




GOVT.COLLEGE OF PHYSICAL EDUCATION, KOZHIKODE, EAST HILL



West Hill P.O., PIN 673005, Kozhikode District, Kerala,
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A. Personal Information:					
Name & Designation	:			Dr. HARIS BABU K S, Assistant Professor	
Permanent Residential Address	:			Haris manzil,	
				Pezhumkara	
				Pallipuram P.O.	
				Pin Code: 678006	District: Palakkad
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				Aadhaar No.:937052888419	
				PEN No.: 853636	
		P A N: G I D P S 8 4 4 3 C			
Age and Date of Birth	:	37, 08.05.1988			
Gender (Tick)	:	Male			
Height and Weight	:	(174 Cms.)	(79 Kgs)		
Religion and Caste & Community	:	ISLAM, MUSLIM, OBC			
B. Educational Qualifications (attach Proof)					
Sl.No.	Qualifications	Board/University	Year	Class	
i	SSLC	Kerala Board	2004	First Class	
ii	Plus II	Kerala Board	2006	Third Class	
iii	UG: - BPE	Calicut University	2009	First Rank	
iv	PG: - MPE	Kerala University	2012	Third Rank	
v	M.Phil. Phy Edn	Bharathiar University	2014	First Class with Distinction	
vi	Ph.D. Phy Edn.	TNPES University	2022	-	
vii	NET/JRF	Lectureship	2012	-	

Signature of the Candidate

C. Professional Details (attach proof*)					
C.1. Service Details (Total)					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Asst. Prof.- Govt. College	Collegiate Education	23-06-2021	Till date	4 Yrs

(* Only recognised employment needs to be entered)

C.1. Service Education Department				
Designation	Dept./Organisation	From	To	Duration
High school Teacher	Kerala State Education Department, G.H.S.S. VADANAMKURUSL	14-01-2019	22-06-2021	2 Yrs 5 months

C.1. 1 Other Service Details: (Adhoc / Temporary/ Guest)					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Lecturer, Department of Physical Education	Bharathiar University	July 2013	May 2014	1 Yrs
ii	Assistant professor on contract basics, Centre for Physical Education	Calicut University	2014	2019	5 years

C.3. Orientation/Refresher/Short Term Courses attended:				
C3.1} Orientation Courses attended:				
Sl. No.	Organization	From	To	No. of Days
1	RAMANUJA COLLEGE, UNIVERSITY OF DELHI (Orientation)	20-10-2022	18-11-2022	28
C3.2) Refresher Courses attended:				
Sl. No.	Organization	From	To	No. of Days
1	RAMANUJA COLLEGE, UNIVERSITY OF DELHI (Refresher Course)	06-06-2023	20-06-2023	15 days
C3.3) Short-term/ MOOC Courses attended:				
1	LEVEL 1 ANTHROPOMETRIST	ISAK		2022
2	LEVEL 2 ANTHROPOMETRIST	ISAK		2023
3	SPORTS NUTRITION	KRISTU JAYANTHI COLLEGE		2024
4	ADOBE PHOTSHOP	G-TEC		2010

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DETAILS OF WORKSHOPS AND SEMINARS					
Sl. No.	Topic	Resource Person/Session Chair/Paper Presenter/Coordinator/Participant	National/International	No. of Days with dates	
1.	National seminar on yoga for wellbeing: exploring the ancient wisdom in modern times	Organising secretary	National	23 rd to 25 th January 2024	
2.	Survey of common sports injuries among college-level football players in Calicut University	Paper Presenter	National	30 th and 31 st January 2015	
3.	A comparative study on group strength and we shall reaction time between blockers and setters of intercollegiate women's volleyball players	Paper Presenter	National	30 th and 31 st January 2014	
4.	Comparative effect on two modes of climatic training on Armstrong arm explosive power and leg explosive power of intercollegiate female players	Paper Presenter	National	30 th and 31 st January 2014	
5.	Comparative analysis of dietary patterns and nutrient intake between athletes and non-athletes among college students affiliated with Calicut University	Paper Presenter	National	10 th to 12 th 2023	
6.	One-week intensive workshop on research methodology in sports sciences	participant	National	8 th to 14 th January 2024	
7.	Relationship between selected lung function and performance among swimmers in Palakkad, Kerala	Paper Presenter	International	31 st January 1 st February 2025	
8.	International workshop on sports awareness and coaching strategies in football	participant	International	20 th February 2018	

9.	Workshop on the Menace of doping and counter strategies	participant	National	29 th August 2011	
10	International webinar on holistic approach of yoga and physical fitness during pre- and post-pandemic COVID-19	participant	International	25 th and 26 th 2020	
11	International virtual seminar on pragmatic approaches to create sustainable lifestyle management	participant	International	5 th and 6 th October 2020	
12	International webinar on health and fitness in post-COVID status	participant	International	31 st October 2020	
13	International webinar on sports management and sports nutrition	participant	International	18 th and 19 th February 2021	
14	National Webinar on sports first aid and injury rehabilitation	participant	National	24 th November 2020	
15	National webinar on yoga for a healthy life	participant	National	23 rd April 2021	
16	National virtual seminar on prerequisites and prospects of physical education in NEP	participant	National	10 TH November 2020	
17	UGC sponsored the first national seminar cum workshop on health, fitness, wellbeing, and physical education	participant	National	11 th and 12 th March 2009	

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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	ISOLATED AND COMBINED EFFECT OF AQUA ENDURANCE AND AQUA STRENGTH TRAINING ON SELECTED PHYSICAL FITNESS VARIABLES OF COLLEGE ATHLETES	AEGAUME JOURNAL VOLUME 10, ISSUE 2, 2022	0776-3808	International	UGC-CARE (group-II) LIST
2	EFFECT OF ASANA, PRANAYAMA, AND MEDITATION ON SELECTED PSYCHOLOGICAL VARIABLES AMONG SPORTSPERSONS	INTERNATIONAL JOURNAL OF ZOOLOGICAL INVESTIGATIONS.2024 SII-09	2454-3055	International	Web of Science & scopus
3	EFFECT OF SIX-WEEK AQUA STRENGTH TRAINING ON SELECTED MOTOR ABILITIES OF COLLEGE ATHLETES	INDIAN STREAMS RESEARCH JOURNAL. VOLUME – 12, ISSUE-2, 2022	2230-7850	International	Peer reviewed
4	EFFECT OF SIX-WEEK SAQ TRAINING ON SELECTED MOTOR ABILITIES OF COLLEGE HANDBALL PLAYERS	ACADEMIC RESEARCH PRACTICES IN HIGHER EDUCATION. VOLUME 2, 2022 nov	978-81-957171-2-5	National	Peer reviewed
5	AN ANALYSIS OF EARLY SPORTS SPECIALISATION IN ATHLETICS	SHANLAX INTERNATIONAL JOURNAL OF ARTS, SCIENCE AND HUMANITIES. VOLUME 14, SPECIAL ISSUE 2.2019	2321-788X	International	Peer reviewed
6	RELATIONSHIP BETWEEN SELECTED LUNG FUNCTION AND PERFORMANCE AMONG SWIMMERS IN PALAKKAD KERALA.	CONFERENCE PROCEEDINGS – MESKON 2025- EMPOWERING HEALTHY LIFESTYLES: EXPLORING THE INTERSECTION OF PHYSICAL EDUCATION AND FITNESS, January 31 ST & February 01 ST	9789348505354	International	
7	COMPARATIVE STUDY ON PHYSICAL ACTIVITY ATTITUDE AND EATING ATTITUDE OF SPORTS HOSTEL ATHLETES AND DAY SCHOLAR-ATHLETES OF KERALA STATE	INTERNATIONAL CONFERENCE ON INTEGRATING DISCIPLINES FOR SUSTAINABLE DEVELOPMENT, 21 ST 22 ND 23 RD JANUARY 2025	978-81-986855-7-5	International	

Signature of the Candidate

DECLARATION

I hereby declare that the information furnished above is true, complete and correct to the best of my knowledge and belief. I understand that in the event of any information being found false or incorrect, my candidature/appointment shall be liable to cancellation or appropriate action as per institutional rules.

Place:

Date:

Signature

Name: Dr HARIS BABU K S

Designation: ASSISTANT PROFESSOR