



# St Thomas College, Kozhencherry

Established in 1953 | Reaccredited by NAAC with Grade A | ISO 9001:2015 Certified | ISO 21001:2018 Certified

Affiliated to Mahatma Gandhi University, Kottayam

[www.stthomascollege.info](http://www.stthomascollege.info)

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## Faculty Profile

### Dr. Sindhu R.S

Professor

Department of Physical Education

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## Personal Details

Date of Birth	25.01.1971
Nationality	Indian
Marital Status	Married
Permanent Address	Arppitham, Melukara P.O, Kozhencherry, Pathanamthitta, 689641, Kerala, India.

## Higher Education

1996	Ph.D, JIWAJI University, Gwalior
1994	M.Phil, JIWAJI University, Gwalior
1995	NET
1993	M.PE, JIWAJI University, Gwalior
1991	B.PE, Kerala University

## Professional Position

7th Noivember 1996 to present	Professor and HoD, Department of Physical Education, St Thomas College, Kozhencherry
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## Teaching Experience

- Undergraduate students
- Postgraduate students

## Courses Taught

B.Sc	Physical, Health and Life Skill Education
B.A	Physical, Health and Life Skill Education
B.Com	Physical, Health and Life Skill Education

## Professional Service Rendered

2019 to till date	HoD , Department of Physical Education
2017-2018	Convenor, Internal Examination Committee
2013-2014	Secretary , Womencell
2018-2019	President, Womencell
2017	Convenor, Best Arts
2019 to till date	University CV Camp Director at St.Thomas College, Kozhencherry
	2023]Chief Examiner, UG Open Course, Physical Education
2023	Chairman BPES & BPED. Degree Examination, Mg University, Kottayam
	Chairman MPES Degree Examination
	Chairman, MPES Question Bank Setting Pannel

## Other Important Responsibilities/Positions Held

- UG Board of studies member, MG University. (During 2017-2019)
- PG Board of studies Chairperson MG University Kottayam.(2020 to till date)
- Participated in the Question Bank Upgradation Initiative of Mahatma Gandhi University, Kottayam and Contributed to the Question Bank of Vth Semester UG CBCS Physical Education Open Course. (During 2018-2019)
- Member of Board of Physical Education, MG University, Kottayam (2015-2017)
- Curriculum Committee Member of MA College, Kothamangalam for Open Course, Physical Education
- Curriculum Committee Member for BVOC in Physical Education, St.Albert's College, Ernakulam
- Teachers Promotion Screening Committee Member, MG University, Kottayam
- Subject Expert Panel Member, MG University, Kottayam
- Board of Studies Member, SPESS, Kottayam (2022)
- PG Core Committee Member SPESS, Kottayam (2018)
- Government Nominated Member for promoting Sports in MG University (2021)
- Thesis Evaluation Panel Member of SPESS, MG University, Kottayam

## Social Responsibilities Held

- Chairman, Physical Efficiency Test, Board member for Publics Service Commission, 2020-2021
- Co-ordinator for conducting Panchayath and Block Leval Sports Competition, 2014,2015,2022

## Research Experience

- Research Guide** , Mahatma Gandhi University Kottayam.
- Co-Guide of Annamalai University

## Areas of Specialization and Interest

- **Bio Mechanics in Sports**
- **Sports Psychology**
- **Basket Ball**
- **Yoga**

## Research Publications

- **Effect of Yogasanas and Meditation on selected physiological variables of college women.** Internation Journal of Physical Education, Sports and Health. ISSN:2394-1693, Vol-I, Issue-3, 2015 January
- **Impact of Lung Volume among Tobacco Smokers and Non-Tobacco Smokers of Kerala.** International Journal of Applied Research., ISSN: 2394-5869, Vol-3, Issue-6 2017 June
- **Physiological Effect of Acclimation to Altitude and Related Changes on College Students in Kerala.** International Journal of Creative Research Thoughts. ISSN: 2320-2882 Volume -5, Issue-1, 2017 February
- **Walk your Way to Good Health.** International Journal of Physical Education, Sports and Health. ISSN: 2394-1693, Vol-1, Issue-2 2014 November
- **Assessment of soccer playing ability and co-coordinative abilities of soccer players on circadian variations.** Internationals Journal of Physiology, Nutrition and Physical Education., ISSN: 2456-0057, Vol;-1, Issue-2 2016 July
- **Healthy Nutrition and Performance.** International Journal of Physical Education, Sports and Health. ISSN: 2394-1693, Vol-5, Issue-4 2018 July
- **Relationship of slected Anthropometric Measurement and Physical Fitness Components to Selected Skill in Basketball.** International Journal of Enhanced Research in Educational Development. ISSN: 2320-8708, Vol-1, Issue 6 July 2013
- **Obesity and Malmnutrition - Two sides of a coin a survey study.** International Journal of Applied Research. ISSN: 2394-5869, Vol-1, Issue 9 July 2015
- **Effect of Yoga Practices Surya Namaskar and Meditation on Psychological Well-being of College Going MAil Basket Ball Players .** International Journal of Creative Research Thoughts. ISSN: 2320-2882, Vol-4, Issue 2 June 2016

## Paper Presentations

- **Effect of Various Conditions on Exercise .** National Conference on Man and Environment. Department of Physical Education, Punjabi University, Patiala.
- **Walk your way towards Good and Healthy Lifestyle.** National Conference on Wellness Through Physical Activity. Department of Physical Education, Punjabi University, Patiala.
- **Developing Sports Science as an Academic Discipline.** How India can Win more Olympic Gold. UGC Sponsored National Seminar Organized by TKM College of Arts and Science.
- **Yoga and Appropriate Choice for Different Age Group.** National Seminar on Medical Application of Yoga . Devamatha College, Koravallangad.
- **Talent Identification How and When.** International Conference on Sports Mission and Vission for grooming Athelets and Para-Athelets for Olympics-2020, Alagappa University.
- **Exercise Metabolism and Sports Performance.** International Conference in Physical Education and Sports Science, Manipal University, Jaipur.

## Paper Presentations (continued)

- **Comparitive Study on Emotional Intelligence for Visually Impaired Male and Female Athletes.** International Conference on Conceptualization of Physical Education and Sports, Punjabi University, Patiala.

## Minor Research Project

- Completed Minor Research Project titled **Effect of Yoga and Meditation on Selected Physiological and Psychological Variables of College Women** , UGC letter No. F. MRPH/ 558/ 08-09/KLMGO22/ UGC-SWRO March 2016.

## Project Guidance

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|---------------|---|
| PhD           | ■ <b>Praseetha Mathew</b> , <i>Influence of Physical Exercise on Fitness, Body Composition and Hypokinetic Diseases Among Sedentary Undergraduate Students in Kerala</i> (On going) |
|               | ■ <b>Sijo F T.</b> , <i>Anthropometric, Physiological and Psychological Profiling of Snake Boat Rowers in Kerala</i> (On going)   |
|               | ■ <b>Nibin Babu</b> , <i>Psychological and Psychomotor Status of Adolescent Online Gamers in Kerala</i> (On going)  |
|               | ■ <b>Azar P.S</b> , <i>Multiple Intelligence and Mental Toughness of Under Graduate Students in Kerala</i> (On going)   |
|               | ■ <b>Sarath Gokul G</b> , <i>Physiological, Physical, Psychological and Kinanthropometrical Variables Among University Level Kabaddi and Kho-Kho Players</i> (On going)             |
| PhD, Co-Guide | ■ <b>K.V Joy</b> , <i>Analysis of Psychological Variables between High and Low Performers of selected Games</i> (Submitted-2002)  |

## Invited Talks

- Resource Person, UGC Sponsored State Level Seminar on Health IQ and Innovative Approach through Yoga and Nutrition, Morning Star Home Science College, Angamali, 2010.
- Resource Person, Importance of Yoga in Current Scenario, YWCA, Kozhencherry, 2016.
- Co-Chairperson, International Conference in Physical Education and Sports Science, Manipal University, Jaipur, 2017.

## Skills

- Languages known     ■ English, Malayalam, Hindi.