




# Bharathiar University

State University | "A++" Grade by NAAC | 46<sup>th</sup> Rank in MoE-NIRF  
Maruthamalai Road, Coimbatore, Tamil Nadu - 641 046.

<p><b>Dr P MANJU PUSHPA</b> Professor Department of Physical Education Bharathiar University Coimbatore, 641046 Tamil Nadu <b>E-mail:</b> manjupushpa@buc.edu.in <b>Phone:</b> 9629441357 <b>Office Number:</b> 8668130980</p>	
<p><b>Research Area</b></p> <ul style="list-style-type: none"><li>• Exercise Physiology</li><li>• Sports Training</li></ul>	<p><b>Courses Teaching</b></p> <ul style="list-style-type: none"><li>• Anatomy &amp; Physiology</li><li>• Research &amp; Statistics</li><li>• Yogic Science</li><li>• Computer Applications</li><li>• Health Education</li><li>• Exercise Physiology</li><li>• Scientific Principles of Sports Training</li><li>• Teaching Practice</li><li>• Classroom Teaching</li><li>• Basketball (Game)</li><li>• Track and Field (Athletics)</li><li>• Lezim</li><li>• Calisthenics</li></ul>
<p><b>Research Experience:</b> 24</p>	<p><b>Teaching Experience:</b> 24</p>
<p><b>Publications</b> International Journals: 18      National Journals: 13      Books/Chapters: 8 Conferences: 28</p>	
<p><b>Career</b></p> <p><b>Other Institutes</b></p> <ol style="list-style-type: none"><li><b>1. Designation : Guest Faculty</b> Institution Name : Avinashilingam University for women, Coimbatore Period : January 2001 - May 2001</li><li><b>2. Designation : Physical Director</b> Institution Name : , Avinashilingam University for women, Coimbatore Period : February 2003 - January 2008</li><li><b>3. Designation : Physical Director</b> Institution Name : P.K.R. College for women, Gobichettipalayam, Coimbatore Period : February 2002 - February 2003</li></ol>	
<p><b>Education</b></p> <p><b>PG Diploma</b> Subject : Yoga Institution : Bharathiar University / Distance Education. Affiliated University : Bharathiar University / Distance Education. Year of Award : June 2006</p>	



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Dr P MANJU PUSHPA , Professor , Department of Physical Education

## PGDCA

Subject : Computer Application  
Institution : Pondicheery University / Distance Education.  
Affiliated University : Pondicheery University  
Year of Award : May 2003

## B. Sc.

Subject : Physical Education  
Institution : Avinashilingam Institute for home science and Higher Education for Women  
Affiliated University : Deemed University  
Year of Award : May 1998

## Projects

### National Level

Ongoing - completed - 3

## Research Guidance

### Completed

Ph.D. - 6

### On Going

Ph.D. - 1

## Institutional Responsibilities

### warden

Period :Oct 2014 - Dec 2015  
Nature of Responsibility :Kasthuri bhai hostel Warden

### Warden

Period :Dec 2015 - May 2020  
Nature of Responsibility :Periyar Hostel Warden

### NSS Programme officer

Period :Jun 2016 to Till date  
Nature of Responsibility :

### Women's Incharge in DPE

Period :Nov 2008 to Till date  
Nature of Responsibility :Incharge of UG and PG women students in Department of Physical Education.

### Lectures Cordinator

Period :Jul 2008 - Apr 2017  
Nature of Responsibility :Co-ordinator to arrange Lectures on Special topics for the B.P.Ed and M.P.Ed students

### joint secretary and Unit Director for girls

Period :Jul 2008 to Till date  
Nature of Responsibility : joint secretary and Unit Director for girls in Annual leadership training camp organized for the B.P.Ed students

### Co-ordinator

Period :Jul 2009 - Apr 2010  
Nature of Responsibility :Co-ordinator for All India and South Zone Inter University Football Tournament for the year 2009-2010

### Co-ordinator

Period :Jul 2010 - Apr 2011  
Nature of Responsibility :Co-ordinator for South Zone Inter University Hockey Tournament for the year 2010-2011

### Co-ordinator

Period :Jul 2011 - Apr 2012  
Nature of Responsibility :Co-ordinator for South Zone Inter University Volleyball Tournament for the year 2011-2012



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## Manager

Period :Jul 2008 to Till date

Nature of Responsibility :Manager of the women Volleyball, Basketball, Handball, Football, Hockey, Kho-Kho, Kabaddi, Badminton, Ball Badminton and Athletics of Bharathiar University Department, for the Bharathiar University Inter collegiate Tournament from 2008 to till date.

## Co-ordinator

Period :Jul 2008 to Till date

Nature of Responsibility :Co-ordinator for Annual day Sports, Women Culture Programme from 2008 to till date.

## Co-ordinator

Period :Jul 2008 to Till date

Nature of Responsibility :Co-ordinator for the Independence Day, Republic day women cultural programme since 2008

## Women Team Manager

Period :Jul 2008 to Till date

Nature of Responsibility :Women Team Manager for Tamil Nadu & Pondicherry Inter Physical Education Tournament.

## Co-ordinator

Period :Jul 2008 to Till date

Nature of Responsibility :Co-ordinator for the Independence Day, Republic day women cultural programme since 2008

## Co-ordinator

Period :Jul 2022 to Till date

Nature of Responsibility :Health club-Coordinator, Bharathiar University.

## Anti-drug committee member

Period :Aug 2025 to Till date

Nature of Responsibility :

## Programs organized

1. Sports as an institution perpetuating sexism and bias ( 2022-12-14 - 2022-12-15 )
2. Refresher Course in Physical Education, Sports science and yoga ( 2019-12-04 - 2019-12-17 )

## Publications

### International Journals - 18

#### 18. Impact of drill based high intensity interval training on physical fitness variables of volleyball players

International Journal of Physical Education, Sports and Health 2021; 8(3): 461-463 (April 2024)  
R Saravanan and Dr. P Manju Pushpa

#### 17. Geographical influences on physical variables of boys at adolescents level

International Journal of Physiology, Nutrition and Physical Education 2023; 8(2): 36-38 (May 2023)  
Dr. S Jeyaganesh and Dr. P Manjupushpa

#### 16. Effect of specific skill training with yoga on skill performance variable of school level volleyball players

International Journal of Yogic, Human Movement and Sports Sciences vol-5,P-234-237.,year-2022 ISSN NO 2456-4419 (June 2022)Manju Pushpa

#### 15. Effect of specific skill training with pilates training on skill performance variables of school level volleyball

#### players

International Journal of Physical Education, Sports and Health VOL-9.,P-76-78.,Year-2022.,ISSN NO-2394-1685. (May 2022)  
Dr. P Manju Pushpa



**14. Effects of specific skill training with pilates training on fitness variables of school level volleyball players**

International journal of physical education ,sports and health 2021;8(6):100-102 ISSN NO-2394-1685. (August 2021)  
Dr. P Manju Pushpa

**13. Effects of specific skill training with yoga on fitness variables of school level volleyball players**

International journal of yogic human movement and sports sciences 2021;6(2):121-123,ISSN:2456-4419 (June 2021)  
Dr. P Manju Pushpa

**12. A high intensity interval training profile for performance variables of collegiate volleyball players**

International journal of physical education, Sports and health 2021;8(3):464-467 ISSN NO-2394-1685. (March 2021)  
Dr. P. Manju pushpa

**11. Effect of power yoga and pranayama practices on selected physical and physiological variables among intercollegiate sports men**

International Journal of Applied Research 2020; 6(8): 190-194 (July 2020)  
K Tamizhmaran and Dr. P Manju Pushpa

**10. Geographical influences anthropometric measurement on body composition among football players**

International journal of physiology, nutrition and physical education. Vol-5, P 61-64., ISSN NO; 2456-0057 (December 2019)  
S Jeyaganesh and Dr. P Manju Pushpa

**9. Misogyny in cyberspace: An overview of sports women**

International Journal of Physiology, Nutrition and Physical Education. Vol-5, P 61-64., Year – 2019, ISSN NO; 2347-3797 (November 2019)  
Dr. P. Manju pushpa

**8. Impact of Specific Drills on skill performance among footballers”**

International Journal of Physiology, Nutrition and Physical Education. Vol-5, P 61-64., Year – 2019, ISSN NO; 2347-3797 (November 2019)  
Dr. P. Manju pushpa

**7. Impact Of Specific Drills On Skill Performance Among Footballers**

International Journal of Health, Physical Education and Computer Science in Sports Volume No.34, No.1, pp: 131-134 (July 2019)  
D.Nandagopal and Dr. P. ManjuPushpa

**6. Geographical influences on selected physiological variables among boys at adolescent's Level**

International journal of physical education and sports sciences Vol.14, Issue No.2. April-2019, ISSN 2231-3745 (April 2019)  
Dr. P. Manju pushpa

**5. Effect of different training modalities on skill performance variables among male Kabaddi players**

International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 2159-2161 (December 2018)  
V Ponnuruselvan and Dr. P Manju Pushpa

**4. Lipid profile and physical fitness relationship among information technology professionals**

International Journal of Yogic, Human Movement and Sports Sciences 2018; 3(2): 413-416 (June 2018)  
Dr. P Manju Pushpa

**3. Comparative study on hand eye co-ordination and reaction time among obese and non-obese women**

International Journal of Physiology, Nutrition and Physical Education 2017; 2(2): 677-678 (June 2017)  
Vishnu Raj R and Dr. P Manju Pushpa

**2. Influence of surya namaskar and pranayama practices on body mass index, muscular strength and endurance, breath holding time among middle aged obesity men**

International Journal of Yogic, Human Movement and Sports Sciences 2017; 2(2): 414-417 (June 2017)  
K Tamizhmaran and Dr. P Manju Pushpa

**1. Effect of Yogic Practices with resistance training on physiological parameters of women students of information technology**

Star Research Journal- Vol-4, P 9-14., Year – 2016, ISSN NO; 978-93-832113-10-8. (November 2016)  
Dr. P. Manju pushpa



## Books/Chapters - 8

### 8. Obesity and Your Health

Mano Publishers, India. ISBN No 9788192175973 (December 2023)  
Dr. P Manju Pushpa

### 7. Yoga Asana

Mano Publishers, Tiruchirapalli- 620002, Tamilnadu, India. (November 2011)  
Dr. P Manju Pushpa

### 6. Yoga Asana

Shree Maruthi Publication, 427, bharathiar road, new siddapudur, coimbatore- 641044 (December 2010)  
Dr. P Manju Pushpa

### 5. Anatomy and Physiology

Mano Publishers, Tiruchirapalli- 620002, Tamilnadu, India. (November 2010)  
Dr. P Manju Pushpa

### 4. Anatomy and Physiology

Shree Maruthi Publication, 427, bharathiar road, new siddapudur, coimbatore- 641044 (November 2010)  
Dr. P Manju Pushpa

### 3. Sports Injuries Management

Mano Publishers, Tiruchirapalli- 620002, Tamilnadu, India. ISBN No 9788192175997 (November 2009)  
Dr. P. Manju Pushpa

### 2. Sports Injuries

Shree Maruthi Publication, 427, bharathiar road, new siddapudur, coimbatore- 641044 (November 2008)  
Dr. P. Manju Pushpa

### 1. Obesity and Your Health

Shree Maruthi Publication, 427, bharathiar road, new siddapudur, coimbatore- 641044 (October 2007)  
Dr. P Manju Pushpa

## National Journals - 13

### 13. Exercise as a therapeutic intervention for metabolic diseases exploring mechanisms and clinical implication

EPRA International journal of multidisciplinary Research. Year 2023 -ISSN: 2455-3662. (June 2023)  
Dr. P Manju Pushpa

### 12. Effect of varied level of stress on body composition for diabetic patients

International journal of Physical Education, Sports and Health 2022; 9(4): 235-239. ISSN NO: 2394-1685. (July 2022)  
Dr. P Manju Pushpa

### 11. Survey of obesity and overweight among school children in Coimbatore district, Tamilnadu

International journal of Physical Education, Sports and Health 2022; 9(3): 51-54. ISSN NO: 2394-1685. (March 2022)  
Dr. P Manju Pushpa

### 10. National conference on cybercrime against women and children- Precaution and Strategies

National commission for women (March 2019)  
Dr. P. Manju pushpa

### 9. Computer usage and health hazard

Concept of Health and Fitness at Bharathidasan University. ISSN: 978-93-83213-10 (October 2016)  
Dr. P. Manju pushpa

### 8. Effect of Skill Based Conditioning Games on Motor Fitness Components And Playing Ability of Basketball Players.

Journal of physical education and sports sciences. Vol-4, P 59-64., ISSN NO: 0976-3678. (December 2012)  
K.N. Gurmurthy and Dr. P Manju Pushpa

### 7. Effect of Skill practice combined with Step Aerobics on Cardio Respiratory Endurance and Playing Ability of the Male Hand ball Players

Research Journal on Physical Education & Sports. Vol-4, P 29-32., Year -2012, ISSN NO: 0976- 3678. (July 2012)  
Dr. P Manju Pushpa



## 6. Effect of Yogic practices With Resistance on Physical Parameters for Women Students of Information

### Technology

Research Journal on Physical Education & Sports. Vol-4, P 65-71., Year – 2012, ISSN NO; 0976-3678. (June 2012)  
Dr. P Manju Pushpa

## 5. Effect of complex Training programme with Yogic practice on motor fitness components and playing ability among volleyball players

Research Journal on Physical Education & Sports. Vol-3, P- 15-19, Year – 2011, ISSN NO;0976-3678. (November 2011)  
Dr. P Manju Pushpa

## 4. Effect of instructional training programme on skill performance variables of basketball players.”

Research Journal on Physical Education & Sports. Vol-4, P- 69-720., Year – 2011, ISSN NO; 0976-3678. (November 2011)  
Dr. P Manju Pushpa

## 3. Analysis of Techno stress Among Physical Education Students

Research Journal on Physical Education & Sports. Vol-5, 63-67 P-12-22, Year – 2010, ISSN NO; 0975-4687. (November 2010)  
Dr. P Manju Pushpa

## 2. Analysis of Technostress among physical education students

Research journal on Physical Education and Sports, Association of college Teachers in physical Education (September 2010)  
Dr. KK. Venu, Dr. P. Manju Pushpa and Dr. A.M. Antony

## 1. Effect of Stretching and Contracting Exercise on Health Related Fitness Variable of Adolescent

### Boys

Research Journal on Physical Education & Sports. Vol-1, P-12-22, Year- 2007 ISSN NO; E6-17978/07. (September 2007)  
Dr. P Manju Pushpa

## Conferences - 28

### 28. Yoga for diabetics

International conference on yoga for global health, happiness and harmony on 6 to 7 March 2020 held at Sri Ramakrishna Mission vidyalaya Maruthi College of physical education. (March 2020)  
Dr. P Manju Pushpa

### 27. Vinyasa yoga for obesity

International conference on role of sports sciences and yoga on human performance enhancement on 6 to 7 Feb 2020 held at Madurai kamarajar University. (February 2020)  
Dr. P Manju Pushpa

### 26. Sexual Harassment in Sports

National conference on physical education and the Centre for women studies on 6 Feb 2020 held at PSGR Krishnammal College for women (February 2020)  
Dr. P Manju Pushpa

### 25. Cyber-Crimes Against Women and Laws in India

National conference on "Menstrual hygiene, managing behavior and practices among Indian women on 28 to 29 Mar 2019 held at Bharathiar University, Department of women's studies, Coimbatore. (March 2019)  
Dr. P Manju Pushpa

### 24. Misogyny in Cyber Space : An overview of sports women

by national commission for women, new Delhi on 28 to 29 Mar 2019 held at Bharathiar university, Department of women's studies, Coimbatore. (March 2019)  
Dr. P Manju Pushpa

### 23. Yogic Practice for Menstrual Disorder

National conference on "Menstrual hygiene, managing behavior and practices among Indian women on 27 to 28 Mar 2018 held at Bharathiar University, Department of women's studies, Coimbatore. (March 2018)  
Dr. P Manju Pushpa

### 22. Yogic exercise and multiple short bout workout to manage obesity

International conference on "science future an interdisciplinary approach" (ICSHI-2018) on 7 to 9 Feb 2018 held at Bharathiar university, Coimbatore. (February 2018)  
Dr. P Manju Pushpa



## **21. Technology Behind Childhood Obesity**

National conference on technology innovation and entrepreneurship in sports on 23 to 24 Mar 2017 held at Bharathiar University, Coimbatore (March 2017)

Dr. P Manju Pushpa

## **20. Techniques in Shooting Sports**

National conference on technology innovation and entrepreneurship in sports on 23 to 24 Mar 2017 held at Bharathiar University, Coimbatore (March 2017)

Dr. P Manju Pushpa

## **19. Steps Towards the Sports achievement of Indian women in International Area**

National seminar on Road map to 2020 Olympics on 23 to 24 Feb 2017 held at Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education. (February 2017)

Dr. P Manju Pushpa

## **18. Future trends and challenges in physical education and sports**

International conference in physical education and sports science (ICPESS ) on 5 to 7 Jan 2017 held at Manipal University, Jaipur. and humanities for grooming the Presented a poster on "Women participation in sports (BARRIERS AND HURDLES)" in the International conference on "women and human rights-An international perspective on 1 to 2 Jan 2017 held at Bharathiar university, Department of women's studies, Coimbatore (January 2017)

Dr. P Manju Pushpa

## **17. Effect of yoga asana sequence on physiological parameter of working women**

International conference on emerging trends in sports medicine, physical education, sports science and yoga on 18 to 19 Jan 2017 held at Tamilnadu Physical Education and Sports University, Chennai (January 2017)

Dr. P Manju Pushpa

## **16. Health Impact of Nutrition, Physical Activity and Obesity**

National conference on " Training, nutrition and analeptic regimen on corporeal property and high performance in sports" on 31 to 1 Dec 2016 held at Bharathiar university, Department of physical education, Coimbatore (December 2016)

Dr. P Manju Pushpa

## **15. Obesity and Health Issues**

UGC sponsored national seminar on fitness and wellness on 5 to 6 Dec 2014 held at K.V.R, K.V.R and M.K.R college, Khajipalem. (December 2014)

UGC sponsored national seminar on fitness and wellness on 5 to 6 Dec 2014 held at K.V.R, K.V.R and M.K.R college, Khajipalem.

## **14. A Comparative Study on Fitness And Fatness Among Tribal and Non-Tribal Women in High Altitude Area**

UGC sponsored national seminar on women sports participation in India on 30 to 31 Jan 2014 held at Bharathiar university, Department of physical education, Coimbatore. (January 2014)

Dr. P Manju Pushpa

## **13. Special Consideration of Women Sports Participation**

UGC sponsored national seminar on women sports participation in India on 30 to 31 Jan 2014 held at Bharathiar university, Department of physical education, Coimbatore (January 2014)

Dr. P Manju Pushpa

## **12. Study on impact of gender and positional play on mental toughness of inter-collegiate football players**

Asia- pacific International conference sports psychology on 21 to 23 Feb 2013 held at Dr.Ambedkar college. (February 2013)

Dr. P Manju Pushpa

## **11. Beat Obesity and Stay Fit**

UGC sponsored national seminar on life style and health management on 13 to 14 July 2012 held at the Bapatla College of arts and sciences. (July 2012)

Dr. P Manju Pushpa

## **10. Obesity and Health Hazards**

National conference on recent innovations in sports management and sports communication on 3 to 4 Apr 2011 held at Karunya University, Coimbatore. (April 2011)

Dr. P Manju Pushpa

## **9. Sports chiropractic**

UGC sponsored national seminar on modern trends in sports medicine on 9 to 10 Apr 2010 held at Bharathiar university, Department of physical education, Coimbatore. (April 2010)

Dr. P Manju Pushpa



## 8. Role of computer in coaching

International conference on modern trends in sports technology, management and allied sciences on 8 to 9 march 2010 held at School of physical education Alagappa university, karaikudi (March 2010)

Dr. P Manju Pushpa

## 7. Study on the prevalence and factors associated with obesity of women employees and unemployed in

### SIDCO residency

International conference on talent identification and development in physical education and sports on 29 to 30 Jan 2010 held at Mangalore University and college's physical education teacher's associated and sports club. (January 2010)

Dr. P Manju Pushpa

## 6. Unstable resistance exercise programme to develop the abdominal core strength

International conference on emerging trends in fitness for longevity and educational for empowerment (INCOFLEE-09) on 5 to 6 March 2009 held at Alagappa University, karaikudi (March 2009)

Dr. P Manju Pushpa

## 5. Effect of Multiple Short Bouts of Cardiac Aerobic Circuit Training on Obese Middle Aged Women

National seminar on healthy ageing through yoga therapeutic means sports on 18 Sep 2008 held at Alagappa university, Karaikudi. (September 2008)

Dr. P Manju Pushpa

## 4. Effect of long bout verses short bout of aerobic exercise on obese female

International conference and exhibition on modern trends in exercise physiology and nutrition from 2008 Jan 15th -16 at Tamilnadu physical education and sports university, Chennai. (January 2008)

Dr. P Manju Pushpa

## 3. Physiological profiles female geriatric walkers

National seminar on innovative concepts of inter disciplinary approaches towards physical education on 14 Sep 2007 held at Alagappa university, Karaikudi. (September 2007)

Dr. P Manju Pushpa

## 2. Yogic Practices for Obesity

National seminar on 'Yoga for holistic health on 10 March 2007 held at Tamilnadu physical education and sports university, Chennai. (March 2007)

Dr. P Manju Pushpa

## 1. Effect of Intra – Session Concurrent Endurance And Strength Training Sequence on Aerobic Capacity of Obese Women

National seminar on "New trends in sports medicine on 26 to 27 Feb 2007 held at Bharathiar University, Coimbatore. (February 2007) Manju Pushpa

## Projects

### Completed - 3

1. Impact of yoga for cancer survivors RUSA 2.0 - BCTRC 9.50 Lakhs (December 2020 - December 2022)
2. certificate course in sports coach. UGC-CPEPA 25 Lakhs (October 2020 - December 2020)
3. Cardio respiratory fitness through pranayama for overweight children TANSCH 7.93.000 (May 2021 - July 2024)