



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	:	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

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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	National Conference on Modern Trends in Physical Education and Sports organized by Sports authority of India	Participant	National	1.Two days,4 th &5 th Jan 2008
2	2.Seminar on Statistics and Research Methods organized by directorate of Collegiate Education	Participant	National	2.One day 24 th Jan 2008
3	3.National Seminar on Emerging Trends in English Communication organized by directorate of Collegiate Education	Participant	National	3.One day 8 th 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 rd March 2008
5	.Workshop on Free and Open Source Software(FOSS)	Participant	College	One day 15 th 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 th ,6 th ,and 11 th to 12 th Aug 2011
8	Two day national workshop on Statistics &Data Analysis	Participation	Directorate of Collegiate Education,Kerala	Two day 7 th and 8 th March 2014
9	One day workshop on Data Sources and SPSS	Participation	Directorate of Collegiate Education,Kerala	One day, 24 th Feb.2014
10	Entrepreneurial Possibilities in Indian Scenario	Participation	Directorate of Collegiate Education,Kerala	Two day , 11 th and 12 th Feb.2014
11	Attended a workshop on Real & Complex Analysis	Participation	Directorate of Collegiate Education,Kerala	Two day, 18 th & 19 th 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 th 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 th 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 th to 7 th 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 th - 20 th July 2019
17	Sports Persons Summit	Participated	State	6 th March 2020
18	The Seven Rainbow Rules for I Health and longevity	Participated	National Webinar	24 th June 2020
19	Yoga for Degenerative Diseases	Participated	National Webinar	7 th 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 th August 2020
23	Fitness and Nutrition .	Participated	National	16 th 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 th 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 th and 28 th 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 th to 20 th October 2023

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

Signature of the Candidate

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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

