



GOVT. COLLEGE OF PHYSICAL EDUCATION,

East Hill West Hill P.O, Kozhikode District, Kerala - 673005

gcpekerala.ac.in /pringcpe@gmail.com Ph.: 9188900240



A. Personal Information:	
Name & Designation	: Dr. Aruna Raj A, Assistant Professor
Permanent Address	: Leela Vilasam, Kulaviyadu, Ambalathinkala P O, Kulathummal Kattakada, Thiruvananthapuram District Kerala – 695 572.
Residential Address	: A1 Staff Quarters, Government College of Physical Education Campus, East Hill, West Hill P O, Kozhikode District Kerala – 673 005.
Mobile	: 8590852928
Email ID	: arunaraj4@gmail.com
AADHAAR	: 9702 6034 9670
PEN no.	: 773981
PAN no.	: BJEPA8379N
Age and Date of Birth	: 39 yrs., 20/05/1986
Gender (Tick)	: Male () Female (<input checked="" type="checkbox"/>) Others ()
Height and Weight	: 1.58m, 54kg
Religion and Caste & Community	: Hindu General, Nair



B. Educational Qualifications (attach Proof)						
Sl. No.	Qualifications	Board/University	Year	Class	Marks	%
i	SSLC	Kerala Board of Public Examination	2001	First Class	379/600	63.17%
ii	Plus Two	Board of Higher Secondary Examination, Kerala	2003	Second Class	349/600	58.17%
iii	UG: B.P.E.	University of Kerala	2007	First Class	1890/2750	68.72%
iv	PG: M.P.E.		2009	First Class	860/1300	66.15%
v	M.Phil. Physical Education & Sports	Pondicherry University, A Central University	2010	First Class with Distinction	CGPA – 8.83	84.40%
vi	P.G. Diploma in Health, Fitness and Life Style Management		2010		604/800	75.5%
vii	P.G. Diploma in Computer Application		2012		632/800	79%
viii	Ph.D. Physical Education & Sports		2013		- N.A.-	
xi	NET/JRF - Physical Education	UGC-NET-JRF and Lectureship	2012		252/350	72%

C. Professional Details (attach proof*)					
C.1. Service Details (Total)					
Sl. No.	Designation	Dept./Organization	From	To	Duration
i	Asst. Prof.- Govt. Colleges	Collegiate Education	23.06.2021	Till date (24.08.2025)	4Y 2M 3D
ii.	Physical Education Teacher High School	GHS & UPS Kuruka, Vengara, Malappuram	03.06.2016	22.06.2021	5Y 0M 20D
C.1. 1 Other Service Details: (Adhoc / Temporary/ Guest)					
Sl. No.	Designation	Dept./Organization	From	To	Duration
i	Lecturer, Centre for Physical Education	School of Physical Education & Sports Sciences, Kannur University	27.11.2012	31.5.2016	3Y 6M 6D
C.2. Service History with Govt. Colleges:					
Sl. No.	Designation	Dept./Organization	From	To	Duration
	- NA-				

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C.3. Orientation/Refresher/Short Term Courses attended:

C3.1 Orientation Courses attended:

Sl. No.	Organization	From	To	No. of Days
1	Guru Angad Dev Teaching Learning Centre, S.G.T.B. Khalsa College, University of Delhi (sponsored by Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMNMTT) of Ministry of Education) - Faculty Induction Program	08-11-2021	07-12-2021	30

C3.2 Refresher Courses attended:

Sl. No.	Organization	From	To	No. of Days
1.	UGC- Malviya Mission Teacher Training Centre, SGTB Khalsa College, University of Delhi. - Faculty Development Program	15-04-2024	26-04-2024	7
2.	Guru Angad Dev Teaching Learning Centre, S.G.T.B. Khalsa College, University of Delhi Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMNMTT) of Ministry of Education - Faculty Development Program	29-09-2021	05-10- 2021	7
3.	Jointly Organized by GRABS Educational Charitable Trust and Tamilnadu Association of Intellectuals and Faculty A Refresher Course in IT	23-08-2020	27-08-2020	5
4.	Jointly Organized by GRABS Educational Charitable Trust and Tamilnadu Association of Intellectuals and Faculty Online Course on Teaching Pedagogies-Innovative Ways	12-08-2020	18-08-2020	7
5.	Jointly Organized by GRABS Educational Charitable Trust and Tamilnadu Association of Intellectuals and Faculty Online Course on Writing a Research Paper/Proposal	22-07-2020	26-07-2020	5

C3.3 Short Term/ MOOC Courses attended:

Sl. No.	Organization	From	To	No. of Days
	Nil			

C3.4 Professional Enrichments:

Sl. No.	Details	Status
a)	Order Number of Research Guideship awarded	Nil
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	Nil
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)	Nil
h)	Details of Major Projects Undertaken (specify amount and funding agency)	Nil
i)	Details of Books/Chapters Published/Edited	Nil
j)	Details of E-Content generated with web link	Nil
k)	Details of Webinar/ Seminars/Workshops attended	28

Sl. No.	Topic	Resource Person /Session Chair/Paper Presenter/Coordinator/Participant	National/International	No. of Days with dates
1.	Syllabus Framing Workshop- FYUGP Physical Education	Resource Person	Government College of Physical Education and board of studies, University of Calicut	2 Days 13 and 14 February 2025
2.	Yoga for Wellbeing: Exploring the wisdom in Modern times	Participant	National Seminar	3 Days 23 to 25 January 2024

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3.	National Workshop on Basic life support and disaster management	Participant	National Workshop	2 days 18 & 19 January 2024
4.	One - week National level workshop on Research Methodology in Sports Sciences.	Participant	National Workshop	7 Days 8 to 14 January 2024
5.	National level workshop on Introduction to SPSS for Data Analysis	Participant	National Workshop	3 Days 4 to 6 December 2023
6.	National Seminar on Emerging Trends in Sports Medicine and Allied Sports Sciences.	Chaired and Paper Presenter	National Seminar	3 Days 10 to 12 October 2023
7.	International online Webinar on “Vethathiri Maharishi Perspective on Yoga”	Participant	International online Webinar Faculty of Yoga Science and Therapy, Meenakshi Academy of Higher Education and Research, Chennai	1 Day 17-06-2023
8.	Three-day Workshop "Research Supervision: Process and Ethics"	Participant	National	3 days, 3-5/03/2022
9.	Teacher's e-Kit: A Four Quadrant Approach for Development of OERs for Higher Education	Participant	National Webinar	1 day, 09th September 2021
10.	Three Days Orientation Programme on Revised Curriculum and Textbooks	Participant	State (Kerala)	3 days, 13-15/01/2018
11.	UGC Sponsored National Seminar on Emerging Trends in Sports Psychology	Paper Presenter	National	2 days, 25-26/02/2015
12.	UGC Sponsored National Seminar on Lifelong Physical and Mental Wellbeing: Role of Sports and Exercise	Paper Presenter	National	2 days, 23-24/02/2015
13.	National Seminar on Prevention of Lifestyle Diseases through participation in Physical Activities	Paper Presenter	National	2 days, 10-11/02/2014
14.	International Workshop on Sports Management	Participant	International	2 days, 10-11/02/2014
15.	State Seminar on Race Walking	Participant	State (Kerala)	1 day, 18/08/2013
16.	National Level Workshop on Present Trends in Cricket Officiating	Participant	National	3 days, 27-29/03/2012
17.	UGC Sponsored National Workshop on Statistical Software Applications in Physical Education and Sports Science Research	Participant	National	2 days, 18-19/03/2012
18.	International Conference on Sports and Nutrition	Paper Presenter	International	2 days, 8-9/03/2012
19.	National Level Seminar on Career Opportunities for Student Athletes	Paper Presenter & Participant	National	1 day, 15/11/2012
20.	National Level Workshop on Track and Field Officiating	Participant	National	1 day, 10/04/2012
21.	UGC Sponsored National Seminar on Modern Trends in Sports Management	Paper Presenter	National	2 days, 21-22/03/2012
22.	UGC Sponsored National Seminar on Recent Trends in Yoga and Physical Education	Paper Presenter	National	2 days, 11-12/08/2011
23.	UGC Sponsored National Seminar on Training Prescription and Functional Responses on Different Population	Paper Presenter	National	2 days, 28-29/03/2011
24.	All India Workshop on Research Methodology for Research Scholars	Participant	National	2 days, 04-08-2011 - 05- 08-2011
25.	International Seminar on Democratic & Secular Education	Participant	International	3 days, 4-6/12/2008
26.	Wholistic Sports Medicine Workshop	Participant	National	2 days, 5-6/01/2007
27.	Modern Trends in Volleyball Workshop	Participant	National	1 day, 18/01/2007
28.	Workshop on Danish Gymnastics	Participant	National	2 days, 13-14/03/2006

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I) Details of Publications: (Specify CARE / SCOPUS Journals if any)					
Sl. No.	Topic/Title	Publisher	ISBN/ISSN/ Peer Reviewed	National/ International	DOI/ Impact Factor
1.	Comparative Effects of High-Intensity Interval, Combination, and Endurance Training on Aerobic Capacity in Field Hockey Players: A 12-Week Controlled Study	International Journal of Multidisciplinary Educational Research, Volume:14, Issue:3(2), March: 2025	ISSN:2277-7881 Peer Reviewed and Refereed International Journal (Fulfilled Suggests Parameters by UGC) Scopus Review ID: A2B96D3ACF3FEA2A	International	IMPACT FACTOR :9.014(2025); IC VALUE:5.16; ISI VALUE:2.286
2.	Effects of high-intensity interval, combination, and endurance training on speed Performance in field hockey players: a 12-week experimental study.	International Journal of Multidisciplinary Educational Research, Volume:14, Issue:2(3), February: 2025	ISSN:2277-7881 Peer Reviewed and Refereed International Journal (Fulfilled Suggests Parameters by UGC) Scopus Review ID: A2B96D3ACF3FEA2A	International	IMPACT FACTOR :9.014(2025); IC VALUE:5.16; ISI VALUE:2.286
3.	The impact of endurance and circuit training programs on strength endurance in obese school aged boys in Kerala.	International Journal of Multidisciplinary Educational Research Volume:13, Issue:5(3), May: 2024	ISSN:2277-7881 Peer Reviewed and Refereed International Journal (Fulfilled Suggests Parameters by UGC) Scopus Review ID: A2B96D3ACF3FEA2A	International	IMPACT FACTOR :9.014(2024); IC VALUE:5.16; ISI VALUE:2.286 DOI: http://ijmer.in/doi/2024/13.5.61
4.	Effect of Asana, Pranayama and Meditation on selected psychological variables among sports persons	International Journal of Zoological Investigations Vol.10, SPL ISSUE 2, 94-97 November, 2024.	ISSN:2454-3055 India UGC-CARE Listed (Group - II) Indexed in Web of Science	International	IJIF Impact factor = 2.41 https://doi.org/10.33745/ijzi.2024.v10isp12.016
5.	Muscular Analysis of Sun Salutation.	International Journal of Zoological Investigations [Vol.9, SPL ISSUE 2], 282-287 (2023).	ISSN:2454-3055 UGC-CARE Listed (Group - II) Indexed in Web of Science	International	IJIF Impact factor = 2.41
6.	Mental imagery training in sports	UGC Proceedings of National Seminar on "Lifelong Physical and Mental Wellbeing" (2015)	ISBN no.: 978-81-922109-5-7	National	UGC Sponsored
7.	Comparative study on anxiety between attackers and setters in female volleyball players	UGC Proceedings of National Seminar on "Emerging Trends in Sports Psychology" 2014	ISBN: 788192210933	National	UGC Sponsored
8.	Effect of Swissball training programme on range of motion	UGC Proceedings of National Seminar on "Prevention of life style diseases through participation in physical activities" (2014)	ISBN no.: 978-84-910811-3-8	National	UGC Sponsored
9.	Effect of yogasana practices and Swissball Training on selected body composition of university female students.	International Journal of Multidisciplinary Research vol.no1 (3). pp.213-219(2012)	ISSN: 2277-7881	International	Peer-reviewed Journal
10.	Effect of yogasana practices on selected joint range of motion of university female students.	International Journal of Multidisciplinary Research.vol.no1 (4). pp.45-51(2012)	ISSN: 2277-7881	International	Peer-reviewed Journal

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