



Lt. Dr. C. VAIRAVASUNDARAM  
Assistant Professor

### Contact:

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### Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph. D	Bharathidasan University, Tiruchirappalli	2017	Physical Education	Highly commended
M. Phil	Bharathiar University, Coimbatore	2011	Physical Education	First class
M. P. Ed	Bharathiar University, Coimbatore	2009	Physical Education	First class
P.G.Dip.,	Bharathiar University, Coimbatore	2009	Physical Education	First class
P.G.Dip.,	Bharathiar University, Coimbatore	2008	Physical Education	First class
B. P. Ed	Bharathiar University, Coimbatore	2007	Physical Education	First class
B.Sc	H.H.The Rajah's College, Pudukkottai	2006	Physical Education	First class
L. L. B	Annamalai University Chidambaram	2019	Bachelor of Law	Second class
UGC (NET)	University Grants Commission	2013	Physical education	-

### Teaching Experience:

Total Teaching Experience : 09 Years

Position	Institution	Duration
Assistant Professor	College of Physical Education	09

### Research Experience

Total Research Experience : 09 Years

Position	Institution / University	Duration
Assistant Professor	Alagappa University College of Physical Education	31.01.2016 to Till Date

### Academic and Additional Responsibilities

S.no	Position	University Bodies	Period	
			From	To
1	Warden	AUCPE Men's Hostel Warden	25.05.2019	25.05.2023
2	Selection committee member	Alagappa University Selection Committee Member in Badminton	Since 2022	Till now
3	Coordinator	Swach Bharat & Swasth Bharat Coordinator	26.10. 2022	Till now
4	In charge	In charge of Rocket Sports	2021	Till now
5	Coordinator	AUCPE Campus Interview Coordinator	2021	Till now
6	NCC Officer	Associate NCC Officer	2019	Till now
7	Coordinator	AUCPE SWAYAM Coordinator Since	24.04.2019	Till now
8	Selection Committee member	Alagappa University Selection Committee Member in Handball(M&W)	Since 2017	Till now
9	DDE University Representative	University Representative in Alagappa University DDE Exam	Since 2016	Till now
10	Deputy Warden	AUCPE Men's Hostel Deputy Warden	07.05.2019	24.05.2019
11	In charge	In-charge of Handball(W)	2016	2021

### Areas of Research

1. Exercise Physiology
2. Sports training

### Research Supervision /Guidance

Program of Study		Completed		Ongoing
	Ph. D	2		3
	M. Phil	1		-----
Project	PG	21		-----
International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
22	29	14	21	1

Cumulative Impact Factor (as per JCR) :  
 h-index : 02  
 i10 index : 16  
 Total Citations : 16

### Funded Research Projects

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### Distinctive Achievements / Awards

S.no	AWARD	AWARDED BY	CATEGORY FOR WHICH THE AWARD WAS GIVEN	YEAR OF AWARD
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1	Sports contribution Award	National Kreedha Bharati Association	Sports contribution	August 2023
2	Social Service Award	NYK Sivaganga And Yoga Trust Karaikudi	NCC Social Services Activities	May 28 2023
3	Social Service Award	Government Hospital, Kanadukathan	Cleaning the hospital campus	April 2023.
4	Community engagement Award	Centre for Gandhian studies Alagappa University	Community Engagement for NCC & Hostel Warden	3 <sup>rd</sup> October 2022
5	Appreciation Award	Alagappa University	Quality Enhancement in teaching and research	2019
6	Appreciation Award	Alagappa University		2017

#### Several Seminars /Conferences /Workshops/ Events organized:

Position	Program	Duration	Institution
Coordinator	Limelight of fitness	One day 15.02.2023	AUCPE
Coordinator	Entrepreneurial skills	One day 02.12.2022	AUCPE
Coordinator	Lights of yoga	One day 17.02.2022.	AUCPE

#### Number of Conferences/Seminars/Workshops: Advisory Board

##### Events Participated

Year/Period	Name of the BoS /Administrative Committee / Academic Committee	Role
2023	Member in TNPESU and Affiliated Colleges for framing of guidelines for B.P.E.S- B.Sc and B.B.A Sports Management	Member
2022-2023	SDAT (Sports Development Authority of Tamil Nadu) Sivagangai District, Advisory Committee Member in Tamil Nadu Chief Ministers Trophy.	Member
2022-2023	SDAT (Sports Development Authority of Tamil Nadu) Sivagangai District, Organizing Committee Member in Tamil Nadu Chief Ministers Trophy.	Member
12.01.2023	Khelo India Youth Games Badminton Coach Selection Committee Member, in Sports Development Authority of Tamil Nadu, Sivagangai District.	Member

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### Academic Bodies in Other Institutes/Universities

Year/Period	Name of the BoS /Administrative Committee / Academic Committee	Role
2023	TNPESU-coe-valuation-pg./ug degree December	Norms framing

### Ph.D. Thesis Guided

S.no	Name of the Scholar	Title of the Thesis	Year of Completion
1	Shaik Hassan Jany	Effect of aerobic circuit training and suspension training on selected performance parameters of senior athletics	2023

### List of Research Articles / Recent Publications

2	Javeed Ahmed too	Influence of high altitude and low altitude training on selected physical physiological and biochemical variables on long-distance runners	2021
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S. No	Authors/Title of the paper/Journal	Impact Factor
1	<b>Mr.MohmmadChotemiya, C.Vairavasundaram</b> the study on Resistance and aqua resistance training packages and its impact on selected kin anthropometric variables among basketball players	
2	<b>Mr.MohmmadChotemiya, C.Vairavasundaram</b> studied Resistance and aqua resistance training packages and their impact on selected corporeal variables among men basketball players	
3	<b>Mr.MohmmadChotemiya, C.Vairavasundaram</b> experimented on Resistance and aqua resistance training packages and their impact on selected functional variables among men basketball players	
4	Mr.YallaraoMandava and C.Vairavasundaram experiment on the Effect of low-intensity plyometric training on selected performance variables of school boys	

5	<b>Mr.Shaik Hassan Jany and C.Vairavasundaram</b> experiment on the Effect of Suspension training on selected skill-related fitness parameters among Senior Athletes	
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### Resource persons in various capacities

National Conferences:1

International Conferences:2

Invited Lectures:6

<b>Date(s)</b>	<b>Activity</b>	<b>Place</b>
06.05.2023	Yoga for Human Excellence	Agricultural College and Research Institute, Chettinad
1 <sup>st</sup> & 2 <sup>nd</sup> Jan 2021	Fitness Management (Motivation)	Jonah College of Physical Education
29.08.2021	Yoga Rejuvenating Body and Mind during Covid-19	Sree Narayana Guru College, Dept of Physical Education
2 <sup>nd</sup> Nov-2021	Yoga leads a peaceful life	E.M.G. Yadava Women's College, Madurai
12 <sup>th</sup> Nov-2020	Swachhta Awareness Talk on swachhta	NCC Unit Alagappa University
10 <sup>th</sup> Nov-2020	Swachhta Awareness Talk on Hand Wash and Personal Hygiene	NCC Unit Alagappa University