



Dr. K. MURALI RAJAN
Professor & Principal i/c

Contact

Address : Alagappa University College of Physical Education ,
Alagappa University, Karaikudi-630003
Tamil Nadu, India

Employee Number : 41403

Contact Phone(Office) : 04565-223561

Contact Phone(Mobile) : 9442276164
8072176341

Contact - e-mail(s) : mrajank@alagappauniversity.ac.in
muralikuppusamy5@gmail.com

Website : www.alagappauniversity.ac.in

Academic Qualification

Degree	Institution	Year	Branch	Class
Ph. D	Alagappa University College of Physical Education	2009	Physical Education	
M. P. E.	JIWAJI	1993	Physical Education	II
B. P. E.	JIWAJI	1991	Physical Education	II
NET	UGC	1993	Physical Education	
NSNIS	SAI PATIALA	1996	Hockey	II
M. Sc	TNPESU	2010	Yoga	I

Teaching Experience

Total Teaching Experience : 26 Years

Position	Institution	Duration
Professor	Alagappa University College of Physical Education	25-08-2016 to Till date
Associate Professor	Alagappa University College of Physical Education	25-08-2013 to 24-08-2016
Assistant Professor	Alagappa University College of Physical Education	25-08-2003 to 24-08-2013
Lecturer	Alagappa University College of Physical Education	25-08-1999 to 24-08-2003
Physical Education Teacher	K.V.H.V.F Avadi	10-08-1995 to 24-08-1999
Physical Director	K.B.J.G., Gurrukulam	23-09-1993 to 09-08-1995

Research Experience

Total Research Experience	15 Years	
Position	Institution/University	Duration
Professor	Alagappa University College of Physical Education	8 Years
Associate Professor	Alagappa University College of Physical Education	4 Years
Assistant Professor	Alagappa University College of Physical Education	3 Years

Academic and Additional Responsibilities

S.No	Position	University Bodies	From	To
1	AUCPE Hostel (Men)Warden	Alagappa University College of Physical Education	25/05/2023	Till date
2	AUCPE Hostel (Women)Warden	Alagappa University College of Physical Education	25/05/2023	Till date
3	Director of Collaborative Programme	Alagappa University Karaikudi	10 /01/2022	24/12/ 2022

4	AUCPE Mens Hostel Warden	Alagappa University College of Physical Education	11/6/2015	1/10/2015
5	Hostel Deputy Warden	Alagappa University College of Physical Education	1.06.2012	11/6/2015
6	Director of Physical Education	Alagappa University	2/11/2010	16/10/2012

Areas of Research

- Sports Biomechanics and Kinesiology
- Scientific Principles of Sports Training

Research Supervision/ Guidance

Program of Study		Completed	Ongoing
Research	Ph. D	10	8
	M. Phil	6	--
Project	PG	45	1

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
25	21	10	29	

Cumulative Impact Factor (asper JCR)	
h-index	:2
i10 index	:0
Total Citations	:9

Funded Research Projects

Completed Projects:

S.No	Agency	Period		Project Title	Budget (Rs.In lakhs)
		From	To		

I	AURF	24.03.17to 24.03.19	Effect of Land Polymeric and Sand Polymeric Training On Selected Physical and Physiological variables among College hockey players	0.25
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Distinctive Achievements / Awards

- Best Citizen of India 2011 by The International publishing House New Delhi
- Sevai Chemmal Award South India Social Cultural Academy Chennai

Events organized in leading roles

Number of Seminars/Conferences/Workshops/Events organized:

Position	Programme	Duration	Institution
Organizing Secretary	State Level Workshop in Hockey and Umpire Examination	11 th &12 th March 2017	Alagappa University College of Physical Education, Karaikudi
Coordinator	Yoga for Harmony of Body and Mind (ICYHBM)	24.10.2019 & 25.10.2019	Alagappa University College of Physical Education, Karaikudi
Organizing Secretary	International conference on Modern Trends in Sports Performance (ICMTSP – 2023)	15 th March 2023-16 th March 2023	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN
Organizing Secretary	National Sports Day	29.08.2022	Alagappa University, Karaikudi - TN
Organizing Secretary	Sports Entrepreneurship Programme	11.03.2022	Alagappa University, Karaikudi - TN
Organizing Secretary of International Webinar	International Conference on Innovative Technology for Sustainable Development in Sports, Fitness and Healthy Life	25 th Feb 2022 - 26 th Feb 2022	Alagappa University, Karaikudi - TN
Organizing Joint secretaries	International conference on Yoga for Harmony of Body and Mind (ICYHBM- 2019)	24 th & 25 th October 2019	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee Member	5 th International Yoga day	21 June 2019	Alagappa University College of Physical

			Education
Organizing Committee Member	National Sports Day	29th August 2018	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee Member	National Level Yoga Championship 2018	18th March 2018	Alagappa University
Organizing Committee Member	International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”,	16th and 17th March 2018	Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003
Joint secretaries	Fitness and wellness	28 th September 2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee Member	Exercise, training & diet for high performance in Para sports	31st January 2017	Alagappa University College of Physical Education
Event-Coordinator	National Level Dwarf Sports & Games Championship & State Level Para Athletic Championship	20th to 21st January 2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee Member	Role of Bharathanatyam in Rhythmics and Physical Education	12th January 2017	Alagappa University College of Physical Education
Organizing Committee Member	Health indicators for physical and cognitive fitness education	26 & 27 February 2016	Alagappa University College of Physical Education
Organizing Committee Member	Recent Developments in Sports and Yogic Sciences	19th and 20th March 2015	Alagappa University College of Physical Education, Alagappa University, Karaikudi
Organizing Committee Member	Alagappa University Inter collegiate tournament	2013-2014	Alagappa University College of Physical Education, Karaikudi - TN

Events Participated

Number of Conferences/Seminars/Workshops: 74

Membership

Professional Bodies

- Joint Secretary, Sivagangai District Athletic Association, Sivagangai
- Life Member, National Association of Physical Education and Sports Science
- Life Member, Society Xx,India

Advisory Board

Year/Period	Name of the BoS /Administrative Committee/ Academic Committee	Role
2023	Board of Studies for B.Sc , B.P.Ed., M.P.Ed, Physical Education	Member
2018	Board of Studies for B.Sc , B.P.Ed., M.P.Ed, Physical Education	Member

Academic Bodies in Other Institutes/Universities

Year/Period	Name of the BoS/Administrative Committee/ Academic Committee	Role
2022 - 2023	Board of Studies in M.P.Ed and B.P.Ed Department of Physical Education, Bharathidasan University	Member

Ph.D. Thesis Guided

1. No. of Ph.D Thesis evaluated : 10
2. No. of Ph.D Public Viva Voce Examination : 10
Conducted

S.No	Name	Title of the Thesis	Year of Completion
1.	Priya .T	Impact Of Concurrent Strength And Sprint Training On Selected Strength, Speed And Power Parameters Of Women Hockey Players	2023
2	Arunprem.M	Effect of on Grass, Gravaland Synthetic Field on Motor Fitness and Performance Variables of College Men Hockey Players Circuit Training	2018

3	Alagesan.Tc	Effect of Varied Packages of Strength Training on Selected Motor Ability Components, Body Component, Body Composition and Physiological Variables of Female Athletes	2018
4	S.Saravanasudarsan	Effect of Varied Frequencies of Plyometric Training on Selected Motor Ability Components and Physiological Variables Among College Men Students	2018
5	J.Maruthupandi	Effect of Pranayama, Suryanamaskar and Combined Practice on Health Related Fitness Of College Students	2019
6	Rambabu.M	Effects of Different Training Packages on Selected Performance Parameters of School Boys	2019
7	Vijayan.G	Prevalence Of Overuse Injuries Due To Foot Impairments Of Among Long Distance Male Runners And Effectiveness Of Sports Shoes Modification	2023
8	Baskar.D	The Effect Step Aerobics And Plyometrics Training On Physical And Physiological Variables Among School Level Basketball Players	2023
9	Thinesh kumar.R	Impact Of Sports And Extracurricular Activities And Its Combined Effect On Selected Physical Physiological Psychological And Academic Performance Of School Boys	2023
10	Gopinath .J.M	Comparative Analysis of Selected Hematological Biochemical and Physical Fitness Variables of School Hockey Players in High and Low Altitude Analysis of Selected	2022

List of Research Articles/Recent Publications

S.No	Authors/Titleofthepaper/Journal	Impact Factor
1	M. Dhurga, K. Murali Rajan , K.Kaviyaran Turkish Journal Of Physiotherapy And Rehabilitation; 32(3)Influence Of Yoga Asana Practices On Anaerobic Power And Respiratory rate among university women field Hockey Players Volume- 32 Issue- 2ISSN 2651-4451 E- ISSN 2651-446X Page Number 19864 – 19866	
2	K Murali Rajan &PR Neethu -Compare The Impact 3 Week Of Fartlek Training And Circuit Training On Muscular Strength And Muscular Endurance among long distance runners Indian Journal of applied research volume-12 Issue-03 March-2022 Print ISSN NO: 2249-555X DOI:10.36106- March 22	

3	<p>K Murali Rajan And Ramavath ramesh g“ Effect Of Yogic Practice With Aerobic Exercise On Selected Kianthropometric Physical and Physiological Variables Of urban Obese school students”- Turkish Journal Of Physiotherapy and Rehabilitation; 32(3) ISSN 2651-4451 E-ISSN 2651-446X36046 – 36055-JULY2022</p>	
4	<p>K Murali Rajan ,PR Neethu.1 , Durga M.2 , Arivazhagan March 2023 M ECB European Chemical Bulletin “ <i>Impact 3 Week Of Fartlek training and circuit Training On muscular Strength And Muscular Endurance Among Long Distance runners</i>”volume-12,Specialissue-3ISSN:20635346-2023</p>	
5	<p>.K.Murali Rajan and Karpagajothi N-International journal of Social Science &Management Studies (I.J.S.S.M.S.) “Consequence Of Countermovement Jump Training With And Without Yogic Practices On Muscular strength and an aerobic power Among women hockey player” Peer reviewed–Refereed research journal Indexing &,Ex-UGCS.N.535-ISSN:2454-4655,Vol.-8,No.–10, Nov.–2022</p>	Impact factor-5.2
6	<p>K.Murali Rajan and M.Dhurga- International Journal of Social Science & Management Studies (I.J.S.S.M.S.) “Influence of Swiss Ball Training and Core Board Training on Balance and Speed Dribbling Among College Women Hockey Players” Peer Reviewed– Refereed Research Journal, Indexing &,Ex-UGCS.N.5351ISSN:2454-4655,Vol.-8,No.–10, Nov.–2022</p>	Impact Factor-5.2