



Dr. M. SELVAM

DIRECTOR OF PHYSICAL EDUCATION

Contact

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Academic Qualifications

Degree	Institution	Year	Branch	Class
Ph.D., (Physical Education)	Tamil Nadu Physical Education and Sports University, Chennai	2013	Physical Education	----
M. Phil., (Physical Education)	Tamil Nadu Physical Education and Sports University, Chennai	2009	Physical Education	First Class 74%
M.P. Ed., (Master of Physical Education)	Annamalai University Chidambaram.	2006-08	Physical Education	First Class 67.9%
M.Sc., (Yoga)	Tamil Nadu Physical Education and Sports University, Chennai	2017	Physical Education	First Class 70
B.P.E.S. (Bachelor of Physical Education Sports & Science)	Y.M.C.A. College of Physical Education Nandanam, Chennai	2003 - 06	Physical Education	First Class 61.9%

PG Diploma Yoga	Tamil Nadu Physical Education and Sports University	2009	Yoga	First Class 68%
NSNIS (Certificate Course)	NSNIS Mumbai Centre	2013	Sports Training & Coaching	60
Skill Development Programme in Sports Sciences	Sports Authority of India Netaji Subhas National Institute of Sports, Patiala,	2016	Volleyball	----

Teaching Experience

Total Teaching : 12 Years
Experience

Position	Institution	Duration
Director of Physical Education	Alagappa University College of Physical Education, Alagappa University, Karaikudi.	09.07.2026 to Till Date
Director of Physical Education	Alagappa University College of Arts and Science for Women, Satellite Campus, Thondi.	03.11.2025 to 09.07.2026
Director of Physical Education	Alagappa University Model Constituent College of Arts and Science, Paramakudi.	31.08.2015 to 31.10.2025
Director of Physical Education	The Misrimal Navajee Munoth Jain Engineering College, Toraipakkam, Chennai.	Feb 2014 to 30.08.2015

Research Experience

Total Research Experience: 10 Years

Position	Institution/University	Duration
Director of Physical Education	Alagappa University College of Physical Education, Alagappa University, Karaikudi.	28.07.2016 to Till Date

Academic and Additional Responsibilities

S.No	Position	University Bodies	Period	
			From	To
1.	Organizing Committee Member	South Zone Inter University Hockey Men & Women Tournament, Alagappa University, Karaikudi	27 th to 31 st December 2016	
2.	Alagappa University Team Manager	SDAT Tamilnadu Inter University Basketball Men & Women Tournament, Dr. M. G. R Stadium Madurai	29.01.2016	
3.	Alagappa University Team Manager	SDAT Tamilnadu Inter University Badminton Men & Women Tournament, Syed Ammal Engineering College, Ramanathapuram	04.02.2016 & 05.02.2016	
4.	Alagappa University Team Manager	South Zone Inter University Volleyball Men Tournament, Andhra University, Vishakhapatnam	21 st to 28 th October 2015	
5.	Alagappa University Team Manager cum Coach	All India Inter University Yoga Tournament (Men), Kurukshetra University, Kurukshetra.	16.03.2017 to 19.03.2017	
6.	Alagappa University Team Manager	South Zone Inter University Kabaddi Men Tournament, Veltech Dr. RR & Dr. SR University, Chennai	18.01.2017 to 20.01.2017	
7.	Organizing Committee Member	SDAT Tamilnadu Inter University Hockey Tournament, Alagappa University	27.01.2017 to 30.01.2017	
8.	Alagappa University Team Manager	South Zone Inter University Kabaddi Tournament – Men, First Grade college and centre for P. G. Studies Thenkaniyur, Udupi Organized by Mangalore University	06.12.2019 to 13.12.2019	
9.	Organizing Committee Member	SDAT Tamilnadu Inter University Football Women Tournament, Alagappa University, Karaikudi	14 th to 16 th October 2019	
10.	Organizing Committee Member	International Day of Yoga, Centre for Yoga Education, Alagappa University, Karaikudi	21.06.2017	
11.	Alagappa University Team Manager cum Coach	South West Zone Athletic Women Tournament 2022-23, Tamilnadu Physical Education and Sports University, Chennai	09.01.2023 to 12.01.2023	

12.	Alagappa University Team Manager cum Coach	All India Inter University Cross Country Men and Women Tournament 2022-23, Presidency University, Bangalore	10.02.2023 to 13.02.2023
13.	Alagappa University Team Manager cum Coach	All India Inter University Yoga Tournament Men, Kurukshetra University, Kurukshetra	16.03.2017 to 19.03.2017
14.	Joint Convenor	Alagappa University Inter Collegiate Sports and Tournaments, Alagappa University, Karaikudi.	Academic Year 2016 - 2017
15.	Convenor	Alagappa University Inter Collegiate Sports and Tournaments, Alagappa University, Karaikudi.	Academic Year 2022- 2023
16.	Organizing Committee Member	Association of Indian Universities - South Zone Inter University Kabaddi Women Championship 2023-2024, Alagappa University	22.11.2023 to 25.11.2023
17.	Organizing Committee Member	Association of Indian Universities - South Zone Inter University Cricket Women Tournament 2023-2024, Alagappa University	18.01.2024 to 22.01.2024
18.	Co – Chair Person	Two Day International Conference on Modern Trends in Sports Performance, Alagappa University College of Physical Education, Alagappa University, Karaikudi.	15 th & 16 th March 2023
19.	Alagappa University Team Manager	SDAT Inter University Volleyball Men Tournament, Tamilnadu Veterinary & Animal Sciences University, Chennai	23.10.2018 to 25.10.2018
20.	Joint Convenor	Alagappa University Inter Collegiate Sports and Tournaments, Alagappa University, Karaikudi.	Academic Year 2024 -2025

Areas of Research

- Sports Training
- Sports Bio Mechanics
- Yoga

Patents Filed

- “Contraindication of Obesity and Heredity” Indian Patent Application No. 202141025144A, Publication Date: 18/06/2021, Applicants: Dr. P. Yoga, Dr. Chidambara Raja, Dr. R. Bala Murali Krishnan, Dr. S. Kalidasan, Dr. Seenimurugan.M, Dr. R. Selva Kumar, **Dr. M. Selvam**, Dr. S. James Rathinaraj, Dr. K. Alaguraja and Dr. K. Selvakumar.

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph. D	NIL	04

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books/Chapters/Monographs/Manuals
15	13	5	02	4

Events organized in leading roles

Number of Tournament organized

Position	Programme	Duration	Institution
Organizing Secretary	Organised Anna University Zone 3 Athletic Meet for Men and Women	18.09.2014	Misrimal Navajee Munoth Jain Engineering College, Thoraippakkam, Chennai.
Organizing Secretary	Organized Alagappa University Inter Collegiate Ball Badminton Men Tournament	09.12.2019	Alagappa University Model Constituent College of Arts and Science, Paramakudi.
Organizing Secretary	Organized Alagappa University Inter Collegiate Ball Badminton Men & Women Tournament	21.02.2024	Government Arts and Science College for Women, Paramakudi.

Events Participated

Number of Conferences / Seminars / Workshops: 27

Advisory Board

Year/Period	Name of the BoS/ Administrative Committee /Academic Committee	Role
Life Time	Indian Yoga Association	Member

Academic Bodies in Other Institutes/UniversitiesMembership

Year/Period	Name of the BoS /Administrative Committee /Academic Committee	Role
Academic Year 2016 - 2017	Alagappa University Sports Advisory Board	Member
Academic Year 2018 - 2019	Alagappa University Sports Advisory Board	Member
Academic Year 2022- 2023	Alagappa University Sports Advisory Board	Member
Academic Year 2024- 2025	Alagappa University Sports Advisory Board	Member
Academic Year 2026- 2027	Alagappa University Sports Advisory Board	Member

Recent Publications

S. No	Authors / Title of the Paper/ Journal	Impact Factor
1	Y Dilip Kumar and M Selvam (2026), "Effect of varied intensity aerobic exercises on selected speed and agility variables among school level hockey players", International Journal of Physical Education, Sports and Health, P-ISSN: 2394-1685 E-ISSN: 2394-1693, Volume 13, Issue- 2, Part- C, Pages: 207-209 .	---

2	S Adalarasan and M Selvam (2026), "Effect of iron yoga practices and mindfulness meditation on psychological variables of school Kho - Kho players", International Journal of Physical Education, Sports and Health, P-ISSN: 2394-1685 E-ISSN: 2394-1693, Volume 13, Issue- 2, Part- C, Pages: 203-206 .	---
3	V Livin and M Selvam (2026), "Effect of Zumba dance and yoga practices on selected physical variables of school level Kho-Kho players", International Journal of Physical Education, Sports and Health, P-ISSN: 2394-1685 E-ISSN: 2394-1693, Volume 13, Issue- 2, Part- B, Pages: 167-170.	---
4	M. Selvam and V. Elavarasi (2025), "Artificial Intelligence to Analyze Game Tactics on Its Applications in Football and Basketball Coaching", Journal of Advance And Future Research (www.JAAFR.org), ISSN:2984-889X, Vol.3, Issue 12, page no.916-920,	---
5	S. Adalarasan, M. Selvam & K. Balasubramanian (2023), Effect of Iron Yoga Practices and Mindfulness Meditation on Physiological Variable of School Level Kho-Kho Players, Journal of Xidian University, ISSN No:1001-2400.	---
6	M. selvam (2021), "Kinematic analysis of stride frequency among jumpers", ISSN No: 1305 - 3515. Ilkogretim Online - Elementary Education Online, 2021; Vol 20 (Issue 6): pp. 3035-3042 http://ilkogretim-online.org doi: 10.17051/ilkonline.2021.06.281.	---
7	M. Selvam (2021), "Examine the kinematic variable among college level long jump athletes", Journal of Interdisciplinary Cycle Research, ISSN No: 0022-1945.	---
8	M. Selvam (2021), "Study the effect of proprioceptive neuromuscular facilitation (pnf) stretching and asana practices on calf circumference among college level long jumpers", Science, Technology and Development Journal, ISSN : 0950-0707.	---
9	M. Selvam (2019), "Investigation of mindfulness meditation on stress among middle aged people", Journal of Information and Computational Science Volume 9 Issue 10 ISSN: 1548-7741.	---
10	M. Selvam (2019), "A scientific effect of asthanga yoga on cardiovascular endurance among college men", Indian Journal of Applied Research, Volume-9 Issue-10 Print ISSN NO. 2249 - 555X DOI: 10.36106/IJAR.	---
11	M. Selvam , T. Ganeshbabu (2016), "Influence of silambam practices and yogic practices on speed and flexibility among u-17 female sprinters", International Journal of Physical Education, Sports and Health, ISSN 2394-1685.	---
12	M. Selvam , T. Ganeshbabu (2016), "Influence of jump rope training on selected speed parameters among u-19 divisional horizontal jumpers", International Journal of Recent Research and Applied Studies, ISSN: 2349 - 4891.	---
13	M. Selvam (2016), "Effect of plyometric training and ladder drill on speed and agility among inter collegiate men sprinters" ,Journal of Physical Education, Sports and Fitness, ISSN - 2278-9782.	---
14	T. Ganesh Babu, M. Selvam & P. Gopinathan (2012), "Effect of proprioceptive neuromuscular facilitation on selected speed parameters among college men sprinters", Journal of Physical Education Sports & Allied Disciplines, ISSN:0974-343X.	---
15	M. Selvam & P. Gopinathan (2012), "Effect of yogic practices and saq training on speed & flexibility among soccer players", Journal of Physical Education & Sports and Science Issn:2229-7049.	---

16	M. Selvam , T. Ganeshbabu & P. Gopinathan (2011), "Effect of yogic practices on leg strength and flexibility among school football players", Journal of Physical Education Sports & Allied Disciplines, ISSN:0974-343X.	---
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Resource persons in various capacities

Number of Invited/Special Lectures delivered:

1. Served as Resource Person in the Two-Day International Conference on "EDU-YOGA-FIT 2026: "Confluence of Cognitive and Physical Vitality," organized by the Alagappa University College of Education, Alagappa University, Karaikudi, Tamil Nadu, India, held on 5th & 6th March 2026.
2. Served as a Co-Chair Person in the Two Day International Conference on "Modern Trends in Sports Performance (ICMTSP-2023)" organized by Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu, India, on 15th & 16th March 2023.
3. Served as a Resource Person and delivered a lecture on "Importance of Physical Fitness and Wellness among School" Organised by Mohamed Sathak Hamid College of Arts and Science for Women, Ramanathapuram on 25.04.2025.

Book Chapters

National Conferences	:	03
International Conference	:	07
Invited Lectures	:	02

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