


BIO-DATA

NAME	PROF. (DR.) SUMA JOSEPH
Designation	Principal
Official Address	Mount Carmel College of Teacher Education for Women, Kanjikuzhy, Kottayam-686004, Kerala.
Residential Address	Plathottam House, Muttambalam P.O, Kanjikuzhy, Kottayam-686004, Kerala.
Academic Qualification	B. Sc (Physics)., B.PED., M.A (EDU)., M.PED., M.PHIL., Ph.D., UGC- NET
Professional Qualification	B. PED., M. PED, M.PHIL., Ph.D., UGC NET.
Date of Birth	16.05.1971
Date of Appointment	08.12.1997
Nature of Appointment	Permanent
Pay Scale / Consolidated Amount	Rs. 144200 - 218200
Areas of Interest	Test, Measurement and Evaluation, Research Methodology and Statistics and Exercise Physiology.
Specialization	Test and Measurement, Exercise Physiology, Basketball, Badminton, Handball and Korfball.
Teaching Experience	26 years and 2 months
Photograph	
Email	drsumajoseph@gmail.com
Mobile No:	+919447242200, +918848343413
Research Guide @ M. G Univerity, Kottayam	U.O.3404/A6/1/RG/7643/2017/Academic dated on 13/04/2018. No. of Research Scholars Enrolled - 6
No. of ISSN Publications	25
No. of ISBN Publications	57

Educational Qualifications

	Year of Passing	Board	Class Obtained	Marks Scored	% of Marks
B. Sc Physics	1993	M.G. Uty	I Class	667/1000	66.7
B.PED	1995	Madras Uty	I Rank	740/900	82.2
M.PED	1996	Madras Uty	I Rank	1076/1350	80.0
M. PHIL	1997	Madras Uty	II Rank	221/300	74.0
Ph. D	Jan 2014	M. G. Uty	Under the Faculty of Education		
U.G.C.(NET)	Dec1996	Physical Education			
MA (Education)	June 2018	IGNOU	I Class	B-Grade	73.0

ACADEMIC MERIT POSITIONS

- Secured **1st Rank** in the B. PED Degree Examination from University of Madras in 1995.
- Secured **1st Rank** in the M. PED Degree Examination from University of Madras in 1996.
- Secured **2nd Rank** in the M. Phil Degree Examination from University of Madras in 1997.
- Passed U.G.C **National Eligibility Test (NET)** for Lectureship in December 1996.

INSTITUTIONS STUDIED

1. 1st -3rd Std at Sacred Heart High School, Changanacherry from 1976-1978.
2. 4th - 10th Std Mount Carmel Girls High School, Kottayam from 1978-1986.
3. Pre-Degree & Degree at Assumption College, Changanacherry from 1986-1992.
4. B.PED & M.PED at YMCA College of Physical Education, Chennai from 1994-1996.
5. M.PHIL at University of Madras, Chennai from 1996-1997.
6. PhD at SPESS, Under the Faculty of Education, Mahatma Gandhi University, Kottayam in January 2014.
7. MA Education from IGNOU in 2018.

LIST OF RESEARCH SCHOLARS ENROLLED

<i>Research Supervisor</i>	<i>Name of the Candidate</i>	<i>Mode of Registration</i>	<i>Title of Research</i>
Dr. SUMA JOSEPH @SPESS Under the Faculty of Education, M.G. University, Kottayam U.O.3404/A6/1/RG/7643/2017/Academic Dated on 13.04.2018	1. ANOOP NINAN SPESS, M.G. University, Kottayam	Full-time	“EFFECT OF PLYOMETRIC, SAQ AND DETRAINING ON SELECTED SKILL PERFORMANCE OF MEN KABADDI PLAYERS”.
	2. ASHISH JOSEPH St. Thomas College, Pala	Part-time	“EFFECT OF NUTRITIONAL SUPPLEMENTATION ON SPORTS PERFORMANCE, PERCEPTION OF FATIGUE AND RECOVERY AMONG ATHLETES”.
	3. SUJA MARY GEORGE Assumption College, Chry	Part-time	“NUTRITIONAL KNOWLEDGE, ATTITUDE AND NUTRITION STATUS OF COLLEGE LEVEL ATHLETES”.
	4. THUSHARA PHILIP St. Josephs College Irinjalakuda	Part-time	“EFFECT OF VARIOUS PHYSICAL EXERCISES ON PSYCHOLOGICAL, BODY COMPOSITION AND CYCLE REGULARITY OF POLYCYSTIC OVARIAN SYNDROME OF COLLEGE STUDENTS IN KERALA”.
	5. TONY THOMAS P Pius X College, Pulpally Wayanad	Part-time	“EFFECT OF YOGIC EXERCISES ON HEALTH-RELATED PHYSICAL FITNESS, PSYCHOLOGICAL VARIABLE AND SHOOTING ACCURACY AMONG MALE AND FEMALE ARCHERS”.
	6. LUKE LEON KUIAN B.C.M College, Kottayam	Part-time	“PREDICTION OF SPORTS INJURIES USING FUNCTIONAL MOVEMENT SCREENING AMONG BASKETBALL, FOOTBALL AND VOLLEY BALL PLAYERS IN KERALA”.

AWARDS & SCHOLARSHIPS

- YUVA SHRI KALA BHUSHAN International Achievers Award 2020 for the outstanding achievement and dedication in the field of sports from Yoga Alliance International and Patanjali College of Yoga and Research Centre, Chennai on 22nd November 2020.
- International Women’s Day Award 2019 awarded by State Bank of India for the achievement in sports and games.
- Teacher Fellowship Award for doing (Ph.D.) under Faculty Improvement Programme of U.G.C. 11th Plan from 01.10.2009 to 30.09.2011.
- Best Player Award in the 7th Marvels Inter- Collegiate Basketball Tournament held at T-Nagar, Chennai in the year 1994.
- Best Player Award in the Inter Tamil Nadu State Basketball Tournament held at Palayamkottai, Thirunelveli in the year 1994.
- Best All Rounder in the Senior State Championship held at Manjeri in the year 1992.

- Best Player Award in the Marthoma Trophy organized by Titus II Teachers Training College, Thiruvalla in the year 1991.
- Received Merit Sports Scholarship Award for the outstanding performance in Basketball for the years 1990-1991, 1991-1992, 1992-1993, 1993-1994 and 1994-1995 from Netaji Subash National Institute of Sports (NIS), Patiala, Punjab.
- Received Merit Sports Scholarship Award for the outstanding performance in Basketball for the years 1988-1989, 1989-1990, 1990-1991, 1991-1992, 1992-1993 from Mahatma Gandhi University, Kottayam.
- Received Merit Sports Scholarship Award for the outstanding performance in Basketball for the years 1989-1990, 1990-1991, 1991-1992 from Government of Kerala, Thiruvanthapuram.

ACADEMIC POSITIONS HELD

1. Member of PG Board of Studies in Physical Education at M.G. University, Kottayam, from 2021 to 2024.
2. Member of Board of Physical Education at M.G. University, Kottayam, from 2021 to 2024.
3. Seminar Co-ordinator of the One-Week Online Faculty Development International Webinar “Prospects of Virtual Teaching: Engaging Learners and Empowering Teachers” organized by Mount Camel College of Teacher Education for Women, Kottayam from 23rd to 28th of September, 2020.
4. Member of Board of Studies in Education at M.G. University, Kottayam, from 2017 to 2021.
5. Member of Board of Studies in Physical Education at CMS College (Autonomous), at Kottayam affiliated to M.G. University, Kottayam, from 2016 to till date.
6. Member of Screening Committee for Promotion of Teachers (CAS), appointed by Mahatma Gandhi University at various colleges such as St. Thomas Training College, Assumption College and at St. Joseph College of Teacher Education for Women, Ernakulam.
7. Vice Chairman of the Kottayam District Olympic Wave 2020-2021.
8. Staff Secretary of the College from 2019 to till date.
9. Staff Editor of the College Magazine 2019-2020.
10. Government Nomination as Selection Committee Member for selecting the Kerala Police Basketball Men and Women Team held at Kerala Police Stadium from 16th to 19th July 2019.
11. Member of the M. G University Question Bank Setter for the B. Ed Degree Examination in 2019.

12. Chief Editor of the Annual Peer Reviewed International Journal of Education “Carmel Graphics” published by Mount Carmel college of Teacher Education, Kottayam, Vol: 7, Issue 1, April 2019.
13. Selection Committee Member for selecting Security Guards in Mahatma Gandhi University for the year 2019.
14. Selection Committee Member for the Appointment of Assistant Professor in Physical Education at PKM College of Education, Madapam, Kannur for the year 2019.
15. Programme Co-ordinator of the College of B. ED Programme from 2016-2017, 2017-2018 to 2018 – 2019.
16. Research Supervisor in Physical Education, under the Faculty of Education AT Mahatma Gandhi University, Kottayam.
17. Member of Board of Studies in Education at M.G. University, Kottayam, from 2017 onwards.
18. Member of Board of Studies in Physical Education at CMS College (Autonomous), Kottayam affiliated to M.G. University, Kottayam, from 2016 onwards.
19. Course Co-ordinator of the College of B. ED Programme from 2015 to 2016.
20. Seminar Co-ordinator of the UGC Sponsored National Seminar “Promoting Wellness and Fitness Among Educators” organized by Mount Camel College of Teacher Education for Women, Kottayam from 10th and 11th of March, 2016.
21. Chief Editor of the Annual Peer Reviewed International Journal of Education “Carmel Graphics” published by Mount Carmel college of Teacher Education, Kottayam, Vol: 4, Issue 1, January 2016.
22. Additional Examiner in Physical Education for Theory B. ED Course 2017, M.G University, Kottayam.
23. Additional Examiner in Physical Education for Theory and Practical, B. ED Course 2016, M.G University, Kottayam.
24. Additional Examiner in Physical Education for Theory and Practical, B. ED Course 2015, M.G University, Kottayam.
25. Government Nominee as Selection Committee Member for the Basketball Women Team in the 35th National Games held at Kerala from 31st January to 14th February 2015.
26. Member, Curriculum Revision for Two-year B. Ed Programme, Mahatma Gandhi University, Kottayam, held on 4th, 5th, 6th& 7th May 2015.
27. Additional Examiner in Physical Education, B. ED Course 2015, M.G University, Kottayam.

28. Chief Examiner in Physical Education, B. PED Course 2014, M.G University, Kottayam.
29. Additional Examiner in Physical Education, B. PED Course 2014, M.G University, Kottayam.
30. Subject Expert in Selection Committee for the Appointment of Teachers in UCTE 2013, Mahatma Gandhi University, Kottayam.
31. Chief Examiner in Physical Education, B. Ed Course 2013, M.G University, Kottayam.
32. Staff Editor of the College Magazine 2020-2021.
33. Question Item Setter for the 'Question Bank of Staff Selection Commission' in 2009 Govt. of India, Bangalore.
34. Staff Secretary of the College from 1998 to till 2004.
35. Member of the Sports Medicine Team for Hockey in the VII South Asian Federation Games held at Chennai in 1995.

PAPERS PUBLISHED IN PEER REVIEWED AND UGC LISTED ISSN JOURNALS

1. A paper titled "Survey on Life Style Diseases" published in "Carmel Graphics" an Annual Peer Reviewed International Journal of Education, Vol.10, Issue 1, April 2022; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
2. A paper titled "Wellness, Health Care and Society" published in "Carmel Graphics" an Annual Peer Reviewed International Journal of Education, Vol.9, Issue 1, April 2021; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
3. A Paper Titled" Need and Importance of Physical Education and Sports: A Way to Develop Fitness and Life Skills Among Children" Published in Tathapi Indexed and Peer Reviewed Journal listed in UGC Care, Vol.19, Issue1, June 2020 with ISSN 2320-0693.
4. A paper "Coronary Heart Diseases and Physical Activity" published in "Carmel Graphics", an Annual Peer Reviewed International Journal of Education in Vol.8; Issue 1, April 2020; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
5. A paper "The Economical Impact of Indian Premier League" published in "Carmel Graphics", an Annual Peer Reviewed International Journal of Education in Vol.8; Issue 1, April 2020; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
6. A paper "Benefits of Aqua Aerobics or Aqua Zumba on Health" published in "Carmel Graphics", an International Peer Reviewed Journal of Education in Vol.7 April 2019; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
7. A paper "A Study on the Relationship between Education and Earnings of People Based on Locality Gender and Community" published in "Journal of Emerging Technologies and

- Innovative Research” An International Open Access Journal, Peer- reviewed, Refereed Journal” (UGC Approved Journal No. 63975 with Impact Factor 7.97) in Vol. 7; Issue 5, June 2018; ISSN 2349-5162.
8. A paper “A Study on The Influence of Education on the Earnings of Urban and Rural People”, published in “Journal of Emerging Technologies and Innovative Research” An International Open Access Journal, Peer- reviewed, Refereed Journal” (UGC Approved Journal No. 63975 with Impact Factor 7.97) in Vol. 6; Issue 5, June 2018; ISSN 2349-5162
 9. A paper “A Relationship Study Between Soft Skills and Academic Achievement of Higher Secondary Students”, published in “Journal of Emerging Technologies and Innovative Research” An International Open Access Journal, Peer- reviewed, Refereed Journal” (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 5; Issue 5, May 2018 ISSN 2349-5162.
 10. A Paper Titled “Construction of A Test Battery to Assess the Basketball Playing Ability of Women Players” published in an Asian Research Review an International Peer Reviewed Journal of Management, Technology and Social Sciences, Vol.1 Issue.1 May 2018; ISSN 2637-1278.
 11. A paper “Effect of Selected Resistance Training and Acceleration Drills on Speed Performance of Women Athletes”, published in “Journal of Emerging Technologies and Innovative Research” An International Open Access Journal, Peer- reviewed, Refereed Journal” (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 5; Issue 5, May 2018; ISSN 2349-5162.
 12. A paper “Analysis of Variations in Tension: Anxiety on the Influence of Speed Training”, published in “Journal of Emerging Technologies and Innovative Research” An International Open Access Journal, Peer- reviewed, Refereed Journal” (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 5; Issue 4, April 2018; ISSN 2349-5162.
 13. A paper “A Relationship Study Between Soft Skills and Academic Achievement of Higher Secondary Students”, published in “An International Journal of Creative Research Thoughts” An International Open Access Journal, Peer- reviewed, Refereed Journal” (UGC Approved Journal No. 49023 (18) with Impact Factor 7.97) in Vol. 6; Issue 3, April 2018; ISSN 2320-2882.
 14. A paper “Effect of Plyometric Training on Selected Performance Related Variables of High School Female Handball Players”, published in “An International Journal of Creative

Research Thoughts” An International Open Access Journal, Peer- reviewed, Refereed Journal” (UGC Approved Journal No. 49023 (18) with Impact Factor 7.97) in Vol. 6; Issue 2, April 2018; ISSN 2320-2882.

15. A paper “A Comparative Study on Academic Performance of Higher Secondary Students Among Various Types of Management and Disciplines”, published in “An International Journal of Creative Research Thoughts” An International Open Access Journal, Peer-reviewed, Refereed Journal” (UGC Approved Journal No. 49023 (18) with Impact Factor 7.97) in Vol. 6; Issue 1, March 2018; ISSN 2349-5162.
16. A paper “Influence of Breathing Exercises on Related Physiological Variables Concerning Long Distance Runners” published in “Journal of Emerging Technologies and Innovative Research”, An International Open Access Journal (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 4; Issue 12, December 2017; ISSN 2349-5162.
17. A paper “A Study on the Academic Achievement of Higher Secondary Students Based on Locale and Gender” published in “Journal of Emerging Technologies and Innovative Research”, published in an International Open Access Journal (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 4; Issue 1, June 2017; ISSN 2349-5162.
18. A paper “A Cross- Sectional Study of Anthropometric Growth Pattern of Soccer a Players of Different Age Groups” published in “Carmel Graphics”, an International Peer Reviewed Journal of Education in Vol.5 April 2017; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
19. A paper “Soft Skills of Higher Secondary Students: Influence of Type of Management and Discipline of Study” published in “Journal of Emerging Technologies and Innovative Research”, published in an International Open Access Journal (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 4; Issue 1, January 2017; ISSN 2349-5162.
20. A paper “Tapering for Peak Performance” published in “Carmel Graphics”, published in a Peer Reviewed International Journal of Education in Vol.4 January 2016; ISSN 2320-7299.
21. A paper “Assessment of Health Awareness of Teacher Trainees at Secondary Level” published in “Carmel Graphics”, an International Peer Reviewed Journal of Education in Vol.3 February 2015; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
22. A paper “Soft Skills of Higher Secondary Students Based on Locale and Gender” published in “Journal of Emerging Technologies and Innovative Research”, An International Open Access Journal (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 2; Issue 1, January 2015; ISSN 2349-5162.

23. A paper “Development of Norms for a Test Battery in Basketball to Assess the Playing Ability of 14 to 18 Years of School Girls” published in “Journal of Emerging Technologies and Innovative Research”, An International Open Access Journal (UGC Approved Journal No. 63975 with Impact Factor 5.87) in Vol. 1; Issue 1, March 2014; ISSN 2349-5162.
24. A paper “The effect of Resistance Exercises upon Shooting Accuracy of Free Throws in Basketball” published in “Carmel Graphic”, an International Peer Reviewed Journal of Education in Vol. 2; February 2014; ISSN 2320-7299, RNI NO. KERENG/2013/48938.
25. A paper “Awareness of Life Style Changes that Helps to Prevent Breast Cancer” published in “Carmel Graphics”, an International Peer Reviewed Journal of Education in Vol. 1; February 2013; ISSN 2320-7299, RNI NO. KERENG/2013/48938.

PAPERS PUBLISHED IN BOOKS WITH ISBN NUMBERS

1. A paper titled on “Empowering Adolescents with Life Skill Education in Schools “Presented and published in a National Seminar on Youth @75: Way Forward- Role of Teachers Sponsored by ICSSR, Govt. of India and organised by School of Pedagogical Science, M.G University, Kottayam on 1st & 2nd March 2023.
2. A paper titled “Smart Phone Addiction in Relation to Personal Problems Among Students at Primary Level. published in a Book Academic Research Practices in Higher Education, Multidisciplinary Perspectives, Vol.1, UGC-HRDC, University of Kerala with ISBN 978-81-957171-2-5.
3. A chapter published in the Book “Ensuring Digital Equilibrium in Education Tools, Techniques and Practices” titled “Legal Rights and Risk Factors in Connection with Digital Teaching-Learning in India”. Published by Kanishka Publishers, Distributers 469/7/5-214, Ansari Road, New Delhi with ISBN 978-93-91450-04-5
4. A chapter published in the Book “National Educational Policy 2020” Concerns and Challenges. Governance and Leadership for Higher Education”. Published by Media House, New Delhi with ISBN 978-93-90608-63-8.
5. A Paper Titled Fostering 21st Century Skills through Co-Curricular Activities in Engineering Education” Published in a Book Certain Concerns in Engineering Education Quality, Issues & Best Practices with ISBN 978-93-89875-60-7, APH publishing Corporation, New Delhi, November, 2020.

6. A Paper Titled “Development of Skill Test Battery to Assess the Basketball Playing Ability of University Women Players of South India” in the Book Research Expositions Traversing Through Multidiscipline with ISBN 978-93-85657-22-1, published by UGC-HRDC, University of Kerala, June 2020.
7. A Paper Titled “Accessing Sexual and Reproductive Health Services and Reproductive Rights” in the Book Sustainable Development Goals Targets and Achievements with ISBN 978-93-85657-23-8, published by UGC-HRDC, University of Kerala, June 2020.
8. A Paper Titled “Analysis of Superstitious Beliefs of National Level Basketball Players in India” published in an **International Conference on Arts, Social Science Management and Technology (ICASMT-2019)** on 8th September 2019 at **University of Kuala Lumpur, Malaysia**; ISBN 978-81-94363-0-3.
9. Publication of a Paper Titled “Funding Agencies: Indian Council of Social Science Research (ICSSR)” in the **International Conference on Academic Publishing** in Collaboration with Society of Innovative Research and Academicians (SIRA) organized by Department of Library and Information Science, St. Peters College, Kolencherry on 18th and 19th December 2019.
10. Presented a Paper Titled “Influence of Exercise and Meditation on Impulse Control, Frustration and Tolerance Among College Girls” in the **International Conference on Yoga for harmony of Body and Mind (ICYHBH 2019) Sponsored by RUSA** at Alagappa University, Karaikudi on 24th and 25th October 2019 with ISBN 978-93-85657-23-8.
11. A Paper Titled “Construction of A Test Battery to Assess the Basketball Playing Ability of Women Players” in an **International Conference on Management, Technology and Social Science (ICMTS-2018)** published in in an International Conference on Management, Technology and Social Science (ICMTS-2018) on 7th May 2018 at **Geneva Business School, Switzerland**; ISBN 978-93-5228-126-8.
12. Participated and presented a paper in the **UGC Sponsored National Seminar** on “Exercise- A Key to fitness and Well-Being” organized by Mount Camel College of Teacher Education for Women, Kottayam on 10th and 11th of March, 2016 and published in the Book “Promoting Wellness and Fitness among Educators”; ISBN 978-81-929468-3-2.
13. A paper “Construction of Norms to Assess the Basketball Playing Ability of University Women Players” presented in the “**UGC Sponsored International Seminar** on Institutional Interventions to Bridge Competency Gulf in an e- World (IIBCeW) organized by NSS Training

College, Pandalam, Pathanamthitta, Kerala from 24th, 25th & 26th March 2014 and published in the Book; ISBN 978-81-928151-1-4.

14. A paper presented in the **UGC Sponsored National Seminar** on “Positive Psychology- Exploring Cognitive, Emotional and Social Levels of Well- being in Learners” organized by NSS Training College, Changanacherry, from 23rd to 24th January 2014 and published in the Book; ISBN 978-81-924450-1-4.
15. A paper “Adapted Physical Education for Different Categories of Students with Special Needs” presented in the “**UGC Sponsored International Seminar and published in the Book “Learning Disabilities and Inclusion”**”, 14th&15th February 2014; ISBN 978-81-929468-0-1.
16. A paper “Effect of Selected Yogic Exercises and Physical Exercises on Health-Related Physical Fitness Components among the Higher Secondary School Girls in Chennai City” presented in the presented in the “**UGC Sponsored National Seminar and published in the Book “Educational Renaissance for a New Generation 2012”**”; ISBN978-93-82359-41-8.
17. A paper “Relationship of Physical Fitness Components, Skills of the Game and Physiological Variables towards Basketball Ability” presented in the “**UGC Sponsored International Conference on Sports & Nutrition 2012**”. Book Published by Macmillan Publishers India Ltd; ISBN 935-059-339-4.

NATIONAL & INTERNATIONAL SEMINARS

1. Presented a Paper Titled “Funding Agencies: Indian Council of Social Science Research (ICSSR)” in the International Conference on Academic Publishing in Collaboration with Society of Innovative Research and Academicians (SIRA) organized by Department of Library and Information Science, St. Peters College, Kolenchery. 18th and 19th December 2019.
2. Participated and Presented a Paper Titled “Influence of Exercise and Meditation on Impulse Control, Frustration and Tolerance Among College Girls” in the International Conference on Yoga for harmony of Body and Mind (ICYHBH 2019) Sponsored by RUSA at Alagappa University, Karaikudi on 24th and 25th October 2019.
3. Participated and Presented a Paper Titled “Analysis of Superstitious Beliefs of National Level Basketball Players in India” in the 25th International Multi-disciplinary Conference on Arts, Science, Education Management and Technology at University of Malaya, Kuala Lumpur, Malaysia on 7th and 8th September 2019.

4. Participated in the Two-Day Programme on “Afforestation as a Panacea for a Sustainable Future” on behalf of “World Environmental Day 2019 organized by Mount Carmel College of Teacher Education, Kottayam on 6th and 7th June 2019.
5. Participated in the Two-Day Workshop on “A Paradigm Shift in the Inter University Sports: Introduction of New Generation Sports” at Marian College, Kuttikanam and organized by Association of College Teachers in Physical Education and Sports Sciences, Mahatma Gandhi University, Kottayam on 21st and 22nd February, 2019.
6. Participated in the National Science Day 2019 “A Seminar on “Community Sensitization Programme on Sustainability Science” Sponsored by KSCST&E and Dept. of Science and Technology, Govt of India organized by Mount Carmel College of Teacher Education, Kottayam on 26th and 27th February 2019.
7. Participated in the One Day National Seminar on “Yoga, Mundane and Transcendental” organized by the Centre for Yoga and Naturopathy (CYN) and in Association with School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam on 18th January 2019.
8. Participated in the National Seminar on “Academic Perspective of Innovation and Intellectual Property Rights” jointly organized by Marian College IPR Cell and Patent Information Centre, Kerala and Kerala State Council for Science, Technology, and Environment on 28th September, 2018.
9. Participated in the “Workshop on Designing Curriculum for Enhancing the Teaching and Professional Competency of College Teachers” organized by St. Joseph’s College of Teacher Education for Women, Ernakulam in Collaboration with All Kerala Training College Principal’s Association on 13th June 2018.
10. Participated and Presented a Paper Titled “Construction of A Test Battery to Assess the Basketball Playing Ability of Women Players” in an International Conference on Management, Technology and Social Science (ICMTS-2018) on 7th May 2018 at Geneva Business School, Switzerland.
11. Participated in the “Workshop on Four Year Integrated Teacher Education Programme: Concerns and Prospects” organized by the Association of the All Kerala Training College Association at St. Thomas College of Teacher Education, Pala on 17th of March, 2018.

12. Participated in the UGC Sponsored National Seminar on “Changing the Game: An Outlook of Global Sports Industry” organized by St. Thomas College Pala on 16th and 17th of March, 2018.
13. Participated in the Two-Day National Seminar on “A Life of Wellness Food Habits and Yoga in Vogue” organized by Sponsored by Directorate of Collegiate Education, Govt. of Kerala and organized by Govt. Tripunithura, College, Ernakulam on 11th and 12th January 2018.
14. Participated in the National Seminar on “Health and Fitness: A Key to Success in Life” Sponsored by Directorate of Collegiate Education, Govt. of Kerala and organized by Maharajas College, Ernakulam on 19 & 20th of December, 2017.
15. Participated in the State Level Seminar on “Personal Freedoms” organized by Human Rights Protection Council, Kerala at Lourdes Forane Church, Kottayam on 10th December 2017.
16. Participated in the M. G. University Level Seminar on “Modern Trends in Sports Flooring” organized by Association of College Teachers in Physical Education and School of Physical Education and Sports Sciences on 18th of March, 2016.
17. Participated and presented a paper in the UGC Sponsored National Seminar on “Promoting Wellness and Fitness among Educators” organized by Mount Camel College of Teacher Education for Women, Kottayam on 10th and 11th of March, 2016.
18. Participated in the UGC Sponsored National Seminar on “Revamping Teacher Education for Digital Age Learners – Challenges and Prospects” organized by Mount Camel College of Teacher Education for Women, Kottayam on 17th and 18th of September, 2015.
19. Participated in the Orientation Programme on New Two Year B.Ed Curriculum organised by Mahatma Gandhi University, Kottayam, Kerala on 4th, 5th & 6th August 2015.
20. Participated in the UGC Sponsored National Seminar on Emerging Trends in Sports Psychology & 26th National Conference organised by Baselius College, Kottayam, Kerala from 25th & 26th February 2015.
21. Participated and presented a paper in the UGC Sponsored Inter-national Seminar on Institutional Interventions to Bridge Competency Gulf in an e- World (IIBCeW) organized by NSS Training College, Pandalam, Pathanamthitta, Kerala from 24th, 25th & 26th March 2014.
22. Participated and presented a paper in the UGC Sponsored International Seminar on “Learning Disabilities and Inclusion” organized by Mount Camel College of Teacher Education for Women, Kottayam from 14th and 15th of February, 2014.

23. Participated and presented a paper in the UGC Sponsored National Seminar on “Positive Psychology- Exploring Cognitive, Emotional and Social Levels of Well- being in Learners” organized by NSS Training College, Changanacherry, from 23.01.2014 to 24.01.2014.
24. Participated and presented a paper in the UGC Sponsored National Seminar on “Nations Health: Mobilizing Youth through Physical Literacy and Physical Education” organized by Bishop Kurialacherry College for Women, Amalagiri, Kottayam from 16.01.2010 to 17.01.2014.
25. Participated in the Workshop on Preparatory and Practical Courses in Teaching held at St. Josephs Training College, Mannanam, Kottayam on 04.06.2013.
26. Participated and presented a paper in the U. G. C Sponsored National Seminar on “Educational Renaissance for a New Generation” organized by St. Thomas College of Teacher Education, Pala, Kottayam from 28.11.2012 to 29.11.2012.
27. Participated in the U. G. C Sponsored National Seminar on “Quality Assurance in Teacher Education in the Digital Age – Issues and Challenges” organized by Mount Carmel College of Teacher Education for Women, Kottayam from 12.06.2012 to 13.06.2012.
28. Participated and presented a paper in the U. G. C Sponsored International Conference on “Sports and Nutrition”: Modern Scientific Technologies to Empower Sports Personnel, organized by Avinashilingam Deemed University, Coimbatore from 08.03.2012 to 09.03.2012.
29. Participated in the U. G. C Sponsored National Seminar on “Women and Sports” organized by Alphonsa College, Pala from 14.02.2012 to 15.02. 2012.
30. Participated in the U. G. C Sponsored National Level Workshop on Statistical Analysis using SPSS organized by B. C. M College, Kottayam from 12.01.2012 to 14.01.2012.
31. Participated in the Two-Day Orientation in ‘Life Skills’ seminar organized by Council for Teacher Education organized by Mount Carmel College of Teacher Education for Women, Kottayam from 01.12.2011 to 02.12.2011.
32. Participated in the State Level Workshop on “Right of Children to Free and Compulsory Education Act 2009 and its Implementation in Kottayam” organized by Mount Carmel College of Teacher Education for Women, Kottayam on 24.11.2011.
33. Participated in the Workshop on “Digital Content Authoring Technology and use of Open Educational Resources” organized by Mount Carmel College of Teacher Education for Women, Kottayam from 16.11.2011 to 18.11.2011.

34. Participated in the U. G. C Sponsored National Workshop on “Emerging Needs and Application of Bio-Mechanics in Sports and Games” organized by Y. M. C. A College of Physical Education, Chennai from 29.03.2010 to 30.03.2010.
35. Participated in the U. G. C Sponsored National Seminar on “Nutrition Self Care for Healthy Ageing” organized by Bishop Kurialacherry College for Women, Amalagiri, Kottayam from 14.01.2010 to 15.01.2010.
36. Participated in the Seminar on “Re-structured B. Ed Curriculum in Health & Physical Education” organized by All Kerala Training College Association at S. N. M Training College, Moothukunnam on 06.11.2009.
37. Participated in the Two-Day Orientation Programme on “Restructured B. Ed Curriculum in Health and Physical Education” organized by School of Pedagogical Sciences, Mahatma Gandhi University, Kottayam from 21.10.2009 to 22.10.2009.
38. Participated and presented a Question Bank in the National Level “Question Bank Workshop on General Intelligence and Reasoning” organized by Staff Selection Commission, Bangalore on 10.09.2009 to 11.09.2009.
39. Participated in the National Level “Question Bank Workshop on General Intelligence and Reasoning” organized by Staff Selection Commission, Bangalore on 10.07.2009.
40. Participated in the “Workshop on Developing Leadership Qualities among Women” organized by Mount Carmel College of Teacher Education for Women, Kottayam from 26.03.2009 to 27.03.2009.
41. Participated in the Seminar on Curriculum Transaction in Physical Education of M.G University organized by All Kerala Training College Association at Titus II Teachers College, Thiruvalla on 21.10.2008.
42. Participated and presented a paper in the International Conference on “Educational Research and Learning Beyond Cognition” at St. Thomas College of Teacher Education, Pala from 31st May to 2nd June 2007.
43. Participated in the three- day National Level Workshop on “Developing Research Competencies in Teacher Educators” held at Mount Carmel College of Teacher Education, Kottayam on the 13th, 14th, and 15th of March 2007.
44. Participated in the One Day National Seminar on ‘Spiritual Secularism’ held at Mt. Carmel College of Teacher Education, Kottayam on 8th February 2007.

45. Participated and presented a paper titled “Suicide in Teenage” at the National Symposium on “Suicide attempt; a cry for Help” held on 30th November- I December 2006, at St. Xavier’s College, Mapusa,Goa.
46. Attended the Orientation Programme organized by the School of Pedagogical Sciences, Mahatma Gandhi University on 18th March 2004.
47. Participated in the Workshop on restructuring B.Ed Curriculum organized by the Mahatma Gandhi University under the auspices of the Board of studies- Education and Pedagogical Science on 5th& 6th of July 2002 in the University Campus.
48. Participated in the U.G.C Sponsored National Seminar on “Life Coping Skill” for College teachers organized by the Mount Carmel College of Teacher Education, Kottayam, in collaboration with the M.G. University, on the 21st, 22nd, 23rd of July 2004.
49. Attended U.G.C Sponsored International Seminar held at School of Gandhian thought and Development studies, M.G University Kottayam from 23rd to 25th of November 2000.
50. Participated and present a paper in the National Seminar on “Physical Education and Sports in the next millennium” organized by the Department of Physical Education, Government Arts College, Thiruvananthapuram on 14 October 1999.
51. Attended the U.G.C. Sponsored National Seminar on Education held at St. Joseph’s Training College, Mannanam, Kottayam on 24th& 25th March 1999.
52. Attended the National Seminar on Sports Medicine held at Cochin on 31st January 1999 organized by M.G University and Medical Trust Hospital; Cochin.

REFRESHER COURSE AND ORIENTATION COURSE

1. Attended the “Refresher Course” for College teachers in Physical Education sponsored by the Director & Collegiate Education, Government of Kerala and conducted by Government Arts College, Thiruvananthapuram from 2nd to 23rd March 2000.
2. Attended the “Orientation Course” for University/College teacher organized by the Mahatma Gandhi University from 1.04.2002 to 27.04.2002 at M.G. University Campus, Kottayam.
3. Attended the “Refresher Course” in Physical Education for University/ College teachers organized by the M.G. University from 09.06.2003 to 02.07.2003 at Department of Physical Education, Kottayam and obtained Grade ‘A’.

4. Attended the “Refresher Course” in Physical Education for University/ College teachers organized by the Osmania University from 21.02.2007 to 14.03.2008 at Academic Staff College, Osmania University, Hyderabad and obtained Grade ‘A’.
5. Successfully completed a 4-Week Orientation/Induction Programme for Faculty in Universities/Colleges/Institutes of Higher Education organized by Teaching Learning Centre, Ramanujan College, University of Delhi from 26th June to 24th July 2020 and obtained Grade ‘A’.

ADDITIONAL INFORMATIONS:

ACHIEVEMENTS IN SPORTS AND GAMES

SL. NO	ROLE AS SELECTOR FOR NATIONAL GAMES/ ALL INDIA INTER UNIVERSITY WOMEN BASKETBALL CHAMPIONSHIPS	DATE, YEAR & VENUE	STATE/ UNIVERSITY REPRESENTED AS SELECTOR	POSITION SECURED
1.	GOVERNMENT NOMINATION AS SELECTION COMMITTEE MEMBER FOR SELECTING THE KERALA POLICE BASKETBALL MEN & WOMEN TEAM	KERALA POLICE STADIUM FROM 16 TH TO 19 TH JULY 2019.	KERALA POLICE	
2.	GOVERNMENT NOMINEE AS SELECTION COMMITTEE MEMBER FOR THE BASKETBALL WOMEN TEAM IN THE 35 TH NATIONAL GAMES HELD AT KERALA	31 ST JANUARY TO 14 TH FEBRUARY 2015.	KERALA	GOLD MEDAL
3.	DUTY TAKEN AS THE SELECTION COMMITTEE MEMBER IN M.G. UNIVERSITY ONLY FOR 12YEARS	1998, 1999, 2000, 2001, 2008, 2009, , 2014, 2015, 2016, 2017, 2018 & 2019	Mahatma Gandhi University, Kottayam	SECURED 3rd PLACE ‘6’ TIMES IN AIIU

INTERNATIONAL ACHIEVEMENTS IN BASKETBALL & KORFBALL:

SL. NO	INTERNATIONAL ACHIEVEMENTS IN BASKETBALL & KORFBALL CHAMPIONSHIPS	DATE & VENUE	COUNTRY REPRESENTED	POSITION SECURED
1.	REPRESENTED INDIA IN THE 5 TH WORLD KORFBALL CHAMPIONSHIP HELD AT INDIRA GANDHI INDOOR STADIUM, NEW DELHI	4 th to 11 th November 1995 New Delhi	INDIA	10 TH PLACE

2.	PRE- ASIAN BASKETBALL CHAMPIONSHIP HELD AT BANGALORE PRIOR TO ASIAN BASKETBALL CHAMPIONSHIP	11 th to 15 th January 1992, Malleswaram, Bangalore	KERALA	3RD PLACE
3.	PARTICIPANT OF JUNIOR INDIAN BASKETBALL COACHING CAMP PRIOR TO JUNIOR ASIAN BASKETBALL CHAMPIONSHIP HELD AT NAGOYA, JAPAN	3 Months Indian Basketball Coaching Camp 1990; Mysore	INDIAN CAMP MEMBER	
4.	REPRESENTED INDIA IN THE 1ST ASIA PACIFIC MASTERS GAMES HELD AT PENANG, MALAYASIA	7 th to 15 th September 2018	40+ BASKETBALL INDIA	SILVER MEDAL
5.	REPRESENTED INDIA IN BASKETBALL IN THE EUROPEAN MASTERS GAMES HELD AT TURNIO, ITALY	27 th to 4 th July 2019	30+ BASKETBALL INDIA	GOLD MEDAL

ACHIEVEMENTS NATIONAL KORFBALL CHAMPIONSHIPS

SL. NO	ACHIEVEMENTS NATIONAL KORFBALL CHAMPIONSHIPS	DATE & VENUE	STATE REPRESENTED	POSITION SECURED
1.	Federation Cup National Korfball Championship held at Hyderabad, Andhra Pradesh	22 nd to 24 th June 1997; Hyderabad, Andhra Pradesh	Tamil Nadu	3 rd Place
2.	National Korfball Championship held at YMCA College of Physical Education, Nandanam, Madras-35	7 th to 11 th February; Madras, Tamil Nadu	Tamil Nadu	1st Place
3.	Federation Cup National Korfball Championship held at Hissar, Haryana	18 th to 25 th January; Hissar, Haryana	Tamil Nadu	4 th Place

ACHIEVEMENTS IN ALL INDIA INTER UNIVERSITY BASKETBALL CHAMPIONSHIPS

SL. NO	ACHIEVEMENTS IN ALL INDIA INTER UNIVERSITY BASKETBALL CHAMPIONSHIPS	YEAR & VENUE	UNIVERSITY REPRESENTED	POSITION SECURED
1.	Represented All India Inter University held at Gulburga University, Karnataka	1991-1992; Gulburga Uty, Karnataka	Mahatma Gandhi University, Kottayam	Qtr. Finals CAPTAIN
2.	Represented All India Inter University held at Madras University, Madras Tamil Nadu	1990-1991; Madras Uty, Madras	Mahatma Gandhi University, Kottayam	Qtr. Finals 1st Place in South Zone

3.	Represented All India Inter University held at Jamia Milia University, Delhi	1989-1990; Jamia Milia Uty, Delhi	Mahatma Gandhi University, Kottayam	Qtr. Finals 1st Place in South Zone
4.	Represented All India Inter University held at Benasthali Uty, Rajasthan	1988-1989; Benasthali Uty, Rajasthan	Mahatma Gandhi University, Kottayam	Qtr. Finals

ACHIEVEMENTS IN NATIONAL BASKETBALL CHAMPIONSHIPS

SL. NO	ACHIEVEMENTS IN NATIONAL BASKETBALL CHAMPIONSHIPS	DATE & VENUE	STATE REPRESENTED	POSITION SECURED
1.	Federation Cup National Basketball Championship held at Sivakasi, Tamil Nadu	4 th to 11 th June 1994; Sivakasi, TN	KERALA	1st Place
2.	Senior South Zone National Basketball Championship held at JIPMER, Pondicherry	19 th to 22 nd August 1993; Pondicherry	KERALA	1st Place
3.	Senior South Zone National Basketball Championship held at Hyderabad, Andhra Pradesh	2 nd to 5 th August 1993; Hyderabad, A. P	KERALA	1st Place
4.	Federation Cup National Basketball Championship held at Tirupur, Tamil Nadu	21 st to 28 th June 1992; Tirupur Tamil Nadu	KERALA	2 nd Place
5.	42 nd Senior National Basketball Championship held at Trivandrum, Kerala	18 th to 25 th January 1992; Trivandrum, Kerala	KERALA	3rd Place
6.	Pre- Asian Basketball Championship held at Bangalore, Karnataka	18 th to 25 th January 1992; Bangalore	KERALA	3rd Place
7.	Federation Cup National Basketball Championship held at Trichur, Kerala	4 th to 11 th May; 1990 Trichur, Kerala	KERALA	1 st Place
8.	Junior National Basketball Championship held at Indore, Madhya Pradesh	20 th to 26 th May; 1990 Indore, M.P	KERALA	2 nd Place CAPTAIN
9.	Junior South Zone National Basketball Championship held at Udyogamandal, Eloor, Aluva, Kerala	1 st to 4 th September; 1990 Eloor, Kerala	KERALA	1 st Place CAPTAIN
10.	National Sports Championship for Women held at Cuttack, Orissa	18 th to 26 th March 1990; Cuttack, Orissa	KERALA	1 st Place
11.	Junior National Basketball Championship held at Sholapur, Maharashtra	18 th May to 4 th June 1989; Sholapur, Maharashtra	KERALA	Qtr. Finals

12	Junior National Basketball Championship held at Bhilwara, Rajasthan	10 th to 16 th June 1988; Bhilwara Rajasthan	KERALA	Qtr. Finals
13.	Youth National Basketball Championship held at Bhilai, Madhya Pradesh	4 th to 11 th May; 1987 Bhilai, M. P	KERALA	Qtr. Finals
14.	Rural National Basketball Championship held at Meerut, Uttar Pradesh	1984 Meerut, Uttar Pradesh	KERALA	Qtr. Finals

ACHIEVEMENTS IN NATIONAL HANDBALL CHAMPIONSHIPS

SL. NO	ACHIEVEMENTS IN NATIONAL HANDBALL CHAMPIONSHIPS	DATE & VENUE	STATE REPRESENTED	POSITION SECURED
1.	Senior National Handball Championship held at Ernakulam, Kerala	11 th to 25 th March 1995; Kerala	PONDICHERRY	Qtr. Finals
2..	Senior South Zone National Handball Championship held at Egmore, Chennai	1997 Chennai, Tamil Nadu	TAMIL NADU	2nd Place

ACHIEVEMENTS IN SHUTTLE BADMINTON CHAMPIONSHIPS

SL. NO	ACHIEVEMENTS IN SHUTTLE BADMINTON CHAMPIONSHIPS	DATE & VENUE	INSTITUTION REPRESENTED	POSITION SECURED
1.	All Kerala Shuttle Badminton for College Staff organized by St. Josephs Training College Manannam, Kottayam	2019-2020 St. Josephs Training College Manannam, Kottayam	Mt. Carmel B. Ed College, Kottayam	1 st Place
2.	All Kerala Shuttle Badminton for College Staff organized by K. G. College Pampady, Kottayam	2009-2010 K. G. College Pampady, Kottayam	Mt. Carmel B. Ed College, Kottayam	1 st Place
3.	Tamil Nadu Inter Physical Education Tournament held Alagappa University, Karaikudi, Tamil Nadu.	1996-1997 Alagappa University, Karaikudi, Tamil Nadu	YMCA College of Physical Education, Chennai	1st Place
4.	Tamil Nadu Inter Physical Education Tournament held Annamalai Uty, Chidambaram, Tamil Nadu	1995-1996 Annamalai Uty, Chidambaram, Tamil Nadu	YMCA College of Physical Education, Chennai	1st Place
5.	Tamil Nadu Inter Physical Education Tournament held Annamalai Uty, Chidambaram, Tamil Nadu	1994-1995 Annamalai Uty,	YMCA College of Physical Education, Chennai	1st Place

		Chidambaram, Tamil Nadu		
6.	Kerala State School Games held @ Thrissur, Kerala	1985 Thrissur, Kerala	Kottayam District	--
7.	Kottayam District Open Shuttle Badminton Tournament held at Kottayam Club, Kottayam, Kerala.	1985 Kottayam, Kerala	Mt. Carmel Girls Higher Secondary School, Kottayam	Second

SELECTION COMMITTEE MEMBER & THE POSITION SECURED IN THE ALL INDIA INTER UNIVERSITY WOMEN BASKETBALL CHAMPIONSHIPS

SL. NO	ROLE AS TEAM MANAGER & ACHIEVEMENTS IN ALL INDIA INTER UNIVERSITY WOMEN BASKETBALL CHAMPIONSHIPS	DATE, YEAR & VENUE	UNIVERSITY REPRESENTED	POSITION SECURED
1.	All India Inter University held at M. S University, BARODA, GUJARAT TEAM MANAGER, SELECTION COMMITTEE MEMBER & AS A COACH FOR THE LAST 6 MATCHES IN AIIU	11th to 28th November 1998; M. S University, Baroda	Mahatma Gandhi University, Kottayam	3rd Place in AIIU 1st Place in South Zone
2.	All India Inter University held at Amravathi University, Maharashtra TEAM MANAGER, SELECTION COMMITTEE MEMBER	3rd to 14th November 2008 Amravathi Uty, Maharashtra	Mahatma Gandhi University, Kottayam	Qtr. Finals 4 th Place in South Zone
3.	All India Inter University held at St, Peters College, M. G University, Kottayam, Kerala TEAM MANAGER& SELECTION COMMITTEE MEMBER	11th to 19thDecember 2009; M. G University, Kottayam, Kerala	Mahatma Gandhi University, Kottayam	3rd Place in AIIU 1st Place in South Zone
4.	All India Inter University held at Benasthali Uty, Rajasthan TEAM MANAGER& SELECTION COMMITTEE MEMBER	12th to 23RD November 2014; Benasthali Uty, Rajasthan	Mahatma Gandhi University, Kottayam	3rd Place in AIIU 3rd Place in South Zone
5.	South Zone Inter University held at SRM University, Chennai. TEAM MANAGER& SELECTION COMMITTEE MEMBER	24thto 29thSeptember 2015; SRM University, Chennai.	Mahatma Gandhi University, Kottayam	Qtr. Finals

6.	All India Inter University held at KIT University, Bhubaneswar, Odhisha TEAM MANAGER& SELECTION COMMITTEE MEMBER	20Th December to 5th January 2017 KIT University, Bhubaneswar, Odhisha	Mahatma Gandhi University, Kottayam	3rd Place in AllIU 3rd Place in South Zone
7.	All India Inter University held at SAI RAM Engineering College, Anna University, Chennai TEAM MANAGER& SELECTION COMMITTEE MEMBER	25Th December 2017 to 10th January 2018 SAI RAM Engineering College, Anna Uty, Chennai	Mahatma Gandhi University, Kottayam	3rd Place in AllIU 1st Place in South Zone
8.	South Zone Inter University held at SRM University, Chennai. TEAM MANAGER& SELECTION COMMITTEE MEMBER	26Th to 30th December 2018 SRM University, Chennai	Mahatma Gandhi University, Kottayam	Qtr. Finals
9.	All India Inter University held at Deen Chottu Ram University of Science and Technology, Sonipat, Haryana TEAM MANAGER& SELECTION COMMITTEE MEMBER	25Th December 2017 to 10th January 2022 DCRUST, Sonipat, Haryana	Mahatma Gandhi University, Kottayam	3rd Place in AllIU 3rd Place in South Zone
10.	KHELO INDIA UNIVERSITY GAMES 2022 held at Kanteeravya Stadium, Bangalore TEAM MANAGER& SELECTION COMMITTEE MEMBER	25Th December 2017 to 10th January 2018 Kanteeravya Stadium, Bangalore	Mahatma Gandhi University, Kottayam	3rd Place in KIUG 2022
11.	All India Inter University held at Deen Chottu Ram University of Science and Technology, Sonipat, Haryana TEAM MANAGER& SELECTION COMMITTEE MEMBER	25Th December 2017 to 10th January 2022 DCRUST, Sonipat, Haryana	Mahatma Gandhi University, Kottayam	4th Place in AllIU 4th Place in South Zone
12.	KHELO INDIA UNIVERSITY GAMES 2023 at Gautham Buddha University, Greater Noida, UP TEAM MANAGER& SELECTION COMMITTEE MEMBER	25Th December 2017 to 10th January 2023 Gautham Buddha University, Greater Noida	Mahatma Gandhi University, Kottayam	3rd Place in KIUG 2022

COACHING CAMPS CONDUCTED IN BASKETBALL:

SL. NO	COACHING CAMPS CONDUCTED & ASSISTED	DATE & VENUE	POSITION SECURED
--------	-------------------------------------	--------------	------------------

1.	One month Coaching Camp was handled for the Madras IIT Women Basketball Team Prior to the All India Inter IIT's Basketball Tournament @ Indian Institute of Technology, Madras.	1 st to 30 th August 1996; Madras Tamil Nadu	2nd Place
2.	One Year Coaching Camp was handled for YMCA College of Physical Education Students from @ YMCA College of Physical Education, Chennai-35	1 st June 1996 to 30 th May 1997 Chennai-35	
3.	6 Months Coaching Camp was handled at SBIOA Matriculation Higher Secondary School, West Anna Nagar, Chennai	1 st June to 5 th December 1997, Chennai	
4.	Assisted during the Coaching Camps & in Tournaments held @ Mount Carmel Girls Higher Secondary School, Kottayam	8 th December 1997 to till date	
5.	Have been the Coach of the M. G. UTY Women Basketball Team in the All India Inter University Tournament held at Baroda in 1998.	1 st to 9 th November 1998; Baroda, Gujarat	3rd Place