

PERSONAL PROFILE

Name : **NISHA PHILIP**
Father's name : N.D Philip
Place of birth : Pala
Sex : Female
Religion : Christian
Marital status : Married
Nationality : Indian
Designation : Assistant Professor
Department : Physical Education
Present Address : Flat No 6.B, DD Vasthramahal Convent
Jn., Market Road Ernakulum .682011
Area of Specialization :Athletics & Exercise Physiology

Academic Qualification:

Exam Passed	Board/ University	Year	Percentage of Marks
S.S L C	State Educational Board	1998	89.5%
Pre-degree	M.G University	2000	68.2%
Bachelors Degree(S)	Kerala University	2003	66.9%
Masters Degree (S)	Kerala University	2005	69.7%
UGC /NET	-	2005	-

Teaching experience

Name of Istitution	From	To	Position
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Trivandrum International School	01-06-2005	31-01-2006	PE Teacher & Swimming Instructor
Alphonsa College ,Pala	01-02-2006	03-08-2008	Guest Lecturer in Phy.Edu
Alphonsa College ,Pala	04-08-2008	30-12-2009	Assistant professor in Phy.Edu
St.Teresa's,College	31-12-2009	Till date	Assistant professor in Phy.Edu

Academic Acheivements:-

Courses Attended

Name of the course	Name of the university	Date&Year	Duration of the course
Orientation	Kerala University		28 days
Refresher	Kerala University		21 days

SEMINARS AND WORKSHOP ATTENDED

Name of the Seminar/workshop	Organised By	Date&Academic year.	Duration of the Seminar/workshop	International/National/State
Modern Trends in research	IQAC of St.Terasas College	December 5 th . 2012-13.	One day	National
Art, Fashion,Language and culture	womens stududies centre STC	28 th and 29 th Jan.2012-13	Two day	Inter national
Nutritional medicine Health &	Department of Zoology, STC	7 th & 8 th June2012-13	Two day	Inter national

wellness					
Teaching HINDI in non hindi speaking area	Department of Hindi STC in collaboration with central institute of Hindi Agra	4 th and 5 th Feb.2012-13	Two day	Inter national	
Equiping new era practitioners:- Teaching Learning and Evaluation	IQAC St.Terasas college	20 th & 21 st June 2013-14	Two day	National workshop	
Indian Environmental issues lessons from history	Department of history St.Terasas college	25 th & 26 th November 2013-14	Two day	National	
Capital market emerging trends and reforms	Department of commerce St.Terasas college	December 4 th &5 th 2013-14	Two day	National conference	
functioning as an autonomous college	IQAC St.Terasas college	Feb.11, 2013-2014.	One day	National workshop	
Etiology of Cancer social dimensions and preventive measures	Department of sociology St.Terasas college.	26 June 2013- 2014.	One day	International conference	
Sustainable resource management,Tools and techniques	Department of Home science St.Terasas college	7 th and 8 th october.2014-15	Two day	National seminar	
Curriculum and syllabus restructuring	IQAC St.Terasas college	9 th & 10 th December 2014-15	Two day	National workshop	

Life style disease A Multidisciplinary Approach	Department of sociology & Centre for Research St.Teresas college.	14 th & 15 th January 2014-2015	Two day	National seminar
Physical Activity and Dietary habits for Healthy living	Department of Physical Education St. Joseph college Irinjalakuda	12 th & 13 th March 2014-15	Two day	National seminar
Modern Trends in sports flooring	Association of College teachers in physical Education & School of physical Education & Sports Sciences M.G. University Kottayam	18 th march 2015-16	One day	State Level
Mind Body & Spirit: Yoga perspectives for human integration	Department of Physical Education Maharajas college Ernakulam	7 th & 8 th January 2015-16	Two day	National seminar
Requisites of design intervention in handicrafts sector	Department of Fashion designing, Women's study centre St.Teresas college Ernakulam	8 th & 9 th February 2016-17	Two day	National seminar
UGC Regulation 2010-CAS for Physical Education Teachers	Association of College teachers in physical Education & School of physical Education &	10 th March 2016-17	One day	State Level seminar

	Sports SciencesM.G.Universit y Kottayam & Baselios College kottayam			
Sports Culture Towards Wellness	Department of Physical Education Government college Nedumangad,Thiruva nanthapuram	14,15&16 th December 2017-18	Three day	National Workshop
Science and Society in Modern Kerala	Department of History St.Teresas college	18 th December 2017-18	One day	National seminar
Health and fitness: A Key to success in life.	Department of Physical Education Maharajas college Ernakulam	19 th & 20 th December 2017-18	Two day	National seminar
A life of wellness,Food habits and Yoga in vogue	Department of Physical Education Government college,Thripunithura.	11 th & 12 th January 2017- 18	Two day	National seminar
Current and emerging Technologies in cryto currency,Machine Learning,IOT and future Computing	B.voc Software Development in association with BSc.Computer Applications(Trippl e Main)	16 th February 2017-18	One day	National
Analysis and its	Department of	6 th and 7 th	Two day	National

Applications	Mathematics & statistics St. Teresas college	September 2018-19		seminar
Teresian Eco-friendly Recycling and Reusing Activities	PG Chemistry and Bhoomithrasena Club St. Teresas college	7 th November 2018-19	One day	Faculty Enrichment programme
First aid and safety Techniques (FAST 2018)	PG Chemistry St. Teresas college	9 th November 2018-19	One day	State Level Workshop

- Life Member of Indian Federation of Computer Science in Sports.

Quality enhancement programme 2013-2019

- Conducted Coaching camp in Volleyball and badminton for 21 days
- Conducted fitness awareness and assessment programmes for college students
- Conducted Intramural Programmes (Interdepartmental in Table Tennis & Basketball in
- Selection Committee member in M G University Intercollegiate Softball & Tennis Championships in 2013-14
- Selection Committee member in M G University Intercollegiate Softball & Cricket Championships in 2014-15
- Selection Committee member in M G University Intercollegiate Baseball & Tennis Championships in 2015-16
- Selection Committee member in M G University Intercollegiate Yoga & Table tennis Championships in 2016-17
- Selection Committee member in M G University Intercollegiate Yoga & Table tennis Championships in 2016-17

- Selection Committee member in M G University
Intercollegiate Cricket &Tennis Championship
- Acted as the Technical Official in the M G University Athletic Championship.
- Acted as the Technical Official in the South zone National Jr.Athletic championship
- Sub district(schools) level Table Tennis at Gym Plaza in 2012-13
- Conducted M.G university intercollegiate Tennis Championship
- M.G University Badminton(Men &Women) Coaching Camps for the All India Interuniversity Badminton Championship
- Conducted Talent Identification Programmes for various teams(Badminton ,Table Tennis and Volleyball)
- College Red Cross Co-ordinator
- College Youth Festival Charge
- College Assistant NCC Incharge
- Conducted Coaching camp in Volleyball and badminton for 21 days
- Conducted fitness awareness and assessment programmes for college students
- Conducted Intramural Programmes (Interdepartmental in Table Tennis & Chess in 2013-14
- Selection Committee member in M G University
Intercollegiate Soft ball &Tennis Championship
- Acted as the Technical Official in the M G University Athletic Championship.
- Acted as the team Manager for All India Inter university Badminton Championship
- M.G University Badminton(Men &Women) Coaching Camps for the All India Interuniversity Badminton Championship
- Organized Personality training Programme for Sports Students
- Organizing committee member in All India Inter university Volleyball championship.
- Organizing secretary MG University inter collegiate Tennis champion ship
- College Discipline committee member