

CURRICULUM VITAE

Dr. K.A. THIAGARAJAN

MBBS, Dip.PMR, M.D. (Sports Med)

Professor & Head

Dept. of Arthroscopy & Sports Medicine
Sri Ramachandra Medical College & Research Institute

Senior Consultant in Sports Medicine

Centre for Sports Science
Sri Ramachandra Medical Centre



Sri Ramachandra Institute for Higher Education & Research (Deemed to be University)
Chennai, India - 600116

www.sriramachandra.edu.in

www.csstrucoach.in

BIOGRAPH

Sports Medicine Professor, Senior Consultant, Research Guide, Administrator

MOBILE +91 9444415744

E-MAIL Official drkatn@csstrucoach.in
drthiagarajan@sriramachandra.edu.in
Personal drkatn@gmail.com

PERSONAL INFORMATION

BORN 23rd April 1970

GENDER Male

NATIONALITY Indian

ADDRESS 5, Sapthagiri Colony, Jafferkhanpet, Chennai – 600083

LANGUAGES English, Hindi, Tamil, Telugu, Malayalam, Sourashtra (Mother Tongue)

QUALIFICATIONS

DEGREE	COLLEGE	UNIVERSITY	YEAR
MBBS Bachelor of Medicine and Surgery	Madurai Medical College Madurai India	Madurai Kamaraj University	1992
DPMR Diploma in Physical Medicine & Rehabilitation	Madras Medical College, Chennai India	Tamilnadu Dr. MGR Medical University	2005
MD Doctor of Medicine in Sports Medicine	Sri Ramachandra Medical College & Research Institute, Chennai, India	Sri Ramachandra University	2013

REGISTRATION

- 1993 - Medical Council of India, Tamilnadu State, **Registration No. 52846**

ADDITIONAL COURSE WORK

- Team Physician Certification from IASM, AFSM, AFC
- Football Medicine Certification
- ISAK Level 1 (International Society for Advancement of Kinanthropometry) New Zealand
- Basic Life Support Certification
- Advanced Cardiac Life Support Certification
- Critical & Trauma Life Support Certification
- Sports Rehabilitation Certification
- Exercise is Medicine course Certification
- RSI Orientation certification
- Sports Podiatry Certification
- Medical Education Workshop Certification
- Research Methodology, Epidemiology, Statistics & Critical Appraisal Course

MEMBERSHIPS

INTERNATIONAL

- International Federation on Sports Medicine (FIMS)
- South African Sports Medicine association (SASMA)
- International Society for Physical and Rehabilitation Medicine (ISPRM)
- International Society for Biomechanics (ISB) Australia

NATIONAL

- Indian Association of Sports Medicine (IASM) – Executive Member
- Indian Association of Physical Medicine and Rehabilitation (IAPMR) – Past Treasurer & Secretary of the Tamilnadu State Chapter
- Indian Medical Association - (IMA)

TEACHING EXPERIENCE

Course	From – To	Total no of years
UNDERGRADUATE MBBS, BPT., BSc. (Hons) Sports & Exercise Science	2006 – till date	17 years
POSTGRADUATE MS(Ortho), D.Ortho., MD (Sports Medicine), MPT(Sports), M.Sc. Sports Psychology,	2006 – till date	17 years

WORK EXPERIENCE

Position	From – To	Duration
Professor & Head Dept. of Arthroscopy & Sports Medicine Sri Ramachandra Medical College & Hospital, Chennai, INDIA	June 2022 Till date	1 year
Professor Dept. of Arthroscopy & Sports Medicine Sri Ramachandra Medical College & Hospital, Chennai, INDIA	Jan 2021 to June 2022	1 year 5 m
Associate Professor Dept. of Arthroscopy & Sports Medicine, Sri Ramachandra Medical College & Hospital Chennai, INDIA	July 2017 to Jan 2021	3 years 6m
Assistant Professor Dept. of Arthroscopy & Sports Medicine, Sri Ramachandra Medical College & Hospital Chennai, INDIA	2013 – 2017	4 years
Resident Dept. of Arthroscopy & Sports Medicine, Sri Ramachandra Medical College & Hospital Chennai, INDIA	2010 – 2013	3 years
Senior Resident Physical Medicine & Rehabilitation, Associate Physician, at Sri Ramachandra Medical College & Hospital, Chennai, INDIA	2007 - 2010	3 years
Resident Govt. Institute of Rehabilitation Medicine, Madras Medical College, Chennai, INDIA	2004 - 2006	2 years
Appointments at Central Govt Institute, NGOs, Private & Corporate Hospitals INDIA	1993 - 2004	11 years

PUBLICATIONS

1. Consensus statement on injury surveillance in cricket: 2016 update, John Orchard, Craig Ranson, **Thiagarajan Alwar** et al, British Journal of Sports Medicine, Published Online 8 June 2016 <http://dx.doi.org/10.1136/bjsports-2016-096125>
2. Evaluation of regeneration of semitendinosus tendon using ultrasound imaging and isokinetic strength testing after graft harvest for arthroscopic anterior cruciate ligament reconstruction; Suresh Perumal, **K.A.Thiagarajan**, A. Prakash, S. Arumugam 21 (2020) 340–344 Journal of Orthopaedics ISSN: 0972-978X
3. Rowing Injuries in Elite Athletes: A Review of Incidence with Risk Factors and the Role of Biomechanics in Its Management; S. Arumugam, Prakash Ayyadurai, Suresh Perumal, G. Jananni, Sidak Dhillon, **K.A. Thiagarajan**; Indian Journal of Orthopaedics ISSN 0019-5413
4. Absolute VO₂max is better correlated than Relative VO₂max with Time to Exhaustion in Treadmill Exercise, **Thiagarajan KA**, Vasanthi C, Parikh T, Madhusudhan Rao V, Arumugam S, Biomedicine Print ISSN: 0970 2067
Website: <http://www.biomedicineonline.org>
5. Does Body Fat Relate to Cardiovascular Fitness in Young Indians?, Sai Aditya Krishna, Tvisha Parikh, **KA Thiagarajan**, S. Lavanya, S. Arumugam, International Journal of Sports Science, 2016 6(5), pp. 176-179- , p-ISSN: 2169-8759 e-ISSN: 2169-8791 Website: <http://journal.sapub.org/sports>, Article weblink - <http://www.sapub.org/Journal/articles.aspx?journalid=1113>
6. Comparison in between subjects of Determinants of Oxygen Uptake during Maximal and Submaximal Exercise: Ventilation and O₂ pulse; Determinants of O₂ uptake are less dependent on Load in Submaximal Exercise at Ventilatory Threshold, **Thiagarajan K A**, Vasanthi C, Parikh T, Madhusudhan Rao V, Arumugam S Biomedicine:2016 36 (1) pp Print ISSN: 0970 2067 Website: <http://www.biomedicineonline.org>
7. A Comprehensive Sports Science Strategy for a better Olympic Performance by the Indian Contingent, Col. Dr. Anup Krishnan, **Thiagarajan K A** et al Journal of Postgraduate Medicine Education and Research
8. Inter Rater Reliability of common Quantitative Knee X-ray Parameters in the Indian scenario, Tvisha Parikh, **Thiagarajan K A**, et al, Journal of Arthroscopy and Joint Surgery, ISSN: 2214-9635 <http://www.sciencedirect.com/science/journal/22149635>
9. Cricket Biomechanics Analysis of Skilled and Amateur Fast Bowling Techniques **Thiagarajan K A**, Tvisha Parikh, Anees Sayed, Gnanavel M B, Arumugam S Journal of Postgraduate Medicine Education and Research, Oct-Dec 2015, Vol49, Number 4, p-ISSN: 2277 – 8969 e-ISSN: 2278 – 0262 <http://www.jpmer.com>
10. Prediction of Maximum O₂ pulse from vO₂max, Body Weight and Load at vO₂max Madhusudhan Rao V, Vasanthi C, Parikh T, **Thiagarajan K A**, Arumugam S Biomedicine:

2015;35(3); 290 – 293, Print ISSN: 0970 2067,
Website: <http://www.biomedicineonline.org>

11. Fat increases Maximal Aerobic Capacity – Correction study between vO₂ max, vO₂max/kg and Body weight & BMI in normal males, Madhusudhan Rao V, Vasanthi C, Parikh T, **Thiagarajan K A**, Arumugam S Biomedicine: 2015;35(3); 276 – 279
Print ISSN: 0970 2067 Website: <http://www.biomedicineonline.org>
12. Dr. S. Arumugam, **Dr. Thiagarajan**: PCL injuries: Diagnosis & Management. Publication of Fifth International Meet of IAA (Indian Arthroscopy Academy) on 22nd Sep.2006 at Chennai.
13. Dr. S. Arumugam, **Dr. K.A. Thiagarajan**: Principles of Arthroscopic ACL (Anterior Cruciate Ligament) Reconstruction. Publication of IOACON (Indian Orthopaedic Association),2007 on Dec.4th at Kolkata.
14. Dr. S. Arumugam, **Dr. K.A.Thiagarajan**: SLAP lesions – Diagnosis & Management. Publication of Shoulder Society of India Sub Speciality Meeting during IOACON (Annual Meeting Indian Orthopaedic Association) 2007 on Dec.6th at Kolkata
15. Dr. S. Arumugam, **Dr. K.A.Thiagarajan**: Overview of Management of ACL (Anterior Cruciate Ligament) insufficient knee' on Aug.23rd, 2008 at OASISCON (Orthopaedic Association of Southern Indian States) 2008, Puducherry.
16. Dr. S. Arumugam, **Dr. K.A. Thiagarajan**: Elbow Arthroscopy. Publication of IOACON (Annual Meeting of Indian Orthopaedic Association), Dec.6th, 2008 at Bangaluru.
17. Dr. S. Arumugam, **Dr. K. A. Thiagarajan**: Adhesive Capsulitis - Diagnosis & Management: Publication on of IASCON2009, (Annual conference of Indian Arthroscopy Society) Oct.3rd,2009, Ahmedabad
18. Dr. S. Arumugam, **Dr. K.A. Thiagarajan**: Role of Microfracture in articular cartilage lesions of Knee: Publication of 9th Annual Conference of Indian Arthroscopy Society (IASCON2010) in Sep.2010 at Chennai.
19. Dr. S. Arumugam, Dr. B. Bhupesh Karthik, Dr. C. Rajeswar, **Dr. K.A. Thiagarajan**. "A Review of Arthroscopic Bankart Repair for Traumatic Anterior Shoulder Instability", Journal of TNOA, Vol.39, Issue 1, 2013

ACADEMIC ACTIVITIES

- Conducted many International, National and Local level Conferences in Arthroscopy, Sports Medicine, Sports Sciences and PMR
- Journal Reviewer:
 - Indian Journal of Orthopaedics
 - Sports Medicine & Exercise Science Journal
 - Medical Journal Armed Forces India
- Paper Presentations in International and National Conferences – Podium & Poster
- Chaired Academic Sessions in various International and National conferences
- Attended in various National and International Short courses, Workshops in Sports Medicine & PMR
- Research Guidance – Ph.D., M.D., B.Sc., M.Sc. and other courses
- Examinership:
 - International: For University of Cape Town
 - National: for various universities - Question paper setting, Examiner for Clinicals & Viva Voce, Theory paper correction etc. for Sports Medicine, Physical Medicine & Rehabilitation & Physiotherapy
- Curriculum Development Activities:
 - MBBS- (contributed to the current competency-based curriculum for MCI)
 - M.D. - Sports Medicine (contributed to the current competency-based curriculum for MCI)
 - B.Sc.-Sports & Exercise Sciences
 - M.Sc.-Sports Physiotherapy, Psychology, Biomechanics, Biokinetics
 - Online Certificate Courses along with SAI-NIS, Govt of India – Sports Physiotherapy, Nutrition, Psychology, Strength & Conditioning, Biomechanics, Exercise Physiology
- Faculty Development Activities at Sri Ramachandra University, an MCI nodal centre for Medical Education

ADMINISTRATIVE ACTIVITIES

- **Academic Administration:** various sports medicine & sports sciences courses:
 - M.D.-Sports Medicine
 - B.Sc.-Sports & Exercise Sciences
 - M.Sc.-Sports Physiotherapy, Psychology, Biomechanics, Biokinetics
 - Online Certificate Courses along with SAI-NIS, Govt of India – Sports Physiotherapy, Nutrition, Psychology, Strength & Conditioning, Biomechanics, Exercise Physiology
- **University & Hospital Administration:**
 - IQAC (Internal Quality Assurance Committee) for international and national accreditations like ICC (International Cricket Committee), AFC (Asian Football Confederation), SAI (Sports Authority of India), JCI, NAAC, NABH
 - Chairman- Safety & Utility Sub-Committee at Centre for Sports Science
- **Sports Medicine Centre Administration:**
 - Have been involved with the setting up of the Centre for Sports Science at the Sri Ramachandra University, Chennai. Involved as a Senior in-charge for the overall operations.
 - Coordinator for International Relations with Universities at Australia, UK, South Africa – Active in establishment of MoUs and their implementation
 - Active role in External Consultancy Projects for the Sports Medicine Centre
 - Govt. of India, Khelo India Multi sports academy –1.7 crores per year
 - BCCI accredited centre for Biomechanics – over 1.5 crores
 - Govt of Kerala, Sports Science project –1.55 Crores per year
 - Govt. of Tamilnadu – SDAT: Regular sports science services
 - Chennaiyin FC – Official Sports Medicine & Sports Science Partner
 - Hyderabad FC – Official Sports Medicine & Sports Science Partner
 - Active role in securing accreditations and awards

- International Cricket Committee accreditation
- BCCI Accreditation
- AIFF Accreditation
- Centre of Excellence for Asian Football Confederation
- Centre of Excellence for Govt. of Kerala, Govt. of Tamilnadu
- Best University for promotion of Sports in India - Aces Sportstar
- Best Company Promoting Sports (Pvt) - India Sports Awards, FICCI,

• **Sports Events Organisation:** Have been involved in the organization of international and national level sports events in the fields of Rowing, Mixed Martial Arts etc

• **Sports Medicine Coverage:** Headed the On field, Traveling Medical Team and Stadium sports medicine coverage for international and national level sports competitions including Indian Super League Football, Hockey, Football, Tennis, Badminton, Rowing, Equestrian, Triathlon etc. Have served as the **Team Doctor for Chennaiyin FC** Football Team in its successful ISL campaign during the 2018-19 season helping the team to win the Championship.

• **Quality Assurance & Extra-curricular:** Member of various committees of the University and Hospital including IQAC, QIPST, Safety & Utility, Fine Art & Cultural Committees, UGC Fit India committee

- **Professional Association Administration:**

- Executive Committee Member in Indian Association of Sports Medicine
- Served as Treasurer and Secretary of state chapter of IAPMR

- **Promotion & Marketing:**

- Have organized many international and national promotional and marketing activities at educational fairs, conferences, schools, colleges and in sports events for the university as well the sports medicine centre
- Have been actively involved in the conceptualization, execution and administration of social media promotions for the university and the sports medicine centre in media like Facebook, LinkedIn, Instagram, Twitter, Whatsapp and various other digital campaigns. Expert and supervisory role in the creation and management of websites for the university and sports medicine centre
- **Press & Media:** Have written articles and given interviews in the press and media like Radio, TV and online platforms about sports medicine, sports science and about the courses offered in the university as well as the services offered at the sports medicine centre