

Dr.R.Senthil Kumaran

Director – Directorate of Physical Education

Alagappa University
Karaikudi – 630 003



Professional Academic Qualifications

- ◆ **Ph.D - Physical Education, M. S. University, Tirunelveli, July 2000**
- ◆ **M.Phil., - Physical Education, Alagappa University, Karaikudi, June 1992.**
- ◆ **M.P.Ed.,- Alagappa University, Karaikudi, July 1991.**
- ◆ **M.Sc – Psychotherapy & Counseling, Tamilnadu Open University, Chennai 2015**
- ◆ **P G Diploma in Sports Management, Alagappa University, Karaikudi, Sept 1993**
- ◆ **Diploma in Scientific Yoga & Meditation, M.K University, Madurai, May 1992**
- ◆ **Diploma in Yoga & Massage Science, Alternative Medicine, Calcutta. April 1993**
- ◆ **Certificate in Sports Journalism, Madurai Kamaraj University, Madurai, May 1992.**
- ◆ **Certificate in Yoga, Alagappa University, Karaikudi, July 1992.**

Basic Academic Qualification:

B.Sc., (Zoology), APSA College, Thiruppathur, April 1988. (Madurai Kamaraj University, Madurai)

Information Technology Qualification

- **Certificate Course in Computer Programming Language – BASIC & COBOL**
- **Certificate Course in Computer Data Entry & Machine Operation. Thiagarajar College of**

**Eng. & Tec.,
Madurai.**

linguistic Qualification:

- ★ **Certificate Course in Hindi-Central Hindi Directorate, Govt. of India, New Delhi (1998)**

Other Qualification:

- ★ **Diploma in Astrology – Madurai Kamaraj University, Madurai.**

EXPERIENCE'S

Professional Service Experience

(Total Experience 30 years 4 months 7 days as on 11th May 2023)

- **Working as a Director of Physical Education (Professor Cadre) at Alagappa University, Karaikudi since 12.03.2013. (8 years 6 months 27 days as on 30-09-2021)**
- **Job Occupied from 04.08.99 to 11.03.2013 as Head & Director of Physical Education (SG), Department of Physical Education at Sree Sevugan-Annamalai College, Devakottai. (Twelve years seven months and seven days)**
- **Job Occupied from 04.01.93 to 03.08.99 as Head & Director of Physical Education (SG), Department of Physical Education at The Madurai Diraviyam Thayumanavar Hindu College, Tirunelveli. (Six years Seven months and three days)**

AIU-OBSERVER

- ✓ AIU-Sports Nominated me as Observer for the AIU-Sports South Zone Inter University Kabaddi Men Tournament held at SRM-IST, Chennai from 19th to 23rd December 2018.
- ✓ AIU-sports nominated me as Observer for the North Zone Inter University Badminton men and Women tournament in Rajiv Gandhi Proudhyogiki viswa vidhyalaya, Bhopal 2021-2022

MEMBER

- ★ Member, Broad Based Board of Study at Department of Physical Education & Health Sciences, Alagappa University, Karaikudi from 08-09-2013 to 08-09-2018
- ★ Member, Board of Study for B.Sc Physical Education, Alagappa University, Karaikudi for 2019-2020
- ★ Member, Adhoc Board of Study for B.Sc Yoga at Centre for Yoga Education, Alagappa University, Karaikudi for 2019-2020

Seminar Organising Committee Member

- ★ Organising Committee Member for 4th International Day of Yoga 2018 on 21st June 2018 at Alagappa University, Karaikudi
- ★ Organising Committee Member for National Level Yoga Championship 2018 on 18th March 2018 at Alagappa University, Karaikudi
- ★ Organizing committee member for Chancellor's Trophy T20 Tamil Nadu State- Inter University Cricket Men Tournament 2018-2019 at University of Madras, Chennai on 09th to 11th January 2019
- ★ Advisor for the 6th International Day of Yoga – Online yoga Competition on 21st June 2020 at Alagappa University, Karaikudi
- ★ Advisor for the National Sports Day- Online Yoga Quiz 2020 on 28th to 30th August 2020 at Alagappa University, Karaikudi
- ★ Advisor for the Four Days National Level Advance Coaches Training Camp & State Level Preparatory camp for World Games 2019 on 16th to 19th February 2018 at Alagappa University, Karaikudi

JOURNAL PUBLICATIONS International Journals

1. Impact of Nadishodana Pranayama n Selected Physical Variables of College Men Cricket Players.,**Entire Research Multi-disciplinary International research journal ISSN:0975-5020 vol-XII Issue-VIII August 2021(Peer-reviewed and Refereed)**
2. Effect of Ladder Training on selected physical and physiological variables among college men students., **Gorteria UGC CARE approved Group II Journal ISSN:0017-2294 vol:34 Issue 9 September 2021** (Accepted for publication)
3. Effect of ladder training on selected physical and physiological variables among college men students., **International journal of multidisciplinary research and analysis ISSN: 2643-9840 impact factor: 6.072** (Accepted for publication)
4. Effect of Aerobic Training on Vital Capacity among college women kabaddi players., **NIU International Journal of Human Rights, A UGC CARE listed journal (Group I) ISSN: 2394-0298 Vol:8 III – 2021**
5. Effect of Varied Intensity of walking on selected muscular Strength variable among middle aged women., **NIU International Journal of Human Rights, A UGC CARE listed journal (Group I) ISSN: 2394-0298 Vol:8 III – 2021**
6. Effect of Selected Yogic Practices on Mental Health and Self-Confidence among school students., **Ajanta Peer reviewed Refereed and UGC Listed Journal ISSN : 2277-5730 Volume ix Issue iv October December 2020**
7. Influence of Physical Exercise on Impulse Control and Frustration tolerance among Adolescent Girls. **Vidhyayana An International multidisciplinary peer reviewed E-Journal. Special Issue: Vol6 Issue6 June 2021**
8. Influence of Mallakhmb Exercises on selected motor ability components & Physiological variables among Physical Education College Men., **Journal of Sports Science and Nutrition Pg.no: 96-99 2021-2(1)**
9. Impact of Yogic Practice on Blood Sugar and lipid Profile of Working Women., **Galaxy International Interdisciplinary research journal Vol 9 Issue 6 June 2021 ISSN E:2347-6915**
10. Effect of circuit training on selected bio-motor variables among men softball players., **Aegaeum Journal An UGC Care approved Group II journal ISSN:0776-3808 Vol-8 Issue 6 June2020**

11. Effect of Yogic Practices on selected physiological variables among Tribal College Women Kabaddi players., **Aegaeum Journal An UGC Care approved Group II journal ISSN:0776-3808 Vol-8 Issue 6 June2020**
12. Effect of Selected Asana and Combined Asana and Pranayama practices on Abdominal Strength of College Women Students., **International Journal of Health Physical Education and Computer science in Sports, Volume 39, Issue-1, Pages 1619-1624. Spl. Edt. Sep 2020 ISSN No: 2231-3265. Impact factor: 7.217**
13. Effect of core strength training and yogasana practices on selected health related Physical fitness components among female athletes. **Journal of XiAn University of Architecture & Technology, Volume 14, Issue-5, Pages 1619-1624. ISSN No: 1001- 2400. Scopus : Impact factor: 5.4**
14. An Influence of Yogic practices on selected motor fitness variable among men Kho-Kho players. **Journal of XiAn University of Architecture & Technology, Volume XII, Issue IV, Pages 2030-2036, ISSN No: 1001-2400. Index: Scopus, Impact Factor: 5.4**
15. Comparative study of Corporeal variables between Male and Female Kabaddi players of Karaikudi District. **AEGAEUM Journal, Volume -8, Issue- 3,2020, Pages - 585- 589, ISSN No:0076-3808, Index - UGC Care & Scopus. Impact Factor- 6.1.**
16. Effect of Circuit Training on Selected Physiological Variables Among Physical Education Students”, **Star Research International Journal, Volume 6, Issue 2 (16), February 2018. ISSN:2321-676X, UGC Journal Number 63023 Impact factor :5.210**
17. Effect of Aerobic Training on Selected Strength Parameters Among Physical Education Students, **Star Research International Journal, Volume 6, Issue 4 (17), February 2018. ISSN:2321-676X UGC Journal Number 63023 Impact factor :5.210**
18. Effect of Circuit Training on Selected Physical Fitness Variables Among Physical Education Students, **International Journal of Computational Research and Development (IJCRD), Volume No:3, Issue 1, Page Number: 162-164, 2018 ISSN : 2456-3137. Impact Factor :5.015**
19. Effect of strength Training on Selected Motor Components Among Football Players, **International Journal of Advanced Trends in Engineering and Technology, Volume No:3, Issue 1, Page Number: 130-132, 2018 ISSN : 2456- 4664 Impact factor :5.965**

PRESENTATION

Papers presented in Conferences, Seminars, Workshops, Symposia

International Conferences & Seminars

1. Presented a paper on Effect of Selected Asanas, Pranayama Practices and Combined Asana on Abdominal Strength of College Women Students., at International Virtual Conference on Digital Teaching & Caching – An Approach to Physical Education & Sports Sciences organized by Govt First Grade College, Kollar, KA on 22nd & 23rd August 2019.
2. Presented a paper on □□□□□ □□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□, at International Conference on Kovil panpattu pannatu karutharangam organized by Tamil Panpatu Mayam Alagappa University, Karaikudi on 6th December 2019.
3. Presented a paper on Effect of Yogic Intervention on Adjustment Level of Working Women, at International Conference on Yoga for Harmony of Body and Mind (ICYHBM-2019) organized by Alagappa University College of Physical Education, Karaikudi on 24th & 25th October 2019.
4. Presented a paper, Effect of Yogic Exercises on cognitive variable of women at International Conference on Yoga for Harmony of Body and Mind (ICYHBM-2019) organized by Alagappa University College of Physical Education, Karaikudi on 24th & 25th October 2019.
5. Presented a paper, Effect of Yoga and Brisk Walking on Resting Pulse Rate of Non-Insulin Dependent Diabetic Patients at International Conference on Yoga for Harmony of Body and Mind (ICYHBM-2019) organized by Alagappa University College of Physical Education, Karaikudi on 24th & 25th October 2019.
6. Presented a paper, Effect of Yoga therapy on Selected Clinical Variables among middle aged women arthritis patients at International Conference on women, Health and Safety in India organized by Department of Women Studies, Karaikudi on 19th & 20th September 2019.
7. Presented a paper, E-Learning in Physical Education & Sports at International Conference on OER 2 OEP: A Paradigm Shift organized by Department of Education, Karaikudi on 12th & 13th September 2019.

8. Presented a paper, Impacts of major sports events on sports tourism at International Conference on Recent Trends in Global Sustainable Tourism and Hospitality Research organized by Department of Tourism and Hotel Management, Karaikudi on 6th & 7th September 2019.
9. Presented a paper, Role of Assistive Technology for teachers to enhance academic outcomes of students at International Conference on Universal design for learning embedded with assistive technology for children with special needs-UDLAT 2019 organized by Department of Special Education & Rehabilitation Science , Karaikudi on 4th & 5th September 2019.
10. Presented a paper on Influence of Yogic practices Among Hypertensive Women's at International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics-2020 on 16th & 17th March 2018 by Alagappa University College of Physical Education & Para Sports, Alagappa University, Karaikudi.
11. Presented a paper on Changes in Vo₂ Max & Anerobic Power Due to Step Aerobics Doing Among School Girls at International Conference Bridging Innovations in Sports, Education and Nutrition, Organised by Department of Physical Education, Education, Special Education & Food Service Management and Dietetics, Avinashilingam Institute of Home Science and Higher Education for Women, Coimbatore on 8th & 9th February 2018.

RESOURCE PERSON

1. Resource Person for International Conference on Yoga for Harmony of Body and Mind (ICYHBM-2019) organized by Alagappa University College of Physical Education, Karaikudi on 24th & 25th October 2019.
2. Resource Person for International Conference on Open Educational Resources to Open Educational Practices (OER 2 OEP) organized by Department of Education, Alagappa University, Karaikudi on 12th & 13th September 2019.
3. Resource Person for International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes organized by Alagappa University College of Physical Education, Karaikudi

on on 16th & 17th March 2018.

4. Resource Person for Four Days National Level Advance Coaches Training Camp & State Level Preparatory Camp for World Games 2019 organized by Special Olympics Bharath Tamilnadu & Department of Special Education & Rehabilitation Sciences, Alagappa University, Karaikudi on 16th and 17th February 2018.
5. Resource Person for Directorate of Collegiate Education, Government of Kerala Sponsored National Seminar Hurdles Faced in Fulfilling the Olympic Moto – A Forethought organized by Department of Physical Education, University College, Thiruvananthapuram on 28th and 29th January 2018.

National Tournaments

- Organized South Zone Inter University Hockey Tournament for Girls at Alagappa University, Karaikudi 28th November 2018 to 2nd December 2018.
- Organized South Zone Inter University Kabaddi Women Championship 2021-2022 in Vidhyaa giri college of arts & science, Puduvayal

State Level Tournaments

- Organized SDAT Tamilnadu State Level Inter University Table Tennis Tournament for Girls at Alagappa University, Karaikudi from 30th & 31st May 2019
- Organized SDAT Tamilnadu State Level Inter University Table Tennis Tournament for Boys at Alagappa University, Karaikudi from 30th & 31st May 2019
- Organized SDAT Tamilnadu State Level Inter University Football Women Tournament at Alagappa University, Karaikudi from 15th to 16th September 2019.
- Organized SDAT Tamilnadu State Level Inter University Football Men Tournament at Alagappa University, Karaikudi from 19th to 20th November 2019
- Organized Chancellors Trophy T-20 Cricket Tournament

Professional Achievement in Sports & Games

Alagappa University kabaddi women team won the III Position AIU-South Zone Inter University kabaddi women tournament 2022-2023 organized by AMET University, Chennai.



AIU-SOUTH ZONE INTER UNIVERSITY KABADDI WOMEN TOURNAMENT 2021-2022



**AIU-SOUTH ZONE INTER UNIVERSITY KABADDI WOMEN TOURNAMENT 2021-2022
ACHIEVED FOURTH POSITION**

Alagappa University Football Men Team Secured Third position with cash Award Rs.90000 in the SDAT- Tamilnadu State Inter University Football Tournament 2019-2020



Alagappa University Football Women Team Secure Fourth Place in the SDAT-Tamilnadu State Inter University Football Tournament 2019-2020



Alagappa University Hockey Women Team Secure Third Place in the SDAT-Tamilnadu State Inter University Hockey Tournament 2019-2020





ALAGAPPA UNIVERSITY HOCKEY WOMEN TEAM WON THE THIRD PLACE IN THE AIU-SOUTH ZONE INTER UNIVERSITY HOCKEY WOMEN TOURNAMENT 2018-2019



Alagappa University Para Sports Centre Athletes Secure First Position in the National Dwarf Athletic Meet 2018-2019



Alagappa University Women Boxers Secured First Position in their respective Category in the Tamilnadu State Level Women Boxing Championship 2018-2019



Alagappa University Women E-Sports Team Won the Third Place in the Association of Indian University All India Inter University E-Sports Tournament



Alagappa University Men E-Sports Team Secured Fourth Place in the Association of Indian University All India Inter University E-Sports Tournament

Address for Communication

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