



**Dr. SINOJ JOSEPH**  
**Assistant Professor in Physical Education**

P.K.M College of Education  
Madampam, Kannur, Kerala 670631  
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### **Academic Bodies/ Duties of Universities**

- Member of the Selection Committee of the Kannur University Volleyball MEN & Women team
- Technical Official of the Kannur University HANDBALL MEN & WOMEN TEAM
- Technical Official of the Kannur University Power Lifting MEN & WOMEN TEAM
- Selection Committee Member of the Kannur University KABADDI WOMEN TEAM
- Technical Committee Member of Kannur University Inter Collegiate Basketball Championship
- Technical Official for the Kannur University Inter Collegiate Athletic Meet
- Member of the Sports Handbook Revision Committee.
- Nodal officer of Azadi Ka Amrit Mahotsav
- Nodal officer of Yodhav
- Nodal officer of Kerala state Higher Education Council
- Facilitator of YIP
- Public Information Officer
- NIRF Co-ordinator
- Planning & Purchase Committee Convener
- Anti-Drug Committee Convenor
- Vigilance Club Convenor
- Extension Service Committee Convenor
- Documentation & Social media Cell Convenor
- P.K.M. Sports Academy Director
- Health Fitness & Sports Club
- Representative of Teachers
- Anti-Ragging Committee Convenor
- Grievance redressal Committee Convenor
- Covid-19 Committee Convenor
- In charge of Public Information Officer

### Academic Qualifications

Degree	University	Year	Specialization
B.Sc	Scott Christian College (Autonomous)	2010	Physical Education
B.P.Ed.	Bharathiar University	2011	Physical Education
M.P. Ed	Bharathiar University	2013	Physical Education
MSc	Tamilnadu Physical Education & Sports University	2016	Yoga
M.Phil.	Alagappa University	2014	Physical Education
Ph.D	Alagappa, University	2017	Physical Education

### Academic Achievements

- Awarded the **Best Paper Presented** for the paper "*effects of yoga practises, suryanamaskar and meditation on phycological well-being of female Basketball players*", UGC Sponsored National Seminar on Recent trends in sports Technology, Management and allied sciences, organized by department of Physical Education, Arumugam Pillai Seetha I Ammal College, Thirupathur on 12th and 13th September 2014.
- **BEST EMERGING RESEARCHER AWARD** international Research foundation faculty award, 2018

### Books Published

- *COMMIT TO BE FIT*, ISBN 388398077
- *HOLISTIC FITNESS AND WELNESS A BRILLIANT LIFE STYLE*, ISBN 978938839805

### Sports Achievements

- Participated 29 NATIONAL NETBALL Championship, Organized by Uttarakhand Nethall Association Date 25 to 29 March 2012.
- Participated in State level Basket Ball Championship, Organized by Sports Development Authority of Tamilnadu Date 21-02-2009 to 23-02-2009
- Participated in Participated in State level Volley Ball Championship, Organized by Sports Development Authority of Tamilnadu at Dharmapuri Date 14.02-2008 to 16-02-2008

- Participated in National Youth Festival 2008 at Chennai, Date 12-16 January 2008
- Participated in inter collegiate, open district and state championships organized by colleges and associations.

### Professional Development Programs Attended

- Faculty Induction Programme from 12-10-2022 to 10-11-2022 at UGC-HRDC, Kannur University
- UGC Sponsored online Refresher Course in Physical Education and Yoga from 26.10.2023 to 8.11.2023, Bharathidasan University, Thiruchirappalli.
- Participated in the AICTE Training and Learning ATAL Academy online elementary FDP on Refresh the mind through meditation from 2021-07-12 to 2021-07-16 at Sri Ramakrishna Mission Vidyalaya College of Education.
- Participated in the 2-day YIP-Facilitation workshop on "design for Kerala" on 05-12-19 to 06-12-19.
- Participated in the Academic Retreat Organized by PKM College of Education on 27th May 2019.
- Participated in the National Workshop on "Recent Technological Innovations in Teaching Learning and Evaluation for Quality Higher Education" on 18<sup>th</sup> and 19<sup>th</sup> March
- 2019. National Workshop on Multidimensional placements in Physical Education on 20 April 2013.
- National Service Scheme Camp on 20-01-2012 to 26-01-2012

### Independent Programmes / Committees

- Member of the Selection Committee of the Kannur University Volleyball MEN & Women team
- Technical Official of the Kannur University HANDBALL MEN & WOMEN TEAM
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- Technical Official for the Kannur University Inter Collegiate Athletic Meet
- Member of the Sports Handbook Revision Committee.

### Personal Details

- Sex : Male
- Date of birth : 31.05.1979
- Nationality : Indian
- Father's name : Joseph
- Mother's name : Chinnamma
- Marital status : Single

### Languages Known

- Malayalam, English, Hindi and Tamil

### Publications

- Meaning and Tips to overcome Stress, Journal of Modern Thamizh Research, Vol. 9 No.4, October-December 2021.
- Internal and External Stress, The Journal of Indian Art History Congress, Vol. 26, No. 2 (XIII), 2020-21, ISSN: 0975-7945.
- Sports and Yoga – A Ray of Hope for the Disabled, Studies in Indian Place Names with ISSN No 2394-3114, Vol 40 Issue: 50 March 2020
- Feel Good and Stay Fit in the Modern Era, Published in Purakala with ISSN 0971-2143 Vol. 31, Issue: 4 April 2020.
- Indian Journal of Applied Research ISSN NO – 2249-555X, Vol.7, Issue 10 October 2017, UGC Sr.No.49333, Page No 19-20
- International Journal of Multidisciplinary Researches, Vol.4 No.2 November 2017 ISSSN 2349-8684,UGC N.J.NO.48991,Page.No.10-14
- BODHI International Journal of Research in Humanities, Arts and Science, Vol.2 No.1 October 2017 ISSN: 2456-5571,UGC.No 44274 Page.No.40-43

- International Journal of Computational Research and Dvelopment, Vol.2, Issue 2, 2017, ISSN - 2456-3137, Page.No 4-6
- Online Journal , ISSN 2277-7490, UGC Listed-43801
- International Journal of Recent Research and Applied Studies, Vol.4, Issue 5, May 2017. ISSN 2349-4891, Page.No 58-60
- International Journal of Recent Research and Applied Studies, Vol.4, Issue 6, June 2017. ISSN 2349-4891, Page.No 15-17
- International Journal of Recent Research and Applied Studies, Vol.4, Issue 8, August 2017. ISSN 2349-4891, Page.No 10-13

### Participation In International and National Seminars/Conferences/Workshops

#### **International**

- International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education – 2017 (ICFM:GNSE -2017), Vol.1, ISBN 978-8192-8690-87, Organized by Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 7<sup>th</sup> 8<sup>th</sup> December 2017
- International Conference on Sports Vision and Mission for Grooming Athletes and para Athletes for Olympics – 2020, ISBN 978-93-5300-603-7, Organized by Alagappa University, College of Physical Education and Para Sports Centre on 16 – 17 March 2018.
- International Conference on Health Indicators for Physical and Cognitive Fitness Education, Vol.1, ISBN 978-81-836868-8-4. Organized by Department of Physical Education and Health Sciences, Alagappa University, Karaikudi on 26<sup>th</sup> and 27<sup>th</sup> February 2016
- UGC Sponsored International Conference on Bridging Innovations in Sports, Education and Nutrition organized by Avinashilingam Institute of Home Science and Higher Education for Women, on 8<sup>th</sup> 9<sup>th</sup> February 2018.
- International Conference of Emerging Trends in Sports Medicine, Physical Education, Sports Science and Yoga, Organized by Tamilnadu Physical Education and Sports University on 18<sup>th</sup> 19<sup>th</sup> January 2017.
- UGC Sponsored International Seminar on “ Health Related Physical Fitness and Wellness”, Poornaprajna College, Udupi in Association with Mangalore University and college Physical Education Teachers Association on 22-23 August 2014.
- International Conference on Achievement on and or Innovations for the Specially Abled Organized by Centre Differently Abled Persons Bharathidasan University, Tiruchirappalli and Tamil nadu Udavikkaram Association for the welfare of Differently Abled, Chennai on 7<sup>th</sup> January 2018.

#### **National**

- National Conference on Yoga for World Peace on 26<sup>th</sup> & 27<sup>th</sup> February 2018 organized by Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, ISBN: L-9235735-5
- National Seminar on “A Life of Wellness, Food Habits and Yoga in Vogue” January 2018, Organized by Department of Physical Education Govt.College Tripunithura Ernakulam, Kerala on 11<sup>th</sup> and 12<sup>th</sup> 2018 ISBN:978-81-926565-3-3.

- National Seminar on Quality Education for the Students Belonging to the Marginalized Sectors in India, Vol.1, Organized by Department of Education Directorate of Distance Education Alagappa University, Karaikudi, on 15<sup>th</sup> 16<sup>th</sup> March 2018, ISBN:978-81-921754-2-3.
- National Conference on Modern Perspectives of sports science and Yoga for the Enhancement of sports performance, 3<sup>rd</sup> March 2018, Organized by Ganesar College of Arts and Science ISBN 978-93-5300-491-0
- National Conference on Technology Innovation & Entrepreneurship in Sports (NCTIES 2017) Organized by Department of Physical Education, Bharathiar University,Coimbatore from 23.03.2017 to 24.03.2017.
- National Seminar on Recent Developments in Sports Science and their contribution towards Physical Education and Sports, Organized by Department of Physical Education, Sree Sevvugan Annamalai College, Devakottai on 5<sup>th</sup> & 6<sup>th</sup> October 2012
- UGC Sponsored National Seminar on Recent trends in sports Technology, Management and allied sciences, organized by department of Physical Education, Arumugam Pillai Seethal Ammal College, Thirupathur on 12<sup>th</sup> and 13<sup>th</sup> September 2014.

#### **Permanent Address**

S.H.Mount Monastery,  
S H Mount P O,  
Kottayam, Kerala, 686006

#### **Declaration**

I hereby declare that the particulars given above are true to the best of my knowledge and belief.

Dr.Sinoj Joseph