

**FACULTY PROFILE**

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|-------------|----------------------------|
| Name        | <b>Capt.JIJO K JOSEPH</b>  |
| Designation | <b>ASSISTANT PROFESSOR</b> |
| Department  | <b>PHYSICAL EDUCATION</b>  |

**PERSONAL VISION AND MISSION**

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**PERSONAL DETAILS**

|                                                  |                                                                |
|--------------------------------------------------|----------------------------------------------------------------|
| Date of entry into permanent service             | <b>03.09.2012</b>                                              |
| Total teaching experience as on 01 December 2022 | <b>10 Years</b>                                                |
| Age and Date of Birth                            | <b>43, 04.08.1982</b>                                          |
| Residential Address                              | <b>KLAMATTATHIL H,<br/>ETTUMANOOR P.O,<br/>KOTTAYAM-686631</b> |
| Address for Correspondence                       | <b>KLAMATTATHIL H,<br/>ETTUMANOOR P.O,<br/>KOTTAYAM-686631</b> |
| Mobile / Whatsapp Number                         | <b>9947087443</b>                                              |
| E-mail (Personal and Official)                   | <b>jijokjoseph8@gmail.com</b>                                  |

**ACADEMIC QUALIFICATIONS**

| <b>Degree</b> | <b>Subject</b>                | <b>Institution and University</b>               | <b>Grade/<br/>Rank etc.</b> |
|---------------|-------------------------------|-------------------------------------------------|-----------------------------|
| UG            | <b>HISTORY</b>                | K E COLLEGE, MANNAMAN (M G UNIVERSITY KOTTAYAM) |                             |
| PG            | <b>PHYSICAL<br/>EDUCATION</b> | KANNUR UNIVERSITY                               | First                       |
| M Phil        | <b>PHYSICAL<br/>EDUCATION</b> | PONDICHERRY UNIVERSITY                          | First                       |



|                           |  |  |  |
|---------------------------|--|--|--|
| Ph D                      |  |  |  |
| Additional Qualifications |  |  |  |

### COLLEGE LEVEL DUTIES / MAJOR CHARGES

| Duty                                                       | Position               | Duration         |
|------------------------------------------------------------|------------------------|------------------|
| Associate NCC officer                                      | ANO                    | 2014 –till date  |
| Head of the Department                                     | Department of Phy. Edn | 2024 – till date |
| Senior Assistant Superintendent of University Examinations |                        | 2021-2024        |

### POSITIONS HELD/ AWARDS/ RECOGNITIONS/ MAJOR ACHIEVEMENTS

| Name                         | Details                                                                                                                                                      |
|------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Board of Studies Member      | UG Board of Studies Member                                                                                                                                   |
| Chief Examiner               | MDC-PHYSICAL FITNESS AND HEALTHY LIVING<br>DSC-FUNDAMENTALS OF SPORTS AND GAMES<br>DSC-INTRODUCTION TO SPORTS PSYCHOLOGY                                     |
| South Zone Convener          | Convener of South Zone for the conduct of various M G university South Zone intercollegiate tournaments                                                      |
| Technical Committee Chairman | Served as the Chairman of the technical committee for the conduct of All India Inter University Softbaseball (Men& Women) Championship at U C College Aluva. |
|                              |                                                                                                                                                              |

### RESEARCH AND CONSULTANCY

|                                                                          |  |
|--------------------------------------------------------------------------|--|
| Year of Award of Ph.D.                                                   |  |
| No. of Publications                                                      |  |
| No. of Patents awarded                                                   |  |
| No. of papers presented in Conferences, Seminars, Workshops and Symposia |  |
| Year of Award of Research Guideship                                      |  |



|                                                            |  |
|------------------------------------------------------------|--|
| No. of Ph.Ds produced                                      |  |
| No. of Ph.D. students currently registered                 |  |
| No. of Major Research Projects awarded/completed           |  |
| No. of Minor Research Projects awarded/completed           |  |
| Total amount of research grant awarded                     |  |
| Area of Consultancy                                        |  |
| Income generated by consultancy during the last five years |  |

### RESEARCH PROJECTS

| Name                                   | Details                                                                                                                                                     | Amount        |
|----------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|
| UGC Minor Project<br>DST Major Project | Minor research project titled "A SURVEY OF THE EFFECTIVENESS OF THE INTRODUCTION OF OPEN COURSE IN PHYSICAL EDUCATION UNDER THE COLLEGE OF M G UNIVERSITY". | Rs.3,00,000/- |

### PUBLICATIONS AND PRESENTATIONS

|                        |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                              |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| National Presentations | <ul style="list-style-type: none"> <li>Attended and presented a paper on 'Muscular Fitness and Aging' in the UGC sponsored national seminar organised by NSS Hindu College, Chengamacherry on 26th and 27th November 2014.</li> <li>Attended and presented a paper on 'Creatine; As an Ergogenic Aid' in a UGC-Sponsored National Seminar organised by Dept. of Home Science, Assumption College, Chengamacherry on 21/11/14.</li> <li>Presented a paper titled 'Energy Balance and Weight Management' in the UGC sponsored national seminar on 'Prevalence and Control of Lifestyle Diseases in Kerala' organised by the Dept. of Physical Education Deva Matha College, Kuravilangad and co-sponsored by M.G University, Kottayam on 17th</li> <li>Presented a paper titled 'Benefits of Resistance Training' in the National Seminar on 'Impact of Health Club Training on Chronic Disease, Prevention and Rehabilitation' organised by the Dept. Of Physical Education St. Cyrils College, Adoor on 02 &amp; 03 January 2014.</li> </ul> |
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|------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                      | <ul style="list-style-type: none"> <li>Presented a paper titled 'Shin Pain causes Signs and Symptoms Treatment and Prevention' in the national seminar on 'New Trends in Sports Medicine' organised by Dept. Of Physical Education, Bharathiar University on 26th &amp; 27th February 2007.</li> </ul> |
| Chapters in Books                                    | <ul style="list-style-type: none"> <li>Sample 1</li> <li>Sample 2</li> <li></li> </ul>                                                                                                                                                                                                                 |
| Proceedings of international/<br>National symposiums | <ul style="list-style-type: none"> <li>Sample 1</li> <li>Sample 2</li> </ul>                                                                                                                                                                                                                           |
| Paper Presentations<br>(international/<br>National ) | <ul style="list-style-type: none"> <li>Sample 1</li> <li>Sample 2</li> </ul>                                                                                                                                                                                                                           |

#### WORKSHOPS /SEMINARS/ CONFERENCES ORGANISED

| Position | Details |
|----------|---------|
|          |         |

#### WORKSHOPS /FDP/ORIENTATION/REFRESHER COURSES ATTENDED

| Name                  | Details                                                                           |
|-----------------------|-----------------------------------------------------------------------------------|
| Orientation Programme | At UGC- HRDC, Punjabi University, Patiyala from 21-05-2018 to 16-6-2018 (offline) |
| Refresher Course      | Bharatiyar University held from 24.05.2016 to 13.06.2016 (Offline)                |
| Refresher Course      | LNIP Gwalior from 04.10.2023 to 17.10.2023 (online)                               |

#### MEMBERSHIP IN PROFESSIONAL BODIES



- President of the Pathanamthitta District Weightlifting Association
- Vice President of the Pathanamthitta District Softball Association
- Executive Committee member of the Association of College Teachers in Physical Education

#### ANY OTHER RELEVANT INFORMATION

Number of Plenary or Invited Lectures in Seminars, Conferences and Symposia

Number of Chairmanships in Seminars, Conferences and Symposia

Innovative methods adopted in teaching.

Creation of e-contents and MOOC courses (*Give separate list with URL*).

Details of popular articles in newspapers or magazines.

Details of community outreach and extension activities.

Name and Signature of Teacher with date