

Bio-Data

Name	:	Dr.PL.BALASUBRAMANIAN
Date of Birth and age	:	09/06/1973 45yrs
Designation	:	Assistant Professor
Qualification	:	B.S.M.S, M.D[Siddha], Ph.D.
Area of Specialization and	:	Siddha medicine, Toxicology, pharmacology, Yoga
E-mail id	:	nivibala1973@gmail.com
Teaching / Research Experience in completed years	:	8 years Teaching
No. of Seminars and Conferences attended	:	8
No. of Papers Presented in Seminars and Conferences	:	8
No. of Seminars organised	:	1
No. of Papers Published (Journals & Conference Proceedings)	:	4
No. of Books / Booklets Published	:	=
No. of Articles in Popular Magazines	:	=
Research Projects undertaken	:	=
Completed, ongoing	:	=
Endowment lectures delivered	:	=
Academic Visit Abroad	:	=
Research Supervision Ph.D. Awarded	:	=
Service rendered in Professional bodies outside the College	:	=
Awards received	:	=
Five Recent Publications	:	1) Effect of Varied Frequencies of Nadhisodhana Pranayama on Selected Respiratory Parameters of College Men - International Journal of Recent

Research and Applied Studies, Vol.4, Issue
1,Jan.2017. (ISSN 2349 - 4891)

2) Impact of Mental Toughness Programme on
Recovery Stress among Male Long Distance
Runners – International Journal of Recent Research
and Applied Studies, Vol.4, Issue 2, Feb.2017.
(ISSN 2349 - 4891)

3) Influence of Yogic and Mallakhamb Practices on
Selected Physical and Performance Variables
among Kho-Kho Players – Star International
Journal, Vol.5, Issue 3(8), Mar.2017. (ISSN 2321 –
676X)

4) Effect of Yogic Exercise on Selected Pulmonary
Function Tests among Male Volleyball Players –
Star International Journal, Vol.5, Issue 4(2),
Apr.2017. (ISSN 2321 – 676X)

Patents / other information : =