

CURRICULUM VITAE

JAYAKUMAR.M

Permanent Address: -

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Personal Data:-

Sex : Male
Nationality : Indian
Marital Status : Single
Religion : Hindu
Caste : Veluthedath Nair
Date Of Birth : 11/10/1976
Languages Known:
Malayalam, English, Hindi, Tamil

Education

- Pursuing **Ph.D** in Department of Physical education Calicut University
- **M.Phil** in Physical Education, from Pondicherry University.
- **U G C, NET,J.R.F** Qualified 2000 December.

Strengths

- Optimistic in all matters
- Adaptability to the changing environment
- Positive thinking

Computer Knowledge

- MS word, Excel & Power point.
- S.P.S.S.

Carrier Objective

- Wholesome Development of Human Personality.
- Talent Identification

Specialization

- Sport Biomechanics,
- Physiology,
- Football, Athletics, Cricket

Areas of Intrest

- Coaching Football, Cricket, Badminton, Handball
- Yoga
- Sports Psychology

Additional knowledge

- Swimming

Academic performance

Course	Institution/ University	Year of Passing/ Completing	% Mark / Grades
Ph.D	Calicut University.	Persuing	
M Phil [Physical Education]	Department of Physical Education. Pondicherry University.	2003	8.83 C.P.G.A
M.P.E.	L.N.C.P.E, Thiruvananthapuram Kerala University.	2000	62.9%
B.P.E.	Centre For Physical Education Calicut University	1998	65 %
A.I.S.S.C.E	K.V.PALAKKAD	1994	47 %
A.I.S.S.E	K.V.PALAKKAD	1992	56 %

RESEARCH EXPERIENCE

- ◆ Presented paper on Women Ageing And Health in the Asian Regional Conference organized by Bangalore University in 2006
- ◆ Presented paper on Effect Of 12 Weeks Controlled Dieting And Brisk walking programme On Selected Physiological Variables Of Obese Females in the Asian Regional Conference on Women Ageing And Health organized by Bangalore University 2006
- ◆ Presented a paper on Yoga As A Modern Medicine In The International Seminar Organised By Bhanaras Hindu University At Varanasi 2005
- ◆ Presented a paper on Effect Pranayama and Aum meditation on selected psychological variables of female high school

teachers In the national Seminar Organised By Sports Psychology association of India at Hyderabad in 2007

- ◆ Presented a paper on Effect Pranayama and selected yogic asanas on Physiological and Psychological variables of Obese female In the international yoga conference and competition held at pondicherry in 2007
- ◆ Conducted A Study On The Effect Of 12 Weeks Controlled Dieting And Exercise On Selected Physiological Variables Of Mild Hypertensive Obese Males.
- ◆ Conducted A Study on the Effect Of 12 Weeks Brisk Walking On Selected Physiological And Psychological Variables Of Sedentary Males.

WORKING EXPERIENCE

- Worked As Physical Education Teacher In Panchayath High School Pathiyoor From August 2003 to May 2005.
- Worked As Physical Education Teacher Through Employment Exchange In G.V.H.S Karakurissi Palakkad For A Period Of Five Months From Aug 2000
- Worked As Physical Education Teacher In Vyasa Vidya Peetom Senior Secondary School From 2001 To 2003.
- worked as Assistant Professor in Department of Physical Education Sree Neelakanta Government Sanskrit College Pattambi from 5-7-2007

AWARDS AND HONOURS

- Recipient Of **Junior Research Fellowship** Merit Scholarship From University Grants Commission

- Represented Puducherry state In the Senior National handball championship held at Bilaspur in Himachal Pradesh In The Year 2006
- Represented Kollam District In The Kerala Senior State Softball Championship For Men At Ernamkulam Which Won Second Place In The Year 1999- 2000
- Represented Madras Region In The K.V.S Football Nationals, Which Won Bronze Medal At Hyderabad During The Year 1994.
- Captain of College Football And Cricket Team In The Year 1995-96 For Center For Physical Education Calicut University.
- Represented The College Football, Cricket, And Soft Ball Team In The Year 1998-99-2000 For L.N.C.P.E Trivandrum

Reference

1

Dr. Babu.D.Thattil
Assistant Professor
Department of Physical Education
Government sanskrit college pattambi

2

Dr. Manoj.K.P
Assistant Director
Department of Physical Education
Calicut University

Declaration

I hereby declare that all the information given in this Bio-data is true to the best of my knowledge and belief.

Place:

Date:

JAYAKUMAR.M