



## Faculty profile

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### 1. Personal Information

Name: Prof. (Dr.) Prasannakumaran K

Date of Birth: 05 May 1972

Father's Name: P. Kochunarayanan Nair

Mobile: +91 9746287888

Email: prasannakumarank@gmail.com

Category: General

Present address: Kulangara veedu,

Kudavoor. P.O, Thonnakkal,

Thonnakkal, Thiruvananthapuram, Kerala Pin 695313

Current Designation: Professor & Principal in charge, Government College of Physical Education, Kozhikode

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### 2. Service Details

- Date of Joining Government College Service: 20.06.2003 (AN)
  - Declaration of Probation: 21.06.2005 (FN), Order No: B1/42381/06/Coll.Edu.Dep
  - Date of Placement as Associate Professor (AL 13A): 20.06.2015
  - Date of Placement as Professor (AL 14): 18.07.2018
  - Order No. for Placement: UGC CELL 2/22139/2021/DCE dated 19.05.2023
  - Current Pay Scale: ₹144200 – 218200 (Basic Pay: ₹182700)
-

### 3. Academic Qualifications

Qualification	University	Year	Class/Grade	Subject
M.P.E	Jiwaji University, Gwalior	1994	I Class	Physical Education
M.Phil	LNIFE, Gwalior	1996	-	Physical Education
Ph.D.	Jiwaji University, Gwalior	2002	-	Physical Education
NET & JRF	UGC	1993	Qualified	Physical Education
M.Sc. (Yoga)	Tamil Nadu Physical Education & Sports Univ.	2018	I Class	Yoga

### 4. Teaching and Administrative Experience

Designation	Institution	From	To
Lecturer	DB Pampa College Parumala	24.01.1996	04.02.1997
Instructor	Govt. Polytechnic Colleges, Koratty & Cherthala	07.07.2000	19.06.2003
Assistant Professor	College of Engineering, Trivandrum	20.06.2003	05.06.2007
HOD & Assistant Professor	Govt. College for Women, Trivandrum	07.06.2007	03.06.2011
HOD & Assistant Professor	College of Engineering, Trivandrum	04.06.2011	06.06.2013

HOD & Assistant Professor	Govt. College Madappally, Kozhikode	10.06.2013	10.11.2014
HOD & Associate Professor	Govt. Medical College, Trivandrum	13.11.2014	16.06.2019
Principal in-charge & Professor	Govt. College of Physical Education, Kozhikode	17.06.2019	06.09.2021
HOD & Professor	College of Engineering, Trivandrum	08.09.2021	07.07.2024
Principal in charge & Professor	Govt. College of Physical Education, Kozhikode	23.09.2024	Present

## 5. Areas of Specialization

- Sports Psychology
- Sports Management
- Basketball and Kho-Kho

## 6. Sports Participation

1. Captain, Kerala University Kho-Kho Team – 1990–1991
2. All India Inter-University Kho-Kho Championship, Calcutta – 1990–1991
3. South West Zone Inter-University Kho-Kho Tournament, Bangalore – 1988–1989
4. South West Zone Inter-University Kho-Kho Tournament, Kolhapur – 1989–1990
5. South West Zone Inter-University Kho-Kho Tournament, Dharward – 1991–1992
6. Madhya Pradesh State Inter-University Kho-Kho Championship, Durg – 1993–1994
7. Kerala State Rural Kho-Kho Tournament
  - Winner – 1985–1986 (Malappuram)
  - Runner-up – 1986–1987 (Alappuzha)
8. Represented L.N.C.P.E. Trivandrum in Inter-Collegiate tournaments in Kho-Kho, Basketball, and Kabaddi

## 7. Membership in Professional Bodies and Committees

- Member, Board of Studies, University of Kerala (2010–2016)

- Member, PG Board of Studies, University of Calicut
  - Member, District Sports Council, Trivandrum (2009–2012)
  - Secretary, Trivandrum District Kho-Kho Association
  - Technical Assistant, National Games 2015
  - Board Member, Kerala Public Service Commission – Physical Efficiency Tests
  - Exam Board Member, Govt. Physical Education College, Kozhikode
  - Convener/Organizer of Intercollegiate Tournaments across multiple disciplines
  - NSS Programme Officer, College of Engineering, Trivandrum (2006–07)
  - Convener, Anti-Ragging Committee, CET
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## **8. Awards and Fellowships**

- **UGC Junior Research Fellowship (JRF)** – National Level
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## **9. Research Experience**

- **Research Guide:** Recognized by the University of Kerala
  - **Chairman, Research Advisory Committee, Research Centre, University of Calicut, Government College of Physical Education, Kozhikode.**
  - **M.P.E. Thesis:** *Effects of Player Status and Performance Outcome on Team Cohesion*
  - **M.Phil:** *Construction of an Instrument to Assess Players' Attitude Towards Doping*
  - **Ph.D.:** *Psychological Factors Influencing Female Participation in Physical Activity*
- 

## **10. Research Publications**

Published over **20 peer-reviewed research papers** in UGC CARE/International Journals.  
Topics include:

- Sports Psychology and Doping
- Performance Analysis
- Yoga and Physical Fitness
- Anthropometric studies in athletes
- Talent identification and team cohesion

*A detailed list is attached.*

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## 11. Papers Presented in Conferences and Seminars

- Presented **12+ papers** at **International and National** conferences
  - Chaired sessions at UGC-sponsored national seminars
  - Topics covered include moral development through yoga, stress reduction, player performance, and curriculum design
- 

## 12. Infrastructure Development

- Developed sports facilities at:
    - Government College for Women (fitness center, courts)
    - CET (cricket pitches, fitness centres, playfield renovations)
    - Developed many sports facilities at Government College of Physical Education, Kozhikkode
- 

## 13. Professional Development

### Orientation & Refresher Courses

1. **Orientation Programme (IT-Oriented)**
    - Academic Staff College, University of Kerala
    - *Duration:* 27-12-2007 to 23-01-2008
  2. **Refresher Course in Physical Education**
    - Academic Staff College, University of Kerala
    - *Duration:* 24-04-2006 to 15-05-2006
  3. **Orientation Programme for College Teachers in Physical Education**
    - Academic Staff College, University of Kerala
    - *Duration:* 21-03-2012 to 23-03-2012
  4. **Communication Skill Development Program**
    - Centre for Faculty and Staff Development, College of Engineering, Trivandrum
    - *Duration:* 18-02-2013 to 22-02-2013
  5. Research Methodology Training.
    - IMG & Directorate of Collegiate Education
    - *Duration:* 23-02-2016 to 28-02-2016
- 

## 14. Coaching and Team Management

- Manager/Coach – Kerala University and State Teams in Kho-Kho, Hockey, Athletics
- Camp Leader – Kerala School Teams
- Produced over 200+ inter-university participants and medal-winning teams

## 14. Research Publications

### 15. *Scopus/UGC-CARE Indexed Publications*

1. Prasannakumaran, K. (2021). Effect of performance outcome on team cohesion among basketball players. *Journal of Modern Thamizh Research: A Quarterly International Multilateral Thamizh Journal*, 9(3), 2599–2606.
2. Prasannakumaran, K. (2021). Effect of player status on team cohesion among basketball players. *Journal of Modern Thamizh Research: A Quarterly International Multilateral Thamizh Journal*, 9(3), 2907–2914.
3. Prasannakumaran, K. (2024). Towards a scientific talent identification model for Indian sports: Integrating global best practices with local realities. *Educational Administration: Theory and Practice*, 30(4), 11486–11490. <https://doi.org/10.53555/kuey.v30i4.10808>
4. Prasannakumaran, K., & Alphonse, S. (2024). Deception in competitive sports: A multifaceted exploration of causes, methods, and implications. *REDVET – Revista Electrónica de Veterinaria*, 25(2). <http://www.veterinaria.org>
5. Prasannakumaran, K., Nicx, R., & Alphonse, S. (2023). Dynamics of officiating in sports and games: A research-oriented perspective. *Educational Administration: Theory and Practice*, 29(2), 1–4. <https://kuey.net>
6. Prasannakumaran, K., & Nicx, R. P. K. (2023). Inclusive physical education in India: Challenges and best practices. *Journal for Re Attach Therapy and Developmental Diversities*, 6(1), 2534–2538. <https://doi.org/10.53555/jrtdd.v6i1.3756>
7. Prasannakumaran, K., Thomas, T., & Alphonse, S. (2023). Injury prevention strategies in youth sports: A review. *Educational Administration: Theory and Practice*, 29(2), 1–4. <https://kuey.net/index.php/kuey/article/view/8949>
8. Saheedha, A., Karthiga, A. G., Alphonse, S., Prasannakumaran, K., Sinsdhu, V. S., & Hemaletia, V. (2024). Impact of yoga and Kalari interventions on fat percentage: Overweight and obese girls on focus. *African Journal of Biomedical Research*, 27(4S). <https://africanjournalofbiomedicalresearch.com/index.php/AJBR/article/view/4047>
9. Thomas, T., & Prasannakumaran, K. (2025). Role of artificial intelligence in personalized coaching: A transformative approach in physical education and sports. *International Journal of Physical Education & Sports Sciences*, 20(2). <https://doi.org/10.29070/znpj585>

### *Peer-Reviewed Publications*

10. **Prasannakumaran K.** (2018). *Comparison of Physical and Anthropometric Components of Coastal and Tribal Area College Students of Kerala State*. **Shabdarnav**, 8(2), 222–227. ISSN: 2395-5104.
11. **Prasannakumaran K.** (2018). *Behaviour and Attitude of College Students towards Doping*. **Vedanjali**, 5(10), Part-2. ISSN: 2349-364X.
12. **Prasannakumaran K.** (2018). *Doping Trend Among Indian Athletes*. **Echoes of Research**, 7, 81–86. ISSN: 2348-2680.

13. **Prasannakumaran K.** (2018). *A Multi-Dimensional Approach for Talent Identification and Development in Sports*. **Asian Journal of Multidimensional Research**, 7(2), Spl-1, 1131–1135. ISSN: 2278-4853.
14. Nicx, R. P.K., & **Prasannakumaran K.** (2018). *Effects of Selected Asanas in Hatha Yoga on Agility and Flexibility Level*. **Shabdarnav**, 7(2), 149–155. ISSN: 2395-5104.
15. **Prasannakumaran K.**, & Nicx, R. P.K. (2018). *Participation Motives in Competition Among College and School Students*. **Vedanjali**, 5(9), Part-3, 162–166. ISSN: 2349-364X.
16. Nicx, R. P.K., & **Prasannakumaran K.** (2017). *Factors Affecting Sports Performance*. **Shabdarnav**, 5(1), 77–80. ISSN: 2395-5104.
17. Nicx, R. P.K., & **Prasannakumaran K.** (2017). *Effects of Aerodynamic Sports Balls on Natural and Synthetic Turf*. **Shabdarnav**, 5(2), 157–159. ISSN: 2395-5104.
18. **Prasannakumaran K.**, & Nicx, R. P.K. (2016). *Development and Validation of an Instrument for Assessing Attitudes and Behavior Towards Doping in Sports*. **Vedanjali**, 3(6), 167–173. ISSN: 2349-364X.
19. Nicx, R. P.K., & **Prasannakumaran K.** (2016). *Relationship of Physical, Physiological and Anthropometric Variables and Playing Ability of Coastal Area Soccer Players*. **Shabdarnav**, 4(2), 90–92. ISSN: 2395-5104.
20. **Prasannakumaran K.**, & Nicx, R. P.K. (2016). *Medical Students' and Professionals' Perceptions of Exercise Counselling*. **Shabdarnav**, 4(1), 115–118. ISSN: 2395-5104.
21. Nicx, R., & **Prasannakumaran K.** (2016). *Intervention to Increase Participation in Physical Activity Among Sedentary Adults*. **Vedanjali**, 3(5), 107–111. ISSN: 2349-364X.
22. Nicx, R. P.K., & **Prasannakumaran K.** (2016). *A Study on the Hill Area Soccer Player's Physical, Physiological, Anthropometric Variables and Playing Ability*. **Shabdarnav**, 3(1), 114–117. ISSN: 2395-5104.
23. **Prasannakumaran K.**, & Nicx, R. P.K. (2016). *Supercompensation – A Physiological Process of Adaptation to Improve Sports Performance*. **Vedanjali**, 3(5), 112–115. ISSN: 2349-364X.

## **Publications**

### **Books (Forthcoming/Under Publication)**

1. Prasannakumaran, K. (In Press). *Management of Physical Education, Fitness, and Sports: A Practical Approach*.
2. Prasannakumaran, K. (In Press). *Research in Physical Education and Sports: Theory and Practice*.

## **16. Workshops & Conferences (Selected Highlights)**

1. **Workshop on Dope Control and Nutritional Supplements**
    - L.N.C.P.E., Thiruvananthapuram – 03 March 2003
  2. **Workshop on Health and Fitness**
    - College of Engineering, Trivandrum – 23 March 2007
    - Role: Organizing Committee Member
  3. **National Workshop on Lifestyle Diseases**
    - Govt. College Madappally – 16 January 2016
    - Role: Chair and Presenter
  4. **National Workshop on Yoga, Food Habits and Wellness**
    - Govt. College, Tripunithura – 2018
    - Presentation: “Effects of Yoga on Stress and Self-Esteem Among Female College Students”
- 

## **17. Conference Presentations**

1. **XI National Conference on Sports Psychology**
  - Paper: “Imagery – A Tool for Sports Performance” – 6–8 March 1998
2. **XII National Conference on Sports Psychology**
  - L.N.C.P.E., Thiruvananthapuram – 28–31 December 1999
3. **International Conference on Yoga and Physical Activity**
  - All Saints’ College, Trivandrum – 19–20 November 2015
  - Chair and Paper Presenter: “Effect of Yoga on Weight Management and Flexibility Among Adolescents”
4. **4th International Conference on Yoga Research and Value Education**
  - Paper: “Yoga – A Cognitive Approach for Moral Development” – December 2002
5. **International Conference on Health Sciences**
  - Paper: “A Curriculum for the Attainment of Quality in Physical Education”
  - St. Aloysius College, Edathua
6. **National Seminar on Healthy Aging**
  - Govt. College of Physical Education, Kozhikode – 18–19 February 2020
  - Role: Organizing Committee Chairman.

## **Declaration**

I hereby declare that the above particulars are true to the best of my knowledge and belief.

**Dr. Prasannakumaran K**  
Principal-in-Charge

Government College of Physical Education, Kozhikode

Date: 04.08.2025


Place: Thiruvananthapuram



# 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:		 Photo
Name & Designation	: Dr. Biju Lona K. Professor	
Permanent Residential Address	: Kannampuzha House	
	Koratty South P.O.	
Emails.	Pin Code: 680308 District: Thrissur	
	Mob. No.: 9447725876	
	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

<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				

**Signature of the Candidate**

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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

**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	'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

**Signature of the Candidate**

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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

Signature of the Candidate

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

**Signature of the Candidate**

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



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gcpekerala.ac.in /pringcpe@gmail.com ph 9188900240

A. Personal Information:				
Name & Designation	:	Smt.Sindhu.V.S		
Permanent Residential Address	:	Cheriyaparuthian vila, Vlathankara.,		
		Vlathankara.P.O		
		Neyyattinkara,		
		Pin Code: 695134	District: Thiruvananthapuram	
		Mob. No.: 9539331868		
Emails.	i	s i n d h u . v i n c e @ g m a i l . c o m		
	ii			
		Aadhaar No.:278987634877		
		PEN No.: 597384		
		P A N: B Q G P S 4 6 8 2 F		
Age and Date of Birth	:	01.04.1978		
Gender (Tick)	:	Male ( ) Female (✓) Others ( )		
Height and Weight	:	( 159 Cms. ) ( 62 Kgs. )		
Religion and Caste & Community	:	Christian , Latin Catholic		
B. Educational Qualifications (attach Proof)				
Sl.No.	Qualifications	Board/University	Year	Class
i	SSLC	Kerala Board	1993	Distinction
ii	PDC	University of Kerala	1995	First
iii	UG: B.P. E	University of Kerala	1998	First
iv	PG: MPE	University of Kerala	1996	First
vii	NET-Physical Education	UGC	1999	
OTHER Degree and Diplomas if any				
ix	M.Sc Yoga	Tamil Nadu Sports University		First Class

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. Colleges	Collegiate Education	04.7.2007	Till date	18 Yrs

(\* Only recognised employment need to be entered)

**C.1. 1 Other Service Details: ( Adhoc / Temporary/ Guest)**

Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Guest Lecturer,UC College, Aluwa	MG University	2002	31.3.2003	1 Yr
ii	Guest Lecturer,Vimala College, Thrissur	University of Calicut			
iii	Lecturer, Govt. Sanskrit College, Pattambi	University of Calicut	2003	3.8.1999	2 Y

**C.2 .Service history with Govt. Colleges :**

Sl. No	Name of College	From	To	Y/M/D
1	KNM Govt. Arts and Science College Kanjiramkulam	04.07.2007	28.05.2010	
2	Govt. Engineering College, Kannur	01.06.2010	07.06.2013	
3	KNM Govt. Arts and Science College Kanjiramkulam	10-06-2013	16.06.2017	
4	Govt. Arts and Science College, Kulathoor, Neyyattinkara	16.06.2017	24.07.2023	
5	Govt. College of Physical Education, Kozhikode, East Hill	01.08.2023	Till Date	

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

Sl. No.	Organization	From	To	No. of Days
1	Orientation Programme(IT Oriented), UGC Academic Staff College University of Kerala	21-02-2008	19-03-2008	28 days

**C3.2) Refresher Courses attended:**

Sl. No.	Organization	From	To	No. of Days
1	Refresher Course in Physical Education, UGC Academic Staff College University of Kerala	20-04-2009	11-05-2009	22 days
2	Refresher Course in Physical Education, UGC Academic Staff College University of Kerala	29-05-2018	18-06-2018	22 days
3	On line Refresher Course in Social sciences( Interdisciplinary) UGC Academic Staff College University of Kerala	05-02-2021	18-02-2021	14 days

**C3.3) Short Term/ MOOC Courses attended:**

1. AI Tools for e-Content Development and Teaching-Learning, One-week Online Faculty Development Programme organized by UGC-Malaviya Mission Teacher Training Centre (UGC-MMTTC/GAD-MMTTC), SGTB Khalsa College, University of Delhi. 15th April to 26th April 2024.

**Signature of the Candidate****(Page 2)****C3.4) Professional Enrichments:**

a) Order Number of Research Guide ship 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)	1	Nil
h) Details of Major Projects Undertaken (specify amount and funding agency)	1	Nil
i) Details of Books/Chapters Published/Edited		Nil
j) Details of E Content generated with web link		NIL

**Signature of the Candidate**

**(Page 3)**

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	National Conference on Modern Trends in Physical Education and Sports organized by Sports authority of India	Participant	National	1.Two days,4 <sup>th</sup> &5 <sup>th</sup> Jan 2008
2	2.Seminar on Statistics and Research Methods organized by directorate of Collegiate Education	Participant	National	2.One day 24 <sup>th</sup> Jan 2008
3	3.National Seminar on Emerging Trends in English Communication organized by directorate of Collegiate Education	Participant	National	3.One day 8 <sup>th</sup> Oct 2008
4	Workshop on Significance of Phy.Edn. and Sports in Edn.” Organized by Sports authority of India	Participant	National	4. One day 23 <sup>rd</sup> March 2008
5	.Workshop on Free and Open Source Software(FOSS)	Participant	College	One day 15 <sup>th</sup> March 2010
6	Orientation Programme on “UG Semesterization for the teaching staff”	Participant	University of Kerala	One day 10/12/2009
7	Under Graduate Course Designing Workshop	Participation	Board of studies in Physical Education (Kannur University)	Five days 4 <sup>th</sup> ,6 <sup>th</sup> ,and 11 <sup>th</sup> to 12 <sup>th</sup> Aug 2011
8	Two day national workshop on Statistics &Data Analysis	Participation	Directorate of Collegiate Education,Kerala	Two day 7 <sup>th</sup> and 8 <sup>th</sup> March 2014
9	One day workshop on Data Sources and SPSS	Participation	Directorate of Collegiate Education,Kerala	One day, 24 <sup>th</sup> Feb.2014
10	Entrepreneurial Possibilities in Indian Scenario	Participation	Directorate of Collegiate Education,Kerala	Two day , 11 <sup>th</sup> and 12 <sup>th</sup> Feb.2014
11	Attended a workshop on Real & Complex Analysis	Participation	Directorate of Collegiate Education,Kerala	Two day, 18 <sup>th</sup> & 19 <sup>th</sup> January 2016



12	One day national seminar on Health and wellness- the key to your happy life	Participation	Directorate of Collegiate Education	One day, 28 <sup>th</sup> November 2017
13	. Presented a paper in the topic of "Sports culture in India" in the National Seminar on Hurdles Faced In Full filling the The Olympic Motto- A Forethought	Participation	Directorate of Collegiate Education	One day, 18 <sup>th</sup> January 2018
14	Exercise physiology and nutrition for enhancing health, fitness and sports performance on "A study of relationship of selected lung functions to performance in swimming"	Presented	International Conference	3 days , from 5 <sup>th</sup> to 7 <sup>th</sup> March 2019
15	State Assessment and Accreditation	Participated	State	2018-19
16	"Sea Food an essential nutrient for Health and Sports" in the International Conference on Sports Science Management and Yoga (ICSSMY	Presented	International Conference	from 18 <sup>th</sup> - 20 <sup>th</sup> July 2019
17	Sports Persons Summit	Participated	State	6 <sup>th</sup> March 2020
18	The Seven Rainbow Rules for I Health and longevity	Participated	National Webinar	24 <sup>th</sup> June 2020
19	Yoga for Degenerative Diseases	Participated	National Webinar	7 <sup>th</sup> August 2020
20	Post Covid Sports Arena	Participated	National Webinar	03/08/2020
21	.Immunization against pathogenic viral Diseases through proper physical Activities and Nutrition.	Participated	Directorate of Collegiate Education	04 August 2020
22	Take Care of your body it is the I only place you have to live .	Participated	Directorate of Collegiate Education	on 5 <sup>th</sup> August 2020
23	Fitness and Nutrition .	Participated	National	16 <sup>th</sup> August 2020
24	Mechanism of Exercise Induced by Brain Plasticity	Participated	International Webinar	21/07/2020
25	Higher Education: Power, People, and Democracy.	Participated	Directorate of Collegiate Education	29 <sup>th</sup> August 2020
26	Entertainment Physical activities: A Panacea to release stress during pandemic"	Participated	Directorate of Collegiate Education	29/08/2020

27	Physical Education and Sports: the power to Unite communités	Participated	International Webinar	27 <sup>th</sup> and 28 <sup>th</sup> October 2020
28	."Making Online Lessons Pleasant and Healthy"	Participated	Directorate of Collegiate Education	26th February 2021
29	Impact of Training Programs on selected Physiological parameters and performance differences among sprint , middle,long distance runners	Presented	National	18 <sup>th</sup> to 20 <sup>th</sup> October 2023

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

**Signature of the Candidate**

**(Page 6)**

Details of Publications: Contd.....

Sl. No	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
1	A Quantitative investigation into the characteristic differences in Pulmonary functions between Short-distance and Long-Distance swimmers in India	Arts & Education International	ISSN-2349-1353-Peer Reviewed	International	Jan-June 2018
2	Role & relevance of Physical Literacy in societal development: A case study of State of Kerala	Arts & Education International	ISSN-2349-1353-Peer Reviewed	International	Dec. 2018
3	Effects of Strength and Plyometric training on Particular Physical Parameter Agility in College- Level Athletes	International Research Journal of Commerce Arts and Science	ISSN 2319-9202 Peer Reviewed	International	Dec. 2018
4	Physical Fitness and Sports Injuries	International Research Journal of Management & Humanities	ISSN 2277-9809 (O)2348-9359(P)		Sep.2018
5	Need of Physical Literacy for active lifestyle	International Journal of Physical Education , Sports and health	ISSN 2394-1685 Peer Reviewed	International	23-08-2018
6	Impact of High- Intensity Aerobic Activities on Apical Pulse Rates of Male High School Students	International Research Journal of Management Sociology & Humanities	ISSN 2277-9809 Peer Reviewed	International	March 2019
7	An insight into the effect of Footwear in controlling Lifestyle disease	IJFANS International journal Journal of food and Nutritional sciences	ISSN 2319	International	2022
8	Influence of Yoga and Kalari practices: A holistic approach to improving Dietary habits	Educational Administratio Theory and Practice	ISSN 1300-4832	International	2022
9	Impact of Yoga and Kalari interventions on Fat Percentage : Overweight and Obese Girls on focus	Africanjournalof biomedical research		International	Nov.2024





GOVT.COLLEGE OF PHYSICAL EDUCATION,  
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A. Personal Information:				
Name& Designation	: <b>BINITHA .G.J</b>			
Permanent Residential Address	: Ganesh Bhavan,			
	TC 67/790,KRA-8			
	, Konchiravila, Manacaud P.O,			
	Thiruvananthapuram. 695009			
Emails.	i binitthagj@gmail.com			
	i			
	i			
AADHAR	667406923311			
Age and Date of Birth	: 46years, 13.03.1979			
Gender (Tick)	: FEMALE			
Height and Weight	: 169CM			
Religion and Caste & Community	: Hindhu, velaan			
<b>B. Educational Qualifications (attach Proof)</b>				
SL.No.	Qualifications	Board/University	Year	Class
i	SSLC	Kerala Board	1994	FIRST
ii	Plus II/ PDC	VHSE	1996	SECOND
iii	UG :BPE.	Kerala university	2000	First
iv	PG :MPE	Kerala university	2002	First
v	NET	Lectureship	2003	
OTHER Degree and Diplomas if any				

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

(\* 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

<b>C.2 .Service history with Govt. Colleges :</b>				
Sl. No	Name of College	From	To	Y/M/D
1	Government Sanskrit College, Trippunithura	2.7.2007	27.5.2010	
2	KNM Govt. College, Kanjiramkulam	28.5.2010	4.6.2013	
3	GCW, Trivandrum	5.6.2013	4.6.2014	
4	Govt.College,Pattambi	5.6.2014	1.7.2014	
5	MMS Govt. College, Malayinkeezhu	3.7.2014	13.6.2017	
6	University College, Palayam	14.6.2017	1.6.2019	
7	KNM Govt. College, Kanjiramkulam	2.6.2018	20.6.2019	
8	SARBTM Govt. College, Koyilandy	27.6.2019	7.9.2020	
9	BJM Govt. College, Chavara	9.9.2020	2.6.2022	
10	Govt. Arts College, Trivandrum	3.6.2022	2.7.2025	
11	Govt Physical Education College, Kozhikode	10.07.2025	Till date	

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

**C3.1} Orientation Courses attended :**

Sl. No.	Organization	From	To	No. of Days
1	ASC KERALA UNIVERSITY (Orientation)	1-4-2008	28.4.2008	28

**C3.2) Refresher Courses/ Short Term attended:**

Sl. No.	Organization	From	To	No. of Days
1	Refresher Course in Physical Education	20.04.2009	11.05.2009	21
2	Orientation course	01.01.2015	27.01.2015	27
3	Refresher Course in Women empowerment	24.01.2019	14.02.2019	21
4	Short term course in women empowerment	29.08.2019	04.09.2019	07
5	Short term course in Research Methodology	17.12.2020	23.12.2020	07

**C3.4) Professional Enrichments:**

a) Order Number of Research Guide ship awarded	:	
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)	1	Nil
h) Details of Major Projects Undertaken (specify amount and funding agency)	1	Nil
i) Details of Books/Chapters Published/Edited	1	
j) Details of E Content generated with web link	1	NIL

k) Details of Seminars/Workshops attended:

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



Sl No.	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
1	Impact of Moderate-Intensity Aerobic Exercise on Agility in Adolescent Female Students Going to School Page no 593-598 Binitha G.J	International research journal of management, sociology and Humanities IRJMESH Vol 10 Issue 3 [Year 2019]	ISSN 2277 – 9809(Online)	International	1
2	Impact of Plyometric and Strength Training on Specific Physical Parameter Speed in College Basketball Players Page no 128-135 Binitha G.J	CASIRJ Volume 9 Issue 12 [Year - 2018]	ISSN 2319 – 9202	International	1
3	ROLE & RELEVANCE OF PHYSICAL LITERACY IN SOCIETAL DEVELOPMENT: A CASE STUDY OF STATE OF KERALA Page no 209-221 Binitha G.J. Sindhu V.S.	IMRF Biannual Peer Reviewed (Refereed) International Journal - SE Impact Factor 2.58 Arts & Education International Research Journal Volume 5 Issue 2  ISSN 2349 – 1353	ISSN 2349 – 1353	International	
4	BEYOND THE PLAYGROUND: UNVEILING THE TRANSFORMATIVE POWER OF PHYSICAL EDUCATION IN SCHOOL AND LIFE. Page no 223-229 1.Binitha G.J. 2.Sindhu V.S.	IMRF Biannual Peer Reviewed (Referred) International Journal   SE Impact Factor 2.58 Arts & Education International Research Journal Volume 5 Issue 2  ISSN 2349 - 1353	ISSN 2349 - 1353	International	
5	Physical Fitness and Sports Injuries: A detailed insight Page no 262-266 1.Sindhu V.S 2.Binitha G.J. 3.Abhilash S.S.,	International Research Journal of Management Sociology & Humanities	ISSN 2277 – 9809 (online) ISSN 2348	International	
6	Need of physical literacy for active lifestyle Page no 122-123 Binitha GJ, Sindhu VS and Abhilash SS	International Journal of Physical Education, Sports and Health 2018; 5(5): 122-123	P-ISSN: 2394-1685 E-ISSN: 2394-1693	International	

8					
9					
10					

Details of Publications: Contd.....					
Sl . No.	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
7	Relevance of Anthropometry in Enhancing Athletic Performance: A study on selected secondary school students of Thiruvananthapuram, Kerala BINITHA G	ISDA JOURNAL Studies in Development and public policy Vol no 30 Peer Reviewed	4october- December 2020 Page no	National	
8	A Quantitative investigation in to the characteristic differences in pulmonary functions between short-distance and long distance swimmers in India. Page No273-285) 1.Sindhu V.S 2.BINITHA G	IMRF Biannual Peer Reviewed (Refereed) International Journal - SE Impact Factor 2.58Arts & Education International Research Journal Volume 5 Issue 1	ISSN 2349 - 1353	International	
9	AN INSIGHT INTO THE EFFECT OF FOOTWEAR IN CONTROLLING LIFESTYLE DISEASE Abhilash S.S., 2Binitha G.J., and 3Sindhu V S,	IJFANS INTERNATIONAL JOURNAL OF FOOD AND NUTRITIONAL SCIENCES	ISSN PRINT 2319 1775 Online 2320 7876	International	

**Signature of the Candidate**



# GOVT.COLLEGE OF PHYSICAL EDUCATION

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Web: [gcpekerala.ac.in](http://gcpekerala.ac.in) [email: pringcpe@gmail.com](mailto:pringcpe@gmail.com) [phone: 9188900240](tel:9188900240)



<b>A. Personal Information:</b>					
Name & Designation	:	<b>Dr. SUNIL ALPHONSE, Assistant Professor.</b>			
Address & Personal Details	:	THADATHUVILA KIZHAKATHIL			
		KUMBALAM PO.			
		District: KOLLAM Pin Code: 691503			
		Mob. No.: 9846002022			
		Email: <a href="mailto:sunil.alphonse79@gmail.com">sunil.alphonse79@gmail.com</a>			
		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>B. Educational Qualifications (attach Proof)</b>					
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		
<b>Other Degree or Diplomas if any</b>					
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

## 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 <sup>st</sup> International Conference on Revival of Traditional Yoga	The Lonavla Institute, Lonavla	International Conference	17 <sup>th</sup> to 18 <sup>th</sup> 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 <sup>th</sup> to 27 <sup>th</sup> 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 <sup>th</sup> to 20 <sup>th</sup> 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 <sup>th</sup> February 2016

5.	Application of Yoga nidra in competitive sports	Global Yoga Fest 2017	Universal Yoga Consciousness	International	20 <sup>th</sup> to 23 <sup>rd</sup> 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 <sup>nd</sup> - 23 <sup>rd</sup> 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 <sup>th</sup> to 7 <sup>th</sup> January 2017
8.	Detailing Asanas in Hathayoga Pradeepika and Gherenda Samhitha	International Congress in Renaissance In Sports - Stratagies, Challengies and Choices	National College, Thiruchirappalli	International Congress	10 <sup>th</sup> to 11 <sup>th</sup> February 2017
9.	Yogic Sciences and its Role in Improving Sports PERFORMANCE	International Congress on Sports Science and Yoga	LNIPe, Vigyan Bhavan, New Delhi	International Congress	2 <sup>ND</sup> TO 4 <sup>TH</sup> 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 <sup>rd</sup> 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>
<b>1</b>	<sup>1</sup> Sunil Alphonse, <sup>2</sup> Dr.R. Muthulakshmi <sup>3</sup> Dr.R. Rajkumar, <sup>4</sup> Prof. Prasannakumaran K, <sup>5</sup> Prof. Dr. Subbulakshmi <sup>6</sup> Dr. J Komala, <sup>7</sup> 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. <a href="https://doi.org/10.53555/jab.v11si9.1301">10.53555/jab.v11si9.1301</a>
<b>2</b>	<b>Dr. Sunil Alphonse<sup>1,2*</sup>, Dr. R. Rajkumar<sup>3</sup>, Prof. Dr. Prasannakumaran K<sup>4</sup>, Dr. J Komala<sup>5</sup>, Dr. Jayan T D<sup>6</sup>, Roshkumar B S<sup>7</sup>, Saheedha A<sup>8</sup></b> 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 <a href="https://africanjournalofbiomedicinalresearch.com/index.php/AJBR/article/view/8995">https://africanjournalofbiomedicinalresearch.com/index.php/AJBR/article/view/8995</a>
<b>3</b>	<b>Saheedha A<sup>1*</sup> Dr. Amala Karthiga G<sup>2</sup> Dr. Sunil Alphonse<sup>3</sup> Prof. Prasanna Kumaran K<sup>4</sup> Smt. Sindhu V S Smt. Hemalatha V<sup>6</sup></b> ‘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 <a href="https://doi.org/10.53555/AJBR.v27i4S.4047">https://doi.org/10.53555/AJBR.v27i4S.4047</a>
<b>4</b>	<b>Saheedha<sup>1*</sup> A Dr. Amala Karthiga G<sup>2</sup> Dr. Sunil Alphonse<sup>3</sup> Dr. Sandeepkumar P.S,<sup>4</sup> Dr. Anjal O<sup>5</sup> Smt. Hemalatha V<sup>6</sup></b> ‘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 <a href="https://doi.org/10.53555/AJBR.v27i4S.3915">https://doi.org/10.53555/AJBR.v27i4S.3915</a>
<b>5</b>	<b>Sunil Alphonse, Shabu S J, Anjali o</b> ‘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 <a href="https://doi.org/10.33745/ijzi.2024.v10ispl2.001">https://doi.org/10.33745/ijzi.2024.v10ispl2.001</a>
<b>6</b>	<b>Anjali O, Haritha S Kurup, Sunil Alphonse</b> ‘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 <a href="https://doi.org/10.33745/ijzi.2024.v10ispl2.008">https://doi.org/10.33745/ijzi.2024.v10ispl2.008</a>
<b>7</b>	<b>Sunil Alphonse, Saheedha A, Amala Karthiga G and Dr. Arunaraj A</b> ‘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 <a href="https://doi.org/10.33745/ijzi.2023.v09ispl2.049">https://doi.org/10.33745/ijzi.2023.v09ispl2.049</a>
<b>8</b>	<b>Jasmine James, Augustine George, Sunil Alphonse, Saheedha A</b> ‘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.	<b>Sciences Journals List – 2022</b>  <a href="https://doi.org/10.4103/iopn.iopn.3.22">https://doi.org/10.4103/iopn.iopn.3.22</a>
9	<b>Saheedha A, Amala Karthiga . and Sunil Alphonse</b> ‘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  <a href="https://doi.org/10.33745/ijzi.2023.v09ispl2.003">https://doi.org/10.33745/ijzi.2023.v09ispl2.003</a>
10	<b>Prof. Prasannakumaran K, Dr Tom Thomas, Dr Sunil Alphonse.</b> ‘Injury Prevention Strategies in Youth Sports: A Review’	Educational Administration: Theory and Practice 2023, 29(2),752-755	ISSN:2148-2403 SCOPUS  <a href="https://doi.org/10.53555/kuey.v29i2.8949">https://doi.org/10.53555/kuey.v29i2.8949</a>
11	<b>Prof. Prasannakumaran K, Prof. Rose Nicx P K, Dr Sunil Alphonse.</b> ‘Dynamics of Officiating in Sports and Games: A Research Oriented Perspective’	Educational Administration: Theory and Practices 2023, 29 (2), 700-703	SCOPUS  <a href="https://doi.org/10.53555/kuey.v29i2.8590">https://doi.org/10.53555/kuey.v29i2.8590</a>
12	<sup>1,2</sup> <b>Sunil Alphonse</b> , <sup>3</sup> <b>Dr.R. Rajkumar</b> , <sup>4</sup> <b>Dr. Prasannakumaran K</b> <sup>5</sup> <b>Dr. J Komala</b> , <sup>6</sup> <b>Saheedha A.</b> 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  <a href="https://kuey.net/index.php/kuey/article/view/11271">https://kuey.net/index.php/kuey/article/view/11271</a>
13	<b>Augustine George, Babitha Mathews &amp; Sunil Alphonse.</b> ‘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  <b>SI no 144 in UGC Approved Sciences Journals List - 2022</b>  <a href="https://www.malayalamresearchjournal.org">https://www.malayalamresearchjournal.org</a>
14	<b>Dr. Sreekala KG<sup>1</sup>, Smt. Saheedha A<sup>2</sup>, Dr. Sunil Alphonse<sup>3</sup>, Smt. Sindhu V S<sup>4</sup>, Sri Sanith N V<sup>5</sup>, Sri. Sudheesh V S<sup>6</sup></b> ‘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  <a href="https://kuey.net/index.php/kuey/article/view/8652/6503">https://kuey.net/index.php/kuey/article/view/8652/6503</a>
15	<b>Sunil Alphonse &amp; Dr. Wilson V A</b>  ‘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) <b>SI no 225 in UGC Approved Arts and Humanities Journals List – 2022.</b> RAJA PUBLICATIONS ISSN: 2321-984X  <a href="https://rajapublications.com/">https://rajapublications.com/</a>
16	<b>Sunil Alphonse &amp; Dr. Wilson V A</b>  ‘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) <b>SI no 225 in UGC Approved Arts and Humanities Journals List – 2022.</b> RAJA PUBLICATIONS ISSN: 2321-984X  <a href="https://rajapublications.com/">https://rajapublications.com/</a>

17	<b>Sunil Alphonse, Yogi Jayadevan</b> 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	<b>Sunil Alphonse</b> ‘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	<b>Sunil Alphonse,</b> A Comparative Study of Chakras in Yogic Philosophy and Endocrane Glands in Modern Medicine	Conference Proceedings: Modern Perspectives of Sports Science and Yoga for Enhancement of Sports Performance 3 <sup>rd</sup> March 2018; Page No. 304-306	GANESAR COLLEGE OF ARTS AND SCIENCE, Tamil Nadu ISBN: 978-93-53000-491-0
20	<b>Sunil Alphonse,</b> 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	<b>Sunil Alphonse,</b> 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	<b>Sunil Alphonse,</b> 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	<b>Sunil Alphonse,</b> Treatment Procedures of Sports Injuries In Modern Medicine and Ancient Marma Chikiltsa	Proceedings of National Seminar on Applied Sports and Injury Management	NAM College, Kannur March 2016
24	<b>Sunil Alphonse,</b> Traditional Yoga for Reduction of Obesity	Proceedings of National Conference oo 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**



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A. Personal Information:						
Name & Designation	:	Dr. Aruna Raj A, Assistant Professor				
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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-					

Signature of the Candidate



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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 (PMMMNMTT) of Ministry of Education) - <b>Faculty Induction Program</b>	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. - <b>Faculty Development Program</b>	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 (PMMMNMTT) of Ministry of Education - <b>Faculty Development Program</b>	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
	<b>Nil</b>			

#### C3.4 Professional Enrichments:

Sl. No.	Details	Status
a)	Order Number of Research Guideship awarded	<b>Nil</b>
b)	No. of Scholars Doing M.Phil. Degree	<b>Nil</b>
c)	No. of Scholars awarded with M.Phil. Degree	<b>Nil</b>
d)	No. of Scholars Pursuing Ph.D. Degree	<b>Nil</b>
e)	No. of Scholars awarded with Ph.D. Degree	<b>Nil</b>
f)	Patents/Copyright, Awards etc. acquired if any	<b>Nil</b>
g)	Details of Minor Projects Undertaken (specify amount and funding agency)	<b>Nil</b>
h)	Details of Major Projects Undertaken (specify amount and funding agency)	<b>Nil</b>
i)	Details of Books/Chapters Published/Edited	<b>Nil</b>
j)	Details of E-Content generated with web link	<b>Nil</b>
k)	<b>Details of Webinar/ Seminars/Workshops attended</b>	<b>28</b>

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

**Signature of the Candidate**



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<b>I) Details of Publications: (Specify CARE / SCOPUS Journals if any)</b>					
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: <a href="http://ijmer.in/doi/2024/13.5.61">http://ijmer.in/doi/2024/13.5.61</a>
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 <a href="https://doi.org/10.33745/ijzi.2024.v10isp12.016">https://doi.org/10.33745/ijzi.2024.v10isp12.016</a>
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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		Aadhaar No. 472355634749		
		PEN No.: 860481		
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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	

<b>C. Professional Details</b> (attach proof*)					
<b>C.1. Service Details ( Total )</b>					
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

<b>C.1. 1 Other Service Details: ( Adhoc / Temporary/ Guest)</b>					
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

<b>C. 2 . Service history with Govt. Colleges :</b>				
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	<b>Sreenath S. and Dr.Dhinu M. R.</b> Effect of Self Defense Training on Agility and Balance Among College Women,	<b>SARAN PUBLICATIONS</b>	2454-3055	International	<b>WoS</b>
2	<b>Sreenath S. and Dr.Dhinu M. R.</b> Effect of Self-Defense Training on Self-Esteem and Mental Toughness of College Girls	<b>Kala Sarovar</b>	0975-4520	National	UGC Care
3	<b>Sreenath S.</b> Effect of kalaripayattu on physical fitness variables among college students	<b>Balaji Publications</b>	2456-0057	National	UGC Approved
4	<b>Sreenath S And Haneefa K G</b> Effect of Music Therapy on Selected psychological Variables Among University Level Soccer Played	Fortis Special Edition			
5	<b>Sreenath S.</b> Exercise and Immune system	Tirupati Journal services		International	Peer reviewed

**Signature of the Candidate**





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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	
		Mob. No.: 9745645648		
E-mails.	i	gcpedrharis1957@gmail.com		
		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 PHOTOSHOP	G-TEC	2010

**Signature of the Candidate**

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 <sup>rd</sup> to 25 <sup>th</sup> January 2024	
2.	Survey of common sports injuries among college-level football players in Calicut University	Paper Presenter	National	30 <sup>th</sup> and 31 <sup>st</sup> 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 <sup>th</sup> and 31 <sup>st</sup> 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 <sup>th</sup> and 31 <sup>st</sup> 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 <sup>th</sup> to 12 <sup>th</sup> 2023	
6.	One-week intensive workshop on research methodology in sports sciences	participant	National	8 <sup>th</sup> to 14 <sup>th</sup> January 2024	
7.	Relationship between selected lung function and performance among swimmers in Palakkad, Kerala	Paper Presenter	International	31 <sup>st</sup> January 1 <sup>st</sup> February 2025	
8.	International workshop on sports awareness and coaching strategies in football	participant	International	20 <sup>th</sup> February 2018	

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

**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	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 <sup>ST</sup> & February 01 <sup>ST</sup>	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 <sup>ST</sup> 22 <sup>ND</sup> 23 <sup>RD</sup> 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**



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



West Hill P.O,PIN 673005 Kozhikode District Kerala,  
gcpekerala.ac.in /pringcpe@gmail.com ph 9188900240

A. Personal Information:				
Name & Designation	:	NAVEEN R D, Assistant Professor		 Photo
Permanent Residential Address	:	ABHAYAM		
	:	KANNOM, EZHOME P O		
	:			
Emails.	:	Pin Code: 670334 District: KANNUR		
	:	Mob. No.: 9495500149		
	:	r d n a v e e n @ g m a i l . c o m		
Aadhaar No.:4299 2842 2139	:	PEN No.: 562194		
	:	P A N: B N B P R 2 6 5 6 C		
	:			
Age and Date of Birth	:	42 13.05.1983		
Gender (Tick)	:	Male ( * ) Female ( ) Others ( )		
Height and Weight	:	( 164 Cms. ) ( 64 Kgs. )		
Religion and Caste & Community	:	HINDU (THIYYA)		
B. Educational Qualifications (attach Proof)				
Sl.No.	Qualifications	Board/University	Year	Class
i	SSLC	GENERAL EDUCATION KERALA	1998	second
ii	Plus II/ PDC	UNIVERSITY OF CALICUT	2000	Third
iii	UG :B.Com	KANNUR UNIVERSITY	2003	Second
iv	B P Ed	KANNUR UNIVERSITY	2005	First
v	PG M P Ed	KANNUR UNIVERSITY	2007	First
vi	M.Phil. Phy Edn	KANNUR UNIVERSITY	2008	First
vii	NET/JRF	Lectureship	2007	
OTHER Degree and Diplomas if any				
i	Certificate in Yogic Science	Kannur University	2008	First Class
ii	Junior Diploma in Co-Operation	State Co-Operative Union Kerala	2004	First Class

**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	23.12.2014	Till date	10 Yrs

(\* Only recognised employment need to be entered)

**C.1. 1 Other Service Details: ( Adhoc / Temporary/ Guest)**

Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Lecturer, Physical Education	School of Physical Education and Sports Sciences	01.09.2008	22.06.2009	10 months
ii	Physical Education Teacher	General Education	23.06.2009	22.12.2014	5 years

**C.2 .Service history with Govt. Colleges :**

Sl. No	Name of College	From	To	Y/M/D
1	Govt. College Nadapuram	23.12.2014	16.06.2017	2Y 5M
2	Govt. College of Engineering Kannur	17.06.2017	08.06.2022	5Y
3	Govt. College Peringom	08.06.2022	04.07.2025	3Y 1M
4	Govt. College of Physical Education	14.07.2025	Till Date	

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

Sl. No.	Organization	From	To	No. of Days
1	Kannur University – UGC-HRDC	03.09.2020	02.10.2020	28

**C3.2) Refresher Courses attended:**

Sl. No.	Organization	From	To	No. of Days
1	Kannur University- UGC-HRDC	06.07.2018	16.07.2018	21
2	Teaching learning centre Ramanujan College, University of Delhi	05.08.2021	19.08.2021	15
3	Teaching learning centre Ramanujan College, University of Delhi	22.08.2023	05.09.2023	15

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	'National seminar on life long physical and mental wellbeing role of sports and exercise	Paper presenter	National	2 Days 23-24 February 2015
2	'National seminar on movement education and lifestyle diseases	Paper presenter	National	1 day 16.02.2016
3	National seminar on Life long Physical Fitness and wellness	Paper presenter	National	3 days 10 to.12.January2017
4	National seminar on health and wellness – the key to your happy life	Participant	National	1 days28.11.2017
5	National seminar on sports Engineering	Session chair	National	3 Days 7-9 February 2019
6	International webinar	Participant		1 Day 27.05.2020
7	National Webinar Contemporary Physical Education and sports Trends and challenges	Participant	National	1 Day 01.07.2020
8	National workshop on Sports nutrition, injury prevention and management	Participant	National	5 <sup>th</sup> to8 <sup>th</sup> April 2022

**Signature of the Candidate**

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<b>C. Professional Details</b> (attach proof*)					
<b>C.1. Service Details ( Total )</b>					
Sl. No.	Designation	Dept./Organization	From	To	Duration
i	Asst. Prof.- Govt. Colleges	Collegiate Education	25-09-2014	Till date	10 Yrs 10 months

(\* Only recognized employment need to be entered)

<b>C.1. 1 Other Service Details: (International/ Other State): (14 years and 10 months approx.)</b>					
Sl. No.	Designation	Dept./Organization	From	To	Duration
i	Sports Trainer	UAE (Land forces), Abudhabi	05/08/2003	21/09/2014	11 Yrs 1 month
ii	Sports Officer	Hindustan College of Arts and science, Tamilnadu, India	03/01/2003	04/07/2003	6 months
iii	Asst. Director of Physical Education	Hindustan College of Engineering, Tamilnadu, India	01/09/1999	02/01/2003	3 Yrs 4 months

<b>C.2 .Service history with Govt. Colleges: (11 Years of experience approx.)</b>				
Sl. No	Name of College	From	To	Y/M/D
1	Government Arts and Science College, Kodusally, Calicut,	25/9/2014	06/06/2016	1Yrs 8 moths 12 days
2	Government college of Physical Education, Calicut, Kerala,	07/06/2016	04/07/2019	3Yrs 27 days
3	Government KNM Arts and Science College, Thiruvananthapuram, Kerala, India)	05/07/2019	02-06-2022(FN)	2Yrs 11months
4	Government College of teacher education, Thiruvananthapuram, Kerala, India)	02/06/2022(AN)	01-07-2025	3Yrs 29 days
5	Government college of Physical Education, Calicut, Kerala,	07-07-2025	Till Date	

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

Sl. No.	Organization	From	To	No. of Days
1	UGC/HRDC KERALA UNIVERSITY (Orientation)	13/06/2019	03/07/2019	28

### **C3.2) Refresher /other courses attended:**

Sl. No.	Organization	From	To	No. of Days
1	UGC/HRDC KERALA UNIVERSITY (Refresher Course)	04-03-2020	17/05/2020	21
2	UGC/HRDC KERALA UNIVERSITY (Refresher Course)	21-02-2023	06-03-2023	21
3	MMTTC, University of Kerala (NEP 2020)	04/11/2024	14/11/2025	10
4	MMTTC, University of Kerala (Short term)	08/01/2025	14/01/2025	7

<b>k) Details of Seminars/Workshops attended:</b>				
Sl. No.	Conducting Centre/Topic	Resource Person./Session Chair/Paper Presenter/Coordinator/Participant	National/International/ sponsoring agency	No. of Days with dates
1	Higher education Department, Govt. of Kerala	participant	International/ UGC	1 day (6th November 2023)
2	“Science behind sports” Govt. Arts and science college, Nedumangad	Paper presenter	National/DC	3days 13th to 15th December 2023
3	International sports summit , Kerala	participant	National/ Govt. of Kerala	23-01-2024 to 26 01-2024
4	International conference on sports science management and yoga (SAI LNCPE)	Paper presenter	SAI	2 day, 18-20 July 2019
5	International seminar on social enterprises for ecosystem management (Govt.KNM college)	Participant	Directorate of collegiate education	2 day 20-22 November , 2019
6	National conference on Anti-doping awareness for athletes and athlete support personnel (Govt. of Kerala & NADA)	Participant	Govt. of Kerala & NADA	2 day, 4-5 April 2023
7	National seminar on Higher education: Challenges and prospects	Participant	Association of Kerala Govt. teachers	6 <sup>th</sup> March 2015

<b>Certifications/Representations</b>	
1.	Cardiovascular Training Level 1 & Strength Training Level 1 (02-02-2009) Life fitness Academy, UAE
2	Completed Standard First Aid, CPR & AED in accordance with the approved standards of American College of Emergency Physicians, American Academy of Orthopedic Surgeons and Health Authority Abu Dhabi, UAE (04-05-2013)
3	Teaching Assistant at LNCPE during the Post graduation (academic year 1997-1999).
4	International sports science association certified fitness trainer (July 20, 2007 to July 19, 2009)
5	Qualified Basketball official of the Kerala Basketball Association (KBA) since 29-06-1997
6	Represented Kerala State in the 18 <sup>th</sup> Senior National Soft Ball Championship at Chandigarh from 22-01-1997 to 27-01-1997

## **RESEARCH EXPERIENCE:**

Guidance was given to Mohammed Sadique K for his thesis on the topic “Effect of structured activity programme on selected physical fitness and psycho-social variables of juvenile delinquents” for his Degree of Master of Physical Education. (September 2017)

Guidance was given to Nevitha N (Reg.no.21024) for her thesis on the topic “Stress tolerance of athletic and non-athletic students at secondary school level” for her Degree of Master of Education.(2023)

Guidance was given to Sheena S (Reg.No.22025) for her thesis on the topic “Achievement motivation and Locus of control as predictors of selected higher order thinking skills of secondary school students” for her Degree of Master of Education (2024)

I am currently pursuing my PhD (part time) at the University of Kerala, India.

## **SPORTS MANAGEMENT**

Assistant coordinator in the National games organizing committee of the 35th National Games held from 01-12-2014 to 20-02-2025 at Trivandrum Kerala, India.

Convenor of registration, stage and decoration committee for the All India inter University Taekwondo competition ((21st to 24th March 2022) at Trivandrum, Kerala, India.

Subcommittee member for the south zone Inter university basketball men tournament held from 23th to 18th November 2023 at Trivandrum, Kerala, India.

Sub convenor venue and equipment committee for the south zone inter University Tennis tournament held Trivandrum Kerala India on 22nd to 26th November 2024.

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**Signature of the Candidate**






GOVT.COLLEGE OF PHYSICAL  
EDUCATION, KOZHIKODE,EAST HILL



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

A. Personal Information:		 Photo				
Name & Designation	:				NABEEL S N	
Permanent Residential Address	:				S N MANZIL PUTHUKULANGARA	
					PUTHUKULANGARA P O	
					NEDUMANGADU	
					Pin Code: 695541	District: TRIVANDRUM
					Mob. No.: 9746679932	
Emails.	i				n a b e e l s n 1 9 9 3 @ g m a i l . c o m	
	ii					
					Aadhaar No.:2999 1491 3299	
		PEN No.: 809036				
		P A N: B H K P N 7 2 0 4 D				
Age and Date of Birth	:	33 12/04/1993				
Gender (Tick)	:	Male ( * ) Female ( ) Others ( )				
Height and Weight	:	( 170 Cms. ) ( 65 Kgs. )				
Religion and Caste & Community	:	ISLAM MUSLIM				
<b>B. Educational Qualifications (attach Proof)</b>						
Sl.No.	Qualifications	Board/University	Year	Percentage		
i	SSLC	General Education Department	2009	90%		
ii	Plus II	Board of Higher Secondary Examination	2011	76%		
iii	UG :BPE	KERALA UNIVERSITY	2014	First Rank		
iv	PG :MPES	KERALA UNIVERSITY	2017	First Rank		
vi	Ph.D. Phy Edn.	KERALA UNIVERSITY		Pursue		
vii	NET/JRF	Lectureship	2015			

Signature of the Candidate

(Page 1)

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<b>C. Professional Details</b> (attach proof*)					
<b>C.1. Service Details ( Total )</b>					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Asst. Prof.- Govt. Colleges	Collegiate Education	3-09-2019	Till date	06 Yrs

(\* Only recognised employment need to be entered)

<b>C.1 .Service history with Govt. Colleges :</b>				
Sl. No	Name of College	From	To	Y/M/D
1	Govt college Malapuram	3-09-2019	7-09-2020	1 year
2	Govt College of Physical Education	8-09-2020	22-07-2024	3 year 10
3	Govt Engineering college kozhikode	22-07-2024	5-07-2025	1 year
4	Govt College of Physical Education	7-07-2025	Till	
<b>C.2. Orientation/Refresher/Short Term Courses attended:</b>				
<b>C3.1} Orientation Courses attended :</b>				
Sl. No.	Organization	From	To	No. of Days
1	Teaching Learning Centre Ramanujan College	19-06-2021	18-07-2021	28 days
<b>C3.2) Refresher Courses attended:</b>				
Sl. No.	Organization	From	To	No. of Days
1	Lakshmibai National Institute of Physical Education	05/01/2022	18/01/2022	14
<b>C3.3) Short Term/ MOOC Courses attended:</b>				
Sl. No.	Organization	From	To	No. of Days

### **Courses attended**

Sl. No.	Organization	From	To	No. of Days
1	Research Methodology in Sports Science	08/01/2024	13/01/2025	6 days

2	Organizing Secretary -Research Methodology in Sports Science	08/01/2024	08/01/2024	6 days
3	National Seminar on Sports Medicine and Allied Sports Science	10/10/2024	12/10/2024	3 days
4	Three Days National Level Workshop on Introduction to SPSS for Data Analysis	04/12/2023	06/12/2024	3 days
5	Orientation workshop on Health and wellness	04/10/2024	04/10/2024	1 day
6	ISAK LEVEL ONE ANTROPOMERIST	03/04/2025	05/04/2025	3 days
7	Registration to Ph.D Research	30/12/2024		

**Signature of the Candidate**

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**C3.4) Professional Enrichments:**

a) Order Number of Research Guide ship 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)	1	Nil
h) Details of Major Projects Undertaken (specify amount and funding agency)	1	Nil
i) Details of Books/Chapters Published/Edited	1	
	2	
	3	
	4	
	5	
	6	

j) Details of E Content generated with web link	1	NIL


**Signature of the Candidate**



GOVT.COLLEGE OF PHYSICAL  
EDUCATION, KOZHIKODE, EAST HILL



West Hill P.O., PIN 673005, Kozhikode District, Kerala,  
gcpekerala.ac.in /pringcpe@gmail.com ph 9188900240

A. Personal Information:						
Name & Designation	:	Mr.Sunil Ramachandran				
Permanent Residential Address	:	Njarekatt (H)				
		Karore, Mundur PO				
		Pin Code: 680541		District: Thrissur		
		Mob. No.: 8921503899				
Emails.	i	s u n i l r r a m a c h a n d r a n @ g m a i l				
Aadhaar No.:775940297344 PEN No.: 308652		P A N: B U G P S 8 4 5 2 K				
Age and Date of Birth	:	45 06.09.1979				
Gender (Tick)	:	Male ( * ) Female ( ) Others ( )				
Height and Weight	:	( 179 Cms. ) ( 98 Kgs. )				
Religion and Caste & Community	:	Hindu Nair				
<b>B.</b>	<b>C. Educational Qualifications (attach Proof)</b>					
Sl.No.	Qualifications	Board/University	Year	Percentage	Class	
i	SSLC	CBSE	1995	58	Second Class	
ii	Plus II/ PDC	Higher Secondary Board	1997	54	Second Class	
iii	UG: BPE	University of Calicut	2001	74	First class	
iv	PG: MPE	University of Kerala	2003	67	First Class	
vii	NET/JRF	NET	2017			

Signature of the Candidate

<b>C. Professional Details</b> (attach proof*)					
<b>C.1. Service Details ( Total )</b>					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Asst. Prof.- Govt. Colleges	Collegiate Education	23.06.2021	Till date	4 Yrs

(\* 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
1	Lecturer in Physical Education	DIET Palakkad	18.10.2018	17.10.2020	2 years

**C.2 .Service history with Govt. Colleges :**

Sl. No	Name of College	From	To	Y/M/D
1	Govt College of Physical Education	23.06.2021	Till Date	

**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	06-06-2023	20-06-2023	14 DAYS

**C3.2) Refresher Courses attended:**

Sl. No.	Organization	From	To	No. of Days
1	RAMANUJAN COLLEGE, UNIVERSITY OF DELHI	22-07-2023	20-08-23	28

**C3.3) Short Term/ MOOC Courses attended:**

SPORTS NUTRITION	KRISTU JAYANTHI COLLEGE	2024
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**Signature of the Candidate**

(Page 2)

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	'Emerging trends in sports medicine and allied sports sciences	Participant	National	2 days 10 &12 October2023
2	'Introduction to SPSS for Data Analysis	Participant	State	3 days 4 to 6 December 2023
3	'Workshop on Basic life support and disaster management	Participant	State	2 days 18 &19 January 2024
4	International webinar on Sukha Prapti through Sankhya and Shiva philosophy	Participant	International	19-06-2023
5	Ugc sponsored webinar on NEP 2020	participant	National	27-07-23

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

Sl. No	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
	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
	Technological advancements in the world of sports	Edu reflections. 2019, p-35-37	2321-3957	national	Peer review
	Role of sports in developing the physical and psychological abilities of teaching	Edu reflections. 2018, p-29-32	2321-3957	national	Peer review
	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, volume 2 21 <sup>ST</sup> 22 <sup>ND</sup> 23 <sup>RD</sup> JANUARY 2025		International	

**Signature of the Candidate**

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



West Hill P.O,PIN 673005 Kozhikode District Kerala,  
gcpekerala.ac.in /pringcpe@gmail.com ph 9188900240

A. Personal Information:				
Name & Designation	:	Mr. NITHIN RAJAN. Assistant Professor		
Permanent Residential Address	:	Thazhekkattil House Vettilappara P.O Arecaode		
		Pin Code: 673639	District: Malappuram	
		Mob. No.: 9745373575		
	E-mails. i	n i t h i n r a j a n v o l l e y @ g m a i l . c o m		
		Aadhaar No.:8028 1214 8408		
		PEN No.: 913442		
		P A N : B C W P T 3 1 6 0 R		
Age and Date of Birth	:	32 05.10.1993		
Gender	:	Male		
Height and Weight	:	( 168 Cm ) ( 72 Kgs. )		
Religion and Caste & Community	:	Hindhu Viswakarama		
B. Educational Qualifications (attach Proof)				
Sl.No.	Qualifications	Board/University	Year	Class
i	SSLC	Kerala Board	2010	Grading
ii	Plus II	Kerala Board	2012	Grading
iii	UG : BPE	University of Calicut	2015	First class
iv	PG :MPEd	Pondicherry Central University	2017	First class with distinction
v	M.Phil. Phy Edn	SRM institute of science and technology	2019	First class
vi	NET	University Grand Commission	2017	
OTHER Degree and Diplomas if any				
viii	Nil	Nil	Nil	Nil

<b>C. Professional Details</b> (attach proof*)					
<b>C.1. Service Details ( Total )</b>					
Sl. No.	Designation	Dept./Organization	From	To	Duration
i	Asst. Prof.- Govt. Colleges	Collegiate Education	21.6.2021	Till date	4 Yrs

(\* Only recognized employment need to be entered)

<b>C.2 .Service history with Govt. Colleges :</b>				
Sl. No	Name of College	From	To	Y/M/D
1	Govt College of Physical Education	18.7.2025	Till Date	4Y/2M/4D
<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	Ramanujan College, University of Delhi (Orientation)	20- October - 2022	18-November- 2022	28
<b>C3.2) Refresher Courses attended:</b>				
Sl. No.	Organization	From	To	No. of Days
1	Ramanujan College, University of Delhi (Refresher Course)	06- June-2023	20- June-2023	14 days
<b>C3.3) Short Term/ MOOC Courses attended:</b>				
Nil				

<b>C3.4) Professional Enrichments:</b>	
a) Order Number of Research Guide ship 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)	1	Nil
i) Details of Books/Chapters Published/Edited	1	Nil
j) Details of E Content generated with web link	1	Nil

**Signature of the Candidate**

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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	Changing the game: an outlook of global sports industry	presenter	National	2 days 16-17 mar18
2	Quality research in sports sciences; special focus on IBM SPSS statistics	participant	state	3 days. 9-11 dec 2019
3	Basic life support and disaster management	Participant	state	2 days 18 - 19 jan 2024
4	Yoga for well-being :- exploring the ancient wisdom in modern times	participant	national	3 days 23-25 jan 2024
5	Emerging trends in sports medicine and allied sports sciences	presenter	National	3 days 10-12 oct 2023

**Signature of the Candidate**

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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	'plyometric training on selected bio motor abilities of basketball players'	International journal of physiology, nutrition and physical education Volume 3, issue 1, year 2018, page 1296-1299	2456-0057	National	Peer reviewed
2	'common injuries among school level volleyball in kerala'	International journal of physiology, nutrition and physical education Volume 3, issue 1, year 2018, page 1425-1429	2456-0057	National	Peer reviewed
3	'Machines in volleyball'	international journal of yogic, human movement and sports sciences Volume 4, issue 1, year 2019, page 450-453	2456-4419	National	Peer reviewed
4	'construction and types of swimming pool'	international journal of yogic, human movement and sports sciences Volume 4, issue 1, year 2019, page 454-456	2456-4419	National	Peer reviewed

**Signature of the Candidate**

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# 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	:				JUMSHEER T, Assistant Professor (Guest)								
Permanent Residential Address	:				THARIYATTU HOUSE								
					PALATTIPADAM, CHERUVANNUR								
					KOLATHARA P.O.								
					Pin Code: 673655	District: KOZHIKODE							
					Mob. No.: 9496800200								
Emails.	id				jumshi1234@gmail.com								
					Aadhaar No.: 864518716658								
					PEN No.:								
		P A N: <table border="1"><tr><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td><td></td></tr></table>											
Age and Date of Birth	:	38, 31-10-1987											
Gender (Tick)	:	Male											
Height and Weight	:	(166 Cms.) (75 Kgs)											
Religion and Caste & Community	:	ISLAM, MUSLIM, OBC											
B. Educational Qualifications (attach Proof)													
Sl.No.	Qualifications	Board/University	Year	Class									
i	SSLC	Kerala Board	2005	--									
ii	Plus II	Kerala Board	2007	Third Class									
iii	UG: - BPE	Calicut University	2009	First Class									
iv	PG: - MPE	Kerala University	2012	Second Class									
v	NSNSC DIPLOMA IN SPORTS COACHING (ATHLETICS)	Sports Authority of India BANGALORE	2014	A Grade									
vi	IAAF LEVEL 1 & 2	International Association Athletics Federations	2019	--									
vii	NET/JRF	Lectureship	2012	--									

Signature of the Candidate

<b>C. Professional Details</b> (attach proof*)					
<b>C.1. Service Details (Total)</b>					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i					

(\* Only recognised employment needs to be entered)

<b>C.1. Service Education Department</b>				
Designation	Dept./Organisation	From	To	Duration

<b>C.1. 1 Other Service Details: (Adhoc / Temporary/ Guest)</b>					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
1	University Athletics Coach	University of Calicut	March 2016	July 2021	5 Yrs
2	Athletics Coach	Kerala State Sports Council	June 2022	March 2023	1 Yrs
3	Guest Lecturer-Physical Education	S.A.R.B.T.M Govt.College, Koyilandy	September 2015	Maerch 2016	7 Month
4	Assistant Professor in Physical Education	Institute of Tribal Studies and Research, Chethalayam	November 2023	June 2024	8 Month
5	Assistant Professor in Physical Education	Govement college Kunnamankalam	June 2024	March 2025	10 Month

<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				
<b>C3.2) Refresher Courses attended:</b>				
Sl. No.	Organization	From	To	No. of Days
1				
<b>C3.3) Short-term/ MOOC Courses attended:</b>				
1				

**Signature of the Candidate**

DETAILS OF WORKSHOPS AND SEMINARS				
Sl. No.	Topic	Resource Person/Session Chair/Paper Presenter/Coordinator/Participant	National/International	No. of Days with dates
1.	WSRMSD “An Analysis of Early Sports Specialization in Athletics”	University of Mysore	National	3
2.	National Workshop on “ <i>Menace of Doping and Counter Strategies</i> ”	LNCPE Thiruvananthapuram	National	3

**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: JUMSHEER T**

**Designation: ASSISTANT PROFESSOR**