



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	:	BINITHA .G.J		
Permanent Residential Address	:	Ganesh Bhavan,		
		TC 67/790,KRA-8		
		, Konchiravila, Manacaud P.O,		
		Thiruvananthapuram. 695009		
Emails.	i	binithagj@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	:	Hindhhu, velaan		
B. Educational Qualifications (attach Proof)				
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				

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	4.7.2007	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

C.2 .Service history with Govt. Colleges :				
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	

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9					
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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