



# GOVT.COLLEGE OF PHYSICAL EDUCATION, KOZHIKODE,EAST HILL

West Hill P.O,PIN 673005 Kozhikode District Kerala,  
gcpekerala.ac.in /[princpe@gmail.com](mailto:princpe@gmail.com) ph 9188900240



A. Personal Information:				
Name & Designation	:	Dr. Biju Lona K. Professor		
Permanent Residential Address	:	Kannampuzha House		
		Koratty South P.O.		
		Pin Code: 680308	District: Thrissur	
		Mob. No.: 9447725876		
Emails.	i	b i j u l o n a @ g m a i l . c o m		
	ii			
		Aadhaar No.:642993471529		
		PEN No.: 597063		
		P A N : A K H P B 8 3 3 9 C		
Age and Date of Birth	:	54 20.03.1971		
Gender (Tick)	:	Male ( * ) Female ( ) Others ( )		
Height and Weight	:	( 173 Cms. ) ( 64 Kgs. )		
Religion and Caste & Community	:	Christian R C		
B. Educational Qualifications (attach Proof)				
Sl.No.	Qualifications	Board/University	Year	Class
i	SSLC	Kerala Board	1986	second
ii	Plus II/ PDC	Calicut University	1991	second
iii	UG :B.Sc.	Calicut University	1994	First Rank
iv	PG :MPES	Pondicherry University	1996	First Rank
v	M.Phil. Phy Edn	Kurukshetra University	2001	First Rank
vi	Ph.D. Phy Edn.	Calicut University	2009	
vii	NET/JRF	Lectureship	1995	
OTHER Degree and Diplomas if any				
viii	MBA	Annamalai University (HRM)	2008	First Class
	P G Diploma in Yoga	Annamali University	2005	First Class
ix	M.Sc Yoga	Annamalai University	2006	First Class
X	D.Y.N.	All India Nature Care Foundation	2004	First Class
Xi	YICC	S VYASA University Banglore	2002	First Class
Xii	NS NIS Certificate Course in Coaching (Athletics )	National Institute of Sports	2003	First Rank



Photo

<b>C. Professional Details</b> (attach proof*)					
<b>C.1. Service Details ( Total )</b>					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Asst. Professor ( Govt. Colleges)	Collegiate Education	5.7.2007	Till date	18 Yrs
ii	Asst. Professor ( Aided Colleges)	Collegiate Education	1.9.2005	4.7.2007	Y1-M6-D12

(\* Only recognised employment need to be entered)

<b>C.1. 1 Other Service Details: ( Adhoc / Temporary/ Guest)</b>					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Lecturer, Centre for Physical Education	Calicut University	5.7.2000	4.5.2005	5 Yrs
ii	Lecturer, Centre for Physical Education	Govt College of education Thalassery	1.9.1999	4.7.2000	Y1-M6-D12
iii	Lecturer, Centre for Physical Education	M E S Engineering college Kuttippuram	5.5.1997	3.8.1999	2 Y

<b>C.2 .Service history with Govt. Colleges :</b>				
Sl. No	Name of College	From	To	Y/M/D
1	Govt Engineering college Wayanad	5.9.2007	30.9.2009	Y2-D16
2	T M G College Thirur	1-10-2009	31.5.2010	M8
3	Govt Engineering college Thrissur	1-6-2010	2.6.2014	Y4D2
4	P M G College Chalakudy	3.6.2014	10.8.25	11 Yrs
5	Govt College of Physical Education	18.7.2025	Till Date	
<b>C.3. Orientation/Refresher/Short Term Courses attended:</b>				
<b>C3.1} Orientation Courses attended :</b>				
Sl. No.	Organization	From	To	No. of Days
1	ASC KERALA UNIVERSITY (Orientation)	1-4-2008	28.4.2008	28
<b>C3.2) Refresher Courses attended:</b>				
Sl. No.	Organization	From	To	No. of Days
1	ASC NAINITAL UNIVERSITY (Refresher Course)	17.2.2015	10.3.2015	21
<b>C3.3) Short Term/ MOOC Courses attended:</b>				
Nil				

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**C3.4) Professional Enrichments:**

a) Order Number of Research Guide ship awarded	:	1) U O No.722/2022/Admn Dated 11.1.2022 (ANU D ) 2) U.O.No.21840/2022/Admn Dated 17.11.2022(SANIL P P ) 3) U.O.No.22025/2022/Admn Dated 19.11.2022( HABEEBU REHMAN K P ) 4) U.O.No.1924/2023/Admn Dated 3.2.2023 (SALI K S )
b) No. of Scholars Doing M.Phil Degree	:	Nil
c) No. of Scholars awarded with M.Phil Degree	:	Nil
d) No. of Scholars Pursuing Ph.D Degree	:	5
e) No. of Scholars awarded with Ph.D Degree	:	Nil
f) Patents/Copyright, Awards etc. acquired if any	:	Nil
g) Details of Minor Projects Undertaken (specify amount and funding agency)	1	Nil
h) Details of Major Projects Undertaken (specify amount and funding agency)	1	Nil
i) Details of Books/Chapters Published/Edited	1	Hand book for Athletics Rules &Records, Saga Publications, Calicut 2005
	2	Physical activity health and wellness',2015, Ever green publications Thrissur,'
	3	Editor of Journal 'Voice of Sports' ACPET2019,2020,2021,202
	4	'Insight to health and wellness "2017.(Co Author) Academic publications Thrissur
	5	'Health, Fitness and Yoga' 2020, Evergreen Publications Thrissur
	6	Physical fitness and active living,Maximum Publishers Thrissur
		Physical education and yoga, Maximum Publishers Thrissur
		Life style diseases and physical activity, Maximum Publishers Thrissur
		Yoga and stress management, Maximum Publishers Thrissur
j) Details of E Content generated with web link	1	NIL

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k) Details of Seminars/Workshops attended:

Sl. No.	Topic	Resource Person./Session Chair/Paper Presenter/Coordinator/Participant	National/International	No. of Days with dates
1	'Psychological preparation of sports person through sub conscious mind training for sports person' 11.1.2018	Resource person as Chair session	National	2 Days 11.2.2018
2	'Sports culture towards wellness' 14.12.2017	Resource person	National	2 days 14.12.2017
3	'Introduction to statistics' 19-12-2017	Resource Person	National	2 days 19.12.2017
4	'Insight to health,fitness and yoga for students and teachers' 22.8.17	Resource Person	National	2 days 22.8.2017
5	'Stress management and yoga' 2019 August 7	Resource Person	State	1 Day 7.8.2019
6	'Success through meditation and fitness' 16.1.2020	Resource Person	State	1 Day 16.1.2020
7	'The dimensions of sports law and physical education' 21-10-2019	Resource person	National	1 Day 21.10.2019
8	'Yogic defence against COVID 19', 21.6.2020	Resource person	National	1 Day 21.6.2020
9	'Resisting COVID 19 Through Yogic Stress Management', 21.6.2020	Resource person	National	1 Day 21.6.2020
10	'Walk back to move forward- A yogic perspective' 28-6-2020	Resource Person	National	5 Days 28.6.2020

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L. Details of Publications: (Specify CARE / SCOPUS Journals if any)

Sl. No	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
1	'Advanced development in yoga therapy -Yoga as a substitute for medication',	Journal of seminar papers on medical application of yoga titled , <b>Explorations</b> Vol 1, Issue 1 2010,page 13-17	229-4783	National	Peer reviewed
2	'Yoga as a science of human engineering', Proceedings of UGC sponsored two day national seminar	' <b>Prevalence and control of lifestyle diseases in Kerala</b> '.Explorations Vol 4,Issue 3 June 2014 page 43 - 47	2229-4783	National	Peer reviewed
3	'Effect of cyclic meditation and yoga nidra on selected physiological variables among college level athletes'	<b>Voice of sports</b> , Vol 10, Issue 1 Sep 2015 ,page 22-31	0975-4687	National	Peer reviewed
4	Study on scope of prophylactic and curative potentialities of yoga in modern medicine'	Scientia Sit Potentia Vol 1 Dec 2014		National	Peer reviewed
5	'Mastery over conscious mind through training on subconscious mind',	Proceedings of UGC sponsored two day national seminar titled <b>Emerging trends in sports sciences</b> ,2015 page 26-29	978-81-922109-1-9	National	Peer reviewed
6	'Pacing up with globalization and gearing up with health issues'	<b>Recent Research</b> 2016 page 33-35	978-81-926565-2-6	National	Peer reviewed
7	'A review study on effect of various pranayama techniques on cardiovascular functions'..	<b>Voice of sports</b> ,Vol XII,Issue 2 Sep 2018	0975-4687	National	Peer reviewed
8	'Influencing sub conscious mind through Yoga Nidra-An innovative meditation programme for sports performance;	<b>Voice of sports</b> , Vol 13, Issue 1 March 2019	0975-4687	National	Peer Reviewed
9	'Effect of cyclic meditation and yoga nidra on selected psychological variables among sports persons'	<b>Voice of sports</b> , Vol 13, Issue 2 Sep 2019	0975-4687	National	Peer Reviewed
10	'Effect of different yogic meditation programme on selected psychological variables among school level basketball players'.	The new dimensions of sports law and physical education in the globalised era'NUELS July 2020 page 184 to 193	978-81-945680-6-3	National	Peer Reviewed

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Details of Publications: Contd.....

Sl. No	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
11	'Experiment study on effect of cyclic meditation on selected Physiological Variables among sports persons'	<b>Proteus</b> Vol 11, Issue 8, August 2020, Page 187-192	0889-6348		1.25
12	'A study on effect of yoga and cyclic meditation on selected psychological variables among major games and martial arts'	<b>Journal of Shanghai Jiaotong University</b> , Vol 16, Issue 9, Sep 2020 Page 489-495	1007-1172		6.2
13	'Effect of different yogic meditation programme on selected psychological variables among school level football players'	IJRRAR, Vol 8, Issue 3, Sep 21 p143-147	2349-5138		7.17

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