



Dr. Sangeetha P

PROFILE

About

Dr. Sangeetha P, Assistant Professor of Physical Education currently working at TKM College of Arts and Science, Kollam, specialised in sports psychology and physiology. With a Ph.D. in physical education in the area of intellectually disabled adolescents, she brings 19+ years of experience in academia and as an educator.

She started her sports career when she was in high school at Sports Division School (GVHSS), Kannur. At that time, she bagged the second prize 3 times in a row in high jump in the state-level athletic meet(1996-1998), afterwards, she got an opportunity to complete her pre-degree at MAMO College, Calicut, and she secured first place in high jump, and long jump in the District Amateur Athletic Meet (1999-2000).

She completed her Bachelor of Physical Education in the prestigious institution under the Sports Authority of India, LNCPE, Trivandrum.

There, she participated in the All India Inter-University Football Tournament (2004), and she has also played two times in the Junior National Football (2001-2002). and she's actively involved in putting on fitness awareness classes for other institutions and communities as well. Her post-graduation in physical education was from the School of Physical Education and Sports Science, Kannur University, she was a member of Kannur University; football, handball, and cricket teams.

Sangeetha secured first rank with a gold medal in M.Phil at Tamil Nadu Physical Education and Sports University.

Work Summary

She has an experience of 5+ years of working in many well-known institutions, such as:

1. Calicut University, (2007-2008)

- Imparting theory and practical classes for Degree students.
- Assist Office Administrative Works.
- Assisted as a team manager for various games.

2. NIT Calicut, (2010 & 2011)

- Teaching Olympic value education for First Semester Engineering students.
- Assisting dept. administrative activities.
- Conducting Aerobics and Yoga Classes.

3. NSS Training College, Ottapalam, (2017-2018)

- Imparting theory classes and supervising lesson plan works.
- Conducting practical classes.
- Keeping records of workouts.

4. SN College, Shornur, (2019-20)

- Organising And Planning Sports Administrative Activities Inside And Outside Campus.
- Imparting open courses for students.
- Organising international workshops and seminars.
- Conducting coaching camps for various games.
- Preparing office records and keeping health and fitness records of the students and staffs.
- Purchasing sports goods and maintaining stock.

5. St. Albert's College, Ernakulam, (2020-2021)

- Imparting classes for fitness management students.

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- Imparting open course for students.
 - Organising International workshops and seminars.
 - Conducting coaching camps for various games.

6. UC College, Aluva, (2021, 3 months)

■ Imparting classroom teaching for sports management students for subjects; sports sociology, research methodology, and fitness management.

7. TKM College of Arts and Sciences, Kollam (22/12/2021 onwards)

- Organising And Planning Sports Administrative Activities Inside And Outside Campus.
- Imparting open courses for students.
- Organising international workshops and seminars.
- Conducting coaching camps for various games.
- Preparing office records and keeping health and fitness records of the students and staffs.
- Purchasing sports goods and maintaining stock.

Professional Skill

- Language is her key skill, which enables her to achieve potentials through communication.
- Good teaching ability and presentation skills have been achieved through the Seminar presentations and workshops during the time of teaching at various colleges.
- Dedication, sincerity, achievement, motivation and self-confidence are the vital factors, which helped her to get the qualifications she has.
- Punctuality and discipline are the standards through which she can be described.
- A good motivator to her students and has enough grasping ability as a learner.
- Awards and recognition are proof of her leadership quality and hard work.

Specialisation

- Football
- Athletics
- Fitness management
- Diet planning
- Yoga
- Adapted Physical Education

Qualifications

Year	Institution	University/ Board	Course	Subject	Percentage
2019	Sree Sankaracharya University of Sanskrit, Kalady	Sree Sankaracharya University of Sanskrit, Kalady	Ph. D	Physical Education	
2008	Tamil Nadu Physical Education and Sports University, Chennai	Tamil Nadu Physical Education and Sports University, Chennai	M. Phil	Physical Education	85% First Rank Gold Medal
2007	School of Physical Education and Sports Science	Kannur University	MPED	Physical Education	63.3% First Rank
2004	Lakshmi Bai National College of Physical Education, Trivandrum	University of Kerala	BPE	Physical Education	59%
2001	MAMO College Calicut	University of Calicut	Pre-Degree	Science	48%
1999	GVHSS Kannur (Kannur Sports School)	Board of Higher Secondary Education	SSLC	All Subjects	64%

Achievements and Recognitions

- ◆ 1st Rank Holder in Tamil Nadu and Gold Medallist in M.Phil.
- ◆ Professional Member of the International Federation of Physical Education.
- ◆ Act As A Resource Person In National Service Scheme.
- ◆ Organising Secretary of International workshop conducted at SNC College. Shornur for the first time in its history.
- ◆ Participated in the All India Inter University Football tournament for Kerala University.
- ◆ Participated in the inter collegiate Kho-Kho Tournament and won first place.
- ◆ Represented two times in the Junior National Football Tournament for the year (2001 – 2002) (2003-2004;Vice Captain).
- ◆ In the district amateur athletic championship secured first place in high jump and long jump.
- ◆ Third place in high jump in the Kerala university intercollegiate athletic meet.
- ◆ State second place in high jump in all Kerala, State School Athletic Meet.
- ◆ State second place winner in High Jump in all Kerala, State School Athletic Meet.
- ◆ Member of Kannur University Handball, Cricket and Football Team.

Additional Duties Performed

1. Team manager for various inter collegiate competitions.
2. Team Manager for Inter-University Competition.
3. Technical official for Inter-Collegiate Annual Athletic Meet.
4. Kerala University Convener for Inter-Collegiate Badminton Tournament Women.
5. External examiner of M.P.E.S Degree examination at Kerala University.
6. Member of Kerala University Malpractice Prevention Squad.
7. Centre evaluation chief examiner for Open Course.
8. International seminar organising secretary.
9. Kerala University team selector Kho-Kho men and women.
10. One week National Faculty Development Programme Completed with A grade.

Publications

❖ Sangeetha P (2018) the Quantification of Physiological Response to Varied Intensities of Plyometric Training Among College Female. International Journal of Physiology, Nutrition and Physical Education. Vol 3, Issue: 2, Pages 547 – 549 Impact Factor (RJIF) 5.43, ISSN: 2456 – 0057

❖ Sangeetha P (2018) A Comparative Study on Selected Psycho Motor Abilities and Heart Rate of Adolescents and Down Syndrome and Intellectual Disabilities. International Journal of Physiology, Nutrition, and Physical Education. Vol 3, Issue: 2, Pages 218 – 220 Impact Factor (RJIF) 5.43, ISSN: 2456 – 0057

❖ Sangeetha P (2018) Efficacy of Selected Yogic Practices on Flexibility and Balance Among Adolescents with Intellectual Disability and Down Syndrome. Online International Inter-Disciplinary Research Journal. Vol 8, Issue: 04, Pages 314 – 321 Impact Factor (RJIF) 4.318, ISSN: 2249 – 9598



Workshops/Seminars

Seminar /workshop /Paper presentation	Title	Year
National Seminar Paper presentation	Aging and Influence on Mental Health	2020
Participated in National Seminar	“Multi-Dimensional futuristic approach to excellence in Physical Education and Sports.”	2007
Participated in National Seminar	“Yoga for Holistic Health.”	2007
Attended Refresher Course	Yoga	2007
Participated in National Workshop	“Research Designs and Related Computerized Statistical Application.”	2006
Participated in National Seminar	“Emerging Trends and Perspective in Physical Education and Sports.”	2005
Participated in National Seminar	“The Effects of Physical Activities on College Students.”	2005



Kannur Sports School, Volleyball Team 1996



LNCPE Football Practice Session 2003



LNCPE M.P.Ed Batch 2001-04



**Kerala University Inter-collegiate
High Jump 2nd prize 2004**



M.Phil First Rank Gold Medal 2008



**First rank gold-medal receiving from Governor Surjit Singh Barnala
2008**



**Inauguration of M.P.Ed Programme
Sree Shankaracharya University, Kalady 2013**





Smt. Kanchana Mala at Love Shore School for Mentally Challenged 2018



Kerala University Badminton Convenor 2023



World Boxing Champion Ms. Lekha K C 2023



Football Legend I M Vijayan 2023



Kerala Sports Minister Mr. Abdul Rahim



Kerala University Women Football Team Selection 2023



Kerala University Overall Champions 2006



തമിഴ്നാട് സംസ്ഥാനത്ത് സയൻസ് യൂണിവേഴ്സിറ്റിയിൽ നിന്ന് എം.ഫിലിൽ (ഫിസിക്കൽ എജ്യൂക്കേഷൻ) ഗോൾഡ് മെഡലോടെ ഒന്നാം റാങ്ക് നേടിയ സംഗീത പി. രാജേഷ്. പട്ടാമ്പി ചക്കാലിൽ പി. രാജേഷിന്റെ ഭാര്യയും എൻ. ഐടി ജീവനക്കാരൻ കെ. എൻ. പ്രഭാകരകുറുപ്പിന്റെയും പ്രസന്നയുടെയും മകളുമാണ്.

കാലടി സംസ്കൃത സർവകലാശാലയിൽനിന്ന് ഫിസിക്കൽ എജ്യൂക്കേഷനിൽ ഡോക്ടറേറ്റ് നേടിയ പി. സംഗീത. ഷൊർണൂർ എം.പി.



എം.എം.എസ്.എൻ. ട്രസ്റ്റ് കോളേജിലെ അസി. പ്രൊഫസറും കോഴിക്കോട് സംഗീത് വീട്ടിൽ പരമേശ്വരനായ കെ.എൻ. പ്രഭാകരകുറുപ്പിന്റെയും പ്രസന്നയുടെയും മകളുമാണ്. പെരുമ്പിലമ്പിൽ രാജേഷാണ് ഭർത്താവ്.