book humble attempt by the authors meet the needs of the students preparing for semester exams.



Rs. 250/-  
www.citresearch.org

# SPORTS MANAGEMENT, RECREATION AND CAMPING

Dr. P. KUMARAVELLU  
Dr. T. ARUN PRASANNA  
Dr. M. SENTHIL KUMAR



DR. DURAISAMI



# YOGIC DIET FOR HEALTH

**Mr.R.VENUGOPAL** B.Com, M.Sc., MPhil. NET(yoga),(Ph.D.Yoga)

**Dr. V. DURAISAMI, M.Sc, M.Phil, Ph.D**

**Title of the Book** : YOGIC DIET FOR HEALTH

**Author** : Mr.R.VENUGOPAL & Dr. V. DURAISAMI

**Language** : English

**Publisher** : Lavanya pathipagam, 29/15, thanappa Street,  
Chennai – 05

**Edition** : First

**Date of Publication:** October, 2021

**Number of Pages** : 102

All rights reserved, no part of this publication may be reproduced ,  
transmitted or stored in a retrieval system, in any form or by any means,  
without permission in writing from lavanya pathipagam.

**ISBN : 978–93–85643-15-6.**

**LAVANYA PATHIPAGAM**  
**29/15, THANAPPA STREET**  
**CHENNAI – 05**  
**T FOR HEALTH**

## **BALANCES DIET: YOGIC DIET**

Vegetarianism And Non-Vegetarianism

Naturopathic Diet

Ayurvedic Diet

Mediterranean Diets

Moderate Diets (Mitha Hara)

Restricted Diet

Full Milk Diet

Fruit And Milk Diet

## **TYPES OF YOGIC DIET**

Satvic, Tamasic, Rajasic

Characteristics - Benefits - Eating Guidelines

Diet Planning - Overcome Bad Eating Habits

Food Habits - Punjab, Bengal, A.P, Tn, Maharashtra, Gujarat

Yogic Dieting Guidelines For Various Professionals



**Mr.R.VENUGOPAL**, B.Com, M.Sc.Yoga, MPhil.(yoga), NET(yoga) qualified,(PhD.Yoga).,Yoga Teacher In Vidyalaya Sr Sec School (CBSE) Virugambakam Chennai 92, for past 20 years. His area of specialization are Yoga Therapy, Patanjali yoga sutras, Upanishads and Practical aspect of yoga.



**Dr. V. DURAISAMI** working as a Assistant Professor, Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga and yoga therapy in its purest form, in our own time tested traditional way.



## **Lavanya Pathipagam**

29/15, Thanappa Street  
Triplicane, Chennai - 600 005.  
Email: lavanyapathipagam@gmail.com





## MANAGEMENT OF NUTRITION AND BALANCED DIET TO ALL



**Mrs. V.SUJATHA, B.E, MSC, (Ph.D.)**

**Dr. V. DURAISAMI, M.Sc, M.Phil, Ph.D**

People diet for all types of reasons as there are no shortage of reasons for wanting to live a healthier life. There are also a wide variety of options when it comes to selecting a diet that might work for all. Here is a closer look at some of the different types of diets that people are using all around the world.



**Mrs. V.SUJATHA**, B.E (ECE), Msc.Yoga (YHE), NET (yoga) qualified, (PhD.Yoga), Working as a UGC NET (Yoga) training professor. She doing her service to yoga from the past Six years to till date. Her area of specialization are PYS, Hatha Yoga Texts, Upanishads and Yoga Therapy.



**Dr. V. DURAISAMI** working as a Assistant Professor, Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga, yoga therapy and naturopathy in its purest form, in our own time tested traditional way.

**Title of the Book :**           **MANAGEMENT OF NUTRITION AND  
BALANCED DIET**

**Author**                       **:**     **Mrs. V.SUJATHA & Dr. V. DURAISAMI**

**Language**                   **:**     English

**Publisher**                   **:**     Lavanya pathipagam, 29/15, thanappa Street,  
Chennai – 05

**Edition** : First

**Date of Publication:** JUNE, 2021

**Number of Pages :** 71

**Price** : Rs. 140

All rights reserved, no part of this publication may be reproduced , transmitted or stored in a retrieval system, in any form or by any means, without permission in writing from lavanya pathipagam.

**ISBN : 978-93-85643-19-4.**



**LAVANYA PATHIPAGAM  
29/15, THANAPPA STREET  
CHENNAI – 05**



## **BASIC CONCEPTS OF YOGA THERAPY**



**Mrs. K.TAMILSELVI, M.A.(YHE), Ph.D(Yoga)**  
**Dr. V. DURAISAMI, M.Sc, M.Phil, Ph.D**



**Mrs. K.TAMILSELVI, Director, KANCHI YOGA VIDHYALAYA PUBLICATIONS,** Working as a UGC NET (Yoga) training professor. She doing her service to yoga from the past Six years to till date. Her area of specialization are Yoga Therapy, PYS, Hatha Yoga Texts, Upanishads and Thirumandiram.



**Dr. V. DURAI SAMI** working as a Assistant Professor, Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga and yoga therapy in its purest form, in our own time tested traditional way.

**Title of the Book :** Basic Concepts of Yoga Therapy  
**Author :** Mrs. K.TAMILSELVI  
**Dr. V. DURAISAMI**  
**Language :** English  
**Publisher :** Lavanya pathipagam, 29/15, thanappa Street,  
Chennai – 05  
**Edition :** First

**Date of Publication:** JULY , 2021

**Number of Pages :** 65

**Price :** Rs.150

All rights reserved, no part of this publication may be reproduced , transmitted or stored in a retrieval system, in any form or by any means, without permission in writing from lavanya pathipagam.

**ISBN : 978-93-85643-16-3.**



**LAVANYA PATHIPAGAM**  
**29/15, THANAPPA STREET**  
**CHENNAI – 05**





## **PRINCIPLES OF NATUROPATHY AND AYURVEDA IN YOGA**



**Mrs. C. MAGESHWARI, M.A, (Ph.D )**

**Dr. V. DURAISAMI, M.Sc, M.Phil, Ph.D**

Exigency of eternal essence navigates the nature of life by means of an integral inherence. Integration of spirit, soul, mind, and body designs the metaphysics of human life aiming towards the core of singularity.



**Mr .C. MAGESHWARI, M.A, (Ph.D ),**



**Dr. V. DURAISAMI** working as a Assistant Professor, Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga and yoga therapy in its purest form, in our own time tested traditional way.

**Title of the Book :** Principles of Naturopathy and Ayurveda In Yoga

**Author :** **Mrs. C. MAGESHWARI &  
Dr. V. DURAISAMI**

**Language :** English

**Publisher :** Lavanya pathipagam, 29/15, thanappa Street,  
Chennai – 05

**Edition :** First

**Date of Publication:** January 2020

**Number of Pages :** 68

**Price :** Rs. 125

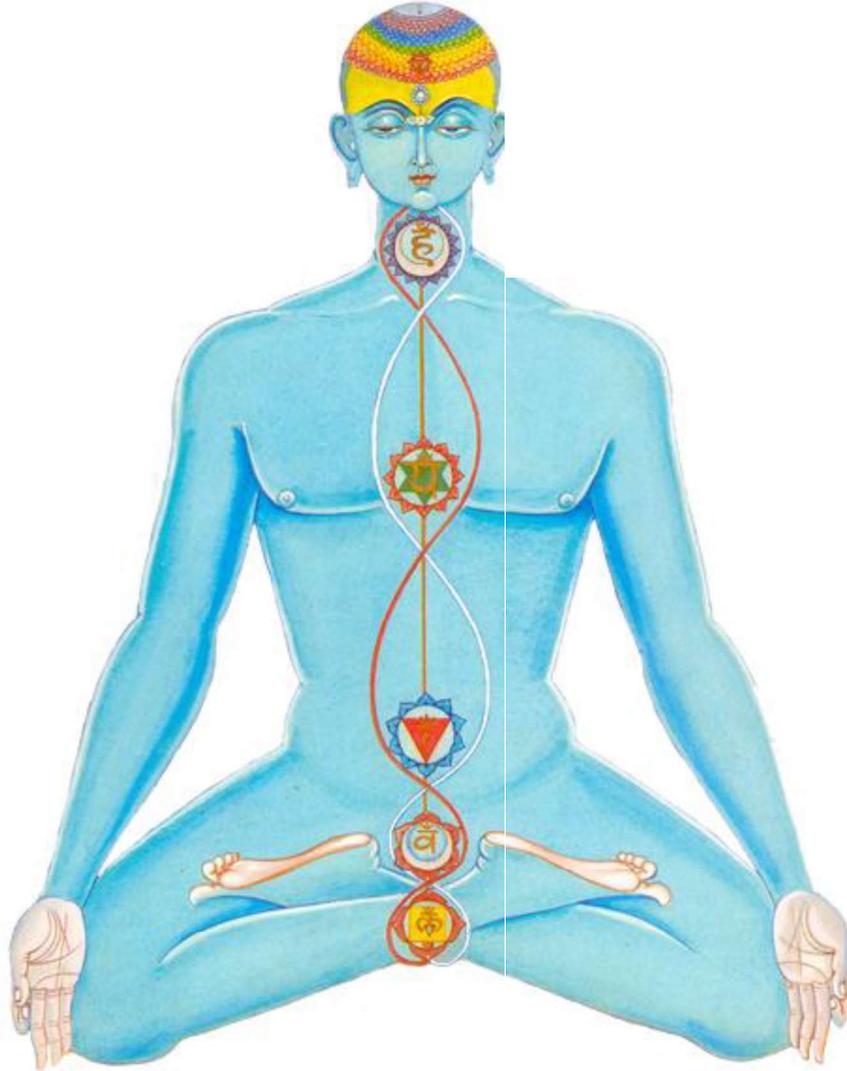
All rights reserved, no part of this publication may be reproduced , transmitted or stored in a retrieval system, in any form or by any means, without permission in writing from lavanya pathipagam.

**ISBN : 978-93-85643-17-0.**

**LAVANYA PATHIPAGAM, 29/15, THANAPPA STREET, CHENNAI – 05**



**ORIENTATION TO PATANJALI YOGASUTRA  
GHERANDA SAMHITA AND HATHAYOGA  
PRADIPIKA**



**Mrs. C. MAGESHWARI, M.A, (Ph.D )  
Dr. V. DURAISAMI, M.Sc, M.Phil, Ph.D**

The Yoga Sutras were composed by man named Patanjali. However, there is not much known about him, except that he was presumably Indian and lived somewhere between the second and fourth century BC. And also Hatha yoga actually is hasn't changed for thousands of years, however our thinking and perception of it certainly has. Language is a powerful thing, and in different cultures the same word can have a variety of definitions, throughout the evolution of yoga practice, the same word – Hatha – has come to mean different things too



**Mr .C. MAGESHWARI, M.A, (Ph.D ),**



**Dr. V. DURAISAMI** working as a Assistant Professor, Department of yoga, Tamilnadu physical education and sports university, Chennai, He is in yoga profession for the around 15 years to impart yoga and yoga therapy in its purest form, in our own time tested traditional way.

**Title of the Book :** Orientation To Patanjali Yogasutra Gheranda Samhita And Hathayoga Pradipika

**Author** : Mrs. C. MAGESHWARI, M.A, (Ph.D ) &  
Dr. V. DURAISAMI

**Language** : English

**Publisher** : Lavanya pathipagam, 29/15, thanappa Street,  
Chennai – 05

**Edition** : First

**Date of Publication:** October, 2020

**Number of Pages :** 58

**Price** : Rs. 110

All rights reserved, no part of this publication may be reproduced ,  
transmitted or stored in a retrieval system, in any form or by any means, without  
permission in writing from lavanya pathipagam.

**ISBN : 978-93-85643-06- 4.**

**LAVANYA PATHIPAGAM  
29/15, THANAPPA STREET  
CHENNAI – 05**



# திருமந்திரச் சிந்தனைத் திறவுகோல்

## பதிப்பாசிரியர்கள்

முனைவர் கோ. விசயராகவன்

முனைவர் தி. மகாலட்சுமி

ஆய்வாளர் எ. இராஜேஷ்



உலகத் தமிழராய்ச்சி நிறுவனம்  
International Institute of Tamil Studies

V 15

Library

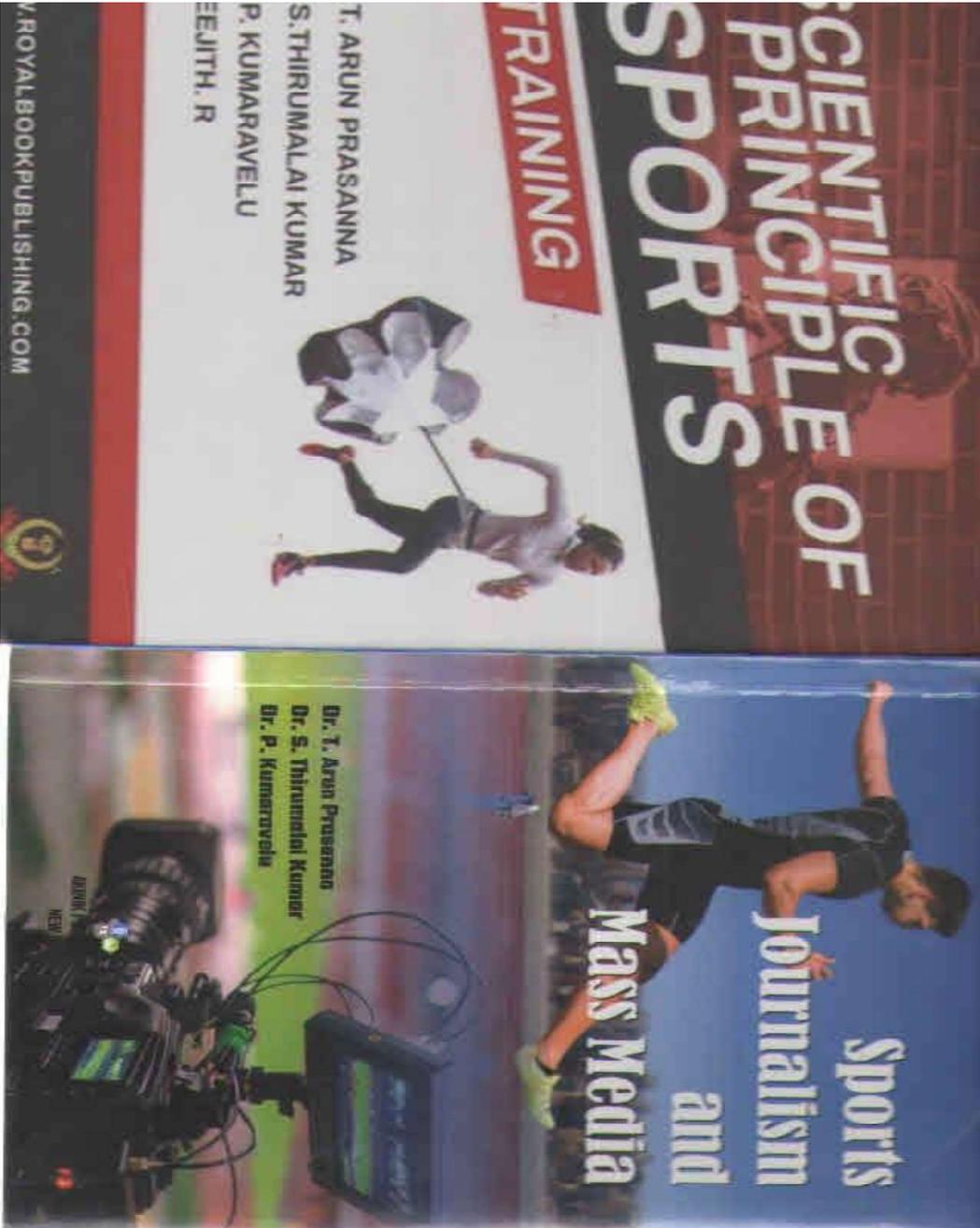
Tamil Nadu University

Chennai

ஆசிரியர்	:	முனைவர் தி. மகாலட்சுமி நிறுவனர் (ம) பொதுப்பாடவர் திருமுல்லை ஆர்விக் கை.
வெளியீட்டாளரும் பதிப்பு உரிமையும்	:	உலகத் தமிழாராய்ச்சி நிறுவனம் இரண்டாம் முதன்மைச் சாலை மையத் தொழில்நுட்பப் பரிக் க வளாக தரமணி. சென்னை 600 113 தொலைபேசி எண் 044-22542992
பதிப்பகம்	:	தமிழ்ப் பண்பாட்டுப் பதிப்பகம் எண்.9. களிக் குன்றும் பிரதானசாலை தரமணி. சென்னை - 113.
ISBN	:	978-81-927919-9-9
வெளியீட்டு எண்	:	989
மொழி	:	தமிழ்
பதிப்பு	:	முதற்பதிப்பு
பதிப்பு ஆண்டு	:	2018
பயன்படுத்திய தாள்	:	18.6 வெள்ளை மேப்லித்தோ
நூலின் அளவு	:	1/8 டெம்மி
எழுத்தின் அளவு	:	10 புள்ளி
பக்க எண்ணிக்கை	:	600 பக்கங்கள்
விலை	:	ரூபாய் 450/- மட்டும்
அர்சகம்	:	தி சென்னை பிரிண்ட் கோளத்தூர். 988 476 1970
பாடம்	:	திருமந்திரச் சிந்தனைத் திறவுகோல்

  
 Registrar  
 Tamilnadu Physical Education  
 and  
 Sports University  
 Chennai

**DR. S. THIRUMALAI KUMAR**



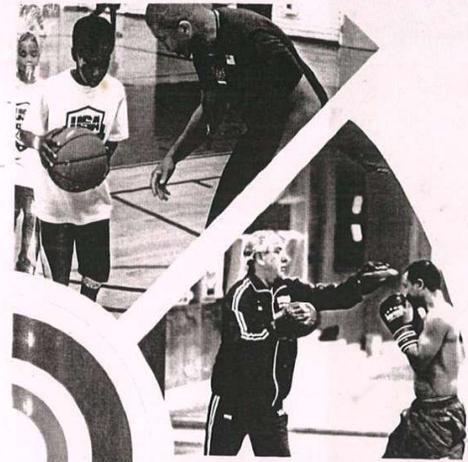


B.H.B-B-SC-2018-19



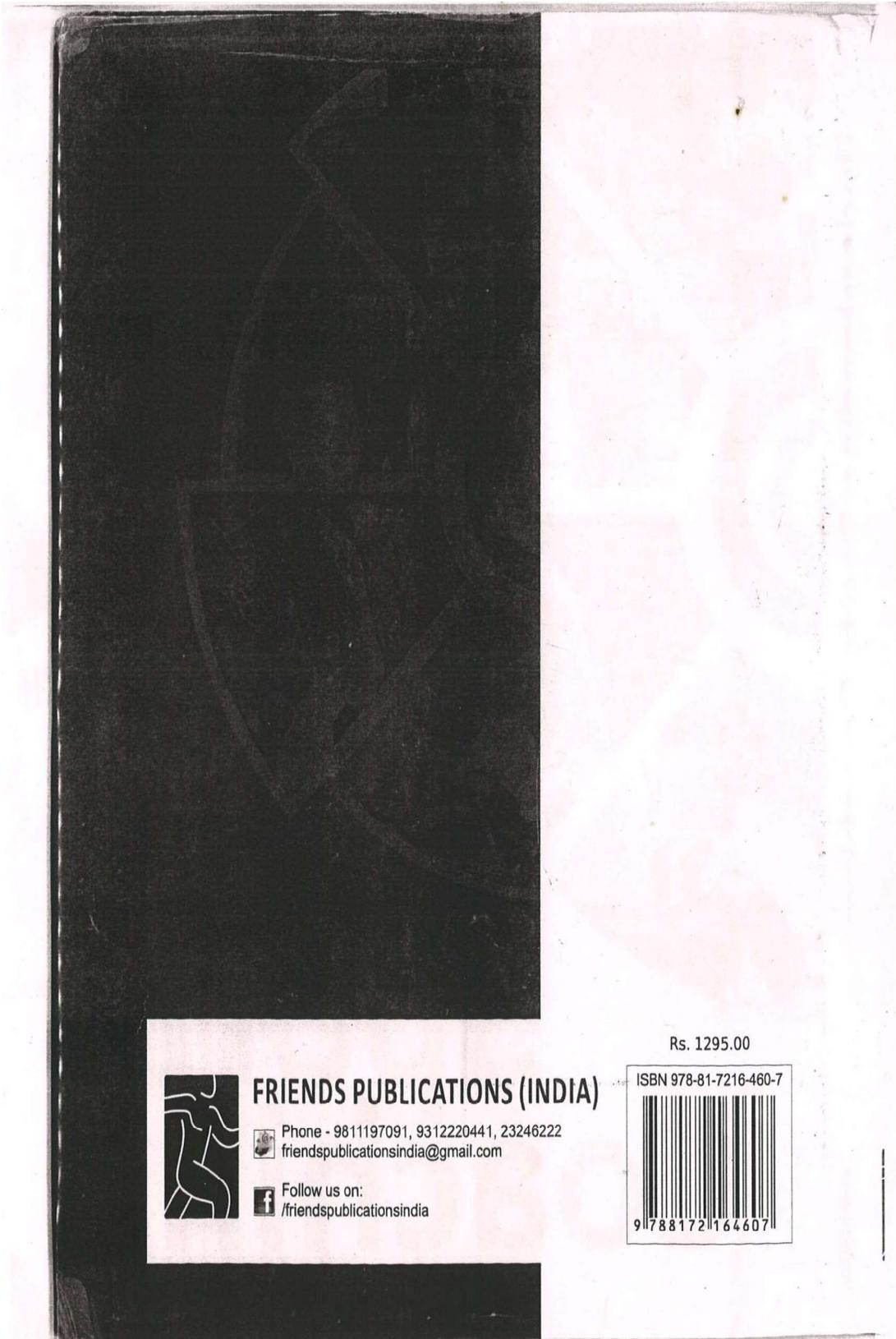
Dr. Arumugam. C

Understanding Sports Coaching



# Understanding Sports Coaching

*V. S. S.*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



Rs. 1295.00



**FRIENDS PUBLICATIONS (INDIA)**



Phone - 9811197091, 9312220441, 23246222  
friendspublicationsindia@gmail.com



Follow us on:  
/friendspublicationsindia

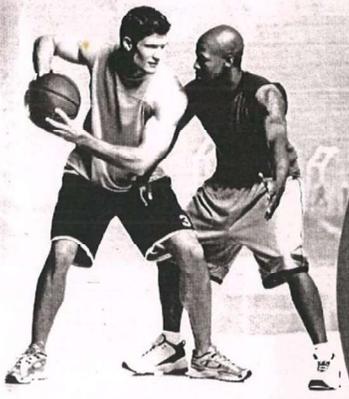
ISBN 978-81-7216-460-7



9 788172 164607

3.4.6-8-SC-2018-19

Sports Training Principles



Dr. Arumugam. C

# Sports Training Principles

*V. S.*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai



## SPORTS EDUCATIONAL TECHNOLOGIES

102, 4787/23, Ansari Road, Darya Ganj, New Delhi - 110 002

Ph - 011-27601805, 9312220441

e-mail - sportseducationaltechnologies@gmail.com

Rs. 1495.00

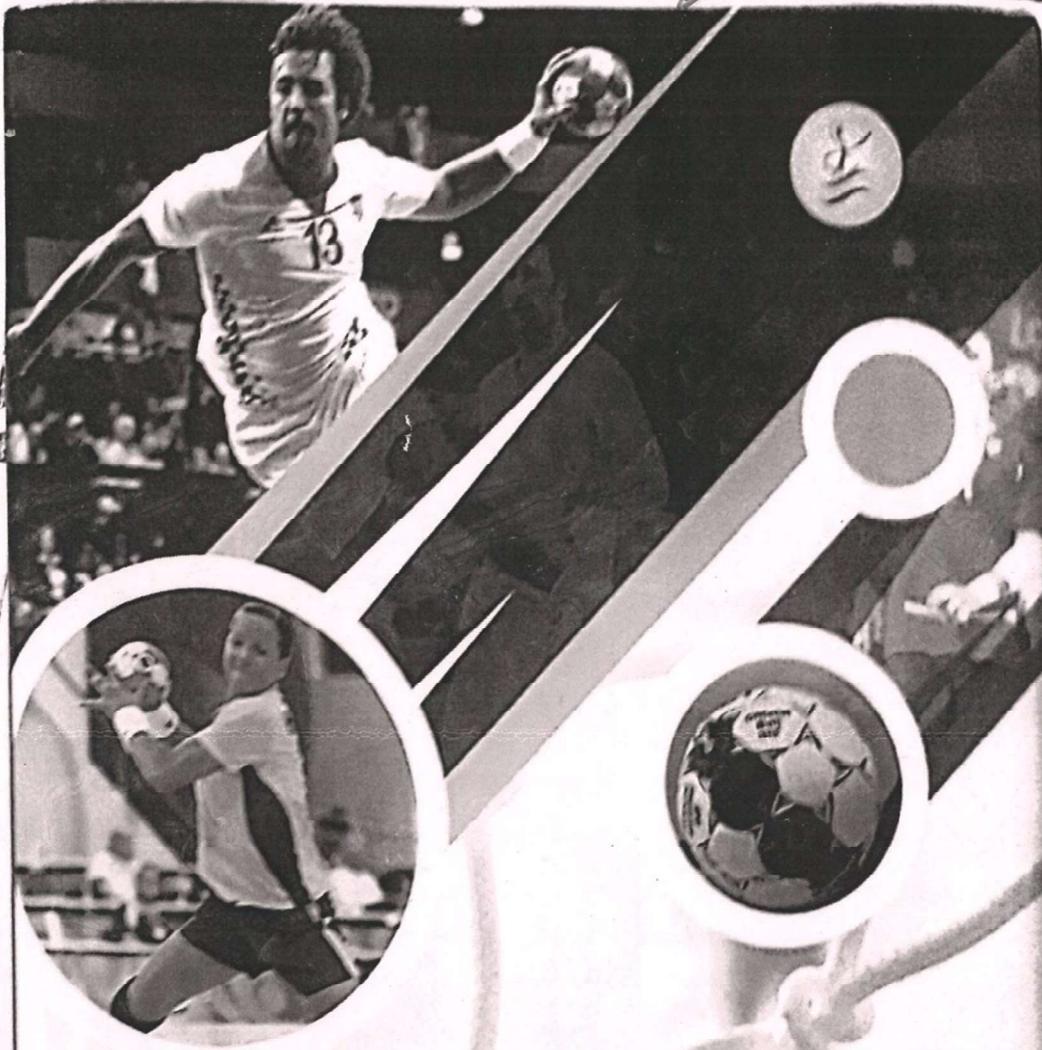
ISBN 978-93-84603-69-4



9 789384 603694

*V. G.*  
Registrar  
Tamilnadu Physical Educal  
ty

2017-18 2018



# Handball

## Step to Success

V. G.  
Registrar  
Tamilnadu Physical Education  
and  
Sports  
Board

Dr. P. Gopinathan



C. P. - EDUCATION

# Handball

Step to Success

**Dr. P. Gopinathan**

Assistant Professor, Department of Sports Psychology and  
Sociology  
Tamil Nadu Physical Education and Sports University  
Melakottaiyur Post, Chennai



Sports Educational Technologies

New Delhi - 110002

*V. R.*  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai

leely

# ORGANIZATION, ADMINISTRATION AND SUPERVISION IN PHYSICAL EDUCATION

Dr. Lillypushpam Isaac



## ORGANIZATION, ADMINISTRATION AND SUPERVISION IN PHYSICAL EDUCATION

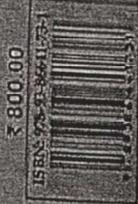
Dr. Lillypushpam Isaac



Dr. Lillypushpam Isaac is a well known and renowned name in the field of Physical Education serving as an Assistant Professor since 2007 in Tamil Nadu Physical Education and Sports University, Chennai, India's first State University in Physical Education and Sports. She achieved some noteworthy achievements in the field of Physical Education and its related fields. Basically

she is an athlete in National level as well as all round championship holder. She is experienced person in teaching and coaching as well as good in extra curricular activities. She did her B.P.Ed. course from MVCA College of Physical Education, Chennai, M.Phil. and Doctor of Philosophy in Physical Education from Abanegga College of Philosophy in Kanyakumari, Tamil Nadu.

Professional Courses pursued:  
• NIS Course in Athletics • Certificate Course in Yoga • Fit and Rescue Service Course  
She is (gold) Physical Educator. She has more than 20 years service in the field of Physical Education. She has participated in many national and international conferences and presented about thirty (30) Research papers. She has published so many research articles in reputed journals. She has guided and guided 12 Research Scholars for Doctor of Philosophy in Physical Education and more than 50 M.Phil. scholars in Tamil Nadu Sports University.  
As the sole seller she is grateful to Her Husband Dr. K. Ilari Kumar who helped her to publish the present book.



₹ 800.00

### Angel Publication

Publishing Director: The Great Intellectual Distributors  
8/7, B. Road, Anna Nagar, Chennai - 600 024  
New Kottam, Anna Nagar, Chennai - 600 024  
Tel: 044-2434342, 2434343, 2434344, 2434345  
E-mail: angel@angelpub.com, angel@angelpub.com



Dr. Lillypushpam Isaac is an well known and renowned name in the field of Physical Education, serving as an Assistant Professor since 2007 in Tamil Nadu Physical Education and Sports University, Chennai, India's first State University in Physical Education and Sports. She achieved some meritorious achievements in the field of Physical Education and its related fields. Basically she is an athlete in National Level as well as all round championship holder. She is experienced person in teaching and coaching as well as good in extra curricular activities. She did her B.P.Ed. course from AMCA, College of Physical Education, Chennai; M.P.Ed, M.Phil, and Doctor of Philosophy in Physical Education from Alagappa College of Physical Education, Karaikal, Tamil Nadu.

Professional Courses pursued:  
 • NIS Course in Athletics • Certificate Course in Yoga • Fire and Rescue Service Course

She is good Physical Educationist. She has more than 20 years service in the field of Physical Education. She has participated in many national and international conferences and presented about thirty (30) Research papers. She has published so many research articles in reputed journals. She has guided and guiding 12 Research Scholars for Doctor of Philosophy in Physical Education and more than 50 M.Phil. scholars in Tamil Nadu Sports University.

At the outset she is grateful to Her Husband Dr. K. Hari Kumar who helped her to publish the present book.

### Angel Publication

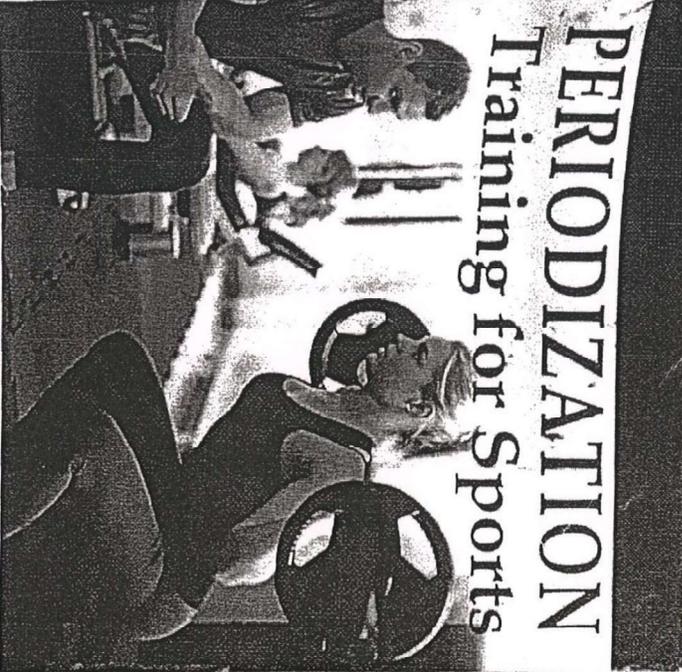
Publishing Division Bangalore Publishers Distributors  
 C-5/77 & Kishor Tower, (Lawrence Road),  
 Near Keshav Puram Metro Station, NEW DELHI-110035  
 Tel: 011-43598194, 02271115354, 09711921754  
 Email: dylindings@gmail.com / dylind754@gmail.com



₹ 1200.00

## PERIODIZATION Training for Sports

Dr. Lillypushpam Isaac



Dr. Lillypushpam Isaac



Registered  
 Physical Educationist  
 Tamil Nadu Physical Education and Sports University  
 Chennai

Wool



Dr. Lillypushpam Isaac is an well known and renowned name in the field of physical Education serving as an Assistant Professor since 2007 in Tamil Nadu Physical Education and Sports University, Chennai, India's first State University in Physical Education and Sports. She achieved some meritorious achievements in the field of physical Education and its related fields. Basically she is an athlete in National level as well as all round championship holder. She is experienced person in teaching and coaching as well as good in extra curricular activities. She did her B.P.Ed. course from YAGCI College of Physical Education, Chennai, M.Phil, M.Phil, and Doctor of Philosophy in Physical Education from All India College of Physical Education, Karaikal, Tamil Nadu.

Professional Courses pursued:

- NIS Course in Athletics
- Certificate Course in Yoga
- Fire and Rescue Service Course

She is good Physical Educationist. She has more than 20 years service in the field of Physical Education. She has participated in many national and international conferences and presented about Thirty (30) research papers. She has published so many research articles in reputed Journals. She has guided and guiding 12 research Scholars for Doctor of Philosophy in Physical Education and more than 50 M.Phil. scholars in Tamil Nadu Sports University.

All the outsets are grateful to Her Husband Dr. K. P. N. Kumar who helped her to publish the present book.

### Angel Publication

Publishing Division, Bangalore Publishers Distributors  
 C-3/77B, Krishna Nagar, Rajawade Road,  
 Near Krishna Varaha Metro Station, NISY District 10005,  
 Tel: 011-5598191, 0991151534, 0997192924  
 E-mail: akshay@angelpub.com / akshay77@gmail.com

₹ 1200.00



## Sport and Exercise Psychology

*A Critical Introduction*

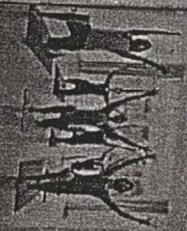
Dr. Lillypushpam Isaac



## Dr. Lillypushpam Isaac

# Sport and Exercise Psychology

*A Critical Introduction*

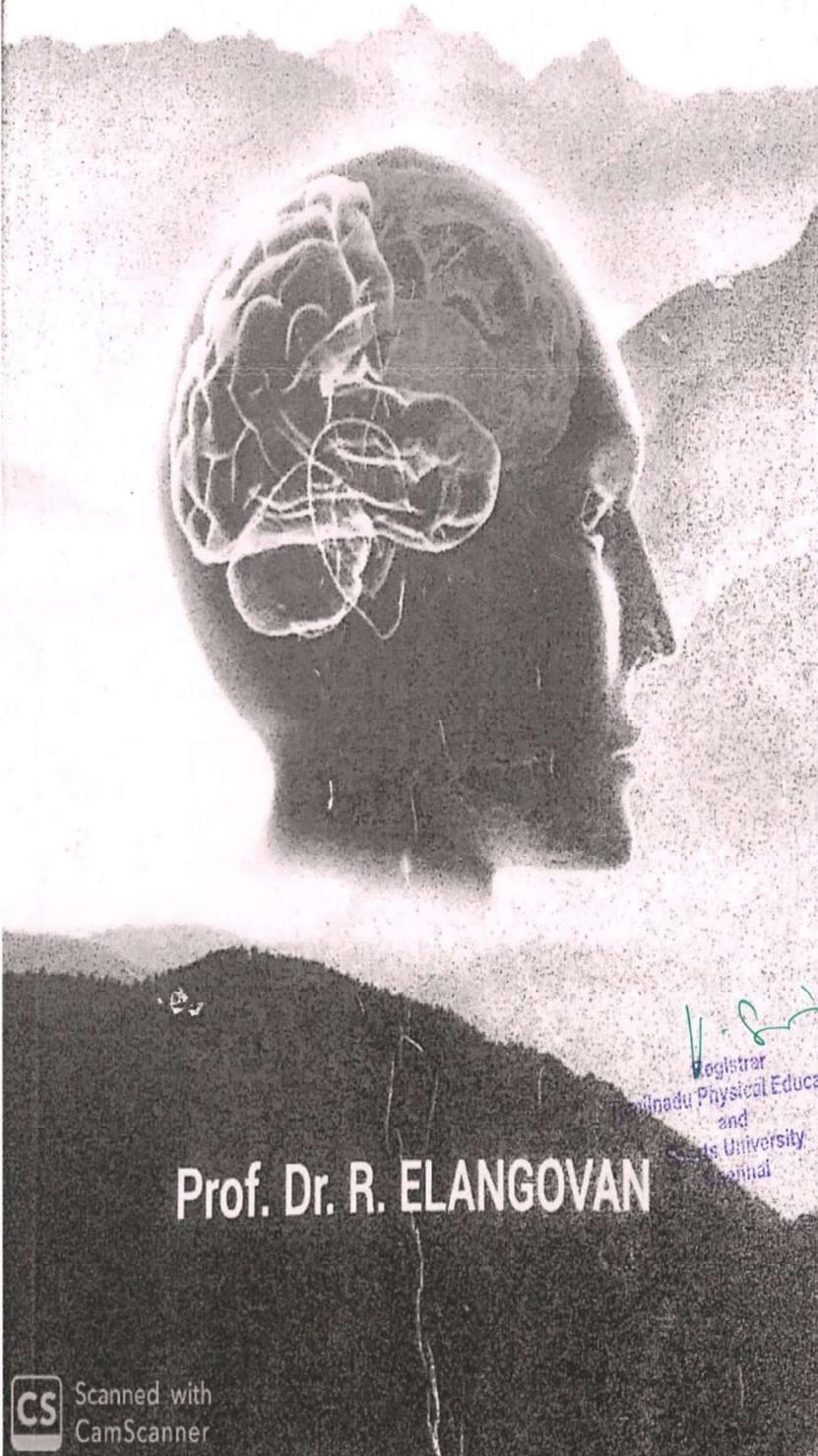


3.4.6

2018



# YOGA PSYCHOLOGY



Prof. Dr. R. ELANGO VAN

*V. S.*  
Registrar  
Anna University  
Chennai

CS Scanned with CamScanner

ISBN: 978-81-923570-2-7

First Edition @ 2018 by Prof. Dr. R. Elangovan

**Published by**

**Mrs. Sumathi Elangovan., B.A., PGDIY.,**

**Ashwin Publications**

C1/2, Sekar Nagar Main Road,

Sekar Nagar, New Perungalathur

Chennai - 600 063., India

Phone: 044-22742271

Email: sumathielangovan31@gmail.com

Printed and bound in India by

**Rahul Graphics**

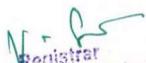
Mr. G. Girisan

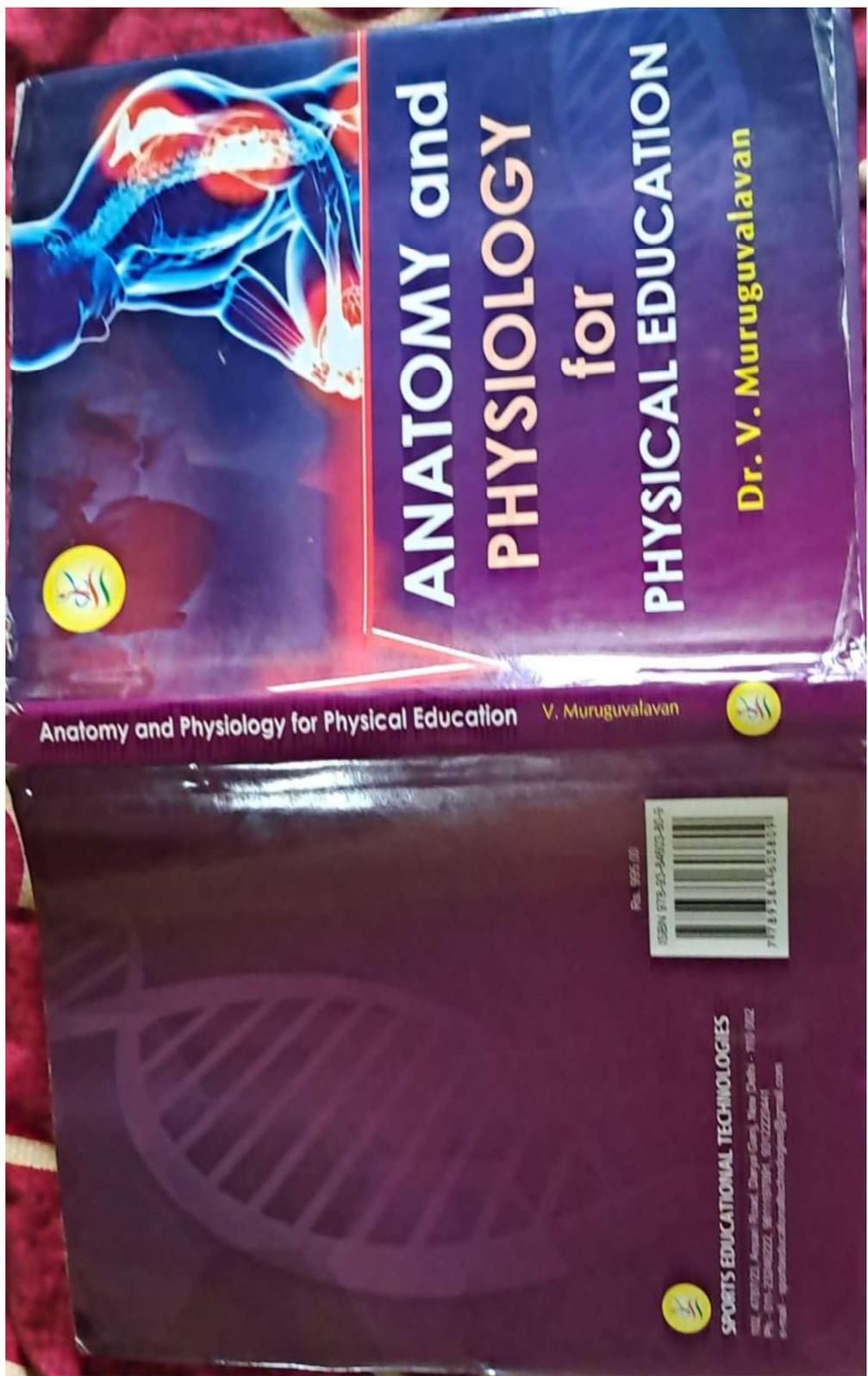
Ph. 98402 49009, 8610075694

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publishers.

**Price : Rs. 230**

 Scanned with  
CamScanner

  
Registrar  
Tamilnadu Physical Education  
and  
Sports University  
Chennai

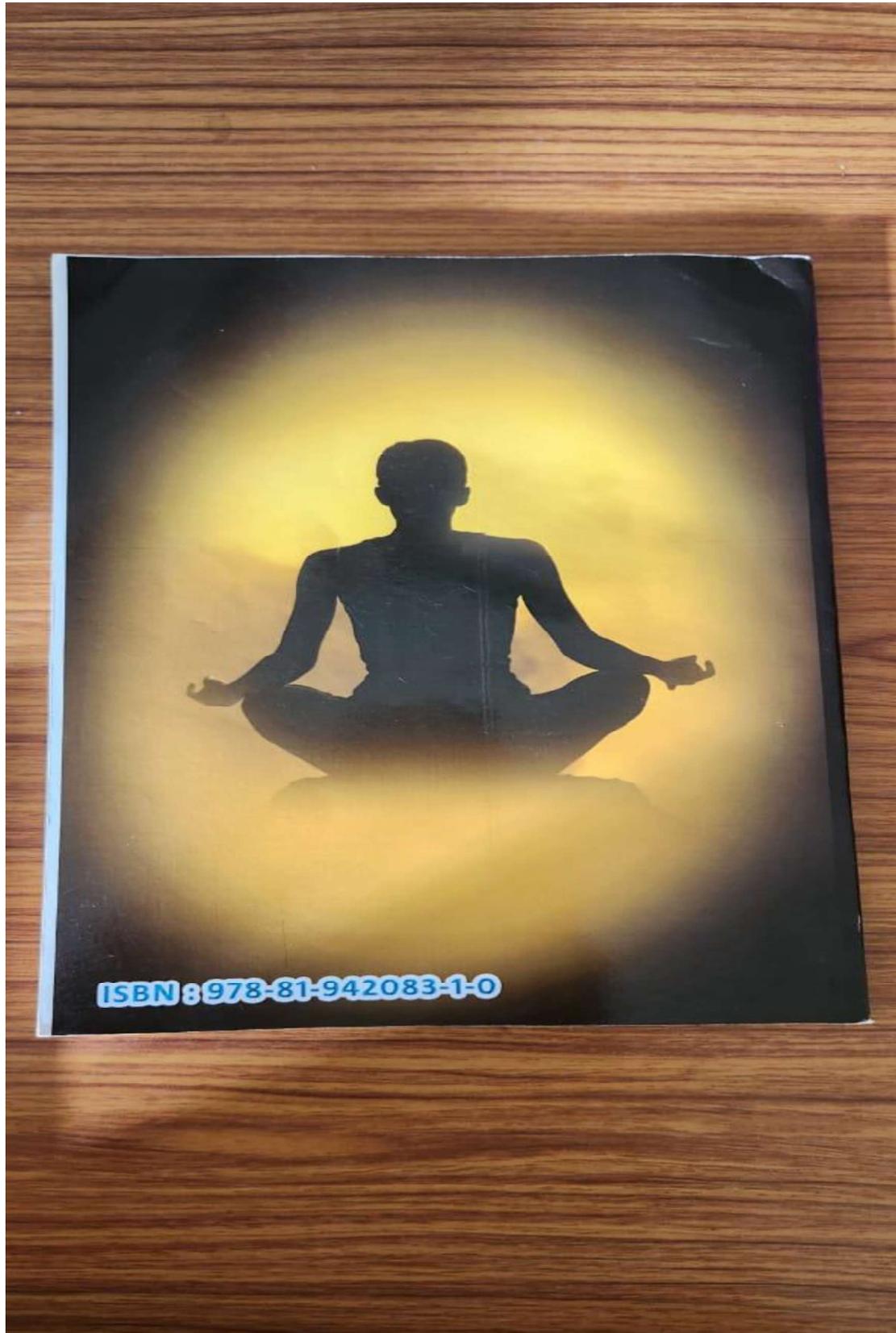


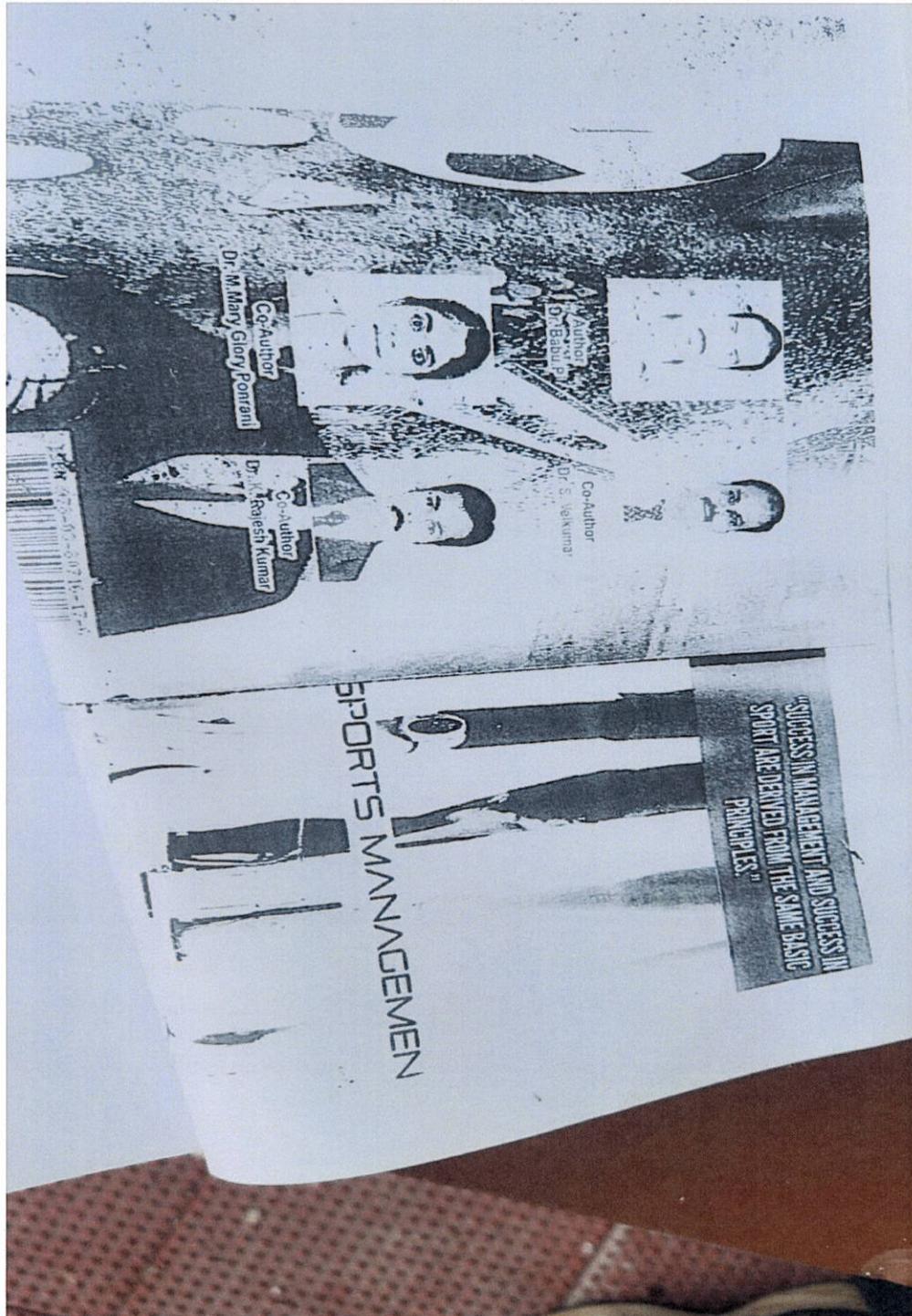
**Efficacy of Vinyasa Yoga  
with and without Mantra Chanting  
on Selected Cerebromuscular Cognitive  
and Psychomotor Variables among Children  
with Cerebral Palsy**



**K. SUBBULAKSHMI  
Dr. S. SELVALAKSHMI**

***DK International Research Foundation***





  
Registrar  
familnadu Physical Education  
and  
Sports University  
Chennai - 600 127.