

CURRICULAM VITAE

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Educational Qualifications

- **Ph.D. in Physical Education**, Pondicherry Central University (2014-2017).
- **M.Phil. in Physical Education**, Kannur University (2011-2012)
- **PGDCA** (Post Graduate Diploma in Computer Applications), Pondicherry Central University (2016-17)
- **M.P.Ed. (Master of Physical Education)**, Kannur University (2009-11)
- **B.P.Ed. (Bachelor of Physical Education)**, University of Calicut (2008-09)
- **B.A. in Economics**, M.G. University (2005-08)
- **12th Grade**, Board of Higher Secondary Education, Kerala (2003-05)

Academic Distinctions

- UGC NET Qualified (June 2012)
- ICSSR Fellowship Awardee (2015)
- First Rank in M.P.Ed (2009-2011)

Areas of Expertise:

- Sports Psychology & Sports Training
- Sports Medicine & Exercise Science
- Academic and Sports Administration
- Health and Physical Education
- Athletics & Cricket Coaching
- Leadership in Sports Associations
- Organization and Management

Professional Experience

- **External Examiner** for BPE Course, Pondicherry University at JNRM College (2018, 2019).
- **Secretary**, Andaman & Nicobar Athletic Association.
- **NSS Program Officer**, TKM Arts and Science College, Kollam.
- **NSS Program Officer**, Andaman Law College, Port Blair.
- Organized multiple **Kerala University Inter Collegiate Tournaments** (Men and Women) for Badminton, Ball Badminton, and Cycling.
- **Selector** for Kerala University's Women's Cricket Team (2022-23) and Men's Shuttle Badminton Team (2023-24).
- Served as **Team Manager** for Kerala University Men's Powerlifting Team, Women's Badminton Team and Kerala Veterinary & Animal Sciences University Sports Team.

Journal Publications:

- Published a research article titled "*Effect of Circuit Training on Physical Fitness Variables of Pondicherry University Cricket Players*" in the *International Journal of Physiology, Nutrition and Physical Education* (August 2016, Vol. 1, Issue 2, ISSN: 2456-0057; Impact Factor: 2.40).
- Published a study titled "*The Mediating Effect of Coping Styles on the Relationship between Self-Confidence and Athletic Performance among Inter-University Athletes*" in *Golden Research Thoughts* (February 2016, Vol. 5, Issue 8, ISSN: 2231-5063; Impact Factor: 3.405).
- Published a paper titled "*The Mediating Role of Mindfulness in the Relationship between Mental Toughness and Athletic Performance among Inter-University Track and Field Athletes*" in the *International Journal of Physical Education, Sports and Health* (February 2016, Vol. 3, Issue 2, ISSN: 2394-1685; Impact Factor: 4.69).
- Published an article titled "*Comparative Effects of Two Resistance Training Protocols on Selected Performance Variables of Junior-Level Kho-Kho Players*" in the *International Journal of Arts, Science and Humanities* (January 2016, Vol. 3, Issue 1, ISSN: 2321-788X; Impact Factor: 3.100).
- Published a research paper titled "*Effects of Resistance Training on Selected Performance Parameters of National-Level Women Basketball Players*" in the *Asian Journal of Physical Education and Computer Science in Sports* (December 2015, Vol. 13, Issue 1, ISSN: 0975-7732; Impact Factor: 2.113).
- Published an article titled "*Effectiveness of Physical Activity in Enhancing Academic Performance, Memory, and Well-Being among School Students*" in the *International Journal of Multidisciplinary Researches* (March 2015, Vol. 1, Issue 1, ISSN: 2349-8684; Impact Factor: 0.811).

- Published a comparative study titled *"Impact of PTSD on Quality of Life and Subjective Well-Being among Individuals in Tsunami-Affected Areas of Pondicherry"* in the *International Journal of Indian Psychology* (April 2015, Vol. 2, Issue 3, ISSN: 2348-5396; Impact Factor: 4.50).

Book Chapter:

- Cognitive Behavior Therapy & Academic Performance in Slow Learners – *Education in India: Challenges & Perspectives*, 2015 (ISBN: 978-93-85109-03-4).

Conference Proceedings:

- Published a paper titled *"Effect of Water Exercise on Health-Related Physical Fitness of Junior Boys"* in the Proceedings of the *International Conference on Physical Education and Sports Science* (Jan 2015, ISBN: 978-81-89463-98-4).
- Published a paper titled *"Effects of Selected Yoga Asana and Pranayama on Physiological Variables among Elderly Women"* in the Proceedings of the *National Seminar on Sound Body Sound Mind – Fitness through Yoga and Sports* (Jan 2015, ISBN: 978-93-80686-60-8).
- Published a paper titled *"Relationship of Dominant Hand Grip Strength between University-Level Cricket Players of Kerala, Karnataka, and Tamil Nadu"* in the *International Conference Proceedings of Sports Health and Sports Economics* (Mar 2015, ISBN: 978-93-80748-86-3).
- Published a paper titled *"Climbing to Your Health"* in the *International Conference Proceedings of Sports Health and Sports Economics* (Mar 2015, ISBN: 978-93-80748-86-3).
- Published a paper titled *"Educational Psychology in the ICT Era"* in the Proceedings of the *International Seminar on Towards Better Learning, Teaching and Evaluation – The ICT Way* (March 2015, ISBN: 978-93-85109-13-3).
- Published a paper titled *"A Close Look into the Use of Digital Materials as Teaching Aids in Physical Education"* in the Proceedings of the *International Seminar on Towards Better Learning, Teaching and Evaluation – The ICT Way* (March 2015, ISBN: 978-93-85109-13-3).
- Published a paper titled *"Effect of Six Weeks of Circuit Training on Selected Physical Fitness Variables of School Boys"* in the Proceedings of the *National Seminar on Recent Developments in Sports and Yogic Science* (March 2015, ISBN: 978-81-928690-4-9).
- Published a paper titled *"Role of Recreation in Society"* in the Proceedings of the *National Seminar on Recent Developments in Sports and Yogic Science* (March 2015, ISBN: 978-81-928690-4-9).
- Published a paper titled *"Relationship of Selected Physical and Physiological Variables to the Performance of Inter-Collegiate Men Cross Country Runners"* in the Proceedings of the *National Seminar on Sports Culture and Society: Trends and Challenges* (Dec 2014, ISBN: 978-81-922109-2-6).

- Published a paper titled *"Selected Psychological Characteristics of Adventure Sports Instructors"* in the Proceedings of the *National Conference on Importance of Physical Education & Sports Science in Nation Building* (Dec 2014, ISBN: 978-81-930396-0-1).
- Published a paper titled *"Effect of Water Exercise on Health-Related Physical Fitness of Junior Boys"* in the Proceedings of the *International Congress on Renaissance in Sports: Strategies, Challenges and Choices* (Aug 2014, ISBN: 978-81-908942-2-7).

Paper Presentations:

Presented papers at several prestigious international and national conferences on diverse topics within sports science, physical education, and psychology.

- *Yogic Practice on flexibility and Balance among Adolescents with Intellectual Disability* - International Seminar, M.G. university, Kottayam (June 2023)
- *The Health and Social Benefits of Recreation* – International Interdisciplinary Conference, Amravathi, Maharashtra (March 2015)
- *Effectiveness of Cognitive Behavior Therapy to Enhance Internal Locus of Control and Academic Performance* – International Conference on Education in India, Madurai (March 2015)
- *Enhancing Academic Performance through Physical Activity* – International Conference, Madurai (March 2015)
- *Climbing to Your Health* – International Conference on Sports Health and Economics, Punjab (March 2015)
- *An Easy Way to Be Fit in Childhood*– National Seminar, Taliparamba, Kerala (Feb 2014)
- *Empowering Disabled Girls through Physical Activity* – National Seminar, Chandauli, U.P. (Feb 2015)
- *Yoga for Elderly Wellness* – National Seminar, Dindigul, Tamil Nadu (March 2015)
- *Impact of Circuit Training on School Boys*– National Seminar, Karaikudi, Tamil Nadu (March 2015)
- *Recreation and Society*– National Seminar, Karaikudi, Tamil Nadu (March 2015)
- *Health Fitness via Water Exercise* – International Conference, Jaipur, Rajasthan (Jan 2015)
- *Adventure Sports Psychology* – National Conference, Coimbatore (Dec 2014)
- *Performance Variables in Cross Country Runners* – National Seminar, Thalassery, Kerala (Dec 2014)
- *Yoga and Physiology among Elderly* – International Conference, Karnataka (Dec 2014)

- *Anthropometry and Performance in Handball*– National Seminar, Calicut (Nov 2014)
- *Resistance Training in Women Kabaddi Players* – National Seminar, Changanacherry (Nov 2014)
- *Sprint Improvement through Aquatic Training* – International Congress, Tiruchirappalli (Aug 2014)
- *Contemporary Issues in Sports Psychology* – National Seminar, Kannur (June 2012)
- *Exercise and Cardiovascular Health* – National Seminar, Malappuram (March 2012)
- *Injury Prevention through Water Exercise* – National Seminar, Taliparamba (Jan 2012)

Achievements in Sports

- *Gold Medalist* in 4x400m relay at the All India Inter-University Athletic Meet representing Calicut University, setting a new meet record (2008–09)
- *Silver Medalist* in 4x400m relay at the All India Inter-University Athletic Meet representing MG University (2007–08)
- Represented *MG, Calicut, and Kannur Universities* in multiple All India Inter-University Athletics Championships
- Participated in the *National School Athletic Meet and Junior National Athletic Meet* during 2003–04 and 2004–05.
- Represented Kannur University in *South Zone Inter-University Cricket Tournaments* (2010–11 and 2011–12)