

Dr.K.Chandrasekaran

Professor and Head

Department of Physical Education

School of Education

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Educational Qualifications

: M.Sc., M.P.Ed., M.Phil., PGDYM, PGDCA, PGDSM, Ph.D.,

Professional Experience

: 33 Years

FIELD OF SPECIALIZATION

- Basketball, Exercise Physiology, Test and Measurements in Physical Education
- Yoga

RESEARCH SPECIALIZATION

- Test and Measurements in Physical Education
- Sports Training Methods
- Yoga

Research Supervision:

Program	Completed	Ongoing
Ph.D	28	4
M.Phil	36	3

PROFESSIONAL EXPERIENCE

No	Institution	Position	From (date)	To (date)	Duration
1	Madurai Kamaraj University	Professor & Head	28-09-2010	Till Date	7 ½ – Yrs.
2	Bharathidasan University	Associate Professor & Head	01-10-2008	27-09-2010	3 – Yrs.
3	Bharathidasan University	Reader & Head	01-10-2005	30-09-2008	3 – Yrs.
4	Bharathidasan University	Lecturer	05-01-2000	30-09-2005	5 ¾ – Yrs.
5	M.D.T. Hindu College Tirunelveli	Lecturer (Senior Scale)	17-01-1998	04-01-2000	2 – Yrs.
6	M.D.T. Hindu College Tirunelveli	Lecturer	17-01-1991	16-01-1998	7 – Yrs.
7	P.S.N.A. College of Engg. & Tech.Dindigul	Physical Director	11-08-1986	11-01-1991	4 ½ – Yrs.
8	Bharathidasan University	<i>Librarian</i>	08-08-2006	15-05-2007	¾ – Yrs.

COMPLETED RESEARCH PROJECT

Major Research Project (U.G.C.)

No	Title of the Project	Funding Agency	Total Grant	Year
1	Effects of Yoga, Combination of Yoga and Aerobic Packages on Health Related Physical Fitness Components and Select Physiological Variables of Obese School Boys	U.G.C	Rs. 5,38,000	Two Years (2009 to 2011)

Minor Research Projects : (U.G.C.) (Completed)

No	Title of the Project	Funding Agency	Total Grant	Year
1	Study of Predominance of Performance Related Variables of College Women Kabaddi Players	U.G.C	Rs. 10,000	2001

HONORS/AWARDS/RECOGNITIONS

- **BEST CITIZEN of INDIA GOLD MEDAL** Global Economic Progress & Research Association-2017
- **YOGA SEVA** -Tamilnadu Yoga Association & Aathma Yoga Centre-2007
- **YOGA RATNA** -Sports Development Authority of Tamilnadu & Aathma Yoga Centre-2005
- **YOGACHARYA** -Sri Patanjali Yoga Training Centre, Pondicherry-2004
- **GOLD MEDAL** -Indian Holistic Medical Academy – Tamil Nadu -2001

PUBLICATIONS

- National Level - 25
- International Level - 51

PAPER PRESENTED IN CONFERENCE/SEMINAR/WORKSHOP

International Level:

Name of the Conference	Date	Place	Title	Author(s)
International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics-2020	16 th and 17 th .03.2018	Alagappa University ,Karaikudi	Effect of yoga practices on selected physiological variables among college men basketball players.	Dr.K.Chandrasekaran
International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics-2020	16 th and 17 th .03.2018	Alagappa University ,Karaikudi	Effect of Staircase Training on Selected Physical Variable among college men Football Players.	Dr.K.Chandrasekaran
International Conference on Focus on mindfulness:Grimpses of neuroscience Education-2017	7 th and 8 th .12.2017	Alagappa University ,Karaikudi	Effect of plyometric training on selected physiological variables among jumpers.	Dr.K.Chandrasekaran
International Conference on Focus on mindfulness:Grimpses of neuroscience Education-2017	7 th and 8 th .12.2017	Alagappa University ,Karaikudi	Effect of core training on selected skill performance variables among college men basketball players,	Dr.K.Chandrasekaran
International Conference on Renaissance in sports.	10 th and 11 th .02.2017	National college, Tiruchirapali	Effect of core training on selected physical variables among college men basketball players,	Dr.K.Chandrasekaran

International Conference on Renaissance in sports.	10 th and 11 th .02.2017	National college, Tiruchirappali	Effect of yogic practices on selected physiological variables among college volleyball players,	Dr.K.Chandrasekaran
International Conference on Renaissance in sports.	10 th and 11 th .02.2017	National college, Tiruchirappali.	Influence of yoga with varied forms of aerobic exercises on lipid profiles among overweight school boys,	Dr.K.Chandrasekaran
International Conference on Health indicators for physical and cognitive Fitness education	26 th and 27 th .02.2016	Alagappa university Karaikudi	Malnutrition Deficiency in Indian children	Dr.K.Chandrasekaran
International Conference on Health indicators for physical and cognitive fitness education	26 th and 27 th .02.2016	Alagappa university Karaikudi	Malnutrition Deficiency in Indian children	L.IIavarasi. & Dr.K.Chandrasekaran
International Conference on Health indicators for physical and cognitive fitness education	26 th and 27 th .02.2016	Alagappa university Karaikudi	Effect of plyometric training on selected physical and physiological variables among college level men basketball players.	Loganathan & Dr.K.Chandrasekaran

National Level:

Name of the Conference	Date	Place	Title	Author(s)
National conference on Modern Perspectives of sports science and Yoga for the Enhancement of Sports Performance.	03.03.2018	Ganesar College of Arts and Science, Pudukkott	Effect of yoga practices on selected physical variables	Dr.K.Chandrasekaran

		ai.	among college men basketball players.	
UGC Sponsored National Seminar on Health, Physical activity and Chronic Diseases	20 th – 21 st .08.2016	Smt. Nankibai Wadhvani Kala Mahavidyalaya, Yavatmal, Maharashtra	Need of Yoga in developing Health in the Modern Age.	Dr.K.Chandrasekaran
International Conference on Training ,Nutrition and Analeptic Regimen on Corporeal Property and High Performance in sports	01.04.2016	Bharathiar University , Coimbatore	Yoga training on high Performance in sports.	Dr.K.Chandrasekaran
Two days national conference on yoga and modernity	12 th and 13 th .03.2016	Center for human consciousness & yogic sciences yoga center, Bangalore university	Effect of yogic exercise on blood pressure among college men players.	Dr.K.Chandrasekaran
UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health	28 th & 29 th .01 2016	Urumudhanalakshmi college. Tiruchirappalli	Physical fitness leads to a healthy life.	Dr.K.Chandrasekaran
UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health	28 th & 29 th .01 2016	Urumu Dhanalakshmi college. Tiruchirappalli	Influence Of Yogic Practices on resting pulse rate and breath holding time on school football players.	Dr.K.Chandrasekaran

Two days national conference on yoga and modernity	12 th and 13 th .03.2016	Center for human conscious ness & yogic sciences yoga center, Bangalore university	Effect of yogic exercise on blood pressure among college men players.	Dr.K.Chandrasekaran
UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health	28 th & 29 th .01 2016	Ururu dhanalaks hmi college. Tiruchirapalli	Physical fitness leads to a healthy life.	Dr.K.Chandrasekaran
UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health	28 th & 29 th .01 2016	Ururu dhanalaks hmi college. Tiruchirapalli	Influence Of Yogic Practices on resting pulse rate and breath holding time on school football players. Sathiskumar &	Dr.K.Chandrasekaran
UGC Sponsored two days National Seminar Entitled The impact of Technology on sports	29 th & 30 th Oct. 2015	Pazhassira ja College, Pulpally, Kerela	Scientific Analysis on the Yogic Techniques	Dr.K.Chandrasekaran
UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports	25 th & 26 th March 2015	GTN Arts College, Dindigul.	Effect of Jump Training and Strength Training in Response to Motor Fitness Components and Track & Field events Performance among school boys	Dr.K.Chandrasekaran

UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports	25 th & 26 th March 2015	GTN Arts College, Dindigul.	Physiological Aspects of Training Impact in High Attitude	Dr.K.Chandrasekaran
UGC Sponsored National seminar on Sound body Sound mind and fitness Through yoga & sports	25 th & 26 th March 2015	GTN Arts College, Dindigul.	Study on Yogic Practice & Physical Exercises on Selected Psychological Variables among Male college Cricket Players	Dr.K.Chandrasekaran

CONFERENCE/WORKSHOP/SEMINAR/TRAINING ORGANIZED

Type	Name	Date(s)	Place	Role Played	Funding Agency
National Conference	National Conference on Role of Sports Sciences and technology in Enhancing Sports Performance	21- 03 - 2009	Bharathidasan University	Organising Secretary	AIU / University
National Conference	National Conference on Modern Trends and Developments in Yoga	21 – 03 - 2007	Bharathidasan University	Organising Secretary	AIU / University
National Seminar	National Seminar on Health & Fitness (2002)	2002	Bharathidasan University	Organising Secretary	AIU / University
National Seminar	National Seminar on Applied Yoga (2001)	2001	Bharathidasan University	Organising Secretary	AIU / University

Tournaments & Sports Organised

All India / South Zone Level Inter-University Tournaments Organised

S.No.	Level	Game	Sponsoring Agency	Date	Capacity	Venue
1.	All India	Ball Badminton (Women)	Association of Indian University (AIU) & Bharathidasan University	09 – 01 – 2009 to 13 – 01 – 2009	Organising Secretary	Bharathidasan University, Tiruchirappalli
2.	All India	Hockey (Men)	Association of Indian University (AIU) & Bharathidasan University	Jan 2008	Organising Secretary	T.U.K. Arts College, Thanjavur
3.	South Zone	Hockey (Men)	Association of Indian University (AIU) & Bharathidasan University	Jan 2008	Organising Secretary	T.U.K. Arts College, Thanjavur
4.	All India	Basketball (Men)	Association of Indian University (AIU) & Bharathidasan University	Jan 2008	Organising Secretary	J.J. College of Arts & Science
5.	South Zone	Basketball (Men)	Association of Indian University (AIU) & Bharathidasan University	Jan 2008	Organising Secretary	J.J. College of Arts & Science

Inter Collegiate Level Tournaments Organised

S.No.	Level	Game	Date	Capacity	Venue
1.	Inter-Collegiate	Athletics (Men / Women)	March 11-12, 2009	Organising Secretary	Bharathidasan University, Tiruchirappalli
2.	Inter-Collegiate	Athletics (Men / Women)	September 20- 22, 2008	Organising Secretary	Anna Stadium, Trichy
3.	Inter-Collegiate	Athletics (Men / Women)	2007	Organising Secretary	Annai Sathya Stadium, Thanjavur
4.	Inter-Collegiate	Athletics (Men / Women)	2006	Organising Secretary	Anna Stadium, Trichy
5.	Inter-Collegiate	Athletics (Men / Women)	December 6 – 8, 2005	Organising Secretary	Annai Sathya Stadium, Thanjavur

Summer Coaching Camp Organised

S.No.	Disciplines	Duration	Date	Capacity	Venue
1.	1. Ball Badminton (Women) 2. Volleyball (Men) 3. Handball (Men) 4. Netball (Women) 5. Athletics (Men & Women)	10 – Days	03 – 06 – 2009 to 12 – 06 – 2009	Organising Secretary	Bharathidasan University, Tiruchirappalli

2.	1. Ball Badminton (Women) 2. Volleyball (Men) 3. Handball (Women) 4. Football (Men) 5. Athletics (Men & Women)	10 – Days	04 – 06 – 2008 to 13 – 06 – 2008	Organising Secretary	Bharathidasan University, Tiruchirappalli
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BOOK PUBLISHED

Title of the Book / Chapter	Author	Publisher	Year	ISBN Number
* Sound Health Through Yoga	Dr. K. Chandrasekaran	Prem Kalyan Publication Madurai,- 625 532 Tamil Nadu	1999	
** Yogam Dhyamnam Mulumai Nalavazhu (Tamil – TWO Volumes) (Chapter : Maanida Udal – Menattu Anugal Murai)	Dr. Anandthi, Dr.P.Mariayyah and Dr.K.Chandrasekaran,	BINOWS, Gandhi Museum Comlex, Madurai – 625 020	2004	

MEMBERSHIP IN ACADEMIC BODIES

- Senate Member in Bharathidasan University
- Senate Member in Madurai Kamaraj University

ADMINISTRATIVE EXPERIENCE

Role Played	Responsibilities	Period (Month & Year)
CHAIRPERSON	School of Education, Madurai Kamaraj University	2013 -2018
Head	Dept. of Phy. Edn., Bharathidasan Uni. & Madurai Kamaraj Uni.	Since 2005
Senate Member	Bharathidasan University & Madurai Kamaraj University, INDIA	11 Years
Director i/c (Additional Charge)	Madurai Kamaraj University – Constituent Colleges	Since Mar. 2017
Librarian (Additional Charge)	Bharathidasan University Library (2006 – 2007)	9 – Months

CONTACT

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