Paper published in National and International Journal:


Work Shop/ Seminar/ Conference Attended:

- Presented a paper “Impact of yogic exercise on selected pulmonary function test among male volleyball players. In the international conference on yoga held on 10-11th march 2017 organized by Tamil university, Thanjur.
• Presented a paper “Effect of battle rope training on selected physiological and performance variable among male volleyball players” International conference on Focus mindfulness glimpses of neuron science education. Tamil university, Department of Physical Education and Health Science, Karikudi, 7th and 8th December 2017.

**Paper Published in National and international seminar conference:**
