

# RESUME



**Name: Dr.V.Kumar**  
**Designation: Assistant Professor**  
**Department: Physical Education**  
**Address: 74, West Street, Kammalankulam,**  
**Tirunelveli, Tamilnadu-627358**

## PERSONAL DETAILS

Date of Birth : 20-07-1987

Qualification : B.Sc., M.Sc. (Yoga), M.P.Ed., M.Phil., Ph.D.

Designation : Assistant Professor

Department : Physical Education

Community : SC

Religion : Hindu

Nationality : Indian

Mobile : 9629256260

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## ACADEMIC QUALIFICATIONS

Degree	Specialization	College	University	Year of Passing
B.Sc.,	Physical Education	The M.D.T. Hindu College	M.S.University	2012
B.P.Ed.,	Physical Education	Alagappa University College of Physical	Alagappa University	2013

		Education		
M.P.Ed.	Physical Education	M.S.University	M.S.University	2015
M.Phil.	Physical Education	M.S.University	M.S.University	2016

M.Sc.	Yoga for Human Excellence	M.S.University	M.S.University	2020
Ph.D.	Physical Education	M.S.University	M.S.University	2020

### ACADEMIC IDENTITY

*VIDWAN ID	<a href="https://vidwan.inflibnet.ac.in//profile/289907">https://vidwan.inflibnet.ac.in//profile/289907</a>
*ORCID ID	<a href="https://orcid.org/0000-0003-4207-6831">https://orcid.org/0000-0003-4207-6831</a>
*SCOPUS ID	
*RESEARCHER ID/ PUBLONS ID	
GOOGLE SCHOLAR LINK	<a href="https://scholar.google.co.in/citations?user=40GfgNAAAAAJ&amp;hl=en">https://scholar.google.co.in/citations?user=40GfgNAAAAAJ&amp;hl=en</a>

### TEACHING EXPERIENCE

<b>Date of Appointment</b>	01-08-2022
<b>Date of Retirement</b>	01-05-2047
<b>Teaching Experience</b>	UG -2 Years 7 Months
	PG
	M.Phil.
<b>Research</b>	Guided M Phil: Guided Ph.D.: Guiding Ph.D. Scholar:

COURSES/CLASSES TAUGHT	NAME OF THE INSTITUTIONS	DURATION		
		From	To	Years
B.Sc. Physical Education	S.S.D.M. College, Kovilpatti	01-12-2019	31-07-2022	02

### AWARDS RECEIVED

1.	Manonmaniam Sundaranar University “ <b>GOLD MEDAL LIST</b> ” B.Sc. Physical Education (UG)-2012
2.	Received “ <b>SHORT TERM RESEARCH FELLOWSHIP</b> ” (6 months) from Indian Council for Social Science Research (ICSSR) in the year of 2019.
3.	
4.	
5.	

<b>ADMINISTRATIVE EXPERIENCE</b>			
<b>S. No</b>	<b>DESIGNATION</b>	<b>INSTITUTIONS</b>	<b>YEAR</b>
1	12 <sup>th</sup> Hockey India Junior Men National Championship, Organization Committee Member	Hockey Unit of Tamilnadu	2022
2	11 <sup>th</sup> Hockey India Junior Men National Championship, Organization Committee Member	Hockey Unit of Tamilnadu	2021
3	Digisports Conference 2019, Organization Committee Member	International Association of Sports and ICT	2019

<b>MEMBERSHIP</b>		
<b>S. No</b>	<b>Designation</b>	<b>Particulars</b>
1.	Board of Study Member (PG)	Manonmaniam Sundaranar University
2.	External Examiner (UG), Practical Examination	Manonmaniam Sundaranar University
3.	Valuation Board Member (UG), B.Sc. Physical Education	Manonmaniam Sundaranar University
4.	Member-Editorial Board	International Journal of Physical Education , Exercise and Sports (IJPEES)
5.	Member-Editorial Board	International Journal of Yoga, Physiotherapy and Physical Education (IJYPPE)
6.	Review Member	International Journal of Creative Research Thoughts (IJCRT)
7.	Review Member	Journal of Emerging Technologies and Innovative Research(JETIR)
8.	Life Member	Yoga Association (IYA)
9.	Life Member	Indian Academic Researchers Association (IARA)

**ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE ( )**

<b>S. No</b>	<b>Name of the Training</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>
1	Research Methodology Programme (WRM-'17)	Rajiv Gandhi National of Youth Development	Manonmaniam Sundaranar University, Tirunelveli-12, 10 <sup>th</sup> to 14 <sup>th</sup> February 2017
2	State Technical Official	Sports Development of Tamilnadu (SDAT)	Manonmaniam Sundaranar University, 03 <sup>rd</sup> April 2016
3	Swimming Course	Sports Development of Tamilnadu (SDAT)	Sports Development of Tamilnadu (SDAT), Tirunelveli, 1 <sup>st</sup> - 21 <sup>st</sup> December 2014
4	P.D.'s & P.E.T's Orientation Course for New Games	Sports Development of Tamilnadu (SDAT)	Sports Development of Tamilnadu (SDAT), Tirunelveli 29 <sup>th</sup> and 31 <sup>st</sup> August 2017

**DETAILS OF RESEARCH WORK**

<b>Research Stages</b>	<b>Title of the Thesis</b>	<b>University where the work was carried out</b>
Ph.D. (Highly Commended)	Prediction of Soccer Playing Ability of Selected Kinanthropometric, Physical and Physiological variables among Women Soccer Players	M.S.University
M.Phil. (Awarded)	Comparison of Selected Anthropometric and Motor Fitness Variables to Soccer Performance among Male Soccer Players	M.S.University
M.P.Ed., (Completed)	Effect of Small Sided Games Training of Selected Performance Variables among Soccer Players	M.S.University

**AREAS OF RESEARCH**

Football
Test Measurement and Evaluation in Physical Education
Sports Training
Sports Biomechanics
Sports Technology

<b>RESEARCH PROJECTS CARRIED OUT</b>			
<b>S. No</b>	<b>Title of the Project (Minor)</b>	<b>Name of the Funding Agency &amp; Amount</b>	<b>Duration</b>

<b>PUBLICATIONS</b>				
<b>BOOKS</b>	<b>BOOK CHAPTERS</b>	<b>SCOPUS</b>	<b>WEB OF SCIENCE</b>	<b>UGC LISTED</b>
<b>OTHER INDEXED</b>	<b>AS A RESOURCE PERSON</b>	<b>PAPERS PRESENTED IN NATIONAL AND INTERNATIONAL SEMINARS</b>	<b>WEBINARS, SEMINARS, WORKSHOPS ATTENDED</b>	

<b>PUBLICATIONS: BOOKS (1)</b>			
<b>S. No</b>	<b>Title of the Book</b>	<b>Publication</b>	<b>Year</b>
1	Theories of Yoga (1 <sup>st</sup> Ed.)	National	2020
2	A Textbook of Human Anatomy and Physiology	National	2021

<b>BOOK CHAPTERS ()</b>			
<b>S. No</b>	<b>Title of the Paper</b>	<b>Name of the Book</b>	<b>ISSN No., Pg.No</b>

**PUBLICATIONS: SCOPUS INDEXED JOURNALS ( ) WEB OF SCIENCE ( )**

S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No

**PUBLICATIONS: UGC LISTED JOURNALS (13)**

S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No
1	Effect of Quick Footwork Drills on Footwork and Quickness among Soccer Players	Gorteria Journal	0017-2294, 33(12), pp-422-428
2	Relationship Between Anthropometric Characteristics and Playing Ability among Women Soccer Players	Journal of Xidian University	1001-2400, 14(3), pp-1048-1052
3	Effect of Sled Training on Acceleration and Maximum Running Speed among Athletes	Infokara Research	1021-9056, 9(2), pp-215-219
4	Effect of sling training on core stability and shoulder strength among tennis players	The International journal of analytical and experimental modal analysis	0886-9367, 12(2), pp-1189-1192
5	Effect of Plyometric Associated with Weight Training on Agility and Leg Explosive Power among Kabaddi Players	Journal of Information and Computational Science	1548-7741, 9(11), pp-740-745
6	Effect of Skill Training Associated with Plyometric Training on Selected Performance Variables and Leg Explosive Power among Kabaddi Players	The International journal of analytical and experimental modal analysis	0886-9367, 9(9), pp-1373-1377
7	Prediction of dribbling ability from the selected kinanthropometric physical and physiological variables among women soccer players	Adalya Journal	1301-2746, 8(8), pp- 323-327
8	Pre dominant factors in assessing the Passing abilities from the selected kinanthropometric, physical and physiological variables Among women soccer players.	Journal of Information and Computational Science	1548-7741, 9(8), pp-324-348
9	Change of Direction with Short Quick Sprint Training on Acceleration and Agility among Women Soccer Players	International Journal of Fitness Health, Physical Education & Iron Games	2349 – 722X, 6(3), pp-88-93

10	Influence of Specific Field Training on Speed and Agility among Soccer Players	International Journal of Scientific Research and Reviews	2279-0543, 8(2), pp-3682-3688
11	Effect of Ballistic Training on Explosive Power and Muscular Strength among Women Soccer Players	Universal Review	2277-2723, 7(12), pp-1272-1276
12	Analysis of Selected Bio Motor Qualities between Kabaddi and Kho-Kho Players	Journal of Emerging Technologies and Innovative Research (JETIR)	2349-5162, 5(7), pp-296-299
13	Influence of Small Sided Games Training on Selected Performance Variables among Soccer Players	International Journal of Creative Research Thoughts (IJCRT)	2320-2882, 6(1), pp-514-518

**PUBLICATIONS: OTHER INDEXED JOURNALS (3)**

S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor &Pg.No
1	Effect of 6- Week Immunity Boosting Yogic Practices on Lymphocytes among Middle Aged People	Research Nebula	2277-8071, pp- 189-192
2	Effect of Visual Perceptual Training on Selected Performance Variables of Football Players	World Academy of Informatics and Management Sciences,	2278-1315 , 9(4), pp-9401-9405
3	Common Sports Injuries of Soccer Players	Outreach (ISRA) Multi-Disciplinary Research Journal	09751246 , 10 (1), March 2017, pp-24-28,

**AS A RESOURCE PERSON (26)**

S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date

**WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP  
PAPER PRESENTED: National ( ) International ( )**

<b>S. No</b>	<b>Name of the Event</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>
1	National Seminar on Yoga for Health and Happiness	Department of Physical Education and Sports	M. Sundaranar University, Tirunelveli, 27th May 2022
2	International Conference on Business and Finance ICBF 2021	Department of Business Administration	SSDM College, Kovilpatti, 02nd November 2021
3	International conference on Technological Practices in Education for Sustainable Development	Department of Education	Mother Teresa Women's University, Kodaikannal, 21st & 22nd, October 2021.
4	International conference on Role on Sports and Yoga on Human Performance Enhancement	Department of Physical Education	Madurai Kamaraj University, Madurai during 06th & 07 <sup>th</sup> February 2020
5	National Seminar on Life Span Motor Development	Center for Special Movement Education (SoC)	Manonmaniam Sundaranar University, during 07 <sup>th</sup> & 08 <sup>th</sup> February, 2020
6	International conference on Yoga for Harmony of Body and Mind	Alagappa College of Physical Education	Alagappa University Karaikudi, during 24th & 25th October, 2019
7	International conference on Yoga, Meditation and Sports for Peace and Prosperity – 2019	Department of Physical Education and Health Sciences	Alagappa University Karaikudi, during 17 <sup>th</sup> & 18 <sup>th</sup> October 2019
8	Global Digisports International Conference 2019	International Association of Sports and Information and Communication Technology (ICT)	Information and Communication Technology (ICT) during 2nd and 3rd August 2019, at Kanyakumari
9	International Conference on Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance	Department of Exercise Physiology and Biomechanics	Tamilnadu Physical Education and Sports University, Chennai during 5th & 7th March 2019

10	National Seminar on Role of Yoga for Health and Lifestyle Management	Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education	Coimbatore during 1st & 2nd March 2019
11	National Seminar Social Exclusion and Inclusion of Transgender: Social hindrance and Issues	Directorate of Distance & Continuing Education- B.Ed	Manonmaniam Sundaranar University during 7th & 8th Feb 2019
12	International conference on Multidisciplinary approaches in Social Sciences, Humanities and Sciences	Sri S. Ramasamy Naidu Memorial College	Sattur, Tamilnadu on 14th December 2018
13	National seminar on Integrated Holistic Approach towards Physical and Mental Health	Govt. Art College	Paramakudi on 27th July 2018
14	State level Seminar on Yoga for Total Well Being	Sri Sarada College of Education for Women	Tirnelveli on 22nd March 2018
15	International Conference on Sports Vision and Mission for Grooming Athletics and Para Athletics for Olympic 2020	Alagappa University College of Physical Education and Para Sports Centre	Karaikudi, during 16th & 17th March 2018
16	National conference on Modern perspectives of sports science and yoga for the enhancement of sports performance	Ganesar College of Arts and Science	Pudukottai on 3rd March 2018
17	State level seminar on Modern Trends in Physical Education and Sports	Manonmaniam Sundaranar Constituent College	Kadayanallur on 23rd February 2018
18	International Conference on E-Society for Nation Building and Empowerment (E-SNBE-2017)	Department of Commerce	Manonmaniam Sundaranar University on 6th September 2017
19	International Conference on India 2030	Department of Commerce	Manonmaniam Sundaranar University during 1st & 2nd September 2017
20	National seminar on Technology Innovation & Entrepreneurship in Sports	Department of Physical Education	Bharathiar University, Coimbatore-46, during 23 & 24th, March 2017
21	National level seminar on Sports Medicine: Applications and Recent Trends	Department of Physical Education	V.O.Chidambaram College, Thoothukudi on 3rd March 2017
22	State level on Role of Yoga on Holistic Health	Sri Sarada College of Education for Women	Tirunelveli on January 23th, 2017
23	UGC-SAP-DRS-II Sponsored National Seminar on Need of	Department of Physical Education and Sports	Annamalai University,

	Women Fitness in Modern Era	Sciences	Chidambaram, during 28th & 29th March 2016
24	UGC Sponsored National Level Conference on “Concepts of Health, Fitness and Wellness	Department of Physical Education and Yoga	Bharathidasan University, Tiruchirapalli during 4th & 5th February 2016
25	National Seminar on Fit and Healthy India – vision 2023	Alagappa University College of Physical Education	Alagappa University, Karaikudi during 28th & 29th September 2015
26	National Seminar on Recent Development in Sports and Yogic Sciences	Alagappa University College of Physical Education	Alagappa University, Karaikudi during 19th & 20th March 2015

<b>WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP ATTENDED:</b>			
<b>S. No</b>	<b>Name of the Event</b>	<b>Name of the Sponsoring Agency</b>	<b>Place and Date</b>
1	Nutri-Battle Strategy Against COVID-19	Department of Nutrition and Dietetics	Sadathullah Appa College, Tirunelveli, 15 <sup>th</sup> May 2020
2	Education, Physical Education and Sports	Department of Physical Education	Bharathidasan University, Thiruchy, 1 <sup>st</sup> June 2020
3	Yoga for Fitness and Wellness	Department of Education Psychology	Tamilnadu Teacher Education University, Chennai, 25 <sup>th</sup> May 2020
4	Rule its Role in Hockey	Thoothukudi District Hockey Association	14 <sup>th</sup> June 2020
5	Role of Coaches in Modern Volleyball	Department of Physical Education, Health Education and Sports,	ANJA College, Sivkasi, 13 <sup>th</sup> June 2020

<b>COUNTRIES VISITED</b>			

**EXTRA-CURRICULAR ACTIVITIES/ CO-CURRICULAR ACTIVITIES  
ATTENDED(NCC/NSS/YRC/SPORTS/LITERARY AND CULTURAL ACTIVITIES)**

❖ Winner – BDS School State Football Competition for St.Xaviers Higher Secondary School Football Team during the academic year 2002-2003

❖ Represented intercollegiate football tournament for the M.D.T. Hindu College football team has to participated M.S.University football tournament during the academic year 2009-2010.

❖ Represented intercollegiate football tournament for the Alagappa University College of Physical Education football team has to participated Alagappa University football tournament during the academic year 2012-2013

❖ Represented football tournament for the M.S. University Department football team has to participated open football tournament during the academic year 2014-2018

❖ Active official – School Sports Promotion Foundation (SSPF) organized by Sports authority of India

❖ Conference Functional Committees Member - Global DigiSports International Conference organized by International Association of Sports and Information and Communications Technology (ICT), Kanyakumari 2nd & 3rd August 2019

**Date: 22.08.2022**

**Name: Dr.V.Kumar**