Research

Â Masters Degree Thesis
Submitted to the University Of Kerala in lieu of a paper
Univ. of Calicut, A Comparative Study of Minimum Muscular Fitness of Boys in the age group of 11 to 13 years in State and Central Schools. April, 1995.

Pearly Alex, Comparative effect of Plyometric Exercise and Running ABC on Jumping ability and Running speed. April 1996.
Mini. B.S. Analysis of the effect of Activity Programme on Physical Fitness of College Freshmen Over Time. April 1996.
Aneja Raj, A Study on the Physical Fitness of the Children of Coastal and Non-Coastal area, April 1996.
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Susha. G.P., A Comparative Study of Female Athletes and Young Athletes on the Dimensions of Personality Incentive Motivation and Anxiety. April 1996.
Mariamma. M. Thomas, Personality and Group Cohesion as Contributive Factors to Success of Intervarsity Female Basketball players. April 1996.
Sanjiv Kumar Dubey, Study of Motives for Competition Among Athletes of Selected Sports and Games at International Level. April 1996.
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Tharun Jinaraj, an analysis of the Physical Fitness of Boarders and Day Scholars of a Public School, April 1998.
Anies Mathew, Effect of Exercise on Mood States of Sedentary Females, April 1998.
Sagai Raj, B.A, A Study of the Physiological Profile of Male Students of Lakshmibai National College of Physical Education Thiruvananthapuram, April 1998.
Jairaj, J, A Comparative Study of Selected Anthropometric Variables and Physical Fitness Components of Male Karate ka's and Jumpers, April 1998.
Sahyam Mohan. M.S., Effect of Explosive Warm up on Selected Components of Physical Fitness, 1999.
Glory Darling Margret, A Comparative Analysis of Mood States of 12-14 years Children at Two Point of School Times, 1999.
Suja Mary George, A Comparative Study of Social Behavior and Adjustment in High and Low Fitness Students of Public Schools, 2000.
Abhilash, A Comparative study of Cardio Respiratory Efficiency of Professional College Students in Thiruvananthapuram, 2000.
Agi George, Comparison of Sedentary and Physically Active Female Students on Body Composition and Cardio-Pulmonary Index, 2000.
Chittabib, Comparative Study of Anthropometric Measurements and Physical Fitness Components of Students of Kerala and Tamilnadu, 2000.
Daisy. K.C,
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Effect of Fitness Programme on Selected Physical and Psychological Variables of School Teachers, 2000. Jyothish S.
A Comparative Study of Physical Fitness Components of Male Karatteka’ Teakwondo and Judo Players, 2000. Lathika Kumari R.
Physiological Profile of Two Groups of Women Practicing Pranayama and Aerobics Sport, 2000. Mahes R.
A Study of Reaction time and Intelligence of Track & Field Athletes and Selected Team Games Players, 2000. Sindhu V.
Effect of 10-week Tubics on Strength an Aerobic Capacity and Selected Anthropometric Measurements of Senior Boys, 2000. Xaviour G.
Effect of Static Stretching and Proprioceptive Neuromuscular Facilitation Stretching on Hamstring Flexibility, 2000. Abhilash S.
Effect of Resistance Training on Selected Variables of Older Men, 2001. Anish Kumar M.
Effect of Imagery Training on Performance Enhancement in Middle Distance Running, 2001. Asha J.
Contribution of Arm-Swing in Performance of Standing Broad Jump, Mahendra Kumar Mehra.
Comparative Study on Selected Anthropometric Measurements and Physical Fitness of North and South Indian Students of Central Schools, 2001.