

## Resume

**A Physical Educationist with born skill in the area of Teaching & coaching both theoretically and practically**

**Dr. R.SENDHIL, M.L.I.S., M.P.Ed., M.Phil., Ph.D**

65, 4th Cross Street,

Thanthai Periyar Nagar,

Ellaipillichavdi, Nellithope (Post),

Pondicherry – 605 005, India.

Phone: +91 413-2201289

Mobile: +91 9578040800 / +91 9943107443

Email: hockeysendhil@gmail.com



**Objective: To utilize my skills and training in a challenging work environment where I can contribute to the success of the team and the institution...**

### EDUCATIONAL QUALIFICATIONS

EXAM PASSED	NAME OF UNIVERSITY / BOARD	YEAR OF PASSING	%OF MARKS	CLASS OBTAINED
<b>Ph.D (Full Time)</b>	Department of physical Education and sports, Pondicherry university.	February 6 <sup>th</sup> 2013		
<b>M.Phil (Full Time)</b>	Department of physical Education and sports, Pondicherry university.	August 2010	9/10 (CGPA)	First Class With Distinction
<b>M.P.Ed.,</b>	Department of physical Education and sports, Pondicherry university.	May 2009	8.19/10 (CGPA)	First Class
<b>B.P.Ed</b>	Alagappa University College of Physical Education Karaikudi, Tamilnadu	April 2006	7.2/10 (CGPA)	First Class
<b>B.B.A</b>	Alagappa University Karaikudi, Tamilnadu	May 2005	65.6%	First Class
<b>D.M.E (Three years)</b>	Mothilal Nehru Govt Polytechnic, Pondicherry	October 2000	51%	Second Class

<b>S.S.L.C</b>	Vesley English High School Pondicherry	April 1997	71%	First Class
<b>P.G.Diploma In Yoga</b>	Annamalai University	May 2007	59%	Second Class
<b>P.G.Diploma In Fitness Management</b>	Bharathiar university Coimbatore	June 2008	58%	Second Class
<b>P.G. Diploma in Health Fitness and Life Style Management</b>	Pondicherry University	April 2010	75%	First Class
<b>P.G.Diploma In Sports Management</b>	Alagappa University Karaikudi, Tamilnadu	<b>Pursuing</b>		

- ❖ Qualified UGC – **National Eligibility Test (NET)** for Lectureship held in **December 2012** in the subject **Physical Education / Reg no: 10470022**.

#### **OTHER PROFESSIONAL QUALIFICATION**

1. Attended **International course** level one **Anthropometrics ISAK** training course conducted by Department of Physical Education and sports, Pondicherry Central University from 1<sup>st</sup> to 5<sup>th</sup> August 2011.

#### **RESEARCH FELLOWSHIP AWARDED**

- ❖ UGC Rajiv Gandhi National Fellowship Award (**RGNF**) for the Ph.D Research work – JRF 2010 to 2012.

#### **ADDITIONAL EDUCATIONAL QUALIFICATIONS**

<b>EXAM PASSED</b>	<b>NAME OF INSTITUTION / BOARD</b>	<b>YEAR OF PASSING</b>	<b>%OF MARKS</b>	<b>CLASS OBTAINED</b>
B.L.I.S	Alagappa University Karaikudi, (Distance Education)	May 2005	72%	First Class
M.L.I.S	Alagappa University Karaikudi, (Distance Education)	Dec 2011	64%	First Class

## **PROFESSIONAL WORK EXPERIENCE**

Working as a **Director Of Physical Education** in Perunthalaivar Kamarajar Arts College, Puducherry from 1<sup>nd</sup> July 2013 to till date.

## **BOOK PUBLISHED**

- ❖ **R . Sendhil and S. Palani, SPORTS LITERATURE**, October 2013, Published by Laxmi Book Publication, 258/34, Raviwar Peth, Solapur Maharashtra, India , ISBN-978-81-924687-8-5, First Edition

## **RESEARCH PUBLICATIONS**

### **(INTERNATIONAL JOURNALS)**

1. Sendhil.R and N.Govindarajulu, **“Effect of Plyometric Training and Progressive Neuromuscular Facilitation Exercises on Leg Explosive Power and Shoulder Strength Among Hockey Players”**, **International Journal of Sports Sciences and Physical Education**, Vol-2, Issue -2, July 2011, PP.1-6, ISSN: 0976-2752.
2. Sendhil R, A. Sathish Kumar, N.Veeraparameswari, **“Effect Of Varied Packages Of Training On Selected Physiological Variables Of College Women Basketball Players”**, **International online Sports Research Journal of Academic Sports Scholar**, ISSN : 2277-3665, Vol.1,Issue.III, March 2012, P:1-4.
3. Sendhil R and G. Vasanthi, **“Effect of Plyometric Training on Triple Jump Performance of School Students”**, **International Journal of Physical Education Sports Management and Yogic Sciences**, ISSN 2231-1394, Vol.2, No.3, July 2012, P: 1-5
4. Sendhil R, **“Effect of 12 weeks Plyometric Training on Lower Body Performance of School Boys”**, **International Journal of Physical Education Sports and Yogic Sciences**, ISSN: 2249-8575, Vol. 1, No: 1, August 2012, P:31-32.
5. S. Palani, R. Sendhil, **“Effect of complex training on speed and leg explosive power of college men Hockey players”**, **Research Dimensions, A Multi-Disciplinary Peer – Reviewed International Research Journal**, ISSN:2249-3867, Vol.2, Issue.2, April- 2013, P:44.
6. S. Palani, R. Sendhil, **“Effect of 12 week plyometric training on physical fitness parameter leg explosive power performance of high school boys”**, **Indian Streams Research Journal , Monthly Peer Reviewed Journal, International Recognition Multidisciplinary Research Journal**, ISSN No: 2230-7850, Vol.3, Issue.IV, May- 2013, P:28.

7. S. Palani, R. Sendhil, “**Effect of every day yogic practice on selected physiological variables of school boys**”, Indian Streams Research Journal, Monthly Peer Reviewed Journal, International Recognition Multidisciplinary Research Journal, ISSN No: 2230-7850, Vol.3, Issue.V, June- 2013, P: 30.
8. S. Palani, R. Sendhil, “ **Effect of quick march on physical fitness parameter flexibility among high school boys**”, Golden Research Thoughts is a monthly International Journal Publishing Double Blind Peer – Multidisciplinary Research Journal, ISSN NO: 2231-5063, Vol.II, Issue.XII, June-2013, P:70.
9. S. Palani, R. Sendhil, Indian Streams Research Journal , Monthly Peer Reviewed Journal, International Recognition Multidisciplinary Research Journal, ISSN No: 2230-7850 “**Effect of medicine ball and weight training on selected leg strength variables among inter collegiate hand ball players**”, ISSN No: 2230-7850 ,Vol III, Issue VI, July-2013, P:7.
10. S. Palani, R. Sendhil, “ **Effect of floor aerobics on vital capacity and resting heart rate among college women**”, Golden Research Thoughts is a monthly International Journal Publishing Double Blind Peer – Multidisciplinary Research Journal, ISSN NO: 2231-5063, Vol.III, Issue.I, July-2013, P:8.
11. R.Sendhil, Aditya Kumar Das, “**Effect of Extensive Interval and Intensive Interval Training on Selected Physiological Variables among College Men**”, International Recognition Research Journal, Physical Education and Sports Research Journal, ISSN NO: 2277-3665, Vol.3, Issue-6, June 2014, P: 20, **Impact Factor: 1.3205 (UIF)**.

#### (NATIONAL JOURNALS)

1. Sendhil.R , N.Govindarajulu, “**Effect of Plyometric Training and Progressive Neuromuscular Facilitation Exercises on Speed and Agility Among Hockey Players**”, Osmania National Journal of Physical Education, Vol.No.5, January , 2011, PP.1-9, ISSN : 0974-7109.
2. Sendhil.R, G.Vasanthi, “**Influence of Psycho Regulative Programme on Selected Psychological Variables Among College Men Hockey Players**”, PERSIST National Journal of Physical Education, Recreation and Sports in Science & Technology, Vol-2, No-2, Feb.2011 -July 2011, PP.32-39, ISSN : 0975-7414.
3. Sendhil R, P.Vinothkumar, Udaya Bhaskar Reddy Savanam, “**Comparative Analysis of Selected Hematological Variables among University Men Basketball, Football and Volleyball Players**”, Indian Journal for Research in Physical Education and Sports Sciences, Vol.6, No.2, October 2011, PP-111-114, ISSN: 0973-9025.
4. Sendhil R, “**Effect of Plyometric Training on Strength and Strength Endurance of Sedentary College Men**”, Journal of Adapted Physical Education and Yoga, Vol.1, Issue.2, December 2011, P: 45-50, ISSN 2229-4821.

5. Sendhil R, D.Jayabal & Dr. S. Nagarajan, **“Effect Of Yogic Practices, Physical Exercises, And Combination Yogic Practices, Physical Exercises On Selected Motor Ability Component Physiological Variable of College Men Students”**, Journal of Physical Education and Sports Science, Vol.2, February 2012, P: 154, ISSN 2279-7049.
6. Sendhil R, Veeraparameswari, **“Effect of Varied Packages of Training on Playing Ability of College Women Basketball Players”**, Journal of Physical Education and Allied Health Sciences, Vol.2, No.2, July 2012, P: 119-123, ISSN 2249-2380.
7. Sendhil R, **“Analysis of Anthropometric Profiles among Inter University Level Women Ball Badminton Players”**, Entire Research, Vol.-4, Issue-III, ISSN 0975-5020, July 2012, P: 46-48.
8. Sendhil R and G. Vasanthi, **“Effect of Jogging and Yoga on Physiological Profile”** Capital Research Journal of Physical Education and Sports Sciences, Vol.-1, Issue-1, ISSN 2277-8519, July 2012, P: 96-101.
9. Sendhil R, A. Sathish Kumar and N. Veeraparameswari, **“Effect of Varied Packages of Training on Selected Motor Ability Components of College Women Basketball Players”**, Osmania National Journal of Physical Education, Vol.No.6, July 2012, PP.98-104, ISSN : 0974-7109.

#### **PROCEEDINGS PAPERS PUBLISHED IN INTERNATIONAL CONFERENCE**

1. Sendhil R, **“Effect of Complex Training on Speed and Leg Explosive Power of College Men”** Book Published In **International Seminar** on Physical Education Recreation and Yogic Sciences, Department of Physical Education Faculty of Arts, Banaras Hindu University, Varanasi, ISBN No: 92-8867-5118-8, January – 2012, P: 326.
2. Sendhil R, **“Analysis of Mental Health and Self Confidence Among Inter Collegiate Women Kho-Kho Players”** Book Published in **International Seminar** on Sports and Nutrition, Department of Food Science and Nutrition and Department of Physical Education, Avinashilingam Women University, ISBN No: 978-9350-59339-4, March 2012, P:380.
3. Sendhil R, **“Analysis to Quantify the Selected Physiological and Biochemical Variables in Response to Isolated and Combined Trainings of Yogic Practices Jogging and Walking among Adolescent Boys”** Book Published in **International Conference** on Innovative Technology in Sports and Allied Sciences at Department of Physical Education Health Sciences Alagappa University, Karaikudi., ISBN No: 978-81-920866-4-4, October 2012 , P:517.
4. Sendhil R, **“ Pilates on Muscle Endurance Flexibility and Balance – An Effective Study”** Book Published in **International Conference** Futuristic Trends in Physical Education, Department of Physical Education at Punjabi University, Patiala, ISBN No: 978-93-80144-70-2, Vol.IV, January 2013, P: 107.

### **PROCEEDINGS PAPERS PUBLISHED IN NATIONAL CONFERENCE**

1. Sendhil R, **“Health Fitness Through Yoga”** Book Published in **National Conference** Recent Trends in Yoga and Physical Education, Virudhunagar Hindu Nadar’s Senthikumara Nadar College Virudhunagar, ISBN No: 978 81-910426-8-9, August 2011, P: 148.
2. Sendhil R, **“Analysis of Selected Strength Parameters Among Hockey and Football Players”** Book Published in **National Conference** Emerging Trends in Physical Education, Sports Sciences and Their Role in Improving the Performance of Sportsmen, Department of Physical Education Sri Padmavathi Mahila Visvavidyalayam Women’s University, ISBN No: 938048174-2, March - 2012, P: 130.
3. Sendhil R, **“Effect of Yogic Practices on Breath Holding Time and Pulse Rate Among School Children”** Book Published in **National Seminar** on Modern Trends in Sports Management, Department of Physical Education, Health Education and Sports Ayya Nadar Janaki Ammal College Sivakasi, ISBN No: 938048714-2, March 2012, P: 439.
4. Sendhil R, **“Effect of Volleyball Playing Performance on Motor Fitness for Sedentary Students of Pondicherry University”** Book Published in **National Seminar** Physiological Aspects of Training Nutrition Recovery and Performance, Department of Physical Education Mannar Thirumalai Naicker College , Madurai, ISBN No: 978-93-80657-73-8, August 2012, P: 173.
5. Sendhil R, **“Effect of Pilates on Abdominal Strength and Back Strength for Sedentary College Boys”** Book Published in **National Seminar** Innovative Concepts in Physical Education and Yoga, Department of Physical Education, Arul Anandar College, Karumathur, Madurai District, ISBN No: 978-93-80686-07-3, February 2013, P: 244.

### **PAPER PRESENTED IN INTERNATIONAL CONFERENCE / SEMINAR**

1. Presented a Scientific paper Titled **“Exercise and Diet in Weight Management”** in the **International Conference** Application of science Engineering and Technology in sports held at M.A.M college of Engineering on 7<sup>th</sup> and 8<sup>th</sup> December 2009 at Tiruchirapalli, Tamil Nadu
2. Presented a Scientific paper Titled **“Yoga for stress reduction and injury prevention at work”** in the **International conference** on yoga therapy and fitness in integrated approach held at Alagappa University on 12 and 13<sup>th</sup> February 2010 at Karaikudi, Tamilnadu.
3. Presented a Scientific paper Titled **“Yoga for Diabetics”** in the 18<sup>th</sup> **International yoga festival** on 4<sup>th</sup> to 7<sup>th</sup> January 2011 at Puducherry.
4. Presented a scientific paper Titled **“Training for Fitness ”** in the **Inter National Conference** on Yoga, Physiotherapy, Nutrition and Sports for Life Long Fitness on 27<sup>th</sup> and 28<sup>th</sup> January 2011 at Department of Physical Education Health Sciences Alagappa University.

5. Presented a scientific paper Titled **“Effect Of Yogic Practices, Physical Exercises, And Combination Yogic Practices, Physical Exercises On Selected Motor Ability Component Physiological Variable of College Men Students”** in the **International Conference** on Better Life Better World, Through Yoga with Allied Sports Sciences on 16-18, February-2012 at Tamil Nadu Physical Education and Sports University, Department of Yoga in association with National Association of Physical Education and Sports Sciences.

#### **PAPER PRESENTED IN NATIONAL CONFERENCE / SEMINAR**

1. Presented a Scientific paper Titled **“Aerobic diet and exercise”** in the **National Conference** on Role of science Technology and Yoga in enhancing sports performance and health held at M.R. Arts and science college and Meenatchi physical education college, Thathanur on 6<sup>th</sup> Feb 2010 at T.K. Ariyalur district., Tamilnadu
2. Presented a Scientific paper Titled **“Health Fitness”** in the **National conference** on Social Aspects of sports in Indian context held at on 12 march 2010 at Department of sports Psychology and Sociology Tamilnadu Physical Education & sports University, chennai.
3. Presented a scientific paper Titled **“Education for socially and Economically Deprived”** in the **National Conference** on Education for socially and Economically deprived on 12<sup>th</sup> and 13<sup>th</sup> march 2010 at Department of school Education , Pondicherry University.
4. Presented a scientific paper Titled **“Effect of Selected Yogic Practices on Anxiety level of Hockey Players”** in the **National Conference** on UGC Sponsored Role of Modern Training in Physical Education and Sports on 19<sup>th</sup> and 20<sup>th</sup> march 2010 at Department of Physical Education and sports , University of Madras , Chennai - 31.
5. Presented a scientific paper Titled **“Yoga and Health”** in the **National Seminar** on Essential of a Qualified teacher in yoga on 26 and 27 March 2010 at Vivekananda University, Coimbatore.
6. Presented a scientific paper Title **“High Performance Nutrition for the Bussy Athlete”** on UGC sponsored **National seminar** on modern trends in sports medicine organized by Department of Physical Education, Bharathiar University, Coimbatore on 9 and 10 April 2010.
7. Presented a Scientific paper Titled **“Science of Yoga”** in the **National conference** on “Yoga : caring sharing and empowering” held on 20<sup>th</sup> and 21<sup>st</sup> December 2010 at Tamilnadu Physical Education & sports University, Chennai.
8. Presented a scientific paper Titled **“Exercise and Physical Activity for Older Adults”** in the **UGC National Conference** on The Felicitous Intertwined Trio of Physical Activities, Wellness and Sports on 5<sup>th</sup> February 2011 at Department of

Physical Education at Bishop Heber College (Autonomous), Tiruchirappalli, Tamilnadu.

9. Presented a scientific paper Titled **“Influence of Psycho Regulative Programme on Selected Psychological Variables among the Hockey Players”** in the **UGC National Conference** of Sports Psychology on 7<sup>th</sup> To 9<sup>th</sup> February 2011 at Department of Physical Education & Sports Sciences Acharya Nagarjuna University, Sports Psychology Association of India & Asia South Pacific Association of Sport Psychology.
10. Presented a scientific paper Titled **“Implementing Yoga in School Curriculum for Managing their Better Mental Health in this Modern Life”** in the **National Seminar** on Role of Yoga and Physical Exercise for Enhancement of Health and Fitness, Department of Physical Education and Sports, Pondicherry University, Puducherry.

#### **INTERNATIONAL WORKSHOP PARTICIPATED**

1. Participated **International Workshop** on **“Advanced Scientific Training and Coaching”** held at Tamil Nadu Physical Education and Sports University on Feb 2<sup>nd</sup> and 3<sup>rd</sup> 2010, Chennai, Tamil Nadu.
2. Participated **Internatioanl Workshop** on **“Football”** held at Alagappa University, Organised by School of Physical Education on Feb 14<sup>th</sup> 2010 at Karaikudi, Tamilnadu.

#### **NATIOANL WORKSHOP PARTICIPATED**

1. Participated **National Workshop – Cum Seminar** on **“Role of Yoga In Prevention And Management of Hypertension”** Organized by Advanced Centre for Yoga Therapy Education & Research (ACYTER), & Department of Physiology, Jipmer, Puducherry – 6 in Collaboration with Morarji Desai National Institute of Yoga (MDNIY) , New Delhi, India. On 18 and 19<sup>th</sup> March 2010
2. Participated **National Workshop** on **“Track & Field Planning, Construction, Rules and Interpretations”** organized by Department of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai on 24<sup>th</sup> and 25<sup>th</sup> January 2011.
3. Participated **National Workshop** on **“Yoga Therapy, Exercises Therapy and Allied Therapy organized”** by Koviloor Andavar Institute of Yoga & Research, From 29<sup>th</sup> January 2011 at Koviloor, Karaikudi.
4. Participated **National Workshop** on **“Physiological Adaptations on Training and Nutrition”** organized by Department of Exercises Physiology and Biomechanics, Chennai on 9<sup>th</sup> February 2011 at Tamil Nadu Physical Education and Sports University.
5. Participated **National Workshop – Cum Seminar** on **“Role of Yoga In Prevention And Management of Hypertension”** Organized by Advanced Centre for Yoga Therapy Education & Research (ACYTER), & Department of Physiology, Jipmer,



Puducherry – 6 in Collaboration with Morarji Desai National Institute of Yoga (MDNIY) , New Delhi, India. On 1 and 2, March 2011.

6. Participated UGC Sponsored **National Workshop** on **“Association of Indian Universities Sports Organization”** organized Department of Physical Education and Sports, University of Madras, Chennai – 600 031. On 25<sup>th</sup> and 26<sup>th</sup> March 2011.
7. Participated **National Workshop** on **“Changing the face of Clinical Nutrition”** organized by Department of Clinical Nutrition & Dietetics Global Hospitals & Health city, Chennai , On 2<sup>nd</sup> April 2011.
8. Participated **National Workshop** on **“Yoga Own Yoga – Own Life”** organized by Department of Yoga, on 7<sup>th</sup> April 2011 at Tamil Nadu Physical Education and Sports University, Chennai.
9. Participated **National Workshop** on **“Kin anthropometry”** organized by Department of Physical Education & Sports, on 1<sup>st</sup> to 3<sup>rd</sup> August 2011 at Pondicherry University (A Central University), Puducherry-14
10. Participated **All India Workshop** on **“Research Methodology”** for Research Scholars organized by UGC Academic Staff College, on 4<sup>th</sup> to 5<sup>th</sup> August 2011 at Pondicherry University (A Central University), Puducherry.
11. Participated **National Level Workshop** on **“Present Trends in Cricket Officiating”** in Collaboration with Tamil Nadu Cricket Association held on 27<sup>th</sup> to 29<sup>th</sup> March 2012 at Department of Physical Education and Sports, Pondicherry University.

#### **EXTRA – CURRICULAR ACTIVITIES**

- ❖ N.C.C – B Certificate (B - Grade holder)
- ❖ Practical Training on Traffic Rules & Regulations conducted by Pondicherry Police Department.
- ❖ Social work welfare of poor people

#### **PERSONAL ACHIEVEMENTS IN SPORTS & ATHLETIC ACTIVITIES**

1. Represented Junior boys 100 meters Hurdles Organized by Pondicherry Regional School Championships, Government of Pondicherry, Education Department(1996-97) (**secured 1<sup>st</sup> place**)
2. I have been trained by **Sports Authority of India (SAI)**, Pondicherry (1998-2002)
3. Represented **Sub Junior South Zone** held at Bhimadalu A.P State (1997)
4. Represented **Sub- Junior National** held at Tirupathi, A.P. state (Jan 1998)
5. Represented **5<sup>th</sup> All India Inter SAI Hockey Tournament** held at Bangalore (1998)

6. Represented **30th Junior National Hockey Championship** held at Bangalore (Jun 1999)
7. Represented **60<sup>th</sup> Senior National Hockey Championship** held at Jammu and Kashmir (dec 2000)
8. Represented **6<sup>th</sup> All India Inter SAI Hockey Tournament** held at Bangalore (2000)
9. Represented **Inter Polytechnic State Level Sports Meet**, Tamil Nadu and Pondicherry Hockey Tournament from 1999-2000. **Secured 2<sup>nd</sup> place**
10. Represented **Junior South Zone Hockey Championship** held at Kakinada A.P state (2001) **Secured 3<sup>rd</sup> place**
11. Represented **7<sup>th</sup> South Zone Inter SAI Hockey Tournament** held at (Hyderabad (2001)
12. Represented **18<sup>th</sup> Senior South Zone Hockey Championship** held at chitoor A.P. state (2003) **secured 3<sup>rd</sup> place**
13. Represented **61<sup>st</sup> Senior National Hockey Championship** held at Hyderabad (2005)
14. Represented **Inter Collegiate Tournaments from Alagappa University Karaikudi, 2005-2006 Secured 2<sup>nd</sup> place**
15. Represented **Alagappa University South Zone Inter University** held at Madurai kamaraj University (2006)
16. Represented **62<sup>th</sup> Senior National Hockey Championship** held at Punjab state, Amritsar (2006)
17. Represented **63<sup>th</sup> Senior National Hockey Championship** held at Bhopal (2010)

#### **ACHIEVEMENTS IN SPORTS**

1. Represented as a **Coach in Puducherry State 35<sup>th</sup> U-20, Junior National Hockey Championship** held from 25<sup>th</sup> Sep to 5<sup>th</sup> Oct 2010 at Pimpri, Pune, Maharashtra.
2. Represented as a **Manager in Puducherry State** in the **Junior National Hockey Championship** for Boys U-17 held from 27<sup>th</sup> May to 8<sup>th</sup> June 2011 at Mumbai.
3. Represented as a **Coach of Puducherry State** in the **South Zone Senior National Hockey Championship** held at Bangalore from 27<sup>th</sup> may to 1<sup>st</sup> June 2012.( **The Team Achieved Third Position**)
4. Represented as a **Manager in the Pondicherry University South Zone Inter-University Hockey women Tournament** held at Mangalore University at K.M.Cariappa College, Madikeri (Karnataka State) from 19<sup>th</sup> to 23<sup>rd</sup> November 2013.

### **RESEARCH EXPERIENCE ABOUT MY THESIS TOPIC**

1. **M.P.Ed:** “Analysis of Selected Strength Parameters Among Hockey and Football Players”
2. **M.Phil:** “Effect of Plyometric Training and Progressive Neuromuscular Facilitation Exercises on Leg Explosive Power and Shoulder Strength, Speed and Agility Among Hockey Players”
3. **Ph.D:** “Analysis to Quantify the Selected Physiological Biochemical and Motor Ability Variables in Response to Isolated and Combined Training of Yogic Practice Jogging and Walking Among Adolescent Boys”.

### **AREAS OF SPECILATION IN THEORY SUBJECT:**

- Sports Training Methods
- Sports Psychology
- Sports Management
- Exercise Physiology
- Sports Nutrition
- Methods in Physical Education
- Sports Medicine

### **AREAS OF SPECILATION IN GAMES AND SPORTS**

- ❖ Hockey
- ❖ Football
- ❖ Badminton
- ❖ Cricket
- ❖ Kabbadi
- ❖ Volleyball
- ❖ Track and Field (Athletics)
- ❖ Ball Badminton

### **ORGANIZATION OF SPORTS MEET EXPERIENCE**

- ❖ Organized State level Hockey championship Tournament held at Pondicherry From 2006 To 2013
- ❖ Organized Hockey summer coaching camp held at Pondicherry from 2005 To 2013
- ❖ Organized Inter Department Sports Meet at Pondicherry University From 2007 To 2012
- ❖ Organized National Sports Day on August 2013 at P.K.Arts College.
- ❖ Organized Pondicherry University Inter College Hockey tournament both men and women October 2013.

### **PREPARING FOR BOOK PUBLICATION**

- ❖ Sports Management in Physical Education
- ❖ Fundamental Skills for Hockey Players
- ❖ Organization, Administration and Supervision in Physical Education
- ❖ Test Measurement Evaluation in Physical Education

**MEMBERSHIP**

- ❖ General Secretary Puducherry District Hockey Association.
- ❖ Executive Member Puducherry State Seven's Football Association.
- ❖ Treasurer U.T.of Puducherry State Hockey Association.

**PERSONAL INFORMATION**

<b>Name</b>	:	<b>Dr. R. SENDHIL</b>
Father's Name	:	Shri. P.Rangassamy (Retired Headmaster)
Mother' Name	:	Smt. R. Thenmozhi
Date of Birth	:	16.10.1980
Sex	:	Male
Nationality	:	Indian
Passport no	:	L6194694
Passport Issue Date	:	22/11/2013
Passport Expiry Date	:	21/11/2023
Religion	:	Hindu
Marital Status	:	Married
Wife Name	:	Smt. S. Padma Sendhil, M.Tech (Mechanical)
Languages Known	:	English, Tamil
Address	:	65, 4th Cross Street, Thanthai Periyar Nagar, Ellaipillichavdi, Nellithope (Post), Pondicherry – 605 005. India. Phone: +91 413-2201289 Mobile: +91 9578040800 / +91 9943107443
Email	:	Hockeysendhil@gmail.com