




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. Sreenath S., Assistant Professor	
Permanent Residential Address	:				Sneham House, West Desom P.O., Aluva, Kerala - 683102	
					Pin Code: 683102	District: Ernakulam
					Mob. No.:9995955347	
Emails.	i				sreenathsukumaran1985@gmail.com	
	ii				snath1985@yahoo.com	
					Aadhaar No. 472355634749	
					PEN No.: 860481	
					P A N: G C Q P S 4 7 1 3 E	
Age and Date of Birth	:	39 , 17.10.1985				
Gender (Tick)	:	Male (*) Female () Others ()				
Height and Weight	:	(184 Cms.) (84 Kgs.)				
Religion and Caste & Community	:	Hindu, Nair				
B. Educational Qualifications (attach Proof)						
Sl.No.	Qualifications	Board/University	Year	Class		
i	SSLC	Kerala Board	2001	First		
ii	Plus II	Kerala Board	2003	First		
iii	UG B.Sc.	MG University	2009	First Class		
iv	BPEd	Kannur University	2011	First Class		
v	MPEd	Kannur University	2001	First Rank		
vi	Ph.D. Phy Edn.	Sree Sankaracharya University of Sanskrit Kalady	2024			
vii	NET/JRF	Lectureship	2012			

C. Professional Details (attach proof*)					
C.1. Service Details (Total)					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Asst. Prof.- Govt. Colleges	Collegiate Education	28.12.2019	Till date	5yrs & 8 months
ii	PET – Govt School	General Education	19.02.2019	27.12.2019	10mnths

C.1. 1 Other Service Details: (Adhoc / Temporary/ Guest)					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Asst. Prof. (Contract)	Union Christian College, Aluva	24-07-2013	13-03-2014	8 months
ii	Asst. Prof. (Contract)	MES College for Advanced Studies, Aluva	18-06-2014	31-03-2016	1 yr & 9 mnths
iii	Asst. Prof. (Contract)	SSUS, Kalady	01-07-2016	31-12-2018	2 yrs & 5 mnths

C. 2 . Service history with Govt. Colleges :				
Sl. No	Name of College	From	To	Y/M/D
1	Govt College of Physical Education	28.12.2019	Till Date	5 yrs & 8 months

C.3. Orientation/Refresher/Short Term Courses attended:**C3.1} Orientation Courses attended :**

Sl. No.	Organization	From	To	No. of Days
1	LNIFE ,Gwalior	22.02.2022	28.03.2022	28

C3.2) Refresher Courses attended:

Sl. No.	Organization	From	To	No. of Days
1	Ramanujan College, University of Delhi	22.09.2022	09.10.2022	15

C3.3) Short Term/ MOOC Courses attended:

- 1.NPTEL Introduction to Exercise Physiology and Sports Performance – 8 weeks.
- 2.University of Toronto : Managing your health ,

C3.4) Professional Enrichments:

i) Details of Books/Chapters Published/Edited	1	Yoga & Stress Management 2025, Calicut University ,Central Co-operative stores Ltd.`
j) Details of E Content generated with web link	1	NIL

Signature of the Candidate

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.	Trends in Healthy Ageing	Coordinator	National	2 Days 18 &19 .02.2020
2.	Role of sports activities on health and changing life style	Participant	International	1 day.14.07.2020
3.	A Glimspe in to the future of sports and allied science sectors	Joint Coordinator	International	3 days 27.10.20 to 29.10.20
4.	International webinar -Yoga at home & Yoga with family	Participant	International	1 day, 21.06.2021
5.	Introduction to SPSS for data analysis	Participant	National	3 days,4 to 6.10.2023
6.	Women in Decision making roles in the corporate world	Presenter	National	2 days,19&20 .10.2023
7.	One-week intensive workshop on Research Methodology in sports sciences	Participant	National	6 days, 8 to 14.01.2024
8.	Basis Life support and Disaster Management	Participant	National	2 days, 18 & 19.01.2024
9.	Yoga for wellbeing	Participant	National	3 days, 23 to 25.01.2024
10	Two days syllabus framing workshop	Participant		2 days,13 &14 Feb 2025

Signature of the Candidate

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

Sl. No	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
1	Sreenath S. and Dr.Dhinu M. R. Effect of Self Defense Training on Agility and Balance Among College Women,	SARAN PUBLICATIONS	2454-3055	International	WoS
2	Sreenath S. and Dr.Dhinu M. R. Effect of Self-Defense Training on Self-Esteem and Mental Toughness of College Girls	Kala Sarovar	0975-4520	National	UGC Care
3	Sreenath S. Effect of kalaripayattu on physical fitness variables among college students	Balaji Publications	2456-0057	National	UGC Approved
4	Sreenath S And Haneefa K G Effect of Music Therapy on Selected psychological Variables Among University Level Soccer Played	Fortis Special Edition			
5	Sreenath S. Exercise and Immune system	Tirupati Journal services		International	Peer reviewed

Signature of the Candidate

