




Bharathiar University

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

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

Selected Publications

1. Obesity and Your Health

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

1. 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

2. 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



3. 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

4. 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. 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

6. 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

7. 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

8. 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 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