

BIODATA

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| Title | Dr./Prof. | Name: Dr. M S JAYAN |  |
| Designation | | ASSISTANT DIRECTOR IN PHYSICAL EDUCATION | |
| Campus Name | | GURUVAYOOR CAMPUS | |
| Address | | MANATHURUTHIL HOUSE PURANATTUKARA PO ADATTU TRISSUR | |
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| EDUCATIONAL QUALIFICATIONS | | | |
| Degree | Institution/University | Year | |
| S.S.L.C | Jawahar navodaya vidhyalaya kulamavu idukki kerala | 1994 | |
| PlusTwo | Jawahar navodaya vidhyalaya kulamavu idukki kerala | 1996 | |
| BA | SB College Changanacherry kottayam | 2000 | |
| Graduation BPEd | YMCA College of physical education Chennai Madras university chennai | 2004 | |
| Post-Graduation | Pondicherry central university puducherry | 2006 | |
| M Phil | Pondicherry central university puducherry | 2007 | |
| Ph D | Alagappa University karaikudi | 2021 | |
| NET | UGC | 2007 | |
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| AREA OF INTEREST/ SPECIALIZATION | | | |
| Physical education, Athletics , Football, Volleyball, Officiating in Athletics, Kabaddi , Rugby | | | |
| LANGUAGE KNOWLEDGE | | | |
| Malayalam Hindi English Tamil | | | |

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PUBLICATION PROFILE

1 TITLE- " EFFECT OF INTERMITTENT TRAINING AND AEROBIC EXERCISE ON SELECTED SPEED PARAMETERS AMONG ALAGAPPA UNIVERSITY MEN PLAYERS -Indian journal of applied research IIS NO 2249-555X UGC Sr No 49333 Index Copernicus (IC) Impact factor ; 4.894 01 January 2018

2 TITLE -" ISOLATED AND COMBINED EFFECT OF SUMBA DANCE AND AEROBIC TRAINING ON BLOOD SUGAR OF HIGH ALTITUDE COLLEGE WOMEN STUDENTS " Intenational journal of applied research ISSN No 2249-555X VOLUME 9 AUGUST 2019

3 TITLE -" INTENSIFICATION OF VITAL CAPACITY AMONG COLLEGE VITAL CAPACITY AMONG COLLEGE WOMEN STUDENTS (INFOKARA RESEARCH JOURNAL ISSN No; 1021-9056 ID-IK 3103)an UGC -CARE Approved group A journal

4 TITLE-" ANALOGOUS RAMIFICATION OF SELECTED PHYSIO THERAPY TREATMENT AND YOGIC ASANAS ON LOW BACK PAIN AMONG PROFESSIONALS'(INFOKARA RESEARCH JOURNAL Volume 8 issue 10 October 2019)an UGC -CARE Approved group A journal

BOOKS PUBLISHED:

TEACHING EXPERIENCE

1,10 years teaching experience in MG University college of teacher education kottayam
2,Worked as Director in Physical Education, Azeezia Medical College kollam

CONFERENCES / SEMINARS ETC. ATTENDED

1. TITLE - "IMPACT OF SUMBA TRAINING ON CARDIO RESPIRATORY FITNESS AMONG OBESE WOMEN." International Conference on Emerging trends in sports medicine, physical education, sports science and yoga (organized by Tamilnadu Physical education and sports university) 19 January 2017.
2. TITLE - "EFFECT OF VARIED INTENSITIES OF BENCH STEP TRAINING ON RESTING PULSE RATE OF HIGH ALTITUDE SCHOOL BOYS" International conference on renaissance in sports strategies, challenges and choices (Organized by Research department of Physical Education and Sports science, national college Tiruchirappalli Tamilnadu)10, 11 February 2017.
3. TITLE- CAUSES OF VARIOUS SURFACE AEROBIC TRAINING ON CARDIO RESPIRATORY ENDURANCE AMONG OVER WEIGHT SCHOOL BOYS". International conference on Focus on mindfulness:Glimpses of Neuroscience Education ICFM:GNSE-2017 (Organized by Department of physical education and Health Sciences Alagappa University Karikudi Tamilnadu) 7 ,8 December 2017.
4. TITLE- "THE EFFECT OF SELECTED PRANYAMA TO CONTROL BLOOD PRESSURE AMONG INTELLECTUALLY CHALLENGED STUDENTS" -ISBN 978-93-5300603-7 (Organized by Department of physical education and Para sports center Alagappa University Karikudi Tamilnadu) 16,17 march 2018.
5. TITLE-" INFLUENCE OF YOGIC PRACTICE ON BLOOD SUGAR AND LIPID PROFILE OF MIDDLE AGE WORKING WOMEN" International conference on curriculum and instructional designing for global education2 (Organized by Alagappa University Karikudi Tamilnadu) 26,27 march 2018.
6. TITLE- "THE EFFECT OF YOGIC PRACTICES ON SELECTED PSYCHOLOGICAL VARIABLES AMONG COLLEGE WOMENS". National conference on yoga for world peace (Organized by Sree Ramakrishna Mission Vidyalaya Maruthi college of physical education coimbatore) 26,27 february 2018
7. TITLE- "INTENSIFICATION OF VITAL CAPACITY AMONG COLLEGE WOMMEN STUDENTS DUE TO AEROBIC PARCTISE."International conference on yoga for harmony of body and mind (ICYHBM-2019).(Organized by Alagappa University ,Karaikudi)24,25 October 2019.
8. TITLE- "THE ROLE OF SPECIFIC TRAINNING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE HANDBALL PLAYERS"." International conference on universal design for learning embedded with assistive technology for children with special needs (Organized by Department of special education and rehabilitation science, Alagappa university,Karaikudi)
- 9.TITLE-"CONSEQUENCE IN MOTOR FITNESS AND VOLLEYBALL TALENT ACT AMONG WOMEN PLAYERS DUE TO CIRCUIT TRAINNING "International conference on Yoga meditation and sports for peace and prosperity(Organized by Department of physical education and Health Sciences Alagappa University Karikudi Tamilnadu) 17 ,18 October2019.
10. Participated as a delegate in the one day national conference on 'HEALTH AND FITNESS IN MODERN SOCIETY.'" Held on 13th April 2017 organized by The Department of physical education, university college of science, Tumkur university, Tumakuru Karnataka
11. Paper presented in 1st National Conference on 'Sports Medicine and Yoga Therapy', Title of the paper COALESCE UPSHOT OF CONCENTRIC ECCENTRIC AND COROPOREAL TRAINING ON SELECTED MOTOR ABILITY AND PERFORMANCE FACTORS OF TEENAGE GIRLS (Organized by Sree Balaji Medical College& Hospital - BIHER, Chennai) on 28th &29th January 2022.

AWARDS AND DISTINCTIONS

ASSOCIATION WITH PROFESSIONAL BODIES

OTHER ACTIVITIES

- 1st Prize** in 4x100m relay in the National Navodaya Championship held in Assam in the year 1996.
- **2nd Prize** in 1500m in the National Navodaya Championship held in Assam, year 1996.
- Represented Kerala State Athletic Team in the Open National Championship held at Bhopal in the year 1999.
- Represented Pondicherry university at all India interuniversity athletic championship at karnool Andhra Pradesh
- Second Prize in 4x100m relay in M.G University Athletic meet during the academic year 1998-1999
- Third prize in inter collegiate soft ball championship at M G University kottayam
- Represented Kerala State Rugby Team in the National League held at Bangalore year 2004-2005.
- Represented the Idukki District Junior Athletic Team during the year 1992-1996.
- Individual champion of Idukki District Junior Athletic meet during the year 1993.
- Individual champion of State Navodaya Athletic meet during the year 1993-1994.
- Represented the pattanamthitta District Athletic Team during the year 1997-2002

Place : PURANATTUKARA

Date: 10/03/2023

Signature