



Personal Details

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Department : Physical Education
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Career Profile

S. No.	Institution/ Organization	Designation	Period
1.	St. Aloysius College Edathua	Junior Lecture in Physical Education	2008 – to date
2.	G.V. Raja Sports School Trivandrum (Dist), Kerala State	Academic Head (Principal in-charge)	23/12/2003 to 23/04/2008
3.	St. Aloysius College Edathua	Junior Lecture in Physical Education	1996 – 2003

Positions Held or Holding if any

S. No.	Position	Period
1.	Senior Assistant Superintendent for the conduct of the MG University Examinations	01-01-2021 – 30-09-2021

Awards/ Honour's if any

Sl. No.	Award Details
1.	Best Research Paper Award for "Yoga Nidra and its Management Among G.V. Raja Sports Students" in the International Conference and Exhibition on Sports Technology jointly organized by VIT University Vellore and Tamil Nadu State Physical Education and Sports University Chennai, held at VIT University, Vellore, on 26 th and 27 th March 2008.

Research Publications

Sl. No.	Publication
1.	"Effect of aerobics yoga and resistance training on agility and cardiovascular endurance of sports school students", <i>International Journal of Physical Education Sports and Health</i> Published by Tirupati Journal Service, Volume 7: Issue No.2 Part B; August- September 2020, Page No 190-192.
2.	"Effect of aerobics yoga and resistance training on agility and cardiovascular endurance of sports school students", <i>International Journal of Physical Education Sports and Health</i> Published by Tirupati Journal Service. 169, Volume 6: Issue No.5 Part B; March April 2019, Page No 216-218.
3.	"Effect of aerobics yoga and resistance training on strength and vital capacity of sports school students", <i>International Journal of Physical Education Sports and Health</i> Published by Tirupati Journal Service, Volume 6: Issue No.5 Part B; March April 2019, Page No 219-221.
4.	"Effect of circuit par course and interval training on speed explosive power and vital capacity among school baseball players", <i>International Journal of Physical Education Sports and Health</i> Published by Tirupati Journal Service, Volume 6: Issue No.2 Part B; March April 2019, Page No 75- 77.
5.	"Pharmacologically treated athletes for today's competitive sports", <i>International Journal of Physical Education Sports Management & Health Sciences</i> , Published by Department of Physical Education Sports & Health Sciences, St. Aloysius College, Edathua, Volume 1: Issue No.1; July; December 2014, Page No 93- 106.
6.	"Effect of multimedia computer assisted instruction and traditional instruction on learning soccer penalty scoring ability" <i>International Journal of Physical Education Sports Management & Health Sciences</i> , Published by Department of Physical Education Sports & Health Sciences, St. Aloysius College, Edathua, Volume 1: Issue No.1; July; December 2014, Page No 115- 124.
7.	"Analysis of Emotional Intelligence of University level Basketball, Volleyball and Football Players" <i>International Journal of Physical Education Sports Management & Health Sciences</i> , Published by Department of Physical Education Sports & Health Sciences, St. Aloysius College, Edathua, Volume 1: Issue No.1; December 2014, Page No 132- 137.
8.	"Effect of Swedish massage, Sports massage and Foot reflexology on agility, cardio vascular endurance and resting heart rate among college basketball players", <i>KGEES Journal of Social Science</i> , Published by Kuriakose Gregorios College, Pampady, Volume 5: Issue No.2; July 2013.
9.	"Effect of Yoga Pilates and Core Power Yoga on agility strength and resting heart rate among school swimmers", <i>Voice of Sports</i> , published by Alankar Press Kerala, Volume 7 Issue 1, September 2012.
10.	"Effect of yoga practices weight training and iron yoga on strength flexibility and vital capacity among college softball players", <i>Voice of Sports</i> , published by Alankar Press Kerala, Volume 5, issue 2, March 2011.
11.	"Isolated and combined effect of parcours and circuit training on speed, explosive power and cardio vascular endurance among school football players", <i>Voice of Sports</i> , published by Alankar Press Kerala, Volume 5 issue 1, September 2010.
12.	"Isolated and combined effect of parcours and fartlek training on agility, cardio vascular endurance and resting heart rate among college swimmers", <i>KGEES Journal of Social Science</i> , Published by Kuriakose Gregorios College, Pampady, Volume 3: Issue No.2; July 2010.

13.	"Effect of parcours training and fartlek training on selected physical and physiological variables among college students", <i>Dynamic Facts of Physical Education and Sports Studies</i> , published by Manonmaniam Sundaranar University, Tirunelveli, 2009.
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Books Published

S. No.	Book Details
1.	" <i>Food Nutrition and Dietetic Sciences</i> ", for the Nursing Students. Published by the Department of Physical Education Sports and Health Sciences in April 2013.
2.	" <i>Physical Education Health Education and Life Skill Education</i> " for the M.G University Physical Education UG Open Course students, Published by the Department of Physical Education Sports and Health Sciences in December 2011.

Invited Lectures/ Paper Presentations in Conferences

Sl. No.	Conference & Presentation Details
1.	International Conference on Modern Trends in Sports Technology, Management and Allied Sciences jointly organized by the Association of Sports Technology, Management and Allied Sciences and School of Physical Education, Alagappa University, Karaikudi, Tamil Nadu State, India on 8 th and 9 th March 2010 and presented a paper on "Effect of Yogic practices and Circuit training on Physical and Physiological Variables among College basketball players".
2.	International Conference on Honing Managerial Skills in Sports held at Hotel Sea View, Kanyakumari, Tamil Nadu State, India from 20 th to 22 nd August 2009 and presented a paper on "Effect of Parcours training and Fartlek training on Selected Physical and Physiological Variables among College Students".
3.	International Conference and Exhibition on Sports Technology jointly organized by VIT University, Vellore and Tamil Nadu Physical Education and Sports University, Chennai, held at VIT University, Vellore, Tamil Nadu State, India on 26 th and 27 th March 2008 and presented a paper on "Yoga Nidra and its Management among G.V. Raja Sports Students".
4.	International Conference and Exhibition on Modern Trends in Exercise Physiology and Nutrition organized by the Tamil Nadu Physical Education and Sports University, held at Chennai, Tamil Nadu State, India on 15 th and 16 th February 2008 and presented a paper on "Effect of Isolated Parcours and Plyometric Training on Cardio Respiratory Endurance".
5.	"Recent trends in Sports Medicine" organized by the Department of Physical Education, Deva Matha College, Kuravilangad, Kottayam, Kerala State on 8 th and 9 th January 2015.
6.	National U.G.C sponsored seminar on "Nation's Health: Mobilizing Youth Through Physical Literacy and Physical Education" organized by the Department of Physical Education, Bishop Kurialacherry College for Women, Amalagiri, Kottayam, Kerala State on 16 th and 17 th January 2014 presented a paper on "Effect of Swedish massage, sports massage and foot reflexology on agility, cardio vascular endurance and resting heart rate among college basketball players".
7.	National U.G.C sponsored seminar on "Impact of Physical Education Developing Wholesome Personality Among Student Community" organized by Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore, Tamil Nadu State on 16 th and 17 th March 2012 and presented a paper on "Effect of Yoga, Core Power Yoga. Iron Yoga on Flexibility, Strength and Vital Capacity".

8.	National U.G.C sponsored seminar on “Physical Activity and New Age Diseases- Current Perspective” organized by the Department of Physical Education, MES Mampad College, Malappuram, Kerala State on 12 th and 13 th March 2012.
9.	National U.G.C sponsored seminar on “Yoga for Cure, Health and Longevity” organized by the Department of Physical Education, St. Joseph’s College for Women, Alappuzha, Kerala State on 15 th and 16 th November 2011.
10.	National U.G.C sponsored seminar on “Meditation & Naturopathy: Natural Precautions for Health” organized by the Department of Physical Education, Bishop Kurialacherry College for Women, Amalagiri, Kottayam, Kerala State on 5 th and 6 th July 2011 and presented a paper on “Trajectory analysis for basketball players”.
11.	National U.G.C sponsored seminar on “Exercise Physiology, Human Performance and wellbeing” organized by the Department of Physical Education, MSM College, Kayamkulam, Alappuzha, Kerala State on 21 st and 22 nd December 2010 and presented a paper on “Isolated and combined effect of yogic practices and circuit training on motor ability components and physiological variables among college basketball players”.
12.	National seminar on “Recent Trends in Physical Education Sports Health Education Yoga Stress Management” organized by the Department of Physical Education, Catholicate College, Pathanamthitta, Kerala State on 11 th and 13 th August 2010 and presented a paper on “Effect of Yoga, Core Power Yoga and Iron Yoga on Flexibility, Strength and Vital Capacity”.
13.	National U.G.C sponsored seminar on “Nutrition and Self- Care for Healthy Aging” organized by the Department of Physical Education, Bishop Kurialacherry College for Women, Amalagiri, Kottayam, Kerala State on 14 th and 15 th January 2010.
14.	4th All India conference of SCOTT Research Forum (SRF) held at SCOTT College, Nagercoil, Tamil Nadu State, India on 13 th April 2007 and presented a paper on “Effect of Yogic Training on Resting Pulse Rate, Breath Holding Time and Cardio Respiratory Endurance of School Students”.
15.	National U.G.C sponsored seminar on “Yoga for Holistic Health” organized by the Tamil Nadu Physical Education and Sports University, Chennai, Tamil Nadu State, India on 10 th March 2007 and presented a paper on “Effect of Pranayama and Asana’s on Cardio-Vascular Endurance”.
16.	U.G.C sponsored national workshop on “Research Designs and Related Computerized Statistical Applications” organized by the YMCA College of Physical Education, Chennai, Tamil Nadu State, India at Asha Nivas Service Center from 18 th to 20 th October 2006.
17.	Mahatma Gandhi University Level Workshop on “Introduction of physical education as a teaching subject in credit and semester system” at Baselius College, Kottayam, Kerala State, India on 10 th July 2009 organized by the School of Physical Education and Sports Sciences and the association of college teachers in physical education.
18.	State Level Workshop on Handball, Throwball and Athletics organized by Dr. S.A.C.P.E, Tiruchendur, Tamil Nadu State, India on 27 th and 28 th February 2007.

Research Projects

Sl. No.	Title of the Project	Funding Agency	Amount	Period
1.	Effect of isolated and combined multi-media coaching and traditional coaching on physical and physiological variables of inter collegiate swimmers	UGC	1,00,000	2011-13

Seminar/ Workshops Organized

S. No.	Title of the Seminar/ Workshop	Funding Agency	Amount	Date
1	National Seminar on "Honing Modern Trends and Promotion of Education in Health Sciences" organised by Department of Physical Education sports and Health Sciences; St. Aloysius College, Edathua.	UGC		14 - 16 December 2011

Doctoral Research Supervision

S. No.	Scholar's Name	Title	Year of Registration	University	Status
1.	Dr. Surendran MK	Effect of aerobic yoga and resistance training on selected motor ability and physiological variables of sports school students	PhD-CB-JUL-2013-0041	Bharathiar University	Awarded
2.	Mr. Jayan TD	Effect of Isolated and combined multi-media training and traditional on physical and physiological variables of inter collegiate soccer players	PhD-CB-JUL-2013-0039	Bharathiar University	Thesis Submitted & Valuation in process
3.	Mrs. Simmy Mariam Jose	Effect of varied training on physical physiological and skill performance variables of inter collegiate softball players	PhD-CB-JUL-2013-0041	Bharathiar University	Thesis Submitted & Valuation in process
4.	Mr. Anish Thomas	Effect of aerobics yoga and resistance training on selected motor ability and physiological variables among sports school students	PhD-CB-DECL-2013-1040	Bharathiar University	Progress