



**C. Vairavasundaram**  
**Assistant Professor**

**Contact**

Address : Alagappa University College of Physical Education  
Alagappa University  
Karaikudi – 630 003  
Tamil Nadu, INDIA

Employee Number : 41420  
Date of Birth : 27-05-1984  
Contact Phone (Office) : + (+91) 04565224212  
Contact Phone (Mobile) : +91 9843470754  
Contact e-mail(s) : dr.c.vairavan09@gmail.com

**Academic Qualifications: BP.Ed., PGDip(Fitness)., PGDip(Phy Edu)., M.Phil., Ph.D.**

| <b>Degree</b>  | <b>Subject</b>     | <b>Name of the Institution</b>            | <b>Year of Passing</b> | <b>Grade</b> |
|----------------|--------------------|---|------------------------|--------------|
| <b>Ph.D.</b>   | Physical Education | Bharathidasan University, Tiruchirappalli |                        |              |
| <b>M.Phil.</b> | Physical Education | Bharathiar University, Coimbatore         | 2011                   | First class  |
| <b>M.P.Ed.</b> | Physical Education | Bharathiar University, Coimbatore         | 2009                   | First class  |
| <b>PGDip.</b>  | Fitness Management | Bharathiar university, Coimbatore         | 2009                   | First class  |
| <b>PGDip.</b>  | Yoga               | Bharathiar university, Coimbatore         | 2008                   | First class  |
| <b>B.P.Ed.</b> | Physical Education | Bharathiar University, Coimbatore         | 2007                   | First class  |
| <b>B.Sc.</b>   | Physical Education | H.H.The Rajah's College, Pudukkottai      | 2006                   | First class  |

| <b>Name of the eligibility</b> | <b>Subject</b> | <b>Month &amp;Year of Passing</b> |
|--------------------------------|----------------|-----------------------------------|
|--------------------------------|----------------|-----------------------------------|

|                  |                           |                      |
|------------------|---------------------------|----------------------|
| <i>Test</i>      |                           |                      |
| <i>UGC (NET)</i> | <i>Physical Education</i> | <i>December 2013</i> |

### Teaching Experience: Four (4) Years

| Sl.No | Positions held             | Name of the institutions         | Duration     |                    | Years of experience |
|-------|----------------------------|----------------------------------|--------------|--------------------|---------------------|
|       |                            |                                  | From         | Year of passing To |                     |
| 1     | <i>Assistant professor</i> | AUCPE                            | January 2016 | Till Date          | 1                   |
| 2     | <i>Guest Lecturer</i>      | Bharathiar University Coimbatore | August 2010  | April 2013         | 3                   |

### Research Experience: 04 Years

### Additional Responsibilities

1. University Representative in DDE Exams
2. In-charge of Handball (W)
3. Intercollegiate selection committee member in Handball (W)

### Areas of Research

1. Exercise physiology
2. Sports training

### Research Supervision / Guidance

|                 | Program of Study | Completed | Ongoing   |
|-----------------|------------------|-----------|-----------|
| <b>Research</b> | <b>M.Phil.</b>   | -         | <b>01</b> |
| <b>Project</b>  | <b>PG</b>        | -         | <b>03</b> |

## Publications

| International |             | National |             | Others                                  |
|---------------|-------------|----------|-------------|---|
| Journals      | Conferences | Journals | Conferences | Books / Chapters / Monographs / Manuals |
| 7             | 7           | -        | 13          | -                                       |

## Events organized in leading roles

1. National Level Seminar on **Role of Bharathanatiyam in Rhythmics and Physical Education**. Which was conducted on January 12<sup>th</sup> 2017

## Events Participated

### Conferences / Seminars / Workshops: -

### Other Training Programs

#### Interaction Programme /National level Workshop attended

1. Certified International Society for the Advancement of Kin anthropometry (**ISAK**) - level one Anthropometrist, organized by Anna University, BIT campus Tiruchirappalli, from 09.04.2014 to 11.04.2014.
2. Participated in the UGC Sponsored Interaction Programme for Ph.D Scholars from 29/07/2014 to 18/08/2014 conducted by UGC Academic Staff College, Lakshmibai National Institute of Physical Education, (Deemed University) Gwalior.
3. Participated in the 5-day Training Programme on Research Writing: Elements and Steps organized for Technical and Academic Writing Bharathidasan University Tiruchirappalli. From **16.02.2015** to **20.02.2015**.
4. Attended the **AICTE** sponsored workshop on (2014) "Research Methodology and Database Management Using SPSS" held at Thiyagarajar School of Management, Madurai, from **23<sup>rd</sup>** to **25<sup>th</sup>** January.
5. Participated in the National level Workshop on (2014) "Resources and Technologies for Scholarly Information" held at Bharathidasan University Library, Tiruchirappalli. on 12<sup>th</sup> August.
6. Participated in the Two-Day **ICHR & ICSSR** National Seminar on "The History of South Indian Cinema" organized by the Department of History, Bharathidasan University, Tiruchirappalli on 14<sup>th</sup>& 15<sup>th</sup> March, 2014.
7. Participated in the **DST-PURSE** Sponsored National Workshop on "Impact of information Technology on Scientometric Studies" held on 17<sup>th</sup> February 2014 at Bharathidasan University Library, Tiruchirappalli.

8. Participated as Faculty/Delegate in the **“YOUTH MELA”** Programmes held in 2014 on behalf of Adolescent Health Committee of FOGSI, ATFOG & Department of Women’s Studies, Bharathidasan University, Tiruchirappalli.
9. Participated in the National Library Week Seminar on Research Data and Scholarly Information held at Bharathidasan University Library, Tiruchirappalli. On 13-11-2013.
10. Participated in the Tow Day National Workshop on **“Information and Knowledge Analytics”** held on 12-13 August 2015 at Bharathidasan University, Tiruchirappalli-24.

## Recent Publications

### Research Articles Published in Journals

1. Vairavasundaram, C., &Palanisamy, A., (2015). Effect of Bulgarian bag training on selected physical variables among handball players. ***Indian Journal of applied research, March. 483-485(3),***
2. Vairavasundaram, C., &Palanisamy, A., (2015). Influence of Kettle Bell Training on Selected Physical and Performance Related Variables among Handball Players.***International Journal of Recent Research and Applied Studies, April.ISSN: 2349 – 48912,4 (6), 20 -24.***
3. Vairavasundaram, C., &Palanisamy, A., (2014). Impact of Bulgarian bag training on selected physical physiological variables among Coimbatore District wrestlers. ***Indian Journal for Research in Physical Education and Sports Sciences9(2), 56-62.ISSN 0973-9025***
4. Vairavasundaram, C., & Angel Robert, M., (2014). Impact of isometric high flexion exercises on sprinting ability, agility and vertical jumping performance of athletes. ***Star research International journal, 2(2)ISSN: 2321-676X***
5. Vairavasundaram, C., &Palanisamy, A., (2014). Impact of aerobic dance on selected physical components on intercollegiate handball players. ***Star research International journal, 2 (10) 06.ISSN: 2321-676X***
6. Vairavasundaram, C., &Palanisamy, A., (2014). Effects of fartlek training on selected physical fitness variables of high school level Kho-Kho players. ***Indian Journal for Research in Physical Education and Sports Sciences 9 (1)ISSN 0973-9025.***
7. Vairavasundaram, C., &Manjupushpa, P., (2012).Effect of skill practice accompanied with step aerobics on cardio respiratory endurance and playing

ability of the male handball players. *Bharathiar journal of physical education and exercise sciences vol-4No2 ISSN09763678*

#### **International Seminar/Conference**

1. **Vairavasundaram,C.,&Palanisamy, A.,** (2014) “Effect of Aerobic Dance on selected Physiological variables among Inter collegiate Handball players”, in UGC Sponsored International Seminar on “Health related Physical Fitness and Wellness” held at PoornaprajnaCollege.India on 22<sup>nd</sup>& 23<sup>rd</sup>, August.
2. **Vairavasundaram,C.,&Palanisamy, A.,** (2014) “Importance of Biomechanics in Preventing Sports Injuries” in UGC Sponsored Two Day International Conference on “Physiotherapy in Physical Education and Sports Sciences” organized by Department of Physical Education, Govt. College, Mandya. on 22<sup>nd</sup>& 23<sup>rd</sup> of February.
3. **Vairavasundaram,C.,** (2010) “ Enhancing Power Mind through Yoga” in International Conference on yoga therapy and fitness- an integrated approach organized by the School of Physical Education, Alagappa University, Karaikudi, on 12<sup>th</sup>&13<sup>th</sup> February.
4. **Vairavasundaram,C.,** (2010) “Effect of aerobic on cardio vascular adolescent boys at varied altitude” in UGC Sponsored International Conference on Talent Identification and Development in Physical Education & Sports held at Saint Mary’s Syrian College Brahmavar, India on 29-30<sup>th</sup> January.

#### **National Seminar/Conference**

1. **Vairavasundaram,C.,&Palanisamy, A.,** (2015) “Bulgarian bag is the Beacon light in current scenario” in UGC Sponsored National Seminar on Sound body Sound Mind Fitness Through Yoga & Sports Organized by Department of Physical Education G.T.N Arts College, Dindugul, Tamil Nadu, on 25<sup>th</sup>& 26<sup>th</sup> March.
2. **Vairavasundaram,C.,&Palanisamy, A.,** (2015) “Influence of Bulgarian bag training on selected Physical Physiological variables among Handball Players” in the UGC Sponsored National Seminar on “Recent Developments in Sports and Yogic Sciences” organized by Alagappa University College of Physical Education, Karaikudi, on 19<sup>th</sup>& 20<sup>th</sup> March.
3. **Vairavasundaram,C.,&Palanisamy, A.,** (2015) “Versatile Development of Exercise” in the UGC Sponsored National Seminar on “Women Sports Participation in India” organized by the Department of Physical Education, Bharathiar University, Coimbatore on 30<sup>th</sup> and 31<sup>st</sup> January.
4. **Vairavasundaram,C.,&Palanisamy, A.,** (2014)“influence of aerobic dance on selected physiological variables among school level handball players” presented a paper in the UGC Sponsored National Seminar on “Recent Trends in Sports Technology, Management and Allied Sciences” organized by Department

of Physical Education, Arumugam Pillai Seethai Ammal College, Thirupathur, from 12<sup>th</sup> to 13<sup>th</sup>, September.

5. **Vairavasundaram, C., & Palanisamy, A., (2013)** “ Seven Vital Keys In Yoga” in the UGC Sponsored National Seminar on “Yoga towards Enhancement in Sports” organized by the S.R College Tiruchirappalli, on 26<sup>th</sup> ,27<sup>th</sup>& 28<sup>th</sup> September.
6. **Vairavasundaram, C., & Palanisamy, A., (2013)** “Media and Sports” in the National Conference on Physical Education and Sports an Inter-Disciplinary Approach” organized by the Department of Physical Education, H.H. The Rajah’s College (Autonomous), Pudukkottai on 23<sup>rd</sup> February.
7. **Vairavasundaram, C., (2012)** “Role of Yoga in Sports” in the UGC Sponsored National Seminar on “Recent Developments in Sports Science and their contribution towards Physical Education and Sports” organized by Department of Physical Education, Sree Sevugan Annamalai college, Devakottai on 5<sup>th</sup> 6<sup>th</sup> October.
8. **Vairavasundaram, C., (2011)** “ Technology In the Game of Rugby” in the UGC Sponsored National Seminar on “Recent Technologies In Sports Sciences” Organized by the Department of Physical Education, Bharathiar University, Coimbatore, on 22<sup>nd</sup> & 23<sup>rd</sup> March.
9. **Vairavasundaram, C., (2010)** “ Analysis of low back pain finding the cause factors among the various players” in the UGC Sponsored National Seminar on Modern Trends in Sports Medicine, organized by Department of Physical Education, Bharathiar University, Coimbatore on 9<sup>th</sup> and 10<sup>th</sup> April.
10. **Vairavasundaram, C., (2010)** “A Comparative Study on Human Relationships among College Level Women Players” in the National Seminar on “Social aspects of Sports in Indian Context” held at Jawaharlal Nehru Stadium, Chennai on 12<sup>th</sup> March.
11. **Vairavasundaram, C., (2009)** “Role of Sports Science and Technology Enhances Sports Performance” in the UGC Sponsored National Conference on Role of Sports Sciences and Technology in Enhancing Sports Performance” organized by Department of Physical Education, Bharathidasan University, Tiruchirappalli on 21<sup>st</sup> March.