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Google Scholar ID: scholar.google.com/citations?user=a75e1noAAAAJ&hl=en&oi=sra			
ORCID ID: 0009-0001-3617-9271 Researcher ID:		Scopus ID:	
Research Area - Sports Training - Sports Physiology		Subject Teaching - Fitness and Wellness - Sports Training - Health Education	
Research Experience: 11 years		Teaching Experience: 7 years	
Research Credentials (as on – Source: Google Scholar)			
H-index: 1		Citations: 19	
		i10-index: 1	
Research Guidance		Ph.D.	
Completed		1	
Ongoing		4	
Publications		International	National
Journal		11	-
Conference / Seminar		10	6
Interaction Program Attended		1	
Educational Qualification			
Ph.D.	Bharathiar University, Coimbatore	2018	
M.Sc	Tamil Nadu Physical Education and Sports University, Chennai	2017	
M.P.Ed	Bharathiar University, Coimbatore	2014	
B.P.Ed	YMCA College of Physical Education, Chennai	2012	

Most Recent Publications:

- “Influence of Strength Training Preceded by PNF Stretching on Flexibility and Speed in School Karate Players” Journal of Dalian University of Technology JDUT- Volume 32- Issue 12- 2025. ISSN: 1000-8608/ IMPACT FACTOR: 5.7/ A Scopus and HEI-Recognized Journal.
- “Effects of Core Stability and Skill Based Resistance Training on Physical Fitness Variables among Intercollegiate Hockey Players”. Journal of Emerging Technologies and Innovative Research (JETIR), August 2025, Volume 12, Issue 8, ISSN-2349-5162/ UGC Care List.

- “Relationship Between Screen Devices Engagement and Obesity Among School Students”. Journal of Emerging Technologies and Innovative Research (JETIR), February 2025, Volume 12, Issue 2, ISSN-2349-5162/ UGC Care List.
- “Effect of Swiss Ball and Medicine Ball Training on Core Strength among School Badminton Players”. International Conference on Sports Sciences: Trends, Challenges & Innovation- TCI 2025.
- “Effects of Pilates Training and Suryanamaskar on Selected Physical Fitness Components Among University Sports Person”. International Conference on Practical Wisdom of Yogioc Science: Applications in Health, Education and Research. 2024, ISBN Number : 978-81-980757-0-3/ UGC Care List.
- “Influence of yoga Nidra on selected physical fitness components among paramilitary personnel in India”. International Journal of Educational Research and Development. February 2019, Volume 1, Issue 3, ISSN: 2664-7095/ UGC Care List.
- “Application of textile fibres for technical and performance enhancements in sports”. International Journal of Multidisciplinary Research and Development. December 2016, Volume 3, Issue 12, ISSN: 2349-4182/ UGC Care List.
- “Effects of Yoganidra and wellness training programme on selected habitual variables among paramilitary professionals”. International Journal of Yogic, Human Movement and Sports Sciences. 2018, Volume 3, Issue 1, ISSN: 2456-4419/ UGC Care List.