

### **Profile**

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|-----|--------------------------|-------------------------|
| 1.  | Name                     | <b>SREEJI N S</b>       |
| 2.  | Name of Father           | N P SASIDHARAN          |
| 3.  | Sex                      | MALE                    |
| 4.  | Date of Birth            | 20-05-1980              |
| 5.  | Current designation      | ASSISTANT PROFESSOR     |
| 6.  | Department               | PHYSICAL EDUCATION      |
| 7.  | Date of entry to service | 31-10-2012              |
| 8.  | University ID Number     | TPE120145               |
| 9.  | Academic Qualifications  | MPed, MPhil, NET, PGDSM |
| 10. | Teaching experience      | 13 years                |

#### Orientation / Refresher/Workshop/FDP Course attended

| Sl. No. | Programmes                                                                                                       | Title of the Programme                                                 | Date                            | Organized by                                                                                     |
|---------|------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------|---------------------------------|--------------------------------------------------------------------------------------------------|
| 1       | Orientation Programme                                                                                            |                                                                        | 24-02-2016<br>to<br>22-03-2016. | UGC-Human Resource Development Centre, University Of Calicut                                     |
| 2       | Refresher Course in Physical Education                                                                           | Physical Education                                                     | 29-05-2018<br>to<br>18/06/2018  | UGC-Human Resource Development Centre, University Of Kerala                                      |
| 3       | One week Faculty Development Programme on Futuristic Approach and Professional Preparation in Physical Education | Futuristic Approach and Professional Preparation in Physical Education | 27-06-2020<br>to<br>03-07-2020  | YMCA College of Physical Education, Chennai, Tamilnadu.                                          |
| 4       | Short Term Program on Disaster Management                                                                        | Disaster Management                                                    | 07-09-2020<br>to<br>12-09-2020  | UGC-Human Resource Development Centre, University of Hyderabad                                   |
| 5       | Short Term Course on Strategic Planning for Quality Improvement                                                  | Strategic Planning for Quality Improvement                             | 11.02.2021<br>to<br>17.02.2021. | UGC – Human Resource Development Centre, University of Calicut                                   |
| 6       | Faculty Development Programme on Multimedia Tools for Teaching and Learning                                      | Multimedia Tools for Teaching and Learning                             | 22-07-2021<br>to<br>28-07-2021  | Teaching Learning Centre, Ramanujan College in collaboration with Sree Narayana College, Nattika |
| 7       | Refresher Course in Physical Education                                                                           | Physical Education                                                     | 18-01-2022<br>to<br>31-01-222   | UGC HRDC, University of Allahabad.                                                               |

### ***Administrative responsibilities***

| <b>Sl.No</b> | <b>Type of Responsibility/Duty</b>         | <b>Role Performed</b> |
|--------------|--------------------------------------------|-----------------------|
| 01           | Department of Physical Education           | Head                  |
| 02           | Parent Teacher Association                 | Secretary             |
| 03           | College Governing Council                  | Member                |
| 04           | Admission Committee                        | Member                |
| 05           | Planning Board                             | Member                |
| 06           | Discipline Committee                       | Coordinator           |
| 07           | RUSA Committee                             | Member                |
| 08           | Purchase Committee                         | Coordinator           |
| 09           | Staff Association                          | Member                |
| 10           | Anti-Narcotic Cell                         | Member                |
| 11           | Anti Ragging Committee                     | Member                |
| 12           | Grievance Redressal Committee              | Member                |
| 13           | Sports and Fitness Club Advisory Committee | Coordinator           |
| 14           | Health Club                                | Member                |
| 15           | Ek Bharath Sresht Bharath (EBSB)           | Member                |

### ***Examination and evaluation duties assigned by the college / university or attending the examination paper evaluation.***

| <b>Sl.No</b> | <b>Type of Responsibility/Duty</b>            | <b>Role Performed</b> |
|--------------|-----------------------------------------------|-----------------------|
| 01           | University Examination                        | Invigilator           |
| 02           | University Examination Paper Evaluation       | Evaluator             |
| 03           | Internal Examination                          | Invigilator           |
| 04           | College Internal Examination Paper Evaluation | Evaluator             |

### ***Papers Presented***

#### **1. Effect of Induced Mental and Physical Fatigue on Reaction Time of School Children**

(International Academic Conference held on 26<sup>th</sup> January 2024 held in connection with International Sports Summit Kerala 2024.)

#### **2. Ageing and Healthy Heart** (National Seminar on Trends in Healthy Ageing sponsored by Directorate of Collegiate Education, organized by Government College of Physical Education on 18<sup>th</sup> and 19<sup>th</sup> February 2020.)

3. **Sporting performance and Carbohydrates** (UGC Sponsored National Seminar on Physical Activity and Dietary Habits for Healthy Living, by Department of Physical Education, St.Joseph's College Irinjalakuda on 12<sup>th</sup> and 13<sup>th</sup> March 2015.)
4. **IZOF Profiling** (XIX National Conference of Sports Psychology, Organized by Nizam Institute of Engineering and Technology and Department of Psychology, Osmania University from 18<sup>th</sup> to 20<sup>th</sup> January 2007.)

#### ***Seminars/Conferences Attended***

1. XIX National Conference of Sports Psychology, Organized by Nizam Institute of Engineering and Technology and Department of Psychology, Osmania University from 18<sup>th</sup> to 20<sup>th</sup> January 2007.
2. UGC Sponsored National Seminar on Physical Education, by Department of Physical Education, N.A.M.College, Kallikandy on 28<sup>th</sup> & 29<sup>th</sup> March 2007.
3. Keralappiravi Golden Jubilee Celebrations Seminar on Higher Education in Kerala:Past,Present and Future, by Kannur University on 9<sup>th</sup> and 10<sup>th</sup> January 2007.
4. National seminar on Emerging Trends and Perspectives in Physical Education and Sports, Organized by School of Physical Education and Sports Sciences, Kannur University and University Union on 8<sup>th</sup> and 9<sup>th</sup> April 2005.
5. One Day Seminar on Current Trends in Athletics (Sponsored by Directorate of Collegiate Education), Organized by Department of Physical Education, Maharajas College, Ernakulam and Kerala State Athletics Association on 10<sup>th</sup> February 2012.
6. One Day Seminar on Role of trainer and music in the field of sports (Sponsored by Directorate of Collegiate Education), Organized by Department of Physical Education, Maharajas College, Ernakulam on 26<sup>th</sup> February 2013.
7. UGC Sponsored National Seminar on Hypokinetic Diseases and Wellness of College Students, by Department of Physical Education, St.Mary's College Thrissur on 27<sup>th</sup> and 28<sup>th</sup> August 2014.
8. UGC Sponsored National Seminar on Perusing Children's Literature: An Exploration Through Less Trodden Pathways, organized by Postgraduate Department of English along with Departments of Hindi and Malayalam, Sree Narayana College, Alathur on 17<sup>th</sup> and 18<sup>th</sup> December 2014.
9. UGC Sponsored National Seminar on Physical Activity and Dietary Habits for Healthy Living, by Department of Physical Education, St.Joseph's College Irinjalakuda on 12<sup>th</sup> and 13<sup>th</sup> March 2015.
10. National Seminar on Scientific Approaches and Application of Yoga and Holistic lifestyle for Better tomorrow (Sponsored by Directorate of Collegiate Education), Organized by Department of Physical Education, Government College, Thripunithura on 25<sup>th</sup> and 26<sup>th</sup> November 2015.
11. National Seminar cum Workshop on Paradigm Shift in Physical Education Perspectives (Sponsored by Directorate of Collegiate Education), organized by Department of Physical Education, Government College,Kasaragod on February 28<sup>th</sup>, March 1 and 2, 2019.
12. National Seminar on Trends in Healthy Ageing sponsored by Directorate of Collegiate Education, organized by Government College of Physical Education on 18<sup>th</sup> and 19<sup>th</sup> February 2020

### ***Workshops Attended***

1. Attended Workshop on New Trends, Rules and Regulations in Sports, organized by Department of Physical Education, University of Calicut on 22<sup>nd</sup> and 23<sup>rd</sup> March 2017.
2. Attended State Level One Day Workshop “Acquiring API Scores & Submitting PBAS Based Proposal under CAS-A practical approach with basic service literacy, organized by IQAC, Christ College, Irinjalakuda on 1<sup>st</sup> April 2017.
3. Attended One Day Regional Workshop on Academic Project Preparation, organized by the Department of Commerce and Management Studies, M.P.M.M.S.N.Trusts College, Shoranur on 3<sup>rd</sup> November 2017.
4. Attended National Seminar cum Workshop on Paradigm Shift in Physical Education Perspectives (Sponsored by Directorate of Collegiate Education), organized by Department of Physical Education, Government College, Kasaragod on February 28<sup>th</sup> March 1 and 2, 2019.
5. Attended Two Day Workshop on Research Methodology, Writing Practices Language and soft skills, organized by the Department of Chemistry, M.P.M.M.S.N.Trusts College, Shoranur on 6<sup>th</sup> and 7<sup>th</sup> February 2019, in association with Kerala State Council for Science, Technology and Environment (KSCSTE).
6. Attended Two Days State Level Workshop on Health and Wellness- The Art and Science of being Healthy sponsored by the Directorate of Collegiate Education , organized by Institute of Advanced Study in Education, Thrissur on 11<sup>th</sup> and 12<sup>th</sup> October 2023.