# **PERSONAL**

Name	Lt.(Dr.) BIJU THOMAS		
Department	PHYSICAL EDUCATION		
Year of Joining	1 <sup>ST</sup> September 1994		
Address	PERMANENT  KULAPPURATHU (H)  KIZHAKOMBU P.O.,  KOOTHATTU7KULAM,  ERNAKULAM(Dt)	RESIDENTIAL  VILLA.39,  MANNA MEADOWS,  MANNA MALA, PEROOR P.O.  KOTTAYAM(Dt)	
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Academia URL (not mandatory)	-		
Research Gate URL (not mandatory)	-		

## **EDUCATIONAL QUALIFICATIONS**

SL.NO.	COURSE	BOARD/UNIVERSITY	YEAR	CLASS & PERCENTAGE	REMARKS
1	PhD	JIWAJI UNIVERSITY, GWALIOR  (LNIPE, GWALIOR)	2001		
2	M.B.A.	TNPESU, CHENNAI	2015	SECOND 55.2%	SPORTS MANAGEMENT
3	MPhil	JIWAJI UNIVERSITY, GWALIOR  (LNIPE, GWALIOR)	1994	FIRST 64.9%	III RANK
4	M.P.E.	JIWAJI UNIVERSITY, GWALIOR (LNIPE, GWALIOR)	1993	FIRST 60.6%	

5	B.P.E.	KERALA UNIVERSITY, KARIAVATTOM	1991	SECOND	
		(LNCPE, KARIAVATTOM)		53.8%	
6	PRE-DEGREE	M.G.UNIVERSITY, KOTTAYAM	1987	FIRST	I GROUP
		DEVAMATHA COLLEGE, KURAVILANGADU		60.4%	
7	SSLC	BOARD OF PUBLIC EXAM, KERALA	1985	DISTINCTION 505/600	
		(GOVT.MODEL HS, PALAKUZHA)		84.1%	
8	UGC (NET)		1994		
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#### **COLLEGE LEVEL DUTIES AND IN CHARGE**

- 1. WARDEN, EJPM HOSTEL, CATHOLICATE COLLEGE, PATHANAMTHITTA, 195-96, 1999-2001
- 2. SECRETARY-STAFF CLUB, CATHOLICATE COLLEGE, PATHANAMTHITTA, 1999
- 3. INTERNAL EXAMINATIONS CO-ORDINATOR, K.G.COLLEGE, PAMPADY(2003-05)
- 4. CRITERION COMMITTEE CONVENER-NAAC ACCREDITATION (HEALTHY PRACTICES).K.G.COLLEGE, PAMPADY
- 5. PUBLICITY CONVENER- SILVER JUBILEE CELEBRATION, K.G.COLLEGE, PAMPADY, 2005-06
- 6. STAFF CLUB SECRETARY, K.G.COLLEGE, PAMPADY
- 7. NSS PROGRAMME OFFICER, K.G.COLLEGE, PAMPADY (2002-2005)
- 8. CONVENER-SPORTS, STATE ORPHANAGE FEST , K.G.COLLEGE, PAMPADY , 2001-04
- 9. NSS PROGRAMME OFFICER, BASELIUS COLLEGE, KOTTAYAM (2005-06)
- 10. NCC CARETAKER AT BASELIUS COLLEGE, KOTTAYAM (2009-2011)
- 11. ASSOCIATE NCC OFFICER (ANO), BASELIUS COLLEGE, KOTTAYAM (2011 onwards)
- 12. SECRETARY-PTA, BASELIUS COLLEGE, KOTTAYAM (2011-12)
- 13. CONVENER-UGC SPONSORED NATIONAL SEMINAR ORGANISED BY THE DEPT. OF PHYSICAL EDUCATION, BASELIUS COLLEGE, KOTTAYAM ON FEBRUARY 25,26-2015.
- 14. CONVENER-ACCOMMODATION COMMITTEE- GOLDEN JUBILEE CELEBRATIONS OF BASELIUS COLLEGE, KOTTAYAM 2014-15
- 15. DISCIPLINE COMMITTEE CONVENER- VARIOUS COLLEGE LEVEL PROGRAMMES ORGANISED AT BASELIUS COLLEGE DURING THE PERIOD 2009-15
- 16. IQAC MEMBER, BASELIUS COLLEGE, KOTTAYAM, 2006-09
- 17. NAAC STEERING COMMITTEE MEMBER, NAAC RE-ACCREDITATION, BASELIUS COLLEGE, KOTTAYAM, 2015

- 18. MEMBER OF VARIOUS EQUIRY COMMITTEES ON STUDENT AGITATIONS AT BASELIUS COLLEGE, KOTTAYAM
- 19. HEAD OF THE DEPARTMENT OF PHYSICAL EDUCATION FOR THE LAST 16 YEARS.
- 20. ORGANISING SECRETARY, BASELIUS TROPHY ALL KERALA/SOUTH INDIA INTER COLLEGIATE BASKETBALL(MEN AND WOMEN), VOLLEYBALL, AND FOOTBALL TOURNAMENT AT BASELIUS COLLEGE, KOTTAYAM, 2006-2017

## **RESEARCH CONTRIBUTIONS**

Research	No. s		Journals in which published
National Publications		04	1. EXERCISE AND THE OLDER ADULT"- PAPER PUBLISHED IN KEGEES JOURNAL OF SOCIAL SCIENCE- JULY1, 2012
			2. "INFLUENCE OF AGGRESSION IN SPORTING ENVIRONMENT"-PAPER PUBLISHED IN THE PROCEEDINGS OF NATIONAL SEMINAR ON MYTHS & CLASSICS: ADAPTATIONS AND EXPLORATIONS AND LIFESTYLE DISEASES AND WOMEN HEALTH-A DIETARY PERSPECTIVE JOINTLY ORGANISED BY THE DEPT. OF ENGLISH, SANSKRIT AND PHYSICAL EDUCATION, KKTM GOVT. COLLEGE, PULLUT, THRISSUR ON 1st, 2nd DECEMBER 2016.
			3. " PSYCHOLOGICAL SKILLS AMONG ATHLETES- COMPARISON WITH RESPECT TO GENDER AND SPORTS TYPE" IN THE UGC SPONSORED NATIONAL SEMINAR AT PANJABI UNIVERISTY, PATIALA, 2010 (PUBLISHED IN SEMINAR PROCEEDINGS)
			4. "COMPARISON OF INTELLIGENCE AND SKILL TEST PERFORMANCRE IN RELATION TO BADMINTON PLAYING ABILITY" PAPER PUBLISHED IN THE SEMINAR PROCEEDINGS OF UGC

			SPONSORED NATIONAL SEMINAR ON "SPORTS SCIENCE SUPPORTIN PURSUIT OF EXCELLENCE IN BADMINTON" ORGANISED BY PKM COLLEGE OF EDUCATION, MADAMPAM, KANNUR ON 20,21, MARCH 2017.
International Publications		03	1. "HEALTH PROMOTION AMONG CHILDREN-TOWARDS A WELLNESS CURRICULUM" IN THE INTERNATIONAL SEMINAR ON FUTURUSTIC TRENDS IN PHYSICAL EDUCATION, ORGANISED BY PUNJABI UNIVERSITY, PATIALA, PUNJAB ON 24,25 JANUARY 2013. (PUBLISHED IN SEMINAR PROCEEDINGS)  2. "GROWTH HORMONE DOPING-DISTURBING TRENDS FOR YOUTH ATHLETES"- PAPER PUBLISHED IN THE CARMER GRAPHICS (AN ANNUAL REVIEWED INTERNATIONAL JOURNAL OF EDUCATION, MOUNT CARMEL TRAINING COLLEGE, KOTTAYAM) JANUARY 1, 2017  3. "A CROSS-SECTIONAL STUDY OF ANTHROPOMETRIC GROWTH PATTERN OF SOCCER PLAYERS OF DIFFERENT AGE GROUPS" (AN ANNUAL REVIEWED INTERNATIONAL JOURNAL OF EDUCATION, MOUNT CARMEL TRAINING COLLEGE, KOTTAYAM) APRIL 2017.
Seminars attended	NATIONAL	17	
	INTERNATIONAL (OUTSIDE INDIA)	02	
	INTERNATIONAL	02	

	REGIONAL	10	
Workshops		06	
Paper		04	
Presentations			
National			
Paper	OUTSIDE INDIA	02	
Presentations			
International	INTERNATIONAL	02	

### **ACTIVITIES FOR ACADEMIC IMPROVEMENT**

- 1. RESEARCH GUIDE- AT SCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES. MG UNIVERSITY.
- 2. ACADEMIC AUDIT TEAM MEMBER OF ST.CYRIL'S COLLEGE, ADOOR (4<sup>TH</sup> NOVEMBER 2016)
- 3. CONVENER-SPECIAL VIGILANCE SQUAD FOR THE MG UNIVERSITY EXAMINARTIONS FOR THE YEAR 2016-17,2017-18
- 4. MEMBER OF BOARD OF STUDIES OF PHYSICAL EDUCATION- M.G.UNIVERISITY (2010-14),2017 ONWARDS
- 5. EXPERT MEMBER OF FACULTY OF PHYSICAL EDUCATION AND SPORTS SCIENCES KANNUR UNIVERSITY. (2012)
- 6. MEMBER OF STATE LEVEL CURRICULUM COMMITTEE DURING THE INTRODUCTION OF PHYSICAL EDUCATION AS AN OPEN COURSE IN THE CBCSS SYLLABUS.
- 7. EXTERNAL EXAMINER OF BACHELLOR OF PHYSICAL EDUCATION PROGRAMME AT ST.JOSEPH COLLEGE, MOOLAMATTOM

## **AWARDS AND HONOURS**

- 1. CHAIRPERSON-SCIENTIFIC SESSION, INTERNATIONAL SEMINAR AT PUNJABI UNIVERSITY, PATIALA, 24,25,JANUARY 2013
- 2. CHAIRPERSON-SCIENTIFIC SESSION- INTERNATIONAL SEMINAR AT PUNJABI UNIVERSITY, PATIALA, 18,19,20 FEBRUARY 2016.
- 3. CHAIRPERSON-SCIENTIFIC SESSION IN THE UGC NATIONAL SEMINAR ON "ROAD MAP TO ENHANCE SPORTS PERFORMANCE AND HEALTH IN EDUCATIONAL INSTITUTIONS" ORGANISED BY DEPT. OF PHYSICAL EDUCATION AND SPORTS SCIENCES, Fr. AGNEL COLLEGE, PILAR, GOA ON 5, 6 OCTOBER 2016.
- 4. CHAIRPERSON-NATIONAL SEMINAR ON "SPORTS FOR ALL: EQUALITY, INTEGRITY AND SOCIAL INCLUSION" ORGANISED BYSCHOOL OF PHYSICAL EDUCATION AND SPORTS SCIENCES, KANNUR UNIVERSITY ON 14,15,16 MARCH 2017.
- 5. RECEIPIENT OF GOVT. OF INDIA FELLOWSHIP WHILE UNDERGOING MPhil STUDIES AT LNIPE, GWALIOR,1993-94
- 6. BEST FITNESS AWARD AMONG THE 100 PARTICIPANTS OF PRE-COMMISSION COURSE AT OFFICERS TRAINING ACADEMY, KAMPTEE, NAGPUR, 2011.

#### PROFESSIONAL CONTRIBUTIONS AND LEADERSHIPS

- 1. PRESIDENT- ALL KERALA COLLEGE PHYSICAL EDUCATION TEACHERS FEDERATION, FEB.2017 ONWARDS
- 2. SECRETARY-MG UNIVERSITY PHYSICAL EDUCATION TEACHERS ASSOCIATION-2016-17
- 3. GOVT. NOMINEE TO DIST. SPORTS COUNCIL, KOTTAYAM(2010)
- 4. GENERAL BODY MEMBER-KERALA FOOTBALL ASSOCIATION (2012-13)
- 5. VICE-PRESIDENT-DISTRICT FOOTBALL ASSOCIATION, KOTTAYAM (2013 onwards)
- 6. SECRETARY-DISTRICT SOFTBALL ASSOCIATION(2007-2011)
- 7. TECHNICAL OFFICIAL- SOUTH ZONE INTERUNIVERSITY VOLLEYBALL CHAMPIONSHIP (2011-12)
- 8. TECHNICAL OFFICIAL-ALL INDIA INTERUNIVERSITY ATHLETIC CHAMPIONSHIP-(2012-13)
- 9. MEMBER OF MG UNIVERSITY SPORTS SCHOLARSHIP COMMITTEE (2014-15,2015-16)
- 10. TEAM MANAGER- M.G.UNIVERSITY FOOTBALL TEAM WHICH SECURED ALL INDIA INTER UNIVERSITY SILVER MEDAL-2013-14
- 11. TEAM MANAGER- M.G.UNIVERSITY FOOTBALL TEAM PARTICIPATED IN THE SOUTH ZONE INTER UNIVERSITY AT CALICUT AND ALL INDIA INTER UNIVERSITY AT GWALIOR (MP), 2014-15
- 12. TEAM MANAGER- M.G.UNIVERSITY FOOTBALL TEAM PARTICIPATED IN THE SOUTH ZONE INTER UNIVERSITY AT AMRITHA INSTITUTE COIMBATORE- 2015-16
- 13. OFFICIATED NATIONAL LEVEL FOOTBALL MATCHES AT LNIPE, GWALIOR.
- 14. PRESIDING OFFICER-PARLAMENT, LEGISLATIVE ASSEMBLY AND LOCAL BODIES FROM 1994
  ONWARDS
- 15. CONVENER-MG UNIVERSITY ATHLETIC MEET ORGANISED BY MA COLLEGE, KOTHAMANGALAM ON 21,22,23 DECEMBER 2016.