

CURRICULUM VITA



Dr. K.SELVAKUMAR

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Name : **K.SELVAKUMAR**

Gender : Male

Father Name : M. Koori

Mother Name : K. Poomadevi

Date of Birth : 23rd May 1992

Married Status : Single

Religion : Hindu

Community : BC

Language Skills : English, Tamil

Mother tongue : Tamil

Educational Qualification : B.Sc., B. P. Ed., M. P. Ed, Ph. D.

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Degree	Name of Institution / Board	Board/ University	Year of Passing	%	Remarks
PhD	Alagappa University College of Physical Education, Karaikudi	Alagappa University	2019	-	Highly recommended
M.P.ED	Alagappa University College of Physical Education, Karaikudi	Alagappa University	April 2016	67%	I st Class
B.P.ED	Alagappa University College of Physical Education, Karaikudi.	Alagappa University	April 2014	71%	I st Class
B.Sc	ANJAC College, Sivakasi	Madurai Kamaraj University	April 2013	58%	II nd class
HSC	E.R.R.S.M, Govt Hr Sec School, Alangulam	State Board	March 2010	52%	-
SSLC	E.R.R.S.M, Govt Hr Sec School, Alangulam	State Board	March 2008	50%	-
OTHER CERTIFICATE/ TRAINING COURSE					
Name of the course		Place/ Organisation		Dates	
Orientation programme on “Attitudinal Traits and Transferable Life Skills for Prospective Teachers”		Department of Education & University Business Collaboration Centre, Alagappa University, Karaikudi, Tamilnadu, India		12 th & 13 th February 2018	
Certificate course on “Emergency Medicine, Sports Injury Management And Rehabilitation”		Apollo Reach Hospitals & Alagappa University Health Care Centre and Alagappa University College of Physical Education		22 rd March 2018 to 05 th April 2018	
UGC – Sponsored Short Term course on ‘SPSS’ For Scholars		UGC – Human Resource Development Centre, Bharathiyar University, Coimbatore, Tamilnadu, India		24 th to 28 th September 2018	

WORKING EXPERIENCE:

Name of the Institution	Nature of Work	Durations
LITTLE FLOWER HIGH SCHOOL	Director of Physical Education	July 2019 to 25.08.20

SUBJECTS SPECIALIZATIONS AREA (TEACHING / COACHING):

1. Sports Training
2. Yoga Education
3. Sports Management
4. Sports Psychology

SPORTS & GAMES SPECIALIZATIONS (TEACHING / COACHING):

1. Athletics (Track & Field)
2. Handball
3. Cricket
4. Volleyball

JOURNAL CITATION INDEX

RESEARCH GATE CITATIONS			
Number of Journals Published	Citations	h-index	i10- index
04	118	05	04

JOURNAL PUBLISHED INTERNATIONAL LEVEL:**Scopus Indexed Journals**

1. Priya, T., Muralirajan, K., Alaguraja, K., & **Selvakumar, K.**, (2019). Concurrent strength training with yogasana practices on power parameters of women hockey players. Indian Journal of Public Health Research & Development, 11(6), Ref No: 5090/IJPHRD/2019. (SCOPUS Indexed, Source record id: 19700188435 Print ISSN: 09760245, E ISSN: 09765506)
2. Parthasarathy, S., Dhanaraj, S., Alaguraja, K., & **Selvakumar, K.**, (2019). Effect of shambhavi mahamudra and pranayama practice on stress among middle aged men. Indian Journal of Public Health Research & Development, 11(6), Ref No:

6017/IJPHRD/2019. (SCOPUS Indexed, Source record id: 19700188435 Print ISSN: 09760245, E ISSN: 09765506)

3. James Rathinaraj S, Yoga P, K., Alaguraja, K., & **Selvakumar, K.**,(2019). Combination of walking practices and yogic practices on low density lipoprotein (LDL) among middle aged women. Indian Journal of Public Health Research & Development, 11(6), Ref No: 6018/IJPHRD/2019. (SCOPUS Indexed, Source record id: 19700188435 Print ISSN: 09760245, E ISSN: 09765506)
4. Ramya, R., Rajalakshmi, D., Alaguraja, K., **Selvakumar, K.**, & Kaviyarasan, K., (2019). Effect of specific skill and drill training combined with pranayama practices on physiological variable among women hockey players. Indian Journal of Public Health Research & Development, 11(6), Ref No: 6018/IJPHRD/2019. (SCOPUS Indexed, Source record id: 19700188435 Print ISSN: 09760245, E ISSN: 09765506)
5. Chochalingam, D., Kaleeswaran, P., K., Alaguraja, K., & **Selvakumar, K.**,(2019). Effect of yogic practices with sattvic diet on selected biochemical variable among yogic men competitors. Indian Journal of Public Health Research & Development, 11(6), Ref No: 6019/IJPHRD/2019. (SCOPUS Indexed, Source record id: 19700188435 Print ISSN: 09760245, E ISSN: 09765506)

UGC Approved Journals

1. **Selvakumar K.** and Yoga P. (2018). Changes of vertical jump through maximal power training among college men handball players. International Journal of Yogic Human Movement and Sports Sciences. 3(2), pp.438-439.
2. Yoga P. James Rathinaraj S and **K. Selvakumar.**, (2018). Influence of intensive interval training on flexibility among college students. International Journal of Advanced Education and Research. 3(6). pp. 72-73.
3. **Selvakumar K.** and Yoga P. (2019). Influence of yogic practice on flexibility among college students. Indian journal of Applied Research. 9(7). pp. 45-46.
4. Alaguraja K, Yoga, Balamuralikrishnan R. and **Selvakumar K.** (2019). "A scientific study on efficacy of yogic package on resting pulse rate among obese school students" Journal of Information and Computational Science, 9(8), pp.483-487.
5. Alaguraja, K., Yoga, P., James Rathinaraj, S., R., & **Selvakumar, K.** (2019). A study on yoga intervention on maximal oxygen uptake among stress patient. Indian Journal

of Applied Research, 9, (9), 38-39. (ISSN: 2249 - 555X, UGC Approved Journal Sr. No. 49333 & Impact factor: RJIF 5.18).

PAPERS PRESENTED INTERNATIONAL LEVEL (SEMINARS / CONFERENCES)

1. K. Selvakumar and **P. Yoga** “**Effect of Nadi Sodhana Pranyama On Breath Holding Time Among College Students.**” International Conference on Sports Vision and Mission for Grooming Athletes and Para Athletes for Olympics -2020”, organized by the Alagappa University College of Physical Education & Para Sports centre, Karaikudi-630 003 on 16th and 17th March 2018., Volume-I, Page No (49-50), ISBN: 978-93-5300-603-7.

PAPERS PRESENTED NATIONAL LEVEL (SEMINARS / CONFERENCES)

1. K. Selvakumar and **P. Yoga** “Yoga Therapy for Mentally Handicapped Children.” National Seminar on Quality Education for the students belonging to the marginalized sectors in India (QESBMS-2018)” organised by the Department of Education, Directorate of Distance Education, Alagappa University, Karaikudi on 15th & 16th March 2018J.Volume II Page No:(105-106),ISBN: 978-81-921754-2-3.
2. K. Selvakumar and **P. Yoga** Influence of Suryanamaskar practice on respiratory rate among school students.” National Seminar on A Life of Wellness Food Habits and Yoga in Vogue” organized by the Department of Physical Education, Government College, Tripunithura, Kerala, on 11th & 12th January 2018.Page No:(230-231),ISBN: 978-81-926565-3-3.
1. Presented a paper on “**The great Frida Kahlo.**” National conference on education and empowerment of women with disabilities towards sustainable development (EEWDSD - 2017), organized by the Department of Special Education & Rehabilitation Science, Alagappa University, Karaikudi, on 5th & 6th December 2017.
3. Presented a paper on “**Influence of Aerobic exercise on flexibility among college Students.**” National conference on Human Rights Education (NCHRE- 2017), published department of Education, Alagappa University Karaikudi). Volume II ISBN: 978-93-5001-559-9. Page no :(427).(21st & 22nd September 2017).
4. Presented a paper on “**influence of Yogic Practice on Respiratory Rate Among School Students**” in the UGC –CAS -1sponsored National Seminar on “Genomic and Culture Variation of Indian Populations: An Appraisal of Health and Disease Susceptibility” organized by the Department of Anthropology, Sri Venkateswara University, Tirupati, Andhra Pradesh, India on 23rd February 2017 to 24th February 2017.

5. Presented a paper on **“Influence of Aerobics Exercise on muscular Endurance Among School Students”** in the National Seminar on “Role of BharathaNatiyam in Rhythmic and Physical Education” organized by the Alagappa University College of Physical Education and Department of Fine Arts, Alagappa University, Karaikudi, Tamilnadu, India on 12th January 2017.
6. Presented a paper on **“yoga for men health”** in the National Seminar on “Fit and Healthy India – Vision 2023” organized by the Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu, India on 28th September 2015 to 29th September 2015.
7. Participated in the UGC sponsored National Seminar on “Recent Developments in Sports and Yogic Science” organized by the Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu, India on 19th March 2015 to 20th March 2015.

WORKSHOPS NATIONAL LEVEL/ STATE LEVEL

1. Participated in the **“State level Workshop on Sports Injuries”** Organised by the Department of Physical Education, Health Education and Sports, ANJAC College, Sivagasi on 26th & 27th December 2017.
2. Participated in the **“One Day Workshop on Advanced Statistical Methods in Education and Physical Education”** organized by the Research Scholars Forum and Faculty of Education, Alagappa University, Karaikudi, Tamilnadu, India on 25th March 2017.
3. Participated in the **“Workshop and activity based Yoga (WAY 2017)”** organized by the Centre for Yoga Education, Alagappa University, Karaikudi, Tamilnadu, India on 8th February 2017.
4. Participated in the **“National Level Workshop on Exercise, Training & Diet for High Performance in Para Sports- 2017”** organized by the Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu, India on 31st January 2017.
5. Participated in the **“Tamilnadu State level Kho – Kho Workshop”** organized by the Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu, India on 28th February 2015.

6. Participated in the **“State level Athletics Referees Clinic”** organized by the Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu, India on 19th July 2014 to 21st July 2014.
7. Participated in the **“National Workshop on Athletics”** organized by the Alagappa University College of Physical Education, Alagappa University, Karaikudi, Tamilnadu, India on 8th January 2014 to 9th January 2014.
8. Passed **State Level Athletics Referee Exam** serial number **SVG-2014-06** in during the year 2013-2014
9. Participated in the **“Workshop on Sports Management”** Organised by the Department of Physical Education, Health Education and Sports, ANJAC College, Sivagasi on 5th & 7th February 2011.

ACHIEVEMENTS IN SPORTS AND GAMES (STATE AND ALL INDIA LEVELS)

- Represented Alagappa University In Athletics Team Which is Participated in the All India Inter University Meet Held at Punjabi University (Patiala) during the year (2013-2014).
- Represented Alagappa University in Athletics Team which is participated in the all India inter university meet held at rajju gandhi university (manglore) during the year (2014-2015).
- Represented Alagappa University in Athletics team which is participated in the all india inter university meet held at Punjabi University (Patiala) during the year (2015-2016).
- State Level Monthly Competition 2011 To 2012 400m Hurdles Silver Medal Held At Sdat Jawaharial Nahru Stadium Channai.
- Tamilnadu state Inter B. Sc Physical Education meet 2010to2011 110m h gold medal 400m hurdles gold medal 4x100m relay silver medal 4x400m relay silver medal.
- Tamilnadu State Inter Physical Education meet 2013to2014 110m 400m hurdles silver medal held at YMCA Channai.
- Tamilnadu State Inter Physical Education meet 2014 to 2015 110m hurdles gold medal held at Annamalai University.
- Annual summer residential Athletics Coaching Camp 2009 and 2010 venu St.Joseph’s Sports Academy Channai.