



Dr. M. Sundar
Principal

Contact

Address : Alagappa University College of physical education
Alagappa University
Karaikudi – 630 003
Tamil Nadu, INDIA

Employee Number : 41402
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Academic Qualifications: B.P.E., M.P.E., Ph.D., NSNIS (ATHLETICS)

Examinations	Name of the Board/University	Year of Passing	Percentage of marks obtained	Division/Class/Grade	Subject
Ph.D	Alagappa University	2007	-	-	Physical Education
NSNIS	NSNIS, kolkatta	1994	70%	I	Diploma in Athletics
M.P.E	Jiwaji University	1993	58.24%	II	Physical Education
B.P.E	Jiwaji University	1989	58.27%	II	Physical Education
Higher Secondary	Board of HSC	1986	55.58%	II	Math's & science
High School/ Matric	Board of Secondary Education	1983	58%	I	Math's science & social

<i>Name of the eligibility Test</i>	<i>Subject</i>	<i>Month &Year of Passing</i>
UGC (NET & JRF)	<i>Physical Education</i>	<i>January 1991</i>
UGC (NET & JRF)	<i>Physical Education</i>	<i>June 1994</i>
UGC (NET)	<i>Physical Education</i>	<i>December 1999</i>

Teaching Experience: 22 Years

University/College/ Institute	Designation held	Date of Joining	Date of Leaving
Sanjai Gandhi college	Physical director	1994	1995
Alagappa University College of Physical Education	Lecturer	10.07.1995	09.07.2006
	Reader	10.07.2006	09.07.2009
	Course coordinator	01.06.2009	1.11.2010
	Associate professor	10.07.2009	Till date
	Principal (i/c)	02.11.2010	January 2013
	Principal	January 2013	Till date

Research Experience: 20 Years

Additional Responsibilities

1. Deputy warden 1995 to 2008
2. Warden 2008 to 2009
3. Warden 2012-Till date
4. Course coordinator 2009 to 2010
5. Principal i/c 2010-Till date
6. Deputy Director, leader training camp 1996 to 1999
7. Director, leader training camp 2009-Till date
8. Coordinator for village placement programme 2005-Till date
9. Coordinator for national service scheme 2009-Till date
10. Coordinator for extension activity 2009-Till date
11. Alagappa University sports club coordinator 2009-Till date
12. Alagappa University Para sports center Coordinator 2015-Till date

Areas of Research

1. Sports Training
2. Sports Biomechanics

Research Supervision / Guidance

Program of Study		Completed	Ongoing
Research	Ph.D.	03	08
	M.Phil.	16	02
Project	PG	--	02

Publications

International		National		Others
Journals	Conferences	Journals	Conferences	Books / Chapters / Monographs / Manuals
10	22	04	28	05

Distinctive Achievements / Awards

1. Kalam educational & charitable trust award for outstanding and dedicated contribution towards sports for the year 2009 and 2010.
2. Indian cultural development 16dec 2009 Mahatma Gandhiji Award (KALVI SEVA RATHNA)

Events organized in leading roles

Number of Seminars / Conferences / Workshops / Events organized

1. International workshop chairman International workshop on football held at Alagappa university school of physical education.14th feb 2012.
2. National workshop chairman on athletic held at Alagappa University College of Physical Education, Karaikudi 5th February 2005.
3. National workshop chairman on athletics. held at Sivagangai District Athletics Association.
4. National Level Workshop for Technical Officials held at Athletic federation of India Jawaharlal Nehru stadium, New Delhi from 17th – 21st August 2007.
5. National workshop on volleyball held at Alagappa University college of physical education, Karaikudi. 4th February 2011
6. The state Technical Official Examination held at Tamil Nadu Athletic Association

7. International conference -1. organising secretary in health indicators for physical and cognitive fitness education .
8. National seminar.Chairman in role of bharathanatyam in Rhythmics and physical education 12 Jan 2017.
9. National workshop Chairman Organization secretary in Exercise Training & on high performance in Para sports .
10. 1994-95 All India University Ball Badminton (Men) All India University.
11. 1995-96 All India University Cricket (Women) All India University.
12. 1996-97 All India University Football (Women) All India University.
13. 1997-98 Tamil Nadu Inter University Football (Men) SDAT.
14. 1998-99 South Zone Inter University Football (Women) All India University.
15. 1998-99 All India (Inter Zone) Inter University Football (Men) All India Inter University.
16. 1999-2000 Tamil Nadu Inter University Ball Badminton (Men) SDAT.
17. 2000-01 All India University Cricket (Women) All India Inter University.
18. 2001-02 All India University Cricket (Women) All India Inter University.
19. 2003-04 All India University Hockey (Women) All India Inter University.
20. 2004-05 South Zone Inter University Basketball (Men) All India Inter University.
21. 2004-05 South Zone Inter University Table Tennis (Men, Women) All India Inter University.
22. 2004-05 All India Inter University Table Tennis (Men / Women) All India Inter University.
23. 2004-05 All India Inter University Cricket (Women) All India Inter University.
24. 2006-07 All India Inter University Football Tournament (Women) All India Inter University.
25. 2008-09 South Zone Inter University Cricket Tournament (Women) All India Inter University.
26. 2008-09 All India (IZ) Inter University Cricket Tournament (Women) All India Inter University.

Events Participated

Conferences / Seminars / Workshops

1. National conference -08
2. National seminar-20
3. International conference -22
4. International Workshop-1
5. National workshop-30

Overseas Exposure / Visits

1. Thailand

Membership in

Professional Bodies

1. XIX Common wealth Games 2010 (Track Official).
2. Common wealth Games 2010 (Technical Official).
3. 4th CISM Military World Games Hyderabad & Mumbai, (Technical Official).
4. ASIAN GRAND PRIX-III, Chennai – 2010 (Technical Official).
5. IV ASIAN GRAND PRIX, Bangalore 2006 (Referee).
6. 33rd National Games, Guwahati, Morigaon 2007 (Technical Official).
7. 46th Senior National Athletics Championship, Chennai 2006 (Referee).
8. Chennai International Half Marathon, Chennai 2009 (Technical Official).
9. 65th All India Inter – University Athletic Meet, Acharya Nagarjuna University 2005 (Manager).
10. 68 All India Inter University, Annamalai University, 2008 (Technical Official).
11. International Conference and Exhibition on Sports Technology, VIT University, 2008.
12. Workshop for Technical Officials New Delhi 2007 (Technical Officials).
13. Chairman Technical Committee Tamil Nadu Athletic Association, Tamil Nadu.
14. St.micheal's state levels junior Athletics meet, Alagappa University College of physical education, Karaikudi, Tamil Nadu.2013 (Technical Officials).
15. South zone level Junior Athletics meet, Race course stadium.Madurai.2013 (Technical Officials).

16. All India veteran Athletics meet, Nehru Stadium, Coimbatore.2014 (Technical Officials).
17. All India federation cup Athletics tournaments, Nehru Stadium, Chennai.2014 (Technical Officials).
18. TIES Athletics meet, kongu institution, nammakkal, Tamil Nadu.2014 (Technical Officials).

Editorial Board

1. Editorial Board JPEAHS, Vinayaka Mission University, Salem.
2. Editorial Board Scientific Journal of Physical Education and Allied subject, Pondicherry University.
3. Editorial Board member of international journal of sports technology, management and allied sciences, Dept of physical education, Apsac college, thiruppattur, Sivagangai.

Academic Bodies (such as Board of Studies etc.,)

1. Board of studies members (MK University, Madurai),
2. Board of studies Ramakrishna Mission Vivekananda University, Coimbatore.
3. Board of studies Arul Anantha College, Madurai
4. Board of studies Pondicherry University, Pondicherry.

Resource persons in various capacities

Number of Invited / Special Lectures delivered:

1. Tamil Nadu Athletic Association Delegate Technical Workshop in Athletic P.S.N.A College of Engineering and Technology, Dindugul 11th and 12th February 2012.
2. Workshop on health Nutrition & Fitness Directorate of Physical Education and Sports Pondicherry University 23rd and 24th August 2011.
3. Resource person in Fit and Healthy India- vision 2020 held at Lakshmibai National Institute of physical education, Guwahati, Assam on Feb 02 to 4, 2015.
4. Delegate in orientation course for physical education staffs held at Bharathiyar University on 2015-16
5. Lectures in State level Athletics workshop held at AUCPE, Alagappa University on 2011.

6. Lectures in State level Athletics workshop held at AUCPE, Alagappa University on 2012.
7. Lectures in State level Athletics workshop held at AUCPE, Alagappa University on 2013.
8. Lectures in State level Athletics workshop held at AUCPE, Alagappa University on 2014.
9. Lectures in State level Athletics workshop held at AUCPE, Alagappa University on 2015.

Others

1. No. of PhD Thesis evaluated : 5

Recent Publications

INTERNATIONAL JOURNALS

Sundar, M. (2001), "Propriocettive training in rehabilitating anterior cruciate ligament injuries in sports person", *Indian journal of sports studies*.vol-1 No.1RNI-No11222.

Sundar, M. (2007), "Therapeutic effects of yoga on cases of obesity in women". *Indian journal of yoga exercises and sports science and physical education*.vol-2 No.2WBBIL/2267.

Sundar, M. "Effect of varied intensities of bicycle ergo meter training on vo2 max and percent body fat among soccer players". *Scientific journal of physical education allied subjects*.2231-041x.

Sundar, M. "Controlling stress through yoga". *Indian journal of scientific yoga*.

Sundar,M. "Effect of elastic training and mobility exercise on selected physical & physiological variables among college women students. *International journal of sports technology, management and allied science*, Jan, vol.2(4),pp-41-42.

Sundar,M (2015) International journal of sports technology, management and ailed sciences, Dept of physical education, Apsac college, thiruppattur, Sivaganga Volume : 2 | Issue : 2

Sundar,M (2015) "impact of game skill training with and without yogic practices on selected physical parameters among college level women volleyball players" *international journal of engineering research and sports science*, volume 2 | issue 11

Sundar,M (2016) Effect of varied intensity plyometric training with and without weight training on selected physical variable Among college men students” ” ***international journal of engineering research and sports science***, volume 3 | issue 1

Sundar,M (2016) “Effect of Aqua Aerobic Exercises and Aerobic Exercises on Body Mass Index Parameter among College Men Students” ***International Journal of Innovative Knowledge Concepts***, ISBN: 2454-2415, Volume: 2, Issue: 9, Pg.No:29-32

Sundar,M (2016) Effect of Circuit Training and Package Training on Cardio Respiratory Endurance Parameter Among School Boys ***Indian journal of applied research***,Volume : 6 | Issue : 6 | ISSN - 2249-555X | IF : 3.919 | IC Value : 74.50

Sundar,M (2016) Effect of Circuit Training, Resistance Training and Combined Training on Selected Physical Variable Among School Boys ***Indian journal of applied research***,Volume : 6 | Issue : 6 | ISSN - 2249-555X | IF : 3.919 | IC Value : 74.50

Sundar.M. (2016) “Effect of Aqua Aerobic Exercises and Aerobic Exercises on Body Mass Index Parameter among College Men Students” ***International Journal of Innovative Knowledge Concepts***, ISBN: 2454-2415, Volume: 2, Issue: 9, Pg.No:29-32

Sundar.M. (2016) “Aqua Aerobic Exercises and Aerobic Exercises with Suryanamasakar on Vital Capacity Parameters Among College Men Students: Effect Study” ***International Journal of Innovative Knowledge Concepts***, ISBN: 2454-2415, Volume: 2, Issue:11 , Pg.No:22-25

INTERNATIONAL & NATIONAL CONFERENCES

Internatonal

Dr.M.Sundar “Effect of aqua aerobic exercises and aerobic exercises on vo2 max parameter among college men students”, International seminar on various aspects of physical education, Yogic and allied science, Organized by Department of Physical Education and Yoga, Mahatma Gandhi Vidyapith,Varanasi.27th to 28th September 2016 ,ISBN:978-81-932543-8-7

Dr.M.Sundar, “impact of specific training on selected speed, explosive power and muscular strength parameters among school men handball players”, International seminar on various aspects of physical education, Yogic and allied science, Organized by Department of Physical Education and Yoga, Mahatma Gandhi Vidyapith,Varanasi.27th to 28th September 2016, ISBN:978-81-932543-8-7

Dr.M.Sundar, “comparative study on selected physical fitness and psychological factor among basketball and handball men players International seminar on various aspects of physical education, Yogic and allied science, Organized by Department of Physical Education and Yoga, Mahatma Gandhi Vidyapith,Varanasi.27th to 28th September 2016, ISBN:978-81-932543-8-7.

Dr.M.Sundar, "Impact Of Shallow And Deep Water Aerobic Exercises On Vo2 Max Parameter Among College Men Students" Global Conference On Scientific Culture In Physical Education And Sports Head, Department of Physical Education,Punjabi University Patiala Punajb India,February 18th -20th, 2016.

Dr.M.Sundar, "Effect of Plyometric circuit training on the jumping Performance of college men athletes" Global Conference On Scientific Culture In Physical Education And Sports Head, Department of Physical Education, Punjabi University Patiala Punajb India, February 18th -20th, 2016.

Dr.M.Sundar, "Effect of selected plyometric exercise on the performance of long jump" International conference on sports management,Dept of sports physical education,MS University, Tirunelveli,Tamil Nadu,India 22nd to 24th Aug 2001.

Dr.M.Sundar, "Yoga and holistic 1st international conference on advancement in yoga education, research and health". Kaivalyedhama yoga training centre, Bhopal ,India 7th to 9th Jan 2005

Dr.M.Sundar, "Trend and practices in athletics" 1st international conference on Trend and practices in athletics, Tamil Nadu athletics association,Chennai.29th to 30th Jan 2006

Dr.M.Sundar, Nutrition notes on weight on supplements International conference and exhibition on modern trends in exercise physiology and nutrition, Tamil Nadu physical education and sports university, Chennai.15th to 16th feb 2008.

Dr.M.Sundar, "Effects of weight training weight circuit training on selected motor variables of college men. International conference on yoga therapy and fitness and integrated approach. Alagappa university school of physical education 12th to 13th feb 2010.

Dr.M.Sundar, "Yoga for better fitness International conference on 'better life better world' through with allied sports science' Tamil Nadu physical education and sports university, Chennai.16th to 18th feb 2012.

Dr.M.Sundar, "Athletic nutrition International conference on sports and nutrition: modern scientific technologies to empower sports personal. Avinashilingam institute for home science and higher education for women University, Coimbatore.Tamil Nadu.8th AND 9th march 2012.

Dr.M.Sundar, "Lower back pain and yoga treatment Ugc C.H.C athletic association B.H.U,Varanasi 27th to 28th July 2007. international conference on physical education, sports,science, medical and yoga.

Dr.M.Sundar, "Lateral trend in treatment therapy 3rd international conference on recent advances in yoga and physiotherapy, Dr.Hari singh gour university,sagar.21st to 22nd Nov 2007.

Dr.M.Sundar, "Assessment of soft tissue injuries International conference and exhibition on sports technology VIT University,vellore ,Tamil nadu,indai.26th to27th march.

Dr.M.Sundar, "Sports equipment and technology International conference on recent trend in sports technology VIT University,vellore ,Tamil nadu,india.04th to 5th december2008.

Dr.M.Sundar, "Educational technologies in physical education International conference on emerging trends in fitness for longevity and education empowerment (incoflee-09) Alagappa University, Karaikudi.5th to 6th march 2009.

National

Dr.M.Sundar, UGC Sponsored National Seminar on Physical Education in sports policy in India. Alagappa University, Karaikudi, the research association of the department of physical education and health science.18th June 1998.

Dr.M.Sundar, The effect of training on circulatory system, National seminar on Millennium management trends in physical education. Govt. Arts college, Thiruvananthapuram,Kerala 29th - 31th Jan 2001.

Dr.M.Sundar, Yogic diet and fasting UGC National Seminar on role of yoga on Health and fitness .Bharathidasan University,Tiruchirappalli. 20th March 2002.

Dr.M.Sundar, Training method in the athletic area " National seminar on `trends emerging in physical education in the 21st century. Maruthi College of Physical education Coimbatore 29th & 30th January 2004.

Dr.M.Sundar, Control of stress through yogic practice" 8th Conference of yoga, health and spirituality. Universal Yoga Consciousness, Thiruvananthapuram 17th & 18th February 2007.

Dr.M.Sundar, Analysis of self concept Between Inter collegiate men football and hockey players" National conference on impact of biomechanics on excellence in sports. Tamil Nadu physical education and sports University, Chennai. 30th October 2008.

Dr.M.Sundar, Yogic and Dietary norms for Health and Happiness" National Seminar on Yoga and Physiotherapy for stress management. Alagappa University Department of Physical Education & Health Science. 29th October 2010.

Dr.M.Sundar, Yogic Exercise on Athletes for relaxation National conference on "Yoga : Caring, Sharing and Empowering" Tamil Nadu physical education and sports University, Chennai. 20th & 21st December 2010.

Dr.M.Sundar, Influence of Bio mechanic in Field events National Seminar on Prospective approaches and Applications in Sports Science. Department of physical Education, health education and sports, The M.D.T. Hindu College Tirunelveli. 4th February 2011.

Dr.M.Sundar, Effect of Electronic devices in the sports performance development "National conference on Use Modern technology in Physical Education, Sports and allied Health Sciences Vinayaka Mission's College of physical education, Vinayaka Mission's University. 11th & 12th February 2011.

Dr.M.Sundar, Influence of High Altitude and Moderate Altitude training on Long distance Athlete National Level conference on emergence trends in Physical Education and sports management Vinayaka Missions University, Salem 23rd March 2012.

Dr.M.Sundar, Personality Development Seminar on Personality Development Rotary Club, Alagappa University, Karaikudi 22nd January 2005.

Dr.M.Sundar, Personality Development Seminar on Personality Development CDC, NSS, Lions club of Sivagangai District Alagappa University, Karaikudi 15th September 2005.

Dr.M.Sundar, Recent trends in the management of discogenic low back pain. National seminar cum workshop on physical Education and sports sciences. Dr. Sivandhi Aditanar College of Physical education Tiruchendur. 17th & 19th December 2004.

Dr.M.Sundar, Sports medicine & sports injuries National conference on sports medicine & sports injuries National college, Tiruchirappalli 28th February 2007.

Dr.M.Sundar, Principles of yoga therapy National seminar on yogi for Holistic Health Tamil Nadu Physical Education and sports University, Chennai. 10th March 2007.

Dr.M.Sundar, Healthy living National seminar on multidimensional futuristic approach to excellence in physical education Tamil Nadu Physical Education and sports University, Chennai. 21st July 2007.

Dr.M.Sundar, Influence of yoga on mood states Distress, quality of life and immune outcomes in early stage breast cancer patients undergoing surgery. National Dr.M.Sundar, seminar on yoga therapy Koviloor Andavar yoga Research Centre, Koviloor, Karaikudi. 15th November 2008.

Dr.M.Sundar, 'New frontiers in Sports physiotherapy National workshop on New frontiers in Sports physiotherapy Tamil Nadu physical education and sports University, Chennai. 28th November 2008.

Dr.M.Sundar, "Investigation of Pranayama with and without aerobic exercises on selected physiological parameters among college men students" The National Seminar on Scientific Approaches and Application of Yoga and Holistic lifestyle for Better Tomorrow Sponsored by Directorate collegiate education Government of Kerala & Department of Physical Education, Govt. College Tripunithura,Ernakulam,Kerala.Date: 25th to 26th November 2015

Dr.M.Sundar, Effect of yogic practices on selected muscular strength among physical education students" The National Seminar on Scientific Approaches and Application of Yoga and Holistic lifestyle for Better Tomorrow Sponsored by Directorate collegiate education Government of Kerala & Department of Physical Education, Govt. College Tripunithura,Ernakulam,Kerala.Date: 25th to 26th November 2015

Dr.M.Sundar, Effect of aqua aerobic exercises on selected cardio respiratory endurance among rural and urban School boys in tirunelveli district Fit and Healthy India – Vision-

2020. A physical education perspective (NSFHI-2020 Lakshmibai National Institute of Physical Education North east regional centre, Guwahati, Assam, ISBN:978-93-84869-24-3

Dr.M.Sundar, "Influence of socio economic status and educational evaluation among Alagappa University Dalit and other students" Indian Council of Social Science Research sponsor A Two-Day National Conference on Dalit Education: Challenges and Emerging Issues in India (NACDE'15). Manonmaniam Sundaranar University, Tirunelveli, Tamil Nadu. India Date: 28th to 29th April 2015.

Dr.M.Sundar, Indian women and physical education sports. UGC – ASC National seminar on Lakshmibai national Institute of physical education. Lakshmibai national Institute of physical education, Gwalior (MP) Deemed University. 18th November 2003.

Dr.M.Sundar, Gender gap in India National conference on Gender gap in India Alagappa University Centre for women's Study, Karaikudi. 2nd February 2011.

Dr.M.Sundar, Time Management in track and field. National conference on trends and practices in physical education Department of physical education vinaya-Bhavana, Visva-Bharati, Santiniketan, West Bengal. 29th & 30th 2010.

Dr.M.Sundar, Event Management in Track and Field UGC Sponsored National Seminar on Modern trends in Sports Management Ayya Nadar Janaki Ammal college, Sivakasi, Tamil Nadu 21st and 22nd March 2012.