



GOVT.COLLEGE OF PHYSICAL EDUCATION

East Hill, West Hill P.O, PIN 673005 Kozhikode District Kerala,
Web: gcpekerala.ac.in [email: pringcpe@gmail.com](mailto:pringcpe@gmail.com) [phone: 9188900240](tel:9188900240)



A. Personal Information:					
Name & Designation	:	Dr. SUNIL ALPHONSE, Assistant Professor.			
Address & Personal Details	:	THADATHUVILA KIZHAKATHIL			
		KUMBALAM PO.			
		District: KOLLAM Pin Code: 691503			
		Mob. No.: 9846002022			
		Email: sunil.alphonse79@gmail.com			
		Aadhaar No: 642993471529			
		PEN No: 590339			
		PAN No: CMOPS5437E			
Age and Date of Birth	:	46 , 15.03.1979			
Gender	:	Male			
Height and Weight	:	(170 cm) (85 Kgs.)			
Religion and Caste & Community	:	Christian R C			
B. Educational Qualifications (attach Proof)					
Sl. No.	Qualifications	Board/University	Year	Class	%
i	SSLC	Kerala Board	1994	I	70
ii	Pre-Degree	Kerala University	1996	II	55
iii	Bachelor of Physical Education.	Kerala University	2000	I	70
iv	Master of Physical Education	Kerala University	2006	I	72
v	Ph.D. Physical Education	Kannur University	2022		
vi	NET in Physical Education	Qualified for Assistant Professor	2006		
Other Degree or Diplomas if any					
vii	PG Diploma in Yoga	Kannur University	2013	I	71
viii	M.Sc Yoga	Annamalai University	2019	I	69
ix	NET in Yoga	Qualified for Assistant Professor	2017		
x	Ph.D. Yoga.	Meenakshi Academy of Higher Education & Research, Chennai	Registered in 2022		
xi	Certificate Course in Yoga	Kaivalyadhama, Lonawla, Pune		I	70
	Certificate Course in Yoga	Indira Gandhi National Open University	2012	1	73



Photo

Professional Certifications
• Certified Assessor of Yoga, NSDC, Ministry of Skill Development
• Ministry of AYUSH QCI Level II Yoga Teacher, July 2018
• Certification in Yoga (Level 4 & 5), Ministry of Skill Development, 2018
• Master Class for Yoga Teachers from Kaivalyadhama, Lonavala (2014)

Achievements in Sports & Games
▪ Individual Champion of Thiruvananthapuram District Athletic Meet in 1990-91.
▪ Represented Kerala in Subrato Mukerjee Foot Ball Tournament Delhi in 1993.
▪ Winner in the Kerala University Inter collegiate Football Tournament in 1997.
▪ Runner-up in Kerala University Inter collegiate Kabbaddi Tournament in 1998.
▪ Won First place in the State Football Championship representing Tvpm. in 1999.
▪ Winner of Kerala State Civil Services Football Tournament in 2013.
▪ Runner up in All India Civil Services Football Representing Kerala team in 2013.

Roles as Resource Person and Contributions
• Subject Expert for the preparation of Yoga Modules in VHSE for SCERT.
• Question Paper Setter for Kerala Public Service Commission for Physical Education
• Question Paper Setter for University of Kerala in Physical Education.
• Resource Person in Higher Secondary Physical Education (2010-2014).
• Resource Person for Physical Education (U.P. & H.S), Malappuram (2006-2010).

Administrative & Leadership Roles
• Research Supervisor of University of Calicut
• Principal Charge at Govt. College of Physical Education, Kozhikode (2023-2024).
• Head, PG & Research Department at Govt. College of Physical Education, Kozhikode from 2024
• Manager of Center for Continuing Education in GCPE Kozhikode from 2024
• Warden at Govt. College of Engineering, Kannur (2017-2019).
• Deputy Chief of Examinations at University of Kannur (2016-2017).

- **NSS Program Officer** Govt. College of Engineering, Kannur (2014-2017).
- **Member of P G Board of Studies** (Physical Education) of University of Calicut, 2023-28

Service Details (attach proof*)

College Service

Sl. No.	Designation	Dept./Organisation	From	To	Duration
1	Asst. Prof.- Govt. Colleges	Collegiate Education	18-06-2014	Till date	11 years

Other Government Service

Sl. No.	Designation	Dept./Organisation	From	To	Duration
1	Vocational Teacher in Physical Education	Govt Vocational Higher Secondary Education	05.06.2011	17.06.2014	3 years
2	Vocational Instructor	Govt Vocational Higher Secondary Education	05.06.2010	04.06.2011	1 year
3	Physical Education Teacher	Govt. High School Malappuram District	22.06.2006	04.06.2010	4 years

Service history with Govt. Colleges :

Sl. No	Name of College	From	To	Duration
1	Govt. Engineering College Kannur	18.06.2014	18.06.2019	4 years
2	Govt College of Physical Education	19.06.2019	Till Date	7 years

Presented Papers

Sl. No.	Title of the Paper presented	Title of Conference/ Seminar	Organized by	International/ National	Date
1.	Effect of YOGA on stress management	1 st International Conference on Revival of Traditional Yoga	The Lonavla Institute, Lonavla	International Conference	17 th to 18 th January 2006
2.	Life long Pranayama for long life	Fitness and Lifestyle disease management	S N College for Women, Kollam	UGC Sponsored National Seminar	26 th to 27 th March 2015
3.	Effect of Kapalapathi on abdominal obesity among sedentary office workers	International Conference on Prospective Approaches and Application of Yoga and Physical Activity	All Saints College, Tvpm	International Conference	19 th to 20 th November 2015.
4.	Implementation of Yoga Therapy for Lifestyle Diseases.	National Seminar on Movement Education and Lifestyle Diseases	Govt. College Madappally, Kozhicode	National Seminar	16 th February 2016

5.	Application of Yoga nidra in competitive sports	Global Yoga Fest 2017	Universal Yoga Consciousness	International	20 th to 23 rd February 2016
6.	Treatment Procedures of Sports Injuries In Modern Medicine and Ancient Marma Chikiltsa	National Seminar on Applied Sports and Injury Management	NAM College, Kannur	UGC Sponsored National Conference	22 nd - 23 rd March 2016
7.	Fitness Education in the Digital Age through MOOC – A Future Trend	International Conference in Physical Education and Sports Science	Manipal University, Jaipur	International Conference	5 th to 7 th January 2017
8.	Detailing Asanas in Hathayoga Pradeepika and Gheranda Samhitha	International Congress in Renaissance In Sports - Strategies, Challenges and Choices	National College, Thiruchirappalli	International Congress	10 th to 11 th February 2017
9.	Yogic Sciences and its Role in Improving Sports PERFORMANCE	International Congress on Sports Science and Yoga	LNPIE, Vigyan Bhavan, New Delhi	International Congress	2 ND TO 4 TH February 2017
10.	A Comparative Study of Chakras in Yogic Philosophy and Endocrine Glands in Modern Medicine	on Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance	Universal Yoga Consciousness	National Conference	3 rd March 2018

Published Papers

Publications included in the UGC-CARE list / SCOPUS or Web of Science. (from 2021 June to 2025 June)			
<i>Sl. no</i>	<i>Authors and Title of Publication</i>	<i>Name of Journal</i>	<i>Link/ Proof</i>
1	¹ Sunil Alphonse, ² Dr.R. Muthulakshmi ³ Dr.R. Rajkumar, ⁴ Prof. Prasannakumaran K, ⁵ Prof. Dr. Subbulakshmi ⁶ Dr. J Komala, ⁷ Saheedha A ‘Evaluating the Effectiveness of Yoga and Kalari Practices in Reducing Central Obesity in Young Adult Men’	Journal of Applied Bioanalysis. (ISSN 2405-710X) Vol 11, No 9s, Dec 2025 p 694-698	SCOPUS Web of Science. 10.53555/jab.v11si9.1301
2	Dr. Sunil Alphonse^{1,2*}, Dr. R. Rajkumar³, Prof. Dr. Prasannakumaran K⁴, Dr. J Komala⁵, Dr. Jayan T D⁶, Roshkumar B S⁷, Saheedha A⁸ Prevalence And Distribution Of Obesity-Related Health Risk Factors Among College Men In Kozhikode District, Kerala	African Journal of Biomedical Research. Vol 27 (4s) Nov.2024	SCOPUS Web of Science https://africanjournalofbiomedicalsearch.com/index.php/AJBR/article/view/8995
3	Saheedha A^{1*} Dr. Amala Karthiga G² Dr. Sunil Alphonse³ Prof. Prasanna Kumaran K⁴ Smt. Sindhu V S Smt. Hemalatha V⁶ ‘Impact of Yoga and Kalari Interventions on Fat Percentage: Overweight and Obese Girls on Focus’	African Journal of Biomedical Research. Vol 27 (4s) Nov.2024	SCOPUS Web of Science https://doi.org/10.53555/AJBR.v27i4S.4047
4	Saheedha^{1*} A Dr. Amala Karthiga G² Dr. Sunil Alphonse³ Dr. Sandeepkumar P.S,⁴ Dr. Anjal O⁵ Smt. Hemalatha V⁶ ‘Efficacy of Yoga and Kalari Practice on Waist Circumference among Over-weight and Obese School Girls’	African Journal of Biomedical Research. Vol 27 (4s) Nov.2024	SCOPUS Web of Science https://doi.org/10.53555/AJBR.v27i4S.3915
5	Sunil Alphonse, Shabu S J, Anjali o ‘Efficacy of Yoga Practices on waist to Hip ratio among Obese people’	International Journal of Zoological Investigations [Vol.10, SPL ISSUE 2], 01-06 (2024).	UGC-CARE Listed (Group - II) Indexed in Web of Science https://doi.org/10.33745/ijzi.2024.v10ispl2.001
6	Anjali O, Haritha S Kurup, Sunil Alphonse ‘Differential Lung Capacity Patterns: Athletes, NCC Cadets, and Non-active College Students in Focus’	International Journal of Zoological Investigations [Vol.10, SPL ISSUE 2] 44-49 (2023)	UGC-CARE Listed (Group - II) Indexed in Web of Science https://doi.org/10.33745/ijzi.2024.v10ispl2.008
7	Sunil Alphonse, Saheedha A, Amala Karthiga G and Dr. Arunaraj A ‘Muscular Analysis of Sun Salutation’	International Journal of Zoological Investigations [Vol.9, SPL ISSUE 2], 282-287 (2023).	UGC-CARE Listed Indexed in Web of Science https://doi.org/10.33745/ijzi.2023.v09ispl2.049
8	Jasmine James, Augustine George, Sunil Alphonse, Saheedha A ‘Immediate Effect of Gratitude Journal on Mental Well-being of	Indian Journal of Psychiatric Nursing [Vol.20, ISSUE 1]	UGC-CARE Listed (Sl. no 144 in UGC Approved

	College Students in Kerala'	January-June 2023.	Sciences Journals List – 2022 https://doi.org/10.4103/iopn.iopn.3.22
9	Saheedha A, Amala Karthiga . and Sunil Alphonse 'Isolated Effects of Asanas, Mudras and Suryanamaskara on Fat Percentage Among Sedentary Obese People'	International Journal of Zoological Investigations [Vol.9, SPL ISSUE 2], 11-16 (2023).	UGC-CARE Listed (Group - II) Indexed in Web of Science https://doi.org/10.33745/ijzi.2023.v09ispl2.003
10	Prof. Prasannakumaran K, Dr Tom Thomas, Dr Sunil Alphonse. 'Injury Prevention Strategies in Youth Sports: A Review'	Educational Administration: Theory and Practice 2023, 29(2),752-755	ISSN:2148-2403 SCOPUS https://doi.org/10.53555/kuey.v29i2.8949
11	Prof. Prasannakumaran K, Prof. Rose Nicx P K, Dr Sunil Alphonse. 'Dynamics of Officiating in Sports and Games: A Research Oriented Perspective'	Educational Administration: Theory and Practices 2023, 29 (2), 700-703	SCOPUS https://doi.org/10.53555/kuey.v29i2.8590
12	^{1,2} Sunil Alphonse , ³ Dr.R. Rajkumar , ⁴ Dr. Prasannakumaran K ⁵ Dr. J Komala , ⁶ Saheedha A. Mapping the Evidence on Yoga, Kalari, and Combined Traditional Practices for Managing Obesity in Young Adults: A Scoping Review	Educational Administration: Theory and Practices (Vol 28 Issue 4, 2022, p 679-684 Published on Dec 27 2022	ISSN:2148-2403 SCOPUS https://kuey.net/index.php/kuey/article/view/11271
13	Augustine George, Babitha Mathews & Sunil Alphonse. 'Effectiveness of One Time Use of Thought Record on Anxiety among College Students'	Malayalam Research Journal. Volume 15. Issue 2, May-August 2022. (print only)	UGC-CARE Listed Sl no 144 in UGC Approved Sciences Journals List - 2022 https://www.malayalamresearchjournal.org
14	Dr. Sreekala KG¹, Smt. Saheedha A², Dr. Sunil Alphonse³, Smt. Sindhu V S⁴, Sri Sanith N V⁵, Sri. Sudheesh V S⁶ 'Influence of Yoga and Kalari Practices: A Holistic Approach to Improving Dietary Habits'	Educational Administration: Theory and Practices (V 28 Issue 4, 2022 420-423	SCOPUS https://kuey.net/index.php/kuey/article/view/8652/6503
15	Sunil Alphonse & Dr. Wilson V A 'Impact of Suryanamaskara on Abdominal Endurance Among Sedentary People'	Modern Thamizh Research. Vol. 9 No. 4. 30 part 6. Oct-Dec 2021. (print only)	UGC-CARE (Group - I) Sl no 225 in UGC Approved Arts and Humanities Journals List – 2022. RAJA PUBLICATIONS ISSN: 2321-984X https://rajabublications.com/
16	Sunil Alphonse & Dr. Wilson V A 'The Effects of Varied Yogic Practice on Waist Circumference Among Obese People'	Modern Thamizh Research. Vol. 9 No. 4. 30 part 5. Oct-Dec 2021. (print only)	UGC-CARE (Group - I) Sl no 225 in UGC Approved Arts and Humanities Journals List – 2022. RAJA PUBLICATIONS ISSN: 2321-984X https://rajabublications.com/

17	Sunil Alphonse, Yogi Jayadevan Development of yogic inventory based on classical yoga for cancer and palliative care	International Journal of Yoga, Physiotherapy and Physical Education Volume 3; Issue 5; September 2018; Page No. 55-56	IJYPPE ISSN: 2456-5067
18	Sunil Alphonse ‘Detailing Asanas in Hathayogapradeepika and Gerenda Samhitha: A comparative Study’	STAR Research Journal. YOGA Volume 6 Issue 3 (1) March 2018	Star International Journal ISSN : 2321- 676X
19	Sunil Alphonse, A Comparative Study of Chakras in Yogic Philosophy and Endocrine Glands in Modern Medicine	Conference Proceedings: Modern Perspectives of Sports Science and Yoga for Enhancement of Sports Performance 3 rd March 2018; Page No. 304-306	GANESAR COLLEGE OF ARTS AND SCIENCE, Tamil Nadu ISBN: 978-93-53000-491-0
20	Sunil Alphonse, Yogic Science and its Role in Improving Sports Performance	“ICSSY 2017 MISSION OLYMPICS 2028” 2017 Page No. 332-334	KHEL SAHITYA KENDRA, New Delhi ISBN: 978-81-7524-957-8
21	Sunil Alphonse, Effects of Kapalabathi on abdominal obesity Among Sedentary Office Workers	Conference Proceedings: Perspective Approaches and Applications of Yoga and Physical Activity for Better Life November 20 2015 ; Page No. 197-199	All Saints College, Trivandrum, Kerala ISBN: 978-81-910811-4-5
22	Sunil Alphonse, Fitness Education in the Digital Age through MOOC (Massive open Online Course) – A Future Scope	Book-Emerging Trends in Fitness and Sports Sciences - Volume 1 January 2017	Twenty first Century Publications Patiala ISBN 978-93-85449-31-4 Page 599-601
23	Sunil Alphonse, Treatment Procedures of Sports Injuries In Modern Medicine and Ancient Marma Chikitsa	Proceedings of National Seminar on Applied Sports and Injury Management	NAM College, Kannur March 2016
24	Sunil Alphonse, Traditional Yoga for Reduction of Obesity	Proceedings of National Conference on Modern Perspectives of Sports Science and Yoga for the Enhancement of Sports Performance	Ganesar College of Arts and Science, Tamil Nadu March 2018

Book Publication

Published a Book titled ‘Research Process in Physical Education and Sports Sciences: Theory and Practices’. In 2026, Bluerose Publishers, Delhi

Signature