

RESUME



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

PERSONAL DETAILS

Date of Birth : 20-07-1987

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

Designation : Director of Physical Education

Department : Physical Education

Community : SC

Religion : Hindu

Nationality : Indian

Mobile : 9629256260

Email ID : kumarphs1987@gmail.com

ACADEMIC QUALIFICATIONS

Degree	Specialization	School/College	University	Year of Passing
S.S.L.C	General	St. Xavier's Hr. Sec. School, Palayamkottai	T.N. State Board	2003
H.S.C	General	St. Xavier's Hr. Sec. School, Palayamkottai	T.N. State Board	2005
B.Sc.,	Physical Education	The M.D.T. Hindu College	M.S. University	2012
B.P.Ed.,	Physical Education	Alagappa University College of Physical Education	Alagappa University	2013
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	289907
*ORCID ID	0000-0003-4207-6831
*SCOPUS ID	59752477700
*RESEARCHER ID/ PUBLONS ID	
GOOGLE SCHOLAR LINK	https://scholar.google.co.in/citations?user=40GfgNAAAAAJ&hl=en

TEACHING EXPERIENCE

Date of Appointment	Assistant Professor in Physical Education-SSDM College, Kovilpatti from 02-12-2019 to 30.07.2022 Assistant Professor in Physical Education -St. Xavier's College Palayamkottai from 01.08.2022 to 15.06.2025 Director of Physical Education- St. Xavier's College Palayamkottai from 16.06.2025 on wards
Date of Retirement	15-06-2047
Teaching Experience	UG -5 Years 7 Months
	PG
	M.Phil.
Research	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 (Applied Kinesiology and Bio-Mechanics, Health Education, Safety Education and First Aid, Sports Technology, Organization and Administration in Physical Education)	S.S.D.M. College, Kovilpatti	01-12-2019	31-07-2022	2 Years
B. Sc. Physical Education (Methods in Physical Education, First Aid and Sports Massage, Theories of Track and Field, Research Methodology and Statistics in Physical Education, Health Education, Safety Education and Sports Nutrition)	St. Xavier's College (Autonomous), Palayamkottai	01.08.2022	15.06.2025	3 years
Physical Director	St. Xavier's College (Autonomous), Palayamkottai	16.06.2025	Till date	

AWARDS RECEIVED	
1.	Manonmaniam Sundaranar University “ GOLD MEDAL LIST ” B.Sc. Physical Education (UG)-2012.
2.	Received “ SHORT TERM RESEARCH FELLOWSHIP ” (6 months) from Indian Council for Social Science Research (ICSSR) in the year of 2019.
3.	Received “ NALLASIRIYAR VIRUTHU ” Aram SeiyaVirumbu Arakattalai in the year of 2024.

ADMINISTRATIVE EXPERIENCE			
S. No	DESIGNATION	INSTITUTIONS	YEAR
1	12 th Hockey India Junior Men National Championship, Organization Committee Member	Hockey Unit of Tamilnadu	2022
2	11 th 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
4	Organizing Secretary for MSU Inter- Collegiate Men Volleyball Tournament 2024-25	M. S. University, TVL	2024

5	Organizing Secretary for Tirunelveli District Football League Match 2025	Tirunelveli District Football Association	2024-2025
6	Organizing Secretary for The 2 nd Xaverian International FIDE Rating Open Chess Tournament	St. Xavier's College (Autonomous), Palayamkottai	2024
7.	Physical Director	St. Xavier's College (Autonomous), Palayamkottai	16.06.2025 onwards

MEMBERSHIP (10)		
S. No	Designation	Particulars
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 Yoga, Physiotherapy and Physical Education (IJYPPE)
5	Review Member	International Journal of Creative Research Thoughts (IJCRT)
6	Review Member	Journal of Emerging Technologies and Innovative Research (JETIR)
7	Life Member	Yoga Association (IYA)
8	Life Member	Indian Academic Researchers Association (IARA)
9	Executive Member (EC)	Tirunelveli District Association
10	Member of Selection Committee	M.S. University Hockey (Men) Team

ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE (UGC / HRDC / TLC-PMMNMT ONLY) (3)

S. No	Name of the Training	Name of the Sponsoring Agency	Place and Date
1	Orientation Programme,	MHRD-PMNMNMTT	TLC, MHRD-PMNMNMTT, Ramanujan College, New Delhi (Online)
2	NEP 2020 & Orientation & Sensitization Programme	UGC- MMTTC	Mizoram University & 22 nd to 30 th May, 2025.
3	Anti-Doping Awareness in Sports	NPTEL-AICTE	IIT, Madras, Feb-Apr 2025 (8 Weeks)

ORIENTATION / REFRESHER COURSES / FACULTY DEVELOPMENT PROGRAMME UNDERGONE (SXC & Others) (19)			
S. No	Name of the Training	Name of the Sponsoring Agency	Place and Date
1	Enhancing Research Productivity Impactful Publication& Projects	St. Xavier's College (Autonomous), Palayamkottai	12 th December 2024
2	Research Metrics and the Publication Process in Scopus- Indexed Journals	Fr. Bonhoure Centre for Research, St. Xavier's College of Education, Palayamkottai	26 th October 2024
3	Yoga for Holistic Health	Department of Physical Education and Sports, Manonmaniam Sundaranar University, Tirunelveli-12	01 st April 2024
4	Teaching Teachers: Style and Professionalism	St. Xavier's College (Autonomous), Palayamkottai	23 rd July 2024
5	Refresher course on "ICT-Enable Teaching and Learning"	IQAC, St. Xavier's College(Autonomous), Palayamkottai	29th May to 14th June 2024
6	Level I Instructor Course for Field Youth Archery	Tamilnadu Field Youth Archery Association	28 th February 2024
7	Teacher- Student Relationship- 2 & Mentoring System -2	IQAC, St. Xavier's College (Autonomous), Palayamkottai	4 th December 2023
8	Five days Virtual Faculty Empowerment Workshop on " E-Content Preparation & ICT - Tools"	IQAC, St. Xavier's College (Autonomous), Palayamkottai	19 th & 26 th September 2023 and 03 rd ,10 th & 17 th October 2023
9	SXC 2023-2- Faculty Empowerment Programme – 01	IQAC, St. Xavier's College (Autonomous), Palayamkottai	22 nd July 2023
10	Orientation Programme for Teachers	IQAC, St. Xavier's College , Palayamkottai	16 th & 17 th June 2023
11	Aspects of Higher Education	IQAC, St. Xavier' College (Autonomous), Palayamkottai	15 th June 2023
12	Two day Orientation Programme for Young Professors	Jesuit Higher Education Madurai Province	08 th & 09 th December 2022
13	SXC- Centenary – Faculty Empowerment Programme (FEP) – 02	IQAC, St. Xavier's College (Autonomous), Palayamkottai	24 th September 2022
14	Writing Case Studies, Project Preparation and Funding of Research Projects (Online)	Indian Academic Researchers Association (IARA)	21 st to 23 rd May 2020
15	Applied Research Methodology in Education/	Department of Education, Manonmaniam	06th -12th February 2019

	Psychology/ Physical Education for Research Scholars & Supervisors (WARMERS 2019)	Sundaranar University	
16	Research Methodology Programme (WRM-'17)	Rajiv Gandhi National of Youth Development	Manonmaniam Sundaranar University, Tirunelveli-12, 10 th to 14 th February 2017
17	State Technical Official	Sports Development of Tamilnadu (SDAT)	Manonmaniam Sundaranar University, 03 rd April 2016
18	Swimming Course	Sports Development of Tamilnadu (SDAT)	Sports Development of Tamilnadu (SDAT), Tirunelveli, 1 st - 21 st December 2014
19	P.D.'s & P.E.T's Orientation Course for New Games	Sports Development of Tamilnadu (SDAT)	Sports Development of Tamilnadu (SDAT), Tirunelveli 29 th and 31 st August 2017

DETAILS OF RESEARCH WORK

Research Stages	Title of the Thesis	University where the work was carried out
Ph.D. Physical Education	Prediction of Soccer Playing Ability of Selected Kinanthropometric, Physical and Physiological variables among Women Soccer Players	M.S. University
M.Phil. Physical Education	Comparison of Selected Anthropometric and Motor Fitness Variables to Soccer Performance among Male Soccer Players	M.S. University
M.P.Ed., Physical Education	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

RESEARCH PROJECTS CARRIED OUT			
S. No	Title of the Project (Minor)	Name of the Funding Agency & Amount	Duration
1	Self Defense for Community Women	Tata Power Community Development Trust & Rs. 1,32,825	6 months

PUBLICATIONS				
BOOKS	BOOK CHAPTERS	SCOPUS	WEB OF SCIENCE	UGC LISTED
2	1	2		15
OTHER INDEXED	AS A RESOURCE PERSON	PAPERS PRESENTED IN NATIONAL AND INTERNATIONAL SEMINARS	WEBINARS, SEMINARS, WORKSHOPS ATTENDED	
3		36	5	

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

BOOK CHAPTERS (1)			
S. No	Title of the Paper	Name of the Book	ISSN No., Pg.No
1	Impact of Yogic Practices on Selected Biochemical Variables Among Women Soccer Players	Harmony of Sports Sciences and Yoga	978-93- 5813-249-6

PUBLICATIONS: SCOPUS INDEXED JOURNALS (2) WEB OF SCIENCE (0)			
S. No	Title of the Paper	Name of the Journal	ISSN No., Volume, Issue, Impact factor & Pg. No
1	Band Exercises Pose Identification and Classification Based on Convolution Neural Network	International Journal of Multidisciplinary Technovation	2581 8430, 7 (3), pp- 42-45 https://doi.org/10.54392/irjmt2534
2	The impact of Yogic Practices on Specific Mathematical and Personal Characteristics among Obese Female Students in Indian Colleges	South Eastern European Journal of Public Health	2197-5248, 26, pp-2158-2163 https://doi.org/10.70135/seejph.vi.4546

PUBLICATIONS: UGC LISTED JOURNALS (15)			
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
14	Prediction of Shooting Abilities from the selected Kinanthropometric, Physical and Physiological variables among Women Soccer Players	International Journal of Food and Nutritional Sciences,	2320 7876, 10 (12),2022, pp- 14212-14224
15	Analysis of Generic Skill Among Physical Education Students	International Journal of Food and Nutritional Sciences,	2320 7876, 12,(01), 2023, pp-6464-6469

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,

WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP

PAPER PRESENTED: National () International ()

S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	E-Commerce Crimes and Digital Banking Frauds: Risk and Prevention Strategies	PG & Research Dept of Commerce & Dept. of Criminology & Forensic Science, St. Xavier's College, Palayamkottai	24 th & 25 th February 2025
2	"NEP as a Global Model in Globalization of Indian Knowledge"	Aiman College of Arts and Science for Women, Thrichy, Tamilnadu,	22 nd February 2025
3	Futuristic Trends in Chemical Science	Department of Chemistry, St. Xavier's College (Autonomous), Palayamkottai	20 th February 2025
4	Digital Transformation in Education Challenges and Opportunities	Fr. Bonhoure Centre for Research, St. Xavier's College of Education, Palayamkottai	15 th February 2025
5	Tech-Biz Synergy Redeining Global Trends	Nesamony Memorial Christian College, Mathandam	20th&21st January 2025
6	Urban Voices and Rural Whispers: Spatial Dialectics in Global Narratives	Research Department of English (SXC) Department of English & Foreign Languages (MTU)	06th&07 th , December 2024
7	Practical Wisdom of Yogic Science: Applications in Health, Education and Research	Department of Physical Education, Bharathiar University, Coimbatore	, 26 th & 27 th , Sep 2024

8	Health Fitness & Wellness: Empowering a Resilient Future	Department of Physical Education, Pondicherry University, Pondicherry	1 st March 2024
9	NEP and its Impact in Physical Education & Sports	Department of Physical Education, MMS Govt. Arts & Science College, Thiruvananthapuram,	5 th to 6 th Dec 2023
10	National Seminar on Modern Trends of Yoga for Health and Sports Performance	Shri Paranjothi Yoga College, Udumalpet	12 th August 2022
11	National Seminar on Yoga for Health and Happiness	Department of Physical Education and Sports, M. Sundaranar University, Tirunelveli,	27th May 2022
12	International Conference on Business and Finance ICBF 2021	Department of Business Administration, SSDM College, Kovilpatti,	02nd November 2021
13	International conference on Technological Practices in Education for Sustainable Development	Department of Education, Mother Teresa Women's University, Kodaikannal	, 21st & 22nd, October 2021.
14	International conference on Role on Sports and Yoga on Human Performance Enhancement	Department of Physical Education, Madurai Kamaraj University, Madurai	06th & 07 th February 2020
15	National Seminar on Life Span Motor Development	Center for Special Movement Education (SoC), Manonmaniam Sundaranar University,	07 th & 08 th February, 2020
16	International conference on Yoga for Harmony of Body and Mind	Alagappa College of Physical Education, Alagappa University Karaikudi	24th & 25th October, 2019
17	International conference on Yoga, Meditation and Sports for Peace and Prosperity – 2019	Department of Physical Education and Health Sciences, Alagappa University Karaikudi,	17 th & 18 th October 2019
18	Global Digisports International Conference 2019	International Association of Sports and Information and Communication Technology (ICT), Information and Communication Technology (ICT)	2nd and 3rd August 2019, at Kanyakumari
19	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	5th & 7th March 2019
20	National Seminar on Role of Yoga for Health and Lifestyle Management	Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore	1st & 2nd March 2019
21	National Seminar Social Exclusion and Inclusion of Transgender: Social hindrance and Issues	Directorate of Distance & Continuing Education- B.Ed., Manonmaniam Sundaranar University	7th & 8th Feb 2019
22	International conference on Multidisciplinary approaches in Social Sciences, Humanities and Sciences	Sri S. Ramasamy Naidu Memorial College, Sattur, Tamilnadu	14th December 2018
23	National seminar on Integrated Holistic Approach towards	Govt. Art College, Paramakudi	27th July 2018

	Physical and Mental Health		
24	State level Seminar on Yoga for Total Well Being	Sri Sarada College of Education for Women, Tirunelveli	22nd March 2018
25	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	16th & 17th March 2018
26	National conference on Modern perspectives of sports science and yoga for the enhancement of sports performance	Ganesar College of Arts and Science, Pudukottai	3rd March 2018
27	State level seminar on Modern Trends in Physical Education and Sports	Manonmaniam Sundaranar Constituent College, Kadayannallur	23rd February 2018
28	International Conference on E-Society for Nation Building and Empowerment (E-SNBE-2017)	Department of Commerce, Manonmaniam Sundaranar University	6th September 2017
29	International Conference on India 2030	Department of Commerce, M. S. University	1st & 2nd September 2017
30	National seminar on Technology Innovation & Entrepreneurship in Sports	Department of Physical Education, Bharathiar University, Coimbatore-46,	23 & 24th, March 2017
31	National level seminar on Sports Medicine: Applications and Recent Trends	Department of Physical Education, V.O. Chidambaram College, Thoothukudi	3rd March 2017
32	State level on Role of Yoga on Holistic Health	Sri Sarada College of Education for Women, Tirunelveli	January 23th, 2017
33	UGC-SAP-DRS-II Sponsored National Seminar on Need of Women Fitness in Modern Era	Department of Physical Education and Sports Sciences, Annamalai University, Chidambaram,	28th & 29th March 2016
34	UGC Sponsored National Level Conference on "Concepts of Health, Fitness and Wellness	Department of Physical Education and Yoga, Bharathidasan University, Tiruchirapalli	4th & 5th February 2016
35	National Seminar on Fit and Healthy India – vision 2023	Alagappa University College of Physical Education, Alagappa University, Karaikudi	28th & 29th September 2015
36	National Seminar on Recent Development in Sports and Yogic Sciences	Alagappa University College of Physical Education, Alagappa University, Karaikudi,	19th & 20th March 2015

WEBMINARS/SEMINARS/ CONFERENCES / SYMPOSIA / WORKSHOP ATTENDED: (5)			
S. No	Name of the Event	Name of the Sponsoring Agency	Place and Date
1	Nutri-Battle Strategy Against COVID-19	Department of Nutrition and Dietetics	Sadakathullah Appa College, Tirunelveli, 15 th May 2020
2	Education, Physical Education and Sports	Department of Physical Education	Bharathidasan University, Thiruchy, 1 st June 2020

3	Yoga for Fitness and Wellness	Department of Education Psychology	Tamilnadu Teacher Education University, Chennai, 25 th May 2020
4	Rule its Role in Hockey	Thoothukudi District Hockey Association	14 th June 2020
5	Role of Coaches in Modern Volleyball	Department of Physical Education, Health Education and Sports,	ANJACollege, Sivkasi, 13 th June 2020

COUNTRIES VISITED

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 participate 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: **04.07.2025**

Name: **Dr. V. Kumar**