

PROFILE

Name **Prof.A.M. MOORTHY**
Designation **Consultant in Sports Medicine and Yoga**
Unit **Central Research Lab, R & D Wing**
Affiliating **Sree Balaji Medical College and Hospital**
Institution **(SBMCH) - BIHER, Chennai-600 044**
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Total Impact Factor: || h-index: || i10-index: || Total Citations:

Education Qualification				
S. No	Institute, Place	Degree	Year	Specialization
1.	Pune University, Pune	Ph.D	1982	Education and Physical Education
2.	Jiwaji University, Gwalior	M.P.E.	1975	Physical Education Physical of Exercise
3.	Alagappa University, Karaikudi	M.S.P.T.	2000	Sports Physiotherapy
4.	TNPES, Chennai	M.Sc.,	2010	Yoga
5.	Jiwaji University, Gwalior	B.P.E.	1973	Physical Education and Health Sciences
6.	G.S. College of Yoga, Maharashtra	Diploma in Yoga	1982	Yoga Education and Yoga Therapy
7.	Alternative Medical Council, Kolkatta	Diploma in Naturopathy	2003	Treating Psychosomatic Disorders
8.	Madras Education Department	Teacher's Certificate in Physical Education	1969	Physical Educational

Academic Experience			
S. No	Institute, Place	Designation	Period
1.	SBMCH, Chennai	Director	
2.	Koviloor Andavar College of Physical Education and Sports Science, Koviloor	Principal	Jul, 2007 -
3.	Alagappa University	Dean- Education	Sep, 2004 – Jun, 2007
4.		Professor and Head, Dept. of Physical Education and Health Sciences	Sep, 1987 – Jun, 2007

5.	Bharathiar University, Coimbatore	Director, Dept. of Physical Education	Jul, 1985 – Sep, 1987
6.	YMCA College of Physical Education, Chennai	Professor	Jan, 1985 – Jul, 1985
7.		Assistant Professor	Feb, 1983 – Dec, 1984
8.	Scientific Research Department, K.S.M.Y.M. Samithi Lonavala, Maharashtra	Research Assistant	Sep, 1975 – Jan, 1983
9.	Degree College of Physical Education, Maharashtra	Visiting Lecturer	May, 1984 – Jun, 1984
10.	L.C.P.E., Gwalior	Teaching Assistant	Jun, 1973 – May, 1975

Publications

1.	Minimum muscular Fitness, Read in the VIII Annual Conference of Indian Association of Sports Medicine, Nov. 1978, Ludhiana and published in Indian Journal of Sports Medicine
2.	Cholesterol level and Yogic Training Programme published in the Journal of Research in Indian Medicine, Yoga and Homeopathy, Vol. 13:4/1978
3.	Effect of Yogic Practices on Rheumatic Disorders, Read in 9th National Seminar on Rheumatic Disorder, 1978, New Delhi and published in Rheumatic Diseases Journal
4.	Massage and Yoga is Vital for the Physical Fitness, read in the II Maharashtra Sports Medicine Conference, April 1979 at Bombay and published in Maharashtra Sports Medicine Journal
5.	The use of Massage in Muscle Development, published in Souvenir LNCPE, LNCPE, Gwalior, 1979
6.	Minimum Muscular Fitness on School Children, published in Yoga Research Journal, Philadelphia, USA
7.	Highlights of Yogic Therapy, published in Yoga, Yogasana, Shri Krishnan Bhavan Charutavke Trust, Alahabad.
8.	Effect of Yogic Training on Minimum Muscular Fitness, published in Yoga Mimamsa
9.	Effect of Short Term Yogic Training on Serum Cholesterol level, published in Yoga Mimasa
10.	Yogic and Physical Exercise for Arthritis, published in Sports Medicine "A Journals, Vol. II 3rd July 1980
11.	The importance of yoga in the programme of physical Education for the Development of Endurance and ability, read in the Seminar on physical Education and sports, Organized by the Marathvada University, Dec. 1980 and published in the university Bulletin
12.	Fitness through practices, published in the Journal of Kalyani University (West Bengal)

13.	Collected talks on practice Teaching in Yogic Practices, published in Vyanam Vindan
14.	Forward Flexibility during “Doing” and Feeling” — Oriented Asanas, No. 11, 1981
15.	Influence of Nostril Dominance upon Grip Strength, a preliminary Study, published in NIS Journal, Patiala, 1982
16.	Influence of Selected Yogic Exercise on Minimum Muscular Fitness of the Elementary School Children, Published in NSNIS Journal, Patiala, July 1982
17.	Influence of Selected Yogic Exercise on Indian School Children, published in NSNIS Journals, Patiala, July 1982
18.	Effect of Selected Physical Exercise on Minimum Muscular Fitness of the Elementary School Children, Published in Vyayam Vindyan, Aug. 1982
19.	Effect of Selected Yogic Asana and Physical Exercise on Flexibility Yogic Review, Vol. II, No. 3, 1982, BHU, Varanasi
20.	Detraining Effect of Yogic and Non-Yogic Exercises on Muscular Fitness, Yoga Mimamsa
21.	Note on Kraus - Weber Skin fold and Duration Tests, Yoga Mimamsa, Vo. XXI, 1982
22.	Minimum Muscular Fitness of the Children of age group 6 to 11, A Survey, Indian Education Review, Vol. XVIIIO, No. 1, Jan 1983
23.	Effect of Yogic Practices on Diabetic patients, presented at the world, Conference and published in Dec. 1984.
24.	Effect of Selected Physical Exercises and Yogic Practices on Blood Sugar Level of the Diabetic Patients, presented at XIII Annual Conference of Indian Association of Sports Medicine held during Dec. 21 to 22, 1985 at Patna, India.
25.	Stress Management in Sports, presented at National Conference of Indian Association of Sports Management held during Aug. 23 — 25, 1985 at Manonmaniam Sundaranar University, Tirunelveli
26.	The role of Yoga in Sports Medicine, presented at XIV Annual Conference of Indian Association of Sports Medicine at New Delhi, held during Dec. 20-21, 1986
27.	'40 years of Development in Indian Sports' presented in the symposium on '40 years Development in India', at Karaikudi, held on 14th Nov, 1987
28.	Physical Fitness and Yoga, presented in Asian Conference on Sports Medicine at Calcutta held during Nov. 16-19, 1987
29.	The Role of Yoga on Sports injury Management, presented in National Seminar on Injury Management held at Alagappa University, Karaikudi on 4* March, 1988

30.	Influence of Selected Physical Exercises on Cardio - Vascular Efficiency, presented at the II world conference on Yoga and Research held at Lonavala, Jan 1988.
31.	Research perspective in Physical Education presented at the National Seminar at Coimbatore Published in March, 1988.
32.	Physical Education Curriculum, presented at NCERT Workshop held at Haryana on 25* March 1988.
33.	Yoga and Fitness presented in the Second Seminar on Science of Human Development at Central Electro Chemical Research Institute, held on 30* Sep, 1988.
34.	The role of Yoga in Preparing the Body and Mind, presented in the National Symposium on Training Technologies for Sports held during Nov. 12- 13, 1988 at Madras, Organized by MRF tyres.
35.	Research Related of Physical Education and Sports, presented in the National Seminar on Projecting Physical Education in 21st Century, Coimbatore during Jan 3-4, 1989
36.	The role of Yoga in preparing the Body and Mind, presented in the 5 h National Conference on Physical Education and Sports Sciences held during June 14-17, 1989 at Madurai, Organized by Tamil Nadu State Collegiate Physical Education, and Allied Teachers Association, Madurai
37.	The Future of Physical Education and Sports in 2001, presented in the 5 h National Seminar held during Oct. 13-15, 1989 at Proddattur organized by Rayalaseema College of Physical Education, Proddattur
38.	Effects of Isometric Exercise on Blood Sugar Level of the Diabetic Patients, presented in National Conference on Physical Education held on 15th Nov 1989, at Punjabi University, Patiala
39.	Relaxation Training Method for Sports Women, presented in the National Seminar on Women in Sports Sponsored by University Grants Commission in Jan 1990 at Annamalai University
40.	Effect of Yogic Relaxation on the performance of Sports in Men and Women, presented in the U.G.C. National Seminar on Physical Education and Sports held during Feb. 4-6, 1991 at Kurushetra University, India
41.	Yoga and Sports, presented in First International and Sixty National Conference on Sports Psychology held during Feb. 25-27, 1991 at Delhi
42.	Effect of Yoga Practice on Low Back Pain, presented in the National Conference held during Jan 14-16, 1993 At Trichur
43.	Higher Education and Research in Sports and Physical Education, published in Vyayam Vindyan, Volume 26, Joint Number 2-3, May-Aug, 1993
44.	Electro Cardio graphic Response to Interval Training and Circuit Training among College Students, presented in the National Seminar on Physical Education and Sports held during June 17-19, 1991 at Delhi University, Delhi

45.	Health Management presented in the International Conference on Sports Management held during Aug. 16-20, 1994 at Coimbatore, India
46.	Rehabilitation through movement, Yogic Asanas and Exercise in Neuromuscular Diseases, presented at National conference on Fitness and performance (UGC Sponsored) held at Alagappa University, Karaikudi on 29 h Apr. 1994.
47.	Spotting and Nurturing the Talent, presented at National Seminar on University Sports Challenges and Tasks (Sponsored by AIU) held during Jan. 29-30, at Alagappa University, Karaikudi
48.	The Effect of Physical Exercises and Yogic Exercises on Serum Cholesterol level, presented in - absentia at FISU University Sports University sports study Conference on 24 th Aug. 1995 in Fukuouka, Japan
49.	Role of Yoga on Health Care, presented in the 2nd Congress on Traditional Sciences and Technologies of India, held during 27 - 31st Dec. 1995, at Anna University, Madras
50.	Management of Low Back Pain, presented in the International Sports Congress and Sports Good Exhibition held during 23-25 Jan, 1996, at Bangalore, India
51.	University Sports Challenges and Tasks, presented in the National seminar on Physical Education and Health Sciences held on 19 th and 20 th June, 1997 at Alagappa University, Karaikudi, India
52.	Role of Computer in the field of Physical Education and Sports presented in the National Conference on Science and Technology held on 7-9 May, 1998 at Avinashilingam Deemed University, Coimbatore, India
53.	Injury Management presented in the National Seminar on Physical Education Sports Policy in India, held at Alagappa University, Karaikudi in May 1998
54.	Role of Yoga for the treatment of Cardiac ailments — presented in the International Instructional Conference on “Frontier in Biomechanics” held on Dec. 12 to 15, 1999
55.	Influence of Physical and Yogic Exercise on low back pain in Tamil Nadu presented in the National Conference at Trivandru, Kerala on 29 to 31 January 2001
56.	“Effect of Kalarippayattu on the Physical Ability” Vol. 6; No. 1; Jan to June 2001
57.	Physical Exercise, Yogic Practices, Fitness and Back Pain presented in the National Seminar on Millennium Management Trends in Physical Education, at Kerala, 2001
58.	Treatment and Rehabilitation of Asthmatics by Yogic Methods at the National Seminar on Applied Yoga Organized by Department of Physical Education, Bharathidasan University, Trichy on 28.2.2001
59.	Physical Education and Sports in the New Millennium at the National Seminar Organized by Department of Physical Education and Sports Sciences, Annamalai University, Annamalai Nagar on 16.3.2001

60.	Yogic Management of Sports Injuries at the International Conference on Sports Management, 22-24, August 2001 at M.S. University, Tirunelveli
61.	Physical Education as a Academic Discipline Published in the Journal “Penalty Corner” — A Sports and physical Education Monthly — June 2002 Edition
62.	Physical Fitness at the National Conference on Sports Management organized by Department of Physical Education University College of Engineering, Osmania University, Hyderabad — March 28-29, 2003
63.	Mental Imagery — a Tool for Sports Excellence on the 6th National Conference on Physical Education & Sports Science organized by Govind Ramnath Kare College of Law, Margao — Goa. 17th — 19th July, 2003
64.	Mental Imagery — a Tool for Excellence in Education on the 9th National Seminar on Science of Human Development organized by Forum for advancement of Science of Human Development, CECRI, Karaikudi — 26-27, July 2003
65.	Research paper on physical education as an academic discipline at the penalty corner — A Sports and Physical Education Monthly Published from Marirpur (HP)
66.	Research paper on Stress management through Yoga presented in International Conference held at Bhopal from 7th Jan to 9 th Jan 2005 and chaired the scientific session

Publications Books

1.	Research Methods in Physical Education & Sports
2.	Sports Physiotherapy
3.	Yoga Therapy
4.	Management Physical Education and Sports
5.	Anatomy, Physical health education and Yogic practices
6.	Methods in Physical Education & Minor Games

Projects : 12 Major and 2 Minor

Sponsored projects

1.	Survey of Health Related Physical Fitness of School Children in Southern states of India (Tamil Nadu, Kerala Andhra Pradesh and Karnataka)
2.	Treatment and Rehabilitation of asthmatics by Yogic Methods
3.	Treatment and Rehabilitation of diabetics by Yogic Methods
4.	Treatment and Rehabilitation of Psycho-somatic Disorder by Yogic Methods
5.	Effects of Different Types of Relaxation of Stress Management
6.	Effect of Different Types of Breathing and Dominance of Nostril on Athletic Performance
7.	Psychological and Biochemical responses to the practice on Hatha Yoga
8.	Yogic Practices in the Management of Hypertension.

9.	Yoga Mckenzie method and general exercise for the treatment of Chronic non - specific back pain: A randomized ctinical trial with 2 Years follow up. Prof. A.M.Moorthy (India), Prof. Avideman (Finland), Prof. R.A. Mckenzia (Newzealand) and Prof. M.C.Batte (U.S.A.)
10.	Health - Related fitness of school children (8 to 16 years). A survey - Prof.Leif Icebery (Sweden), Prof. Fisto Telama (Finland), Prof . A.M.Moorthy, (India) and Lec.Heimo Nupponen (Finland)
Consultancy projects	
	Nil
Patents	
	Nil

Research Guidance		
S.No	Degree	No. of students
1.	Ph.D.	82 (12 Ongoing)
2.	M.Phil.	396
3.	Ph.D Thesis Evaluation	150

Countries Visited
➤ VisitedFinland, Sweden,UnitedKingdomandGermanyunderculturalexchange programme of Ministry of Human Resource Development, Govt, of India during 1990-1991 (UGC)
➤ Visited Nepal on special invitation by the govt. of Nepal as a subject expert to select teaching faculty during 1992.

Membership in in ProfessionalAcademicBodies
➤ Chairman and Member of Board of Studies in various Universities.
➤ Chairman, Board of Examiners in M.P.E. & HS in Alagappa University and several Universities across India
➤ Chairman, Board of Question Paper setting Board in Alagappa University and several Universities across India.
➤ Chairman, Board of Studies in PE & HS in Alagappa University and several Universities across India
➤ Member, Standing committee in Alagappa Univesity, Karaikudi.
➤ Member, Senate of Alagappa University, Karaikudi

Administrative Experience
➤ 3 Years as a Dean Faculty of Education
➤ 20 Years as a Professor and Head

➤ 2 Years as Director of Physical Education
➤ 5 Years as Principal
➤ Member, Convenor's Committee, Alagappa University in the absence of the Vice Chancellor during 14.09.2000 to 09.11.2001
➤ Member of the Syndicate of the Alagappa university for the three years from 15th March 1998 and Chancellor's Nominee
➤ Member, Finance Committee of Alagappa University, Karaikudi for a period of three years
➤ Member, Board of Management LNIPE, Gwalior for three years (1997 - 2000) President's Nominee
➤ Member of the Academic Council of the Madurai Kamaraj University for 6 Years as Chancellor's Nominee
➤ Member of the Senate of Bharathiar University, Coimbatore for a Period of 3 years
➤ Member, Governing Body, Saradha College of Physical Education, Salem for a period of 4 years
➤ Member of the Panel for Evaluation of Physical Education at State Level and
➤ UGC Eligibility Test for Lecturership
➤ Member of the Research Board of Advisors of the American Biographical Institute, inc. USA
➤ Associate Editor of the Journal of Fitness Society of India - International Journal of Fitness, Gwalior
➤ President's Nominee to select the faculty members in Shanthiniketan University, Calcutta
➤ Advisor to UPSC for selecting faculty to Union Territories
➤ Member, UGC Committee to give Deemed University Status
➤ Member, High Power Committee appointed by Ministry of Sports and Youth Affairs, New Delhi
➤ Member of the Syndicate of the Tamil Nadu Physical Education and Sports University, Chennai.

Technical Qualification

➤ Registered Medical Practitioner in Physiotherapy (Alternative System of Medicines) issued by the Council of Alternative System of Medicine (Reg. No. CASM 13982)
➤ Registered Medical Practitioner in Naturopathy

Awards

➤ "BESTTEACHER" Awarded by College of Physical Education, Prodatattur, Andra Pradesh
➤ "MAN OF THE YEAR - 1997" awarded by the American Biographical Institute, North Carolina, USA for the overall accomplishments and contributions to the society
➤ "VIKAS RATAN GOLD AWARD" Awarded by International Integration and growth society, Delhi during 2002
➤ "VIJAY SHREE" award presented along with certificated of excellence by Indian International friendship society, New Delhi during 2006.

Other Information

- Held at number of positions of policy framing and administrative responsibility in several academic/governing bodies.
- Established Physiotherapy clinic, Exercise Therapy Clinic, Yoga Centre and Introduced Master Programme in Sports Physiotherapy at Alagappa University, Karaikudi.
- Instrumental in introducing M.Phil., Ph.D., in Physical education and Health Sciences in different streams - regular, part-time and summer sequential.
- Groomed the Department into a reputed centre for physical Education&HealthSciences. The departmentisfittobepromotedasacentreofExcellencein physical Education and Health Sciences.

Contribution to Yoga

- Started Post Graduated Diploma in Yoga — Regular / Part-time at Alagappa University Karaikudi. Established Koviloor Andavar Institute of Yoga and Research centre at Koviloor.
- Started Yoga in Certificate Course / Diploma Course / Post-Graduate Diploma Course / M.Sc., Yoga and Ph.D., at Koviloor Andavar Institute of Yoga and Research at Koviloor approved by the Tamil Nadu Physical Education and Sports University — Chennai.
- Established Yoga Therapy Clinic for the general public. Organising various Yoga Camps for short-term and long-term all over the India.