



தமிழ்நாடு உடற்கல்வியியல் மற்றும் விளையாட்டுப் பல்கலைக்கழகம்
TAMILNADU PHYSICAL EDUCATION AND SPORTS UNIVERSITY, CHENNAI
Accredited with "B++" Grade by NAAC
India's First State University in Physical Education and Sports



3.4.6.1: Total number of books and chapters in edited volumes / books published, national/international year wise during the last five year

Sl. No.	Name of the teacher	Title of the book/chapters published	National / International	Year of publication	ISBN/ISSN number of the proceeding	Affiliating Institute at the time of publication	Name of the publisher
2014-15							
1.	Dr.V.Duraisamy	Tamilartham Meyyiyalum Vazhviyalum	National	2014	2.3E+07		Jothi enterprises
2.	Dr.C.Arumugam	Teacher education test (TET) Question bank” -both English and Tamil	National	2015	978-93-84915-5	TNPESU	Raj Mohan publications Chennai 17
2015-16							
3.	Dr.Elangovan	Research Process in Yoga	National	2016	978-81-923570-1-0		Ashwini Publications
4.	Dr.Elangovan	Fundamental of Yoga	National	2016	978-81-923570-0-3		Ashwini Publications
5.	Dr. V. Duraisami	HEALTHY AND YOGIC DIET	National	2015	978-93-85643-05-7		Lavanya Pathipagam, Chennai
6.	Dr. V. Duraisami	Concept of Yogic Diet	National	2015	978-93-85643-03-3		Lavanya Pathipagam, Chennai
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2016-17							
7.	Dr. S.Selvalakshmi	Anatomy and Physiology	National	2017	978-93-86537-36-2		Shanlax Publications, Madurai
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2017-18							
10.	Dr.V.Duraisamy	Thirumandra Sinthanai Thiravukol	National	2018	978-81-927919-9-9		Tamil Panpattu pathippagam
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2018-19							
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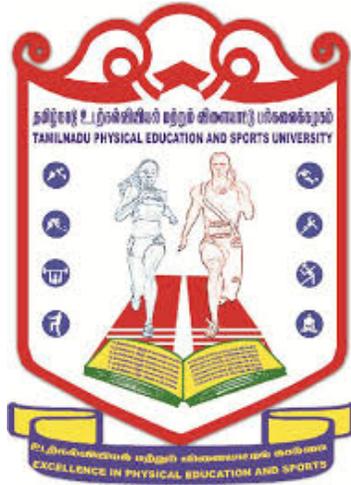
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15.	Dr.C.Arumugam	“Sports Training Principles”	National	2019	978-93-84603-69-4	TNPESU	Friends publications (India) New Delhi
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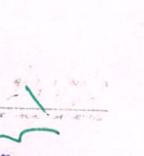
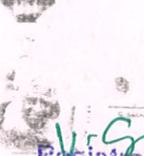
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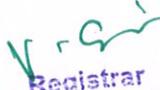
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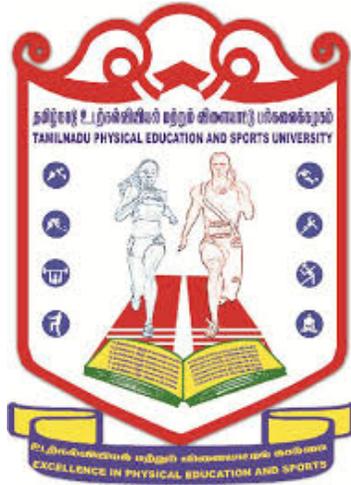


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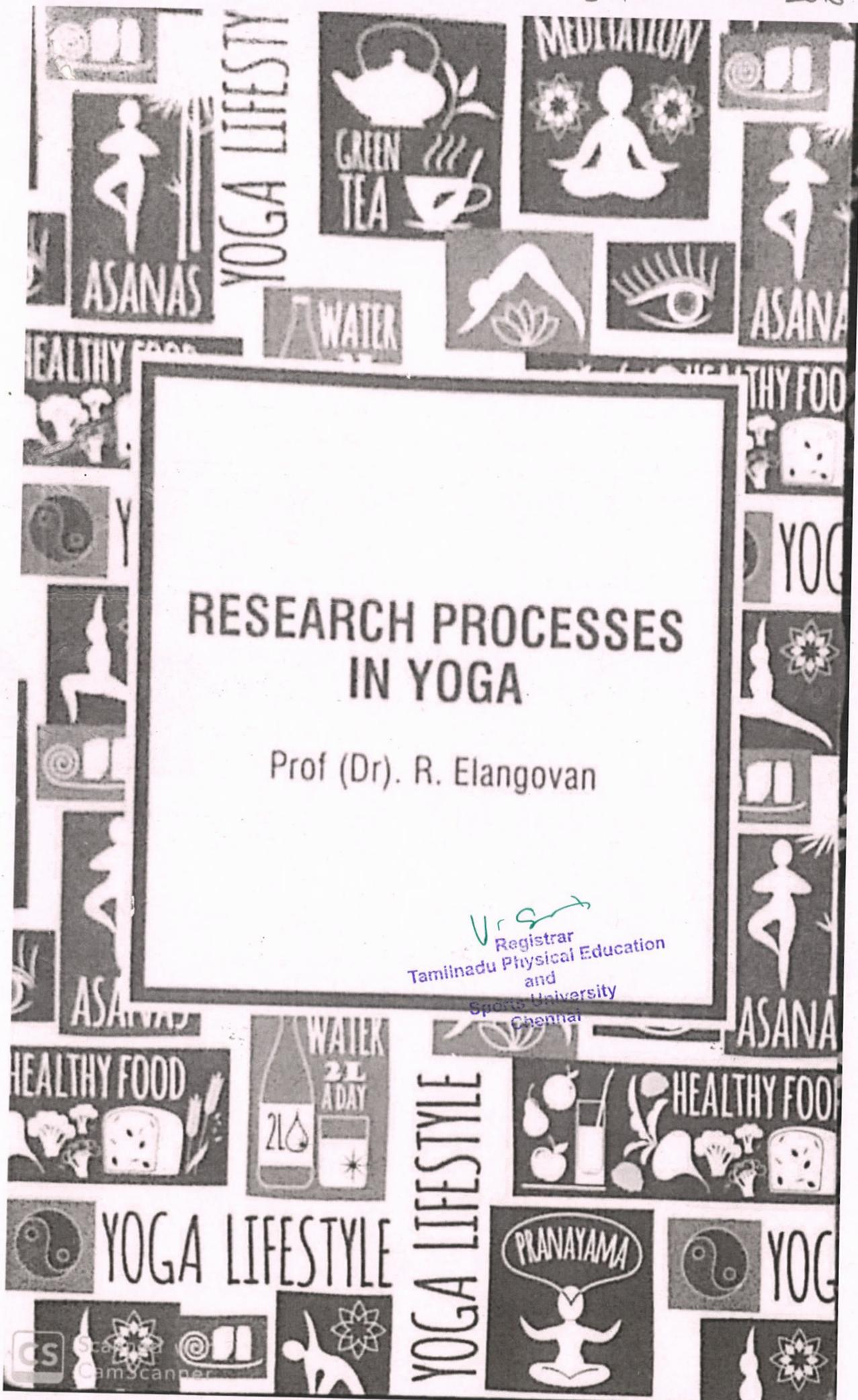
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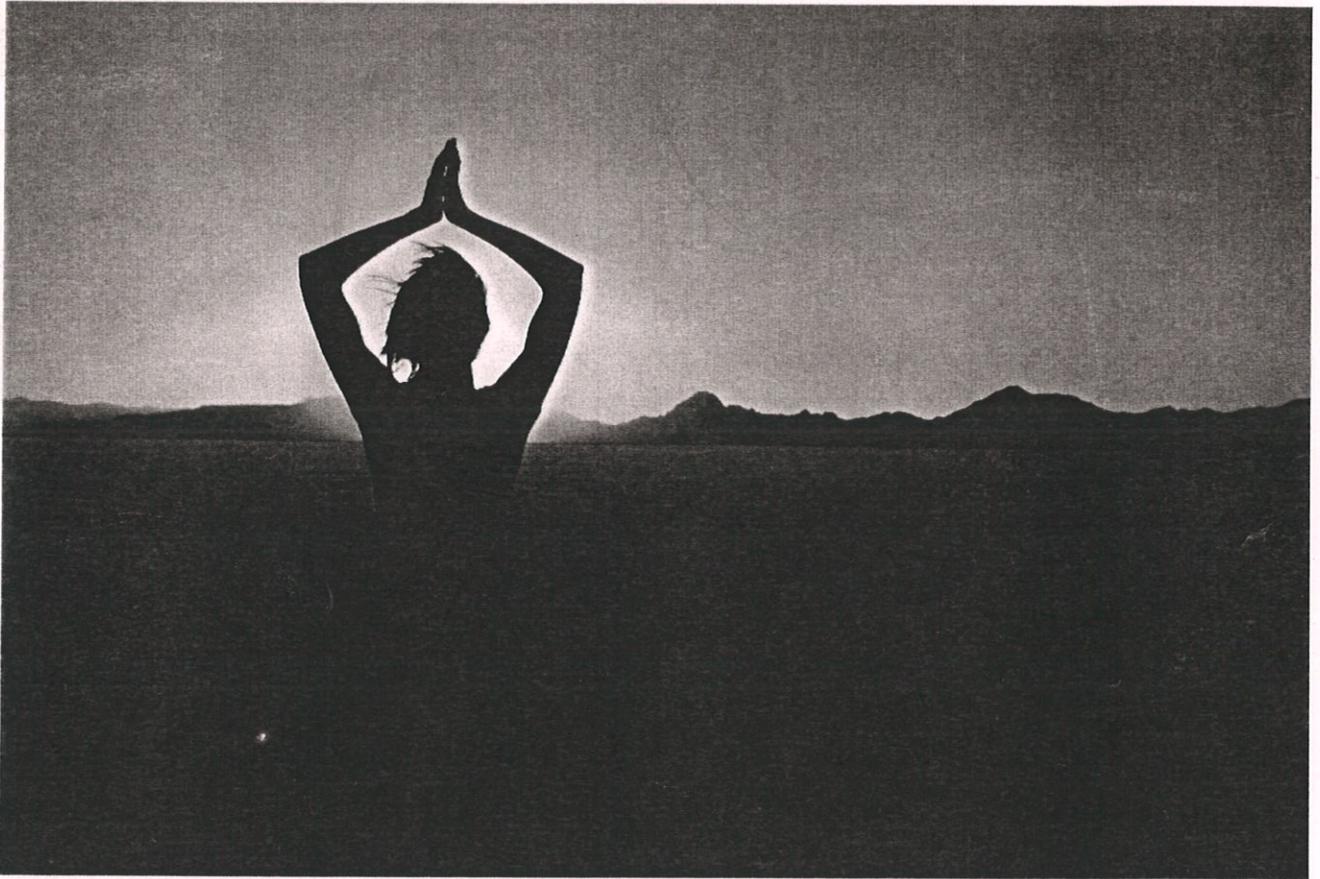
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HEALTHY AND YOGIC DIET

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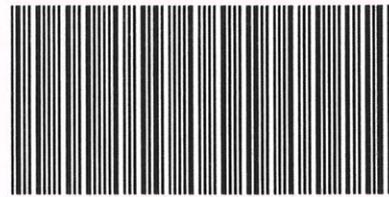


In the human system there are 72000 nerves (nadis) passing through the system, 3.5 crores of sweat holes, about 6 liters of blood, 42 bones, 10 indriyas and 10 different air (vayus). The purity of this cycle leads to rhythmic cosmic functions and beneficial social activities. The importance of food is explained from social point of view through the little knowledge I gathered over period of experience

Yoga Moolar Dr. V. DURAISAMI

V. Duraisami
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ISBN 978-93-8564



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HEALTHY YOGIC DIET

Unit I

Health is Wealth - Diet and health - nutrition and health - food and body - ancient scriptures on food - digestion, absorption and assimilation - dietetic rules - inner factory.

Unit II

Nutrients - Macro and Micro

- A) Macro Nutrients - carbohydrates- fat - protein and water.
- B) Micro Nutrients - vitamin a, b, c, d, e - minerals (calcium, phosphorous, iron, copper, iodine, potassium, sodium, magnesium, sulphur - Chlorine - caffeine - alcoholic beverages - carbohydrate loading.

Unit III

Food guide pyramid - Caloric value of food - productive food : fruits-vegetables- cellulose, water, milk, nuts, honey, soyabeans, cereals, pluses -efficiency of coconut - diet divided in to groups - rest after meals - good food combination,

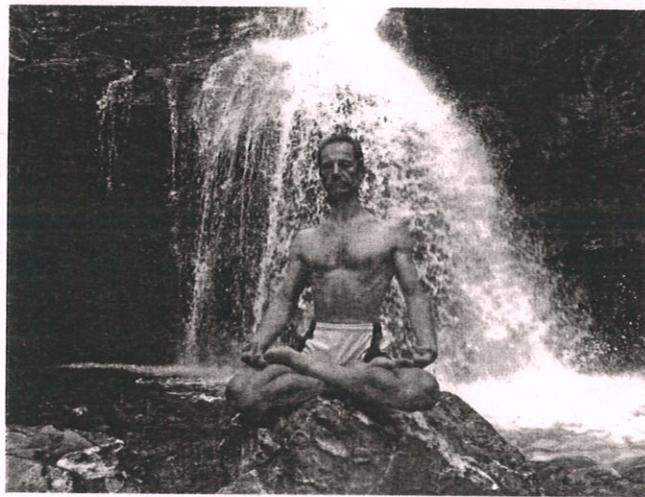
Unit IV

Balances diet: Yogic diet-vegetarianism and non-vegetarianism - naturopathic diet - Ayurvedic diet, Mediterranean diets, moderate diets (mitha hara), restricted diet - full milk diet - the fruit and milk diet

Unit V

Types of Yogic diet - satvic, tamasic, rajasic - Characteristics - benefits - eating guidelines - diet planning - overcome bad eating habits -food habits - Punjab, Bengal, A.P, TN, Maharashtra, Gujarat - Yogic dieting guidelines for various professionals

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CONCEPT OF YOGIC DIET

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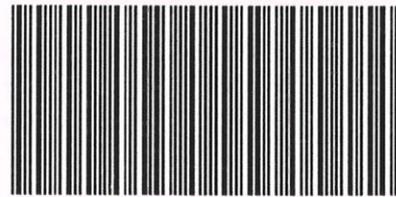


The mind is aalam and the body is temple. The mind, body and excretion of waste from the body should function properly. This is similar to the principal of five elements (Pancha boodha principles). The individual activities and function constitute the cosmic functions and hidden ingredients are food that one takes, discipline and mind development based on the functions of natural cycles. I pray "God" the people of the society to lead healthy and happy life.

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CONCEPT OF YOGIC DIET

Unit – I

Introduction of Yogic diet – Role and Importance of diet in your life – Selection of diet according needs – Role of yoga centers preparing yogic diet.

Unit – II

Food Categories – Proteins – Carbohydrates – Hydro carbons – Minerals – Importance of vegetarian and Non – Vegetarian food – food according to age group

Unit – III

Food by gift of nature – fruits – Vegetables – nuts and grains having proteins – Spinach – Butter – Ghee – Natural – Sugar – Herbs – Vegetables juice – Fruit Juice.

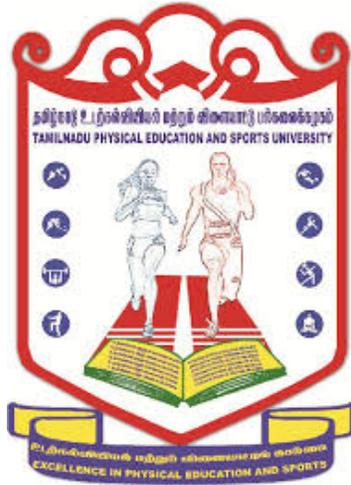
Unit – IV

Food according to Satvc food – Rajasic food – Tamasic food.

Unit – V

Upanishads on food – eating, Sacrifice – Purpose of food – Constituents of food – Digestion – Dietic Treatment Protective food – Proteins – Pulses – Germination of Pulses – Vegetables – Minerals Salts – Milks – Fruits.


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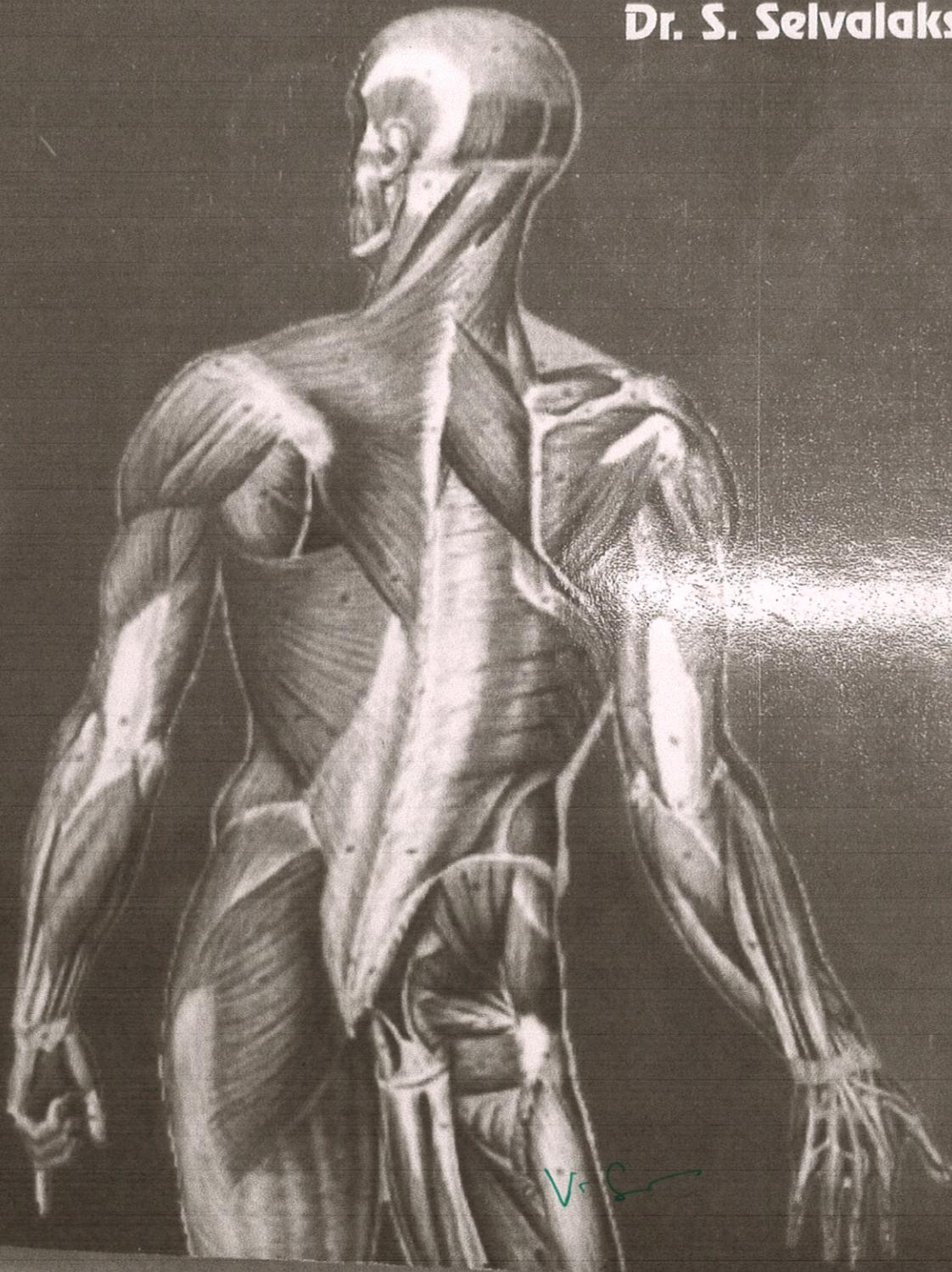


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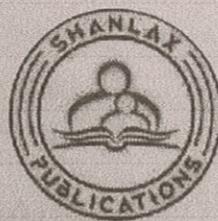
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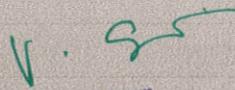
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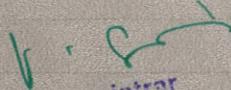
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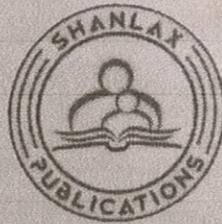
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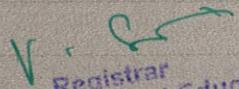
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INTRODUCTION TO MANTRAS

Dr. S. Selvalakshmi

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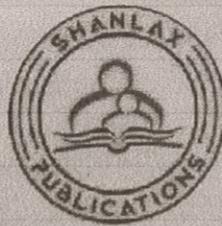
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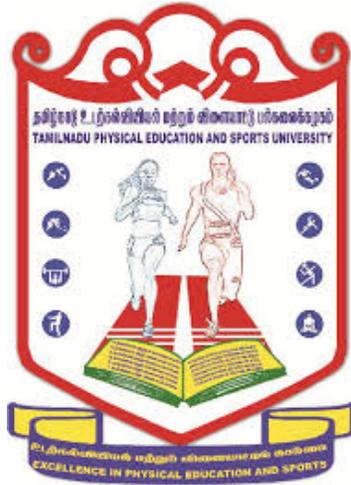
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பதிப்பாசிரியர்கள்

முனைவர் கோ. விசயராகவன்

முனைவர் தி. மகாலட்சுமி

ஆய்வாளர் எ. இராஜேஷ்



உலகத் தமிழாராய்ச்சி நிறுவனம்
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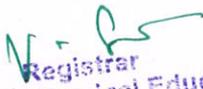
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2017



Educating the Marginalized Right Based Inclusive Education

Indrajeet Dutta

Education



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Promotion, Psycho Social Issues and Challenges of Women's Education

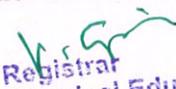
☞ P. Gopinathan

"You educate a man; you educate a man. You educate a woman; you educate a generation."

-Brigham Young

It taught us the important of women's education. Further it stated that if we educate men only we educate men, but if we educate women we educate the generation. Women and men may not be created equal and have not been treated as equals historically but that gender equality is a crucial social goal (Mary Briody Mahowold, 1996). Society cannot fully develop without educated girls and women. It is a bounden duty and responsibility of every one to encourage and motivate the women to acquire education on par with men. Millions of women throughout the world live in a condition of abject deprivation of attacks against their fundamental human rights for no other reason that they are women. The realization of women's rights is a global struggle based on universal human rights and the rule of law. It requires all of us to unite in solidarity to end tradition practices and laws that harm women. Educational attainment is without doubt, the most fundamental prerequisite for empowering women in all spheres of society. (Taruja Vohra, 2009). Education of girls is held to be a key factor in improving family health, reducing infant mortality and changing reproductive behaviour. There is a wide gender disparity in the literacy rate in India: effective literacy rates (age 7 and above) in 2011 were 82.14% for men and 65.46% for women.

We are living in the technological world. Education is improved through technology in large extent. But there will be discrimination in providing education to all in particularly girls and they are not treated on par with male children by many families. Education is common to all without any discrimination. Our law also indicated this motto. But practically there is much discrimination in giving education to all the section of peoples. It is our bounden duty to impart education to all section of peoples without giving any rooms for complaint. In the society many parents not treating their female child as like their male child. They provides better education to their male child where as they are not giving better education to their female child. "Give a girl


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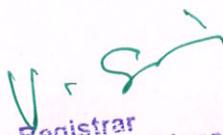
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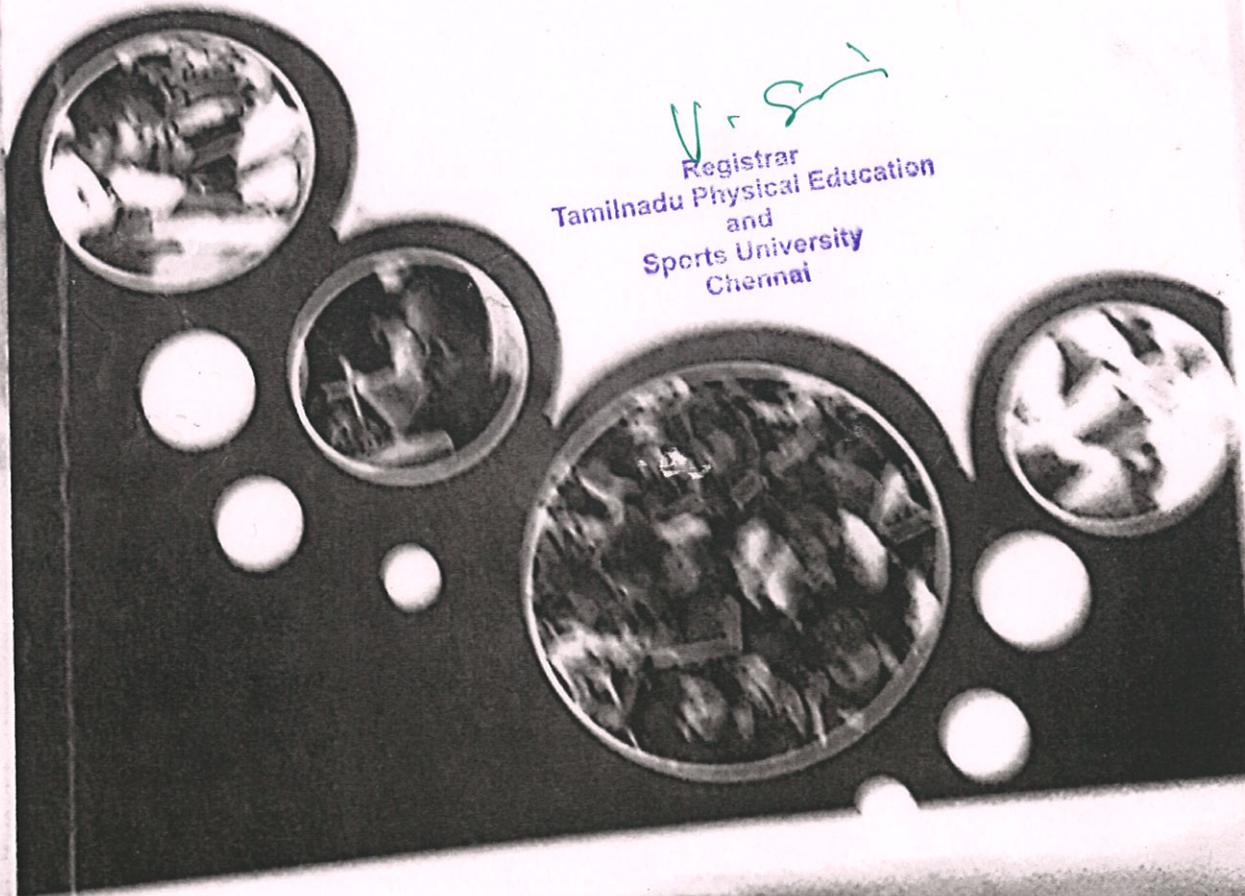


INCLUSIVE EDUCATION

Policies and Practices

Syed Hayath Hasha
Naseerati M.K.


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Glimpses of Inclusive Education

P. Gopinathan

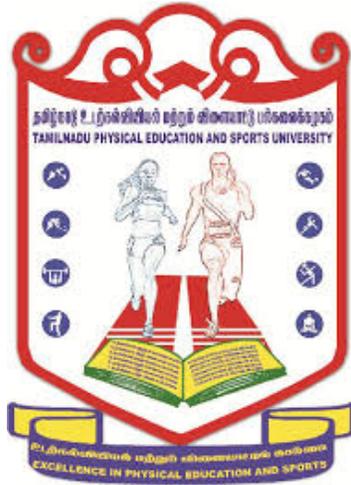
Department of Sports Psychology and Sociology, Tamil Nadu Physical Education and Sports University, Chennai, India.

"Education, then, beyond all other devices of human origin, is the great equalizer of the conditions of men – the balance-wheel of the social machinery." – Horace Mann

Inclusive education is an education which provides the children with and without disabilities participate and learn together in the same classes. Inclusive education provides integration among students with severe disabilities. In the modern society inclusive education become a part of education. It is benevolent for the children having abnormality to learn many things while mixing with normal children. The government and NGOs are taking initiation to make inclusive education as effective one. It is planned and carried out in an excellent manner for the better positive output. The inclusive education provides better psycho social outcomes in the learning among children with disabilities.

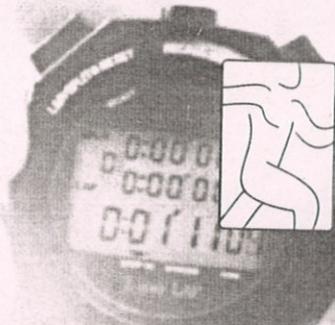
In the earlier days, children with disabilities were educated in separate classes or in separate schools. It is believed by the people that the special education means separate institution and separate education. It created many obstacles for the children with disabilities to feel isolation from the normal children. With many laws and amendments by the governments and international bodies this is changed in large extent. Now everyone feels that when children are educated together, positive academic and social outcomes occur for all the children involved.

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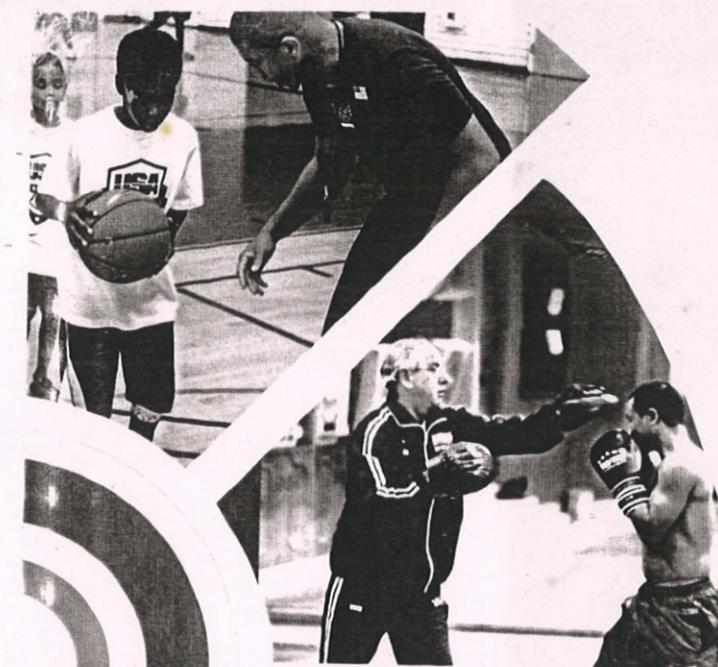
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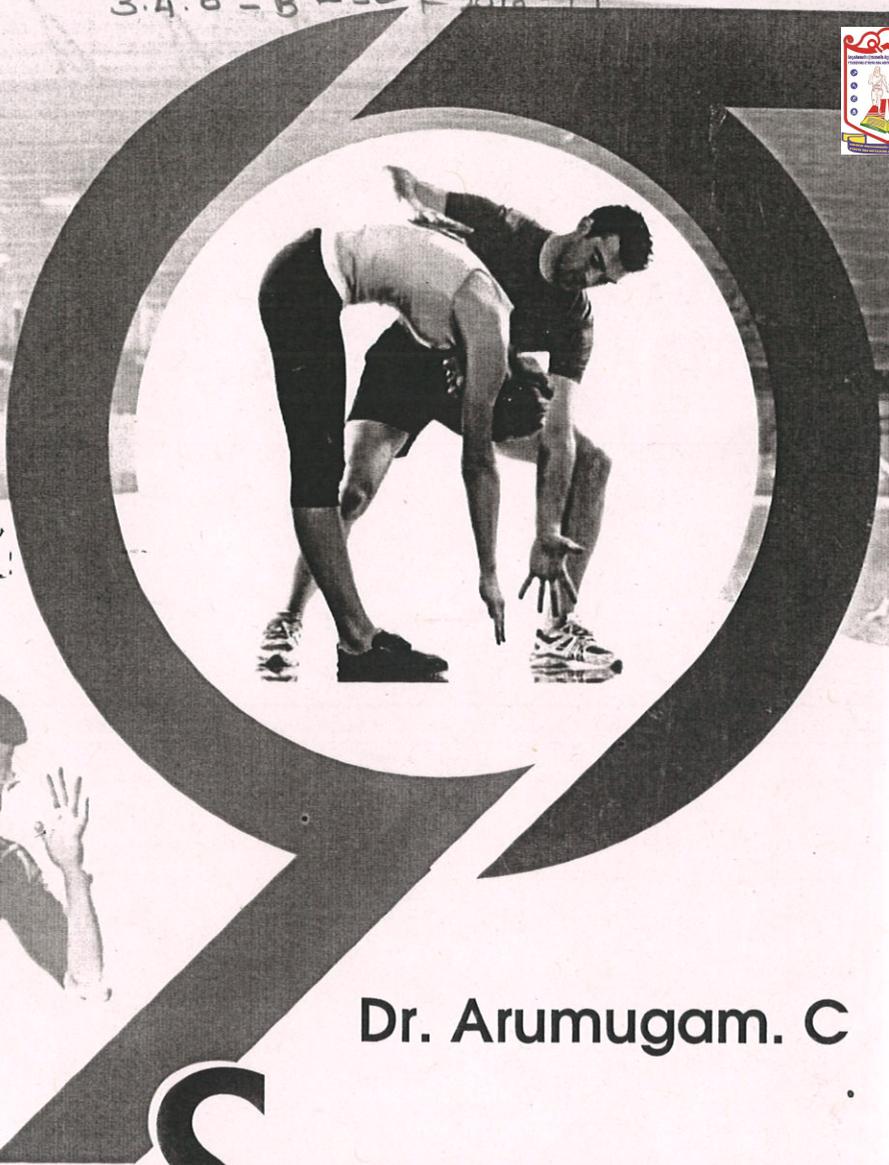
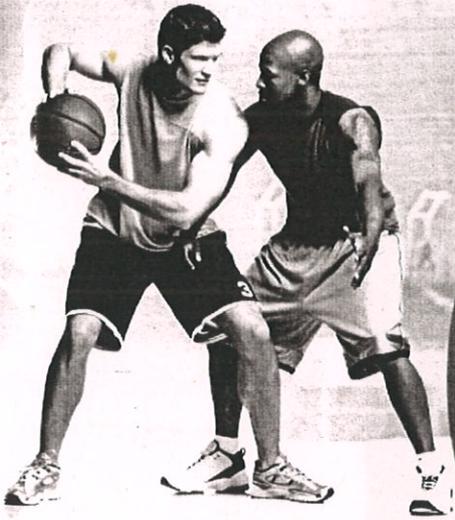


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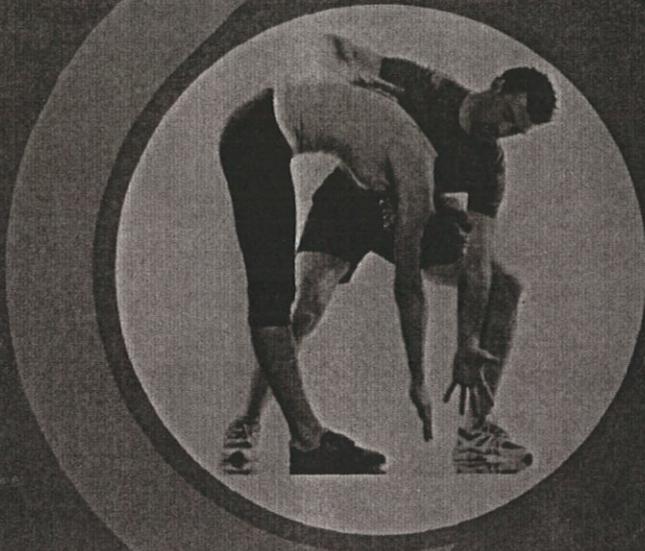


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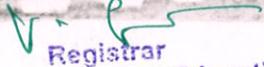
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Combined Effect of Progressive Muscle Relaxation, Autogenic Training and Meditation Practices on Mental Toughness, Self Confidence, Stress and Anxiety among Athletes

Dr. P. Gopinathan¹, Dr. G. Kirubalan²

ABSTRACT

The purpose of the study was to find out the combined effect of relaxation training including progressive muscle relaxation, autogenic training and meditation practices on mental toughness, self confidence, stress and anxiety among athletes. For achieving the purpose of the study total of 30 men athletes were selected as samples from the Athletic academy. All the subjects are with minimum of inter-collegiate level athletic participation and studying in arts and science courses, and taking training in the athletic academy. Their age group from 19 to 24 years and the selected subjects were divided into two groups equally with 15 each, as control and experimental group. The experimental group underwent combination of relaxation training including progressive relaxation, autogenic training and meditation practices for a duration of one hour in an order of all three training with twenty minutes duration each for the period of eight weeks in a schedule of weekly six days with one hour session each. Analysis of Covariance (ANCOVA) was used as a statistical tool. The statistical findings of the study revealed that the experimental group done the combination of relaxation training includes progressive relaxation, autogenic training and meditation practices significantly improved the mental toughness and self confidence, and reduced stress and anxiety levels of athletes.

KEY WORDS

Mental Toughness, Self Confidence, Stress, Anxiety, Progressive Muscle Relaxation, Autogenic Training, Meditation

INTRODUCTION

Relaxation procedures have emerged as one of the training to improve psychological well being and mental excellence. It is potentially useful to improve physiological and psychological qualities. Relaxation procedures are producing the body's natural relaxation response and

increased well-being. Stress and anxiety as well as various health problems commonly associated with relaxation techniques. Relaxation is great important to any athlete striving for peak performance. It is a method, process, procedures or activity that helps to relax.

Relaxation can be achieved through meditation, autogenic and

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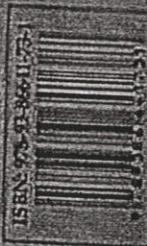
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Dr. Lillypushpam Isaac is an well known and renowned name in the field of Physical Education serving as an Assistant Professor since 2007 in Tamil Nadu Physical Education and Sports University, Chennai, India's first State University in Physical Education and Sports. She achieved some meritorious achievements in the field of Physical Education and its related fields. Basically she is an athlete in National level as well as all round championship holder. She is experienced person in teaching and coaching as well as good in extra curricular activities. She did her B.P.Ed., course from YMCA College of Physical Education, Chennai, M.P.Ed., M.Phil. and Doctor of Philosophy in Physical Education from Alagappa College of Philosophy in Karaikal, Tamil Nadu.

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As the author she is presiding Officer and Dr. K. Hari Kumar who helped her to publish the present book.

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METHODS IN PHYSICAL EDUCATION

Dr. Lillypushpam Isaac



Methods in Physical Education

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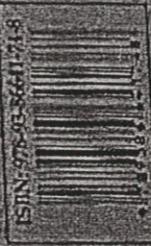
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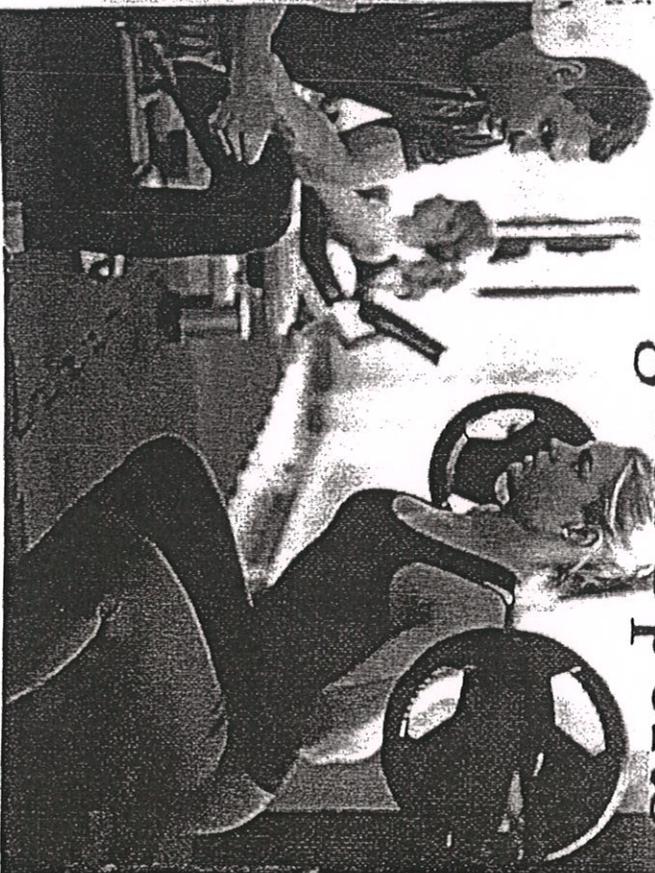
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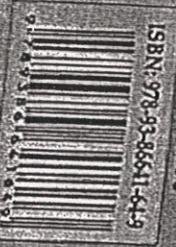
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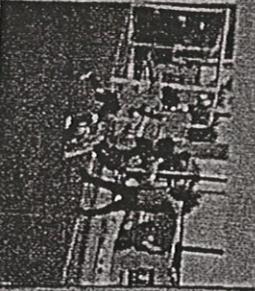
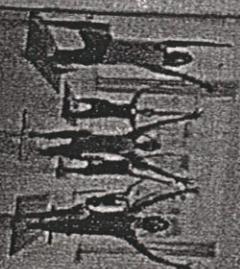
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Sport and Exercise Psychology
A Critical Introduction
 Dr. Lillypushpam Isaac

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Sport and Exercise Psychology
A Critical Introduction





In Part four, I explore exercise psychology and the psychology of physical injury. In conclusion, I hope that this book manages to convey the theory and practice of contemporary sport and exercise psychology in an accurate and accessible manner.

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