

Funded Research Projects

1. *Radio Jockeying: An art with the science of multitasking.*
Dr.R.Srihari, Funded by **Parivarthan 2021**
2. *Design And Validate Mind Body Techniques For Resilience Building And Wellness Of Health Care Workers Engaged In A Stressed Environment Laden With Uncertainty.*
Dr.Mathangi and Dr.Sudhagar Singh funded by **Department of Science & Technology Satyam COVID 2021-22**
3. *Impact of Personal Protective Equipment (PPE) Usage and Mind Body Intervention s on Certain Selected Psychological and Physiological Parameters among Nurses.*
Dr.Mathangi and Dr.Porkodi funded by **GATE Project 2020-2021.**

SELF FUNDED PROJECTS

FACULTY:

1. *A cross sectional study to assess sleep hygiene among school going students in Chennai.*
Dr.Mathangi & Dr.Priscilla, Dept. of Physiology (2019-2020)
2. *A cross sectional study to assess sleep hygiene among healthcare students of a healthcare institution.*
Dr.R.Srihari, Dr.Mathangi & Dr.Priscilla, Dept. of Physiology (2019)

STUDENTS:

PG Dissertation topics

2021

1. *Effect of Motivational Interviewing on adherence of physical activity – a systematic scoping review*
Dr. Aswini Maran (Guide :Prof . Narasimman swaminathan and Dr.DC.Mathangi)
2. *Effect of Rubik's cube practice on visuo-motor skills among level I Autistic children.*
S.Sakthi Meena (Guide : Dr.R.Srihari)
3. *Comparative study on beat to beat variability on pre-diabetes and Type 2 Diabetes Mellitus.* K.Mahalakshmi (Guide : Dr.DC . Mathangi and Dr.Priscilla Johnson)
4. *Impact of Pranayama Practice on Stress Amelioration among Parents of Autistic Children*
B.Subiksha (Guide : Dr.DC.Mathangi)
5. *Effectiveness of Motivational interviewing and Loving kindness meditation in improving self-esteem among women with PCOS.*
D.P.Hariprita (Guide:Dr.DC.Mathangi and Dr.Sheila Pillai)
6. *Assessment of neuro cognition among Radio jockey in Chennai.*

A.K.Mubarak Basha (Guide : Dr.R.Srihari)

7. *Mind body technique intervention in stress management in lower segment caserean section*

Nikkath Fathima (Guide:Dr.DC.Mathangi and Dr.Shruthi Prashanth)

2020

1. *Effect of Yoga on Sleep Quality Among Working Women.*

M. Sumasri (Guide Dr.Manimekalai and Dr. Mathangi)

2. *Impact of Personal Protective Equipment (PPE) on Certain Selected Psychological and Physiological Parameters Among Nurses.*

Shalini Maria Rose (Guide: Dr.Mathangi)

3. *Assessment of Pet Rearing and Its Association With Stress And Sleep Among Working Population In Chennai.*

Dr. Priyadarshini (Guide: Dr. R.Srihari)