

**VINAYAKA MISSIONS COLLEGE OF PHYSICAL EDUCATION
VINAYAKA MISSIONS RESEARCH FOUNDATION**

(Deemed to be University)

SALEM

National and International Paper Publications during the last five years (July to June Academic Year)

S. No	Year	Title of the research paper	Journal Volume Page No.	Authors and Affiliation		Department	Indexed in	Impact Factor	No. of Citations
				VMRF-DU Faculty (Specify the First Author and corresponding Author)	Authors Outside VMRF-DU				
2014-2015									
1.	2014-15	The Effect of Ladder Training on Agility, Balance and Speed among Badminton Players	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:5 . No: 1, Page: 33-36 Jan – June’ 2015	Mr. C. Saravanan, Asst. Prof		Physical Education	-	-	-
2.	2014-15	Impact of Progressive Muscle Relaxation Training on Selected Psychological Characteristics among Male Football Players	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:5 . No: 1, Page: 01-05 Jan – June’ 2015	Mr. C.R. Binodh, Director & Asst. Prof And Mr. R. Sankar Asst. Prof		Physical Education	-	-	-
3.	2014-15	Influence of varied intensity walking programme on selected physiological variables among middle age men	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:5 . No: 1, Page:37-40 Jan – June’ 2015	Dr. C. Kaba Rosario, Principal		Physical Education	-	-	-
4.	2014-15	Effect of Proprioceptive Neuromuscular Facilitation And Static Stretching On Muscular Strength And Flexibility of Female Volleyball Players	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:5 . No: 1, Page: 26-32 Jan – June’ 2015	Mr. R. Sankar Asst. Prof And Dr. C. Kaba Rosario, Principal		Physical Education	-	-	-

2015-16

5.	2015-16	Effect of Pilates Exercises on Physical Fitness Components of College Women	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:5 . No: 2, Page: 53-55 July – Dec’ 2015	Dr. C. Kaba Rosario, Principal And Dr. K. Mohan Asst. Prof		Physical Education	-	-	-
6.	2015-16	Impact of mental toughness programme on recovery stress among 20km male race walkers	journal of physical education and sports sciences Online ISSN: 2247 - 806X, P-ISSN: 2247 - 8051 Vol 8 (2) 2016	Dr. K. Mohan Asst. Prof And Dr. C. Kaba Rosario, Principal		Physical Education	-	-	-
7.	2015-16	Effect of Autogenic Training on Selected Hematological and Psychological Variables of College Men	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:5 . No: 2, Page: 49-52 July – Dec’ 2015	Mr. C.R. Binodh, Director & Asst. Prof		Physical Education	-	-	-
8.	2015-16	Influences of Six Phases Training With Tapering on Selected Physiological Variables among Male Race Walkers	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:6 . No:2, Page: 18-22 Jan-June’ 2016	Dr. K. Mohan Asst. Prof	Dr. S.Dhanarai	Physical Education	-	-	-
9.	2015-16	Effect of concurrent strength training on selected strength parameters among volleyball players	Journal of Physical Education and Allied Health Science ISSN 2249-2380 vol:6 . No: 2,Page: 22-26 July – Dec’ 2016	Dr. K. Mohan Asst. Prof Mr. C.R. Binodh, Director & Asst. Prof Mr. R. Sankar Asst. Prof		Physical Education	-	-	-
10.	2015-16	Influence of therapeutic recreation on cognitive abilities of trainable mentally challenged children	International Journal of Advanced innovative research vol:5 . No: 8,	Dr. C. Kaba Rosario, Principal	Dr.J. Samuel Jesudoss	Physical Education	-	-	-
11.	2015-16	Impact of hill resistance training anaerobic performance of handball players	International Journal of Advanced innovative research vol:4 . No:10,	Dr. K. Mohan Asst. Prof And Mr. R. Sankar Asst. Prof	Mr. S.Ramesh Kumar	Physical Education	-	-	-

2016-17

12.	2016-17	Impact of Mental Toughness Programme on Recovery Stress among 20km Male Race Walkers	Journal of Physical Education and sports Online ISSN: 2247 - 806X, p-ISSN: 2247 - 8051 Vol 8 (2). 2016	Dr. K. Mohan And Dr. C. Kaba Rosario, Principal		Physical Education	-	-	-
13.	2016-17	Effect of circular Strength Training on Selected Physical and Performance Variables among Basketball Players	Journal of International Academic Research for Multidisciplinary ISSN: 2320-5083 Vol 4 (9) 2017	Dr. C. Kaba Rosario, Principal And Dr. K. Mohan		Physical Education		3.114	
14.	2016-17	Influence of Battle Rope High Intensity Interval Training on Selected Physical and Performance Variables among Volleyball Players	International Journal of Multidisciplinary Research Review Online ISSN: 2395-1885, p-ISSN: 2395-1877 Vol 1 (18) 2017	Dr. K. Mohan And Dr. C. Kaba Rosario, Principal		Physical Education	-	3.567	-
15.	2016-17	Influence of Bulgarin Bag Training on Selected Strength Parameters and Performance variables among Volleyball Players	International Journal of Multidisciplinary Research Review Online ISSN: 2395-1885, p-ISSN: 2395-1877 Vol:1 No:19 2017	Mr. C.R. Binodh, Director & Asst. Prof	Dr.S.Dhanaraj	Physical Education	-	3.567	-
16.	2016-17	Impact of Triphasic Training with Taping on Selected Strength Parameters and Performance Variables among Volleyball Players	International Journal of Multidisciplinary Research Review Online ISSN: 2395-1885, p-ISSN: 2395-1877 Vol:1 No:22 2017	Mr. R. Sankar Asst. Prof	Dr.S.Dhanaraj	Physical Education	-	3.567	-
17.	2016-17	Impact of yogic and Mallakhamb Practices on Selected Physiological and Performance Variables among Kabaddi Players	Paripex-Indian Journal of Research an International Journal ISSN No 2250 - 1991 Vol.6, No-1Jan'2017	Mr. C. Saravanan Asst. Prof	Dr.A.Mahaboobjan	Physical Education	-	3.567	-
18.	2016-17	Influence of Yogic and Mallakhamb Practices on Selected Physical and Performance Variables among Kabaddi Players	Journal of Multidisciplinary Research Review Online ISSN: 2395-1885, p-ISSN: 2395-1877 Vol.1(1), Issue no-18 2016	Mr. C. Saravanan Asst. Prof	Dr.A.Mahaboobjan	Physical Education	-	5.215	-

19.	2016-17	Influence of circular strength training system on selected physical fitness components and performance variables among field hockey players	International Journal of Multidisciplinary Research and Modern Education ISSN: 513 – 517 Vol 2 (1) 2017	Dr. K. Mohan Asst. Prof	Dr.R.Kalidasan	Physical Education	-	-	-
20.	2016-17	Effect of yogic exercise on selected pulmonary function tests among male hockey players	International Journal of Multidisciplinary Research and Modern Education ISSN: 779 – 782 Vol 2 (1) 2016	Dr. K. Mohan Asst. Prof	Dr. S.Viswanath Asst. Prof	Physical Education	-	-	-
2017-18									
21.	2017-18	Stress Management through Yogic Practice among Male Race Walkers	International Journal of Adapted Physical Education and Yoga Vol 3 (3), PP-9-18 (ISSN: 2455-8958), 2018	Dr. K. Mohan And Dr. C. Kaba Rosario		Physical Education	-	-	-
22.	2017-18	Influence of battle rope training on selected physiological variables among male volleyball players	International Journal of Health, Physical Education and Computer Science in Sports Vol 28 (1), PP-111-114 (ISSN: 2231-3265), 2018	Dr. K. Mohan		Physical Education	-	5.761	-
23.	2017-18	Effect of Battle Rope Training on Selected Physical and Performance Variables among Kabaddi Players	International Journal of Health, Physical Education and Computer Science in Sports, Vol 29 (2), PP-156-159 (ISSN: 2231-3265), 2018	Dr. C. Kaba Rosario, Professor		Physical Education	-	5.115	-
24.	2017-18	Influence of Slackline Training on Selected Physical and Performance Variable among	International Journal of Health, Physical Education and Computer Science in Sports, Vol 29 (2), PP-169-172 (ISSN: 2231-3265), 2018	Dr. C. Kaba Rosario, Professor		Physical Education	-	5.115	-
25.	2017-18	Impact of Weight Training on Selected Power Parameters and Performance of Volleyball Players	International Journal of Health, Physical Education and Computer Science in Sports Vol 29 (2), PP-160-163 (ISSN: 2231-3265), 2018	Mr. C.R.Binodh, Director & Asst. Prof		Physical Education	-	5.115	-

26.	2017-18	Hawkeye Technology in Cricket	International Journal of Health, Physical Education and Computer Science in Sports Vol 29 (2), PP-220-223 (ISSN: 2231-3265), 2018	Dr. M. Prakash, Asst. Prof		Physical Education	-	5.115	-
27.	2017-18	Influence of Mallakhamb Practices on Psychological Variables among Kabaddi Players	International Journal of Health, Physical Education and Computer Science in Sports Vol 29 (2), PP-185-188 (ISSN: 2231-3265), 2018	Mr. C. Saravanan Asst. Prof	Dr.A.Mahaboojan	Physical Education	-	5.115	-
28.	2017-18	Effect of Triphasic Training with Tapering on Selected Physiological and Performance Variables among Male Volleyball Players	International Journal of Health, Physical Education and Computer Science in Sports Vol 29 (2), PP-156-159 (ISSN: 2231-3265), 2018	Mr. R. Sankar, Asst. Prof	Dr.S.Dhanaraj	Physical Education	-	5.115	-
29.	2017-18	Influence of Mallakhamb Practice on Speed and Flexibility among College Level Players	International Journal of Health, Physical Education and Computer Science in Sports Vol 29 (2), PP-122-124 (ISSN: 2231-3265), 2018	Mr. M. Sankar, Asst. Prof, And Dr. K. Mohan			-	5.115	-
30.	2017-18	Impact of E-Content Based Coaching on Selected Fundamental Skills in Kabaddi	International Journal of Health, Physical Education and Computer Science in Sports Vol 29 (2), PP-164-168 (ISSN: 2231-3265), 2018	Dr. K. Mohan,		Physical Education	-	5.115	-
31.	2017-18	Effect of Elastic Strength Training on Selected Physical Fitness Variables of University Men High Jumpers	International Journal of Health, Physical Education and Computer Science in Sports Vol 29 (2), PP-189-192 (ISSN: 2231-3265), 2018	Mr. C. Selvaraj, Asst. Prof		Physical Education	-	5.115	-

2018 - 2019									
32.	2018-19	Impact of Bulgarian bag training on selected power parameters and performance variables among male volleyball players	Indian journal for research in physical education and sports science ISSN:0973-9025 October 2018-march 2019	Mr. C.R.Binodh, Asst. Prof	Dr.S.Dhanaraj	Physical Education	-	-	-
2019-2020									
33.	2019-20	Effect of E-Content Based Coaching on Selected Fundamental Skills in Volleyball	Indian Journal for Research in Physical Education and Sports Science ISSN:0973-9025	Mr. C.R.Binodh, Asst. Prof	-	Physical Education	-	-	-
34.	2019-20	Impact of ballistic training on selected power parameters among volleyball players	Aegaeum Journal, vol 8(6), pp-1228-1232, ISSN NO: 0776-3808	Dr. K. Mohan	Dr. S. Ramesh Kumar	Physical Education	-	6.1	
35.	2019-20	Efficiency of yogic practice on selected physiological variables among college male handball players	Journal of Xi'an University of Architecture & Technology, 12(6), ISSN No : 1006-7930,	Dr. K. Mohan Asst. Prof & Dr. C. Kaba Rosario Principal		Physical Education	-	3.7	-