



**Dr.K.Sundar**  
**AssistantProfessor**

### Contact

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### Academic Qualifications

DEGREE	INSTITUTION	YEAR	BRANCH	CLASS
Ph.D	TNPESU Chennai	2012	PhysicalEducation	-
M. Phil	Alagappa University	2002	PhysicalEducation	FIRST
M.Sc	Alagappa University	2022	Psychology	FIRST
M.P.ES	Annamalai University	2001	PhysicalEducation	FIRST
NSNIS	SAI-Kolkata	2000	Boxing	FIRST
M.A	LN Govt Arts college , Ponneri	1999	History	SECOND
B.A	LN Govt Arts college , Ponneri	1997	History	SECOND

### Teaching Experience

<b>TotalTeachingExperience</b>	<b>: 21 Years</b>	
<b>Position</b>	<b>Institution</b>	<b>Duration</b>
AssistantProfessor	Alagappa University College of Physical Education, Karaikudi	1 <sup>st</sup> Feb2016 to TillDate
PhysicalDirector	Anna University Regional Centre, Coimbatore	6 <sup>th</sup> Nov2013to 31 <sup>st</sup> Jan2016
DirectorofPhysicalEducation	Karpagam College of Engineering, Coimbatore	2 <sup>nd</sup> April2008to 4 <sup>th</sup> Nov2013
DirectorofPhysicalEducation	Indra Group of Institutions, Thiruvellur	3 <sup>rd</sup> Feb2005to 28 <sup>th</sup> Mar2008
DirectorofPhysicalEducation	AmritaInst.ofMedicalScienceAnd Research Centre, Kochin	30 <sup>th</sup> April2002to 1 <sup>st</sup> Feb2005

## Research Experience

Total Research Experience	:	8	Years
<b>Position</b>		<b>Institution/University</b>	<b>Duration</b>
Assistant Professor		Alagappa University	2016 to Till Date

## Academic and Additional Responsibilities

S.No	Position	University Bodies	Period	
			From	To
1	NSS programme Officer	Alagappa University	2017	2022
2	University Representative	DD Exam	2016	Till date
3	University Teams manager and Coach	University Director of Sports	2016	Till date
4	Extramural Incharge	Alagappa University College of Physical Education, Karaikudi	2016	Till date
5	Deputy Coordinator	Alagappa University Para Sports Centre	2022	Till date
6	NME Coordinator	Alagappa University College of Physical Education, Karaikudi	2018	Till date

## Areas of Research

- Sports Psychology
- Sports training
- Sports Technology
- Sports Physiotherapy

## Research Supervision / Guidance

Program of Study		Completed	Ongoing
	Ph.D	1	4
	M.Phil	3	-
Project	PG	16	3

## Publication

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
15	35	10	15	book - 3/ Manual-1

<b>CumulativeImpactFactor(asperJCR)</b>	:	
<b>h-index</b>	:	2
<b>i10index</b>	:	0
<b>TotalCitations</b>	:	7

## Funded Research Projects

### Ongoing Projects:

S.No	Agency	Period		ProjectTitle	Budget (Rs. Inlakhs)
		From	To		
1.	RUSA 2.0	2018-2024		Isolated and Combined Practices of Yogic Practices And Meditation on Selected Physical, Physiological, Biochemical, Anthropometrical, and Psychological Variables among College Students	26 lakhs

### Completed Projects:

S.No	Agency	Period		ProjectTitle	Budget (Rs.Inlakhs)
		From	To		
1	AURF	24.03.17to	24.03.19	influence Of specific circuit training on arm explosive power and coordination performance of men boxing players	0.25

## Distinctive Achievements/Awards

1. Represented Madras University and Won the Gold Medal in the Game of Boxing1997 All India inter university boxing completion
2. Represented Madras University and Won the Silver Medal in All India Inter University Boxing completion in the year of 1998
3. Excellence Award for its contribution towards the game Boxing in the year of 1998 by Dr.Sivanthiaditanar Sports Academy.
4. Represented Tamilnadu Boxing team and Won the Bronze Medal in Manipur National games 2000
5. Chennai city Best Sports Persona award by SABI Chennai in the year of 1997
6. SDAT Sports Excellence Award 1999
7. Anna UniversityBoxingandTrapshooting BestTeamManager Cash Award Winner 2015
8. NSS programme officer award Sivagangai District 2023
9. Appointed completion manager in 2011 — sahara 58th Senior Men National Boxing championships at Alagappa Chettiar Engg. & Tech.,,karaikudi.

## Events organized in leading Roles

Number of Seminars/Conferences/Workshops/Events organized:

<b>Position</b>	<b>Programme</b>	<b>Duration</b>	<b>Institution</b>
Joint secretary	International Conference on recent trends in sports and yogic sciences	2 Days 26/03/2024 to 27/03/2024	Alagappa University College of Physical Education and Department of Physical Education Karaikudi
Organizing Committee member	International conference on Modern Trends in Sports Performance (ICMTSP – 2023)	15/03/2023 to 16/03/2023	Alagappa University College of Physical Education, Alagappa University, Karaikudi-TN
Deputy director	Annual Leadership Training Camp -2023	7 days 01.02.2023 to 07.02.2023.	Alagappa University College of Physical Education, Karaikudi
Organizing member of International Webinar	International Conference on Innovative Technology for Sustainable Development in Sports, Fitness and Healthy Life	25/02/2022 to 26/02/2022	Alagappa University College of Physical Education, Karaikudi,
Deputy Director	Annual Leadership Training Camp -2020	03/03/2020 to 08/03/2020	Alagappa University College of Physical Education, Karaikudi
Organizing Secretary	Two International Webinar on physical Mental Social emotional and spiritual intelligence for innovative process in Higher Education	14/12/2020 to 15/12/2020	Alagappa University College of Physical Education, Karaikudi
Organizing Secretary	One National webinar on multidisciplinary approach of sports rehabilitation therapists in the pandemic situation	08/09/2020	Alagappa University College of Physical Education, Karaikudi
joint Secretary	International Conference on yoga for harmony of body and mind	24/10/2019 to 25/10/2019	Alagappa University College of Physical Education, Karaikudi
Organizing Secretary	International Conference on Vision and Mission for Grooming Athletes and Para Athletes for Olympics 2020	07/03/2018 to 08/03/2018	Alagappa University College of Physical Education, Karaikudi
Convener	NSS Special Camp	22/03/2018 to 28/03/2018	Alagappa University College of Physical Education, Karaikudi
Organizing Committee Member	Exercise, training & diet for high performance in Para sports	31/01/2017	Alagappa University College of Physical Education
Joint secretaries	Fitness and wellness	28/09/2017	Alagappa University College of Physical Education, Alagappa University, Karaikudi

Organizing Committee Member	Role of Bharathanatnam in Rhythmic and Physical Education	12/01/2017	Alagappa University College of Physical Education
Organizing Committee Member	Health indicators for physical and cognitive fitness education	26/02/2016 to 27/02/2016	Alagappa University College of Physical Education

### Events Participated

Number of Conferences/Seminars/Workshops: 42/25/40

### Membership in Professional Bodies

1. Executive Committee Member: Tamil Nadu boxing Association (Regd. No. 173/2011)
2. ROC member chess boxing association 2014 onward TN Regn. No.48/1960.
3. Life Member: Society of Tamil Nadu, India
4. Executive Committee Member for Tamil Nadu Handball Association 2009 onwards
5. Selection Committee Member for Madras University Chennai, Anna University, Chennai and Alagappa University, Karaikudi
6. Acted as a Team Manager for various University team to participate in the All India and South zone tournaments. 2005 Onwards.
7. Sport Quota squirting committee member in Anna University sports board 2013-14
8. Sport Quota lateral entry squirting committee member in Tamil Nadu technical board Chennai 2016 onwards
9. Executive Committee Member for Tamil Nadu Pencak Silat Association 2018 onwards Reg. 86/2018
10. Life member: Indian federation of computer science in sports affiliated to international association of computer science in sports

### Advisory Board

Year/Period	Name of the BoS/Administrative Committee/Academic Committee	Role
2018	BOS, AUCPE	Member
2022	BOS, AUCPE	Member
2022	BOS, Para Sports Centre	Member
2021-2022	AIU-South Zone Kabaddi Women Tournament	Member

### Academic Bodies in Other Institutes/Universities

Year/Period	Name of the BoS / Administrative Committee /Academic Committee	Role
2013 to 2015	1 <sup>st</sup> year student BE/BTech/Medical sports admission	Sport Quota squirting committee member
2016 Onwards	Later entry BE students sports admission	Sport Quota lateral entry squirting committee member

## P.hD Thesis Guided

1.	No.ofPhDPublicVivaVoceExaminationconducted	:	1
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S.No	Name	Titles	Year of Completion
1.	M.Suresh	IsolatedandCombinedEffectofResistanceandAnaerobic Interval Training on Selected Bio-Motor,PhysiologicalandPerformanceVariablesamong CollegeMenCricketPlayers	<b>2022</b>

## List of Research Articles/Recent Publications

S.No	Authors/Titleofthepaper/Journal	Impact Factor
1.	<b>K.Sundar</b> / Mr. Rajesh gudam Isolated and combined effect of cognitive skills training with yogicpractices to improve the visual processing of chess player / Aegaeum Journal 8 (3),879 ISSNNO:0776-3808	
2	<b>K.Sundar</b> / Isolated and Combined Effect of Anaerobic and Aerobic Training on Agility Performance of College Men boxer ./International Journal of innovative researchanddevelopment1(05),336-338	
3	<b>K.Sundar</b> / Mr. Nidhin M N, Effect of Tabata training on agility and speed among hockey players/Mukt Shabd Journal9(7),1209-13	
4.	<b>K.Sundar</b> / Snnappa Hegunda Impact of functional training on selected motor fitness components of sprinters / Journal of Xi'an University of Architecture&Technology12(9),649-654	
5.	<b>K.Sundar</b> / Snnappa Hegunda Influence of functional training on selected motor fitness components of sprinters / Education and Society 46(5), 84-87	
6	<b>K.Sundar</b> / Rajesh gudam Influence of yoga meditation and cognitive skill training exercises to improve the self confidence of chess players /EducationandSociety46(5),73-77	
7	<b>K.Sundar</b> /M.Suresh Effect of resistance training on selected biomotor variables among engineering college men cricket players/Journal of Xi'an UniversityOfArchitecture&TechnologyISSNNo:1006	
8	<b>K.Sundar</b> / Effect of high intensity interval training and functional training on basal heart rate and motor fitnessvariables ofsprinters/HTLJournal Scopus Indexing Link:Https://Www.Scopus.Com/Sourceid/1266726	
9	<b>K.Sundar</b> / M.suresh impact of yoga meditation and brain training exercise improvetheself-confidence of chessplayer's 2020/3 AEGAEUM JournalScopus volume-8Issue-03,Pages-878-884Publisher-Universite DeLiege	
10	<b>K.Sundar</b> /Isolated AndCombinedEffectOf AnaerobicAndAerobic TrainingOnVitalCapacityPerformanceOfCollegeMenBoxer/AcademicSportsScholar1(05),336-341	
11	<b>K.Sundar</b> / m.suthakar Effects Of Fartlek and Polymeric Training On Agility Performance Of Collegiate Male Silambam Players /International Journal of Health, Physical Education and Computer Science	

## Resource persons in various capacities

National Conferences	:	6
International Conferences	:	10
Invited Lectures	:	8