

# ABHILASH S.S.

ASSISTANT PROFESSOR IN CHARGE OF DEPARTMENT OF PHYSICAL EDUCATION

## Personal Information

### *Official*

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### *Personal*

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## Administrative Experience

- **Principal-in-charge**

Full additional charge of Principal, Govt. College of Physical Education, Easthill, Kozhikkode, 2011-2013.

- **Vice-Principal,**

M.M.S. Govt. Arts and Science College, Malayinkeezhu, 2020- till date

- **Head of the Department**

Head of the Department of Physical Education, Govt. College of Physical Education, Kozhikkode, 2015-2017.

- **Head of the Department of Physical Education,**  
Govt. Arts and Science College, Uduma, Kasargode, 2017-2020
- **Head of the Department of Physical Education,**  
M.M.S. Govt. Arts and Science College, Malayinkeezhu, 2020- Jan 2023
- **Principal (Full-additional charge)**  
M.M.S. Govt. Arts and Science College, Malayinkeezhu, Jan 2023-July 2023.
- **Head of the Department of Physical Education**  
Government College, Kasaragode, Vidyanagar, Aug 2023 till date.

### Academic Background

Sl. No.	Degree	Subject	University	Year
1	M.P.E	Physical Edn	KeralaUniversity	2001
2	UGC-JRF	Physical Edn	University Grants Commission	2001
3	Cert in Yoga	Yoga education	SMYMS, Lonavala	1999
4	Fitness Training	Health & Fitness	Life Fitness Academy,	2003
5	International Certificate in Kinanthropometry	Kinanthropometry	International Society for the Advancement of Kinanthropometry	2022

### Area of Specialization

- Sports Training
- Sports Medicine
- Exercise Physiology

### Professional Experience

- *Physical Education Teacher*, Jeeva Velu International School, Thiruvannamalai, TN, 2001-2003
- *Physical Education Teacher*, St. Paul's Senior Secondary School, Begusarai, Bihar, 2003-2004.
- *Fitness Expert*, U.A.E Land Forces, General Headquarters, Abu Dhabi, 2004-2007.
- *Lecturer in Physical Education*, University College, Thiruvananthapuram, 2007-2009.
- *Lecturer in Physical Education*, College of Engineering, Thiruvananthapuram, 2009-2010.
- *Assistant Professor of Physical Education*, Govt. College of Physical Education, Easthill, Kozhikkode, 2010-2017.
- *Assistant Professor of Physical Education*, Govt. Arts and Science College, Uduma, Kasargode, 2017-2020.
- *Assistant Professor of Physical Education*, M.M.S. Govt. Arts and Science College, Malayinkeezhu, Thiruvananthapuram, 2020-2023.
- *Assistant Professor of Physical Education*, Government College, Kasaragode, 2023 till date.

## Publications

### Articles in National / International Journals

1. ***“Technological Intercesssion in Physical Education and sports”***, International Journal of Physical Education, Sports and Health; 2018; 5(1): 255-257.
2. ***“Comparative study on anxiety and Aggression between forwards and defenders in hockey”***, International Journal of Physical Education, Sports and Health;2018; 5(1):258-260
3. ***“Need of Physical Literacy for Active Lifestyle”***, International Journal of Physical Education, Sports and Health;2018; 5(5): 122-123
4. ***“Physical Fitness and Sports Injuries: A detailed insight”***, International Research Journal of management Sociology & Humanity; 2018; 9(9); 262-266.
5. ***“A study on the Effect of Parental Interest on Emotional Stability and Social Adjustment among Women Sports Participants”***, International Journal of Emerging

Technologies and Innovative Research (JETIR); 2018; 5(6): 1464-1467

6. ***“A study of Body Mass Index of College level Students”***, International Journal of --Physical Education, Sports and Health; 2018; 5(5): 117-118.
7. ***“Explicit Self-esteem of Physical Education Teachers: A cross-sectional study”***, International Journal of Physical Education, Sports and Health; 2019; 6(1): 181-183.
8. ***“Effects of Pilates exercise, Power Yoga and High-Intensity Interval Training on muscular endurance among male school students”***, International Journal of Physical Education, Sports and Health; 2019; 6(1): 41-43.
9. ***“Core strengthening and stabilization in therapeutic exercises”***, International Journal of Physical Education, Sports and Health; 2019; 6(2): 46-48.
10. ***“Level of assertiveness among high school level male and female sportsperson”***, International Research Journal of Management, Sociology and Humanities; 2020; 11(10): 391-393.

### **Seminars Organized and Co-ordinated/Resource Person**

1. Organized a two-day National Seminar on Applied Sport and Exercise Psychology on 22.06.12 and 23.06.12, sponsored by the University Grants Commission.
2. Acted as Resource Person in the National Seminar on “Hurdles Faced in Fulfilling The Olympic Motto-A Forethought” on 18<sup>th</sup> January 2018, sponsored by The Directorate of Collegiate Education.
3. Acted as a Resource Person and handled a session on “Futuristics of Physical Education in the New Education Policy” on March 6<sup>th</sup>, 2020 at Manonmaniam Sundarnar University, Thirunelveli, Tamil Nadu.
4. Acted as a Resource Person in the National Conference, organized by the Department of Physical Education, M.G. University, and took a session on “Careers in Physical Education and Sports”, 2021.
5. Acted as a Resource Person in the 1 day National Webinar, organized by the Dept. of Physical Education, Govt. Training College, Thiruvananthapuram and took a session on “Adherence to Physical Activity”, 2021.
6. Acted as a Resource person and handled a session on Scope of Physical Education , for the students of K.V. Pangode, Thiruvananthapuram, 2022.

7. Quiz master of the Inter-Collegiate Sports Quiz competition, 2022 held at the Senate Chamber, University of Kerala on 13.10.2022.

### **Seminars Participation/Presentation**

8. Participated in a two-day National Seminar on “Applied Sport and Exercise Psychology” on 22.06.12 and 23.06.12, sponsored by the University Grants Commission.
9. Participated in the “International Workshop on Sports Management”, organized by L.N.C.P.E, Kariavattom, under the aegis of the Sports Authority of India.
10. Participated in a two-day National Seminar on “Applied Sport and Exercise Psychology” on 25<sup>th</sup> and 26<sup>th</sup> March 2014, sponsored by the Directorate of Collegiate Education.
11. Participated in the One Day Workshop on “General Strength Training and Mind Setting” organized by the Malabar Sports Academy on 7<sup>th</sup> May 2014.
12. Participated in the two days National Seminar on “Emerging Trends in Sports Sciences”, organized by The Govt. College of Physical Education, Easthill, and presented a paper on Core strengthening and Stabilization in therapeutic exercises, on 27<sup>th</sup> and 28<sup>th</sup> November 2014, sponsored by The University Grants Commission.
13. Participated in the Workshop on “Anti-Doping Awareness”, organized by the Department of Physical Education, University of Calicut on 23<sup>rd</sup> March 2016.
14. Participated in the One Day National Seminar on “Entrepreneurship: Innovation, Challenges & Support System”, organized by the Govt. Arts and Science College, Uduma under the aegis of the Directorate of Collegiate Education, Kerala on 21<sup>st</sup> January, 2020.
15. Participated in the National Symposium on the Occasion of The World Environment Day, organized by Gujarat Vidyapeeth and Centre for studies in Rural Management, Gandhinagar on 4<sup>th</sup> June 2021.
16. Participated in the 3 days National Seminar (Online), organized by The Indraprastha Yogasana Sports Association, New Delhi (Recognized by The Ministry of Youth Affairs and Sports, Govt. of India) from 18<sup>th</sup> to 20<sup>th</sup> June 2022.
17. Participated in the 8th International Day of Yoga, 2022 and A one Day National Webinar on “Yogic Practices Excel the Life Span”, organized by the YMCA College of Physical Education on 21.06.2022,
18. Participated in the 3 days National Seminar (online) on “Yoga for Mind and Nutrition for the Body”, organized by The Dayanand College, Hisar from 27<sup>th</sup> to 29<sup>th</sup> June 2022.

### **Courses Attended**

1. Successfully completed the Orientation Course organized by the UGC-HRDC, Hyderabad University, 2019.
2. Successfully completed the Refresher Course in Physical Education organized by the UGC-HRDC, Kannur University, 2018.
3. Successfully completed the 7 days Short term course in Gender Sensitization, organized by the UGC-HRDC, Kerala University, 2022.
4. Successfully completed the Orientation course for the Programme Officers of the National Service Scheme, organised by the Empanelled Training Institute for NSS, University of Calicut, Kerala from 23<sup>rd</sup> Sep, 2022 till 29<sup>th</sup> Sep, 2022.

### Tournaments Organised

1. Organized the South India Inter-Collegiate Handball Tournament in the year 2008-2009 at University College, Thiruvananthapuram.
2. Organized the Kerala University Inter-Collegiate Championships in Table Tennis, Badminton and Handball, while working at College of Engineering, Thiruvananthapuram, 2009-2010.
3. Organized the Kerala University Inter-Collegiate Championships in Table Tennis, Badminton and Handball, while working at College of Engineering, Thiruvananthapuram, 2009-2010.
4. Technical official and member of the organizing committee of the All India Inter-University Basketball Championships (Women), organized by the University of Calicut, 2016-2017.
5. Technical official and member of the organizing committee of the All India Inter-University Volleyball Championships (Women), organized by the University of Calicut, 2016-2017.
6. Technical Official and member of the Organizing Committee of The All India Inter-University Volleyball (Women) championships, 2018.
7. Organized the Kerala University Inter-Collegiate Boxing (Men) Championship, 2020-2021.
8. Organized the Kerala University Inter-Collegiate Boxing (Women) Championship, 2020-2021.
9. Organized the Kerala University Inter-Collegiate Wrestling (Women) Championship, 2020-2021.
10. Organized the Kerala University Inter-Collegiate Wrestling (Men) Championship, 2020-2021.
11. Organized the Kerala University Inter-Collegiate Archery (Women) Championship, 2020-2021.
12. Organized the Kerala University Inter-Collegiate Archery (Men) Championship, 2020-2021.
13. Organized the Kerala University Inter-Collegiate Boxing (Men) Championship, 2021-2022.
14. Organized the Kerala University Inter-Collegiate Boxing (Women) Championship, 2021-2022.
15. Organized the Kerala University Inter-Collegiate Wrestling (Men) Championship, 2021-2022.
16. Organized the Kerala University Inter-Collegiate Wrestling (Women) Championship, 2021-2022.
17. Organized the Kerala University Inter-Collegiate Wrestling (men) championships, 2022-2023.
18. Organized the Kerala University Inter-Collegiate Wrestling (Women) championships, 2022-2023.

19. Member and Technical Official of the All India Inter-University Taekwondo Championships, 2021-2022, organized by the Kerala University.

## Technical Experience

1. Team Manager of the Kerala University Men Football Team that participated in the South Zone and All India Inter-University Championship at Bharathiar University, Coimbatore, 2009-2010.
2. Team Manager of the Calicut University Women Handball team that participated in the All India Inter-University Championship at Jammu University, Jammu during the year 2014-2015.
3. Acted as the Venue Manager of the XXXV National Games Kerala, 2015 from 31<sup>st</sup> to 14<sup>th</sup> February, 2015.
4. Acted as a Technical Official of the 26<sup>th</sup> National Canoe Sprint Championships, from 21<sup>st</sup> to 23<sup>rd</sup> January, 2016 at Kollam, Kerala.
5. Acted as the Technical Official of the All Kerala School Athletics Championships 2013, 2014, 2015, 2016.
6. Acted as the Technical Official of the All India School Athletics Championships.
7. Team Manager of the Calicut University Women Handball Team that participated in the South Zone Inter-University championships, at Periyar University. Salem.
8. Team Manager of the Calicut University Women Handball Team that participated in the South Zone Inter-University championships, at Paavai Group of Institutions.
9. Team Manager of the Kannur University Men Ball Badminton Team that participated in the All India Inter-University championships, at SRM University, Chennai, 2018.
10. Team Manager of the Kannur University Men Powerlifting Team that participated in the All India Inter-University championships, at Chandigarh University, Chandigarh, 2019.
11. Team Manager of the Kannur University Men Best-Physique Team that participated in the All India Inter-University championships, at Chandigarh University, Chandigarh, 2019.
12. Team Manager of the Kannur University Men Judo Team that participated in the All India Inter-University championships, at Guru Nanak Dev University, Patiala, 2019.
13. Team Manager of the Kerala University Men Boxing Team that participated in the All India Inter-University championships, at Lovely Professional University, Jalandhar, Punjab, 2021.
14. Acted as Selector of the Kerala University Hockey Men Team, 2009.
15. Acted as Selector of the Calicut University Hockey (men) team for the years 2011, 2012, 2013, 2014, 2015, 2016 and 2017.
16. Acted as Selector of the Kannur University Man Judo team, 2018.
17. Acted as the selector of the Kerala school Hockey team for the years 2017 and 2018.
18. Acted as a subject expert for the various physical efficiency tests conducted by the K.P.S.C from 2008-till date.

19. Acted as Subject expert for G.V.Raja sports school, 2020-2021.
20. Acted as Subject Expert of the Student Induction Programme of The Government Polytechnic College, Kunnamkulam, 2020.
21. Acted as Subject Expert of the Student Induction Programme of The Government Polytechnic College, Kunnamkulam, 2021.
22. Acted as Subject Expert of the Student Induction Programme of The Government Polytechnic College, Nileshtar, 2020.
23. Acted as Key official of AFI in the National 400 metres track championships, held at LNCPE, Thiruvananthapuram, 2023.
24. Acted as Key official (commentator) of AFI in the Indian Grand Prix 2, held at LNCPE, Thiruvananthapuram, 2023.
25. Acted as Key official (commentator) of AFI in the Indian Grand Prix 3, held at Sree Kanteerava Stadium, Bangalore on the 10<sup>th</sup> of April 2023.
26. Acted as Key official (commentator) of AFI in the Indian Grand Prix 3, held at Sree Kanteerava Stadium, Bangalore on the 15<sup>th</sup> of April 2023.
27. Acted as Technical expert for various Physical Efficiency tests of the Kerala PSC for recruitment of personnel into the state service organisations.

### **Membership in various Committees at College Level**

1. Staff advisor of College Union, Govt. College of Physical Education, Easthill, Calicut, 2010-2011.
2. Staff Editor of College Magazine, Govt. College of Physical Education, Easthill, Calicut, 2010-2011.
3. Convenor of the Leadership Training Camp, Govt. College of Physical Education, Easthill, Calicut, 2010-2011.
4. College Staff Council Member, Govt. College of Physical Education, Easthill, Calicut, 2010-2011.
5. Chief Superintendent of the Calicut University examinations, Govt. College of Physical Education, Easthill, Calicut, 2011-2012, and 2012-2013.
6. Staff Advisor, Govt. College of Physical Education, Easthill, Calicut, 2013-2014.
7. P.T.A Executive Committee Member, Govt. College of Physical Education, Easthill, Calicut, 2013-2014.
8. College Council Member, Govt. College of Physical Education, Easthill, Calicut, 2013-2014.
9. Member of the Organizing committee of National Seminar, Govt. College of Physical Education, Easthill, Calicut, 2013-2014.
10. Staff Advisor, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.



11. P.T.A Secretary, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.
12. University Exam Committee member, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.
13. College Council Member, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.
14. IQAC coordinator, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.
15. Nodal Officer AISHE, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.
16. Faculty in charge of college web site, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.
17. Member of the Organizing committee of National Seminar, Govt. College of Physical Education, Easthill, Calicut, 2014-2015.
18. P.T.A Secretary, Govt. College of Physical Education, Easthill, Calicut, 2015-2016.
19. Intramural Director, Govt. College of Physical Education, Easthill, Calicut, 2015-2016.
20. College Council Member, Govt. College of Physical Education, Easthill, Calicut, 2015-2016.
21. IQAC coordinator, Govt. College of Physical Education, Easthill, Calicut, 2015-2016.
22. Nodal Officer AISHE, Govt. College of Physical Education, Easthill, Calicut, 2015-2016.
23. Faculty in charge of college web site
24. In-charge of attendance, Govt. College of Physical Education, Easthill, Calicut, 2015-2016.
25. Member of the Organising Committee of a National Seminar., Govt. College of Physical Education, Easthill, Calicut, 2015-2016.
26. Hostel Warden, Govt. College of Physical Education, Easthill, Calicut, 2016-2017.
27. In-charge of Women Cell, Govt. College of Physical Education, Easthill, Calicut, 2016-2017.
28. College Council Member, Govt. College of Physical Education, Easthill, Calicut, 2016-2017.
29. IQAC coordinator, Govt. College of Physical Education, Easthill, Calicut, 2016-2017.
30. Nodal Officer AISHE, Govt. College of Physical Education, Easthill, Calicut, 2016-2017.
31. In-charge of attendance, Govt. College of Physical Education, Easthill, Calicut, 2016-2017.
32. Member of the Anti-Ragging Committee, Govt. Arts and Science College, Uduma, Kasargode, 2017-2018
33. Member of the Disciplinary Committee, Govt. Arts and Science College, Uduma, Kasargode, 2017-2018
34. Convenor of the Purchase Committee, Govt. Arts and Science College, Uduma, Kasargode, 2017-2018
35. IQAC coordinator, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
36. Nodal Officer AISHE, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
37. P.T.A Executive committee member, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.

38. Convenor, Anti Ragging committee, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
39. Purchase Committee Convenor, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
40. Nodal Officer- Video Conferencing, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
41. Co-ordinator-Edusat, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
42. Member- Library Advisory Committee, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
43. Member-College Academic Committee, Govt. Arts and Science College, Uduma, Kasargode, 2018-2019.
44. Nodal Officer AISHE, Govt. Arts and Science College, Uduma, Kasargode, 2019-2020.
45. Nodal Officer- Scholarship, Govt. Arts and Science College, Uduma, Kasargode, 2019-2020.
46. Convenor, Anti Ragging Cell, Govt. Arts and Science College, Uduma, Kasargode, 2019-2020.
47. Asst. Superintendent, University Examinations, Govt. Arts and Science College, Uduma, Kasargode, 2019-2020.
48. Convenor-Jeevani, Govt. Arts and Science College, Uduma, Kasargode, 2019-2020.
49. Teacher Representative- Internal Committee for the students with disabilities., Govt. Arts and Science College, Uduma, Kasargode, 2019-2020.
50. PTA, Executive Committee Member, Govt. Arts and Science College, Malayinkeezhu, 2020-2021, 2021-2022, 2022-2023.
51. Chief Superintendent of the Kerala University Examinations, Govt. arts and Science College, Malayinkeezhu, 2021-2022 and 2022-2023.
52. Convenor of the College Admission Committee, M.M.S. Govt. Arts and Science College, Malayinkeezhu, 2022-2023.
53. Convenor, RUSA, M.M.S. Govt. Arts and Science College, Malayinkeezhu, 2021-2022 and 2022-2023..
54. Convenor, Planning Committee, M.M.S. Govt. Arts and Science College, Malayinkeezhu, 2022-2023.
55. Programme Officer, NSS, M.M.S. Govt. Arts and Science College, Malayinkeezhu, 2022-2023.

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