

PERSONAL PROFILE

Name : **Dr. Thomas. K.M**
Father's name : Mr. K. M Mathai
Date of Birth : 18/01/1971
Place of birth : Kodancherry
Sex : Male
Religion : Christian
Marital status : Married
Nationality : Indian
Height : 1.74cm
Weight : 84kg
Designation : Assistant Professor
Department : Physical Education
Present Address : Kunnath (H), L-7/15, Janatha Road
Vyttila, Ernakulum
Area of Specialization : Basketball & Sports Medicine

Academic Qualification :

Exam Passed	Board/ University	Year	Percentage of Marks
S.S L C	State Educational Board	1988	53
VHSE	VHSE Board Kerala	1990	56
Bachelors Degree(BPE)	Kerala University	1994	51
Masters Degree (MPE)	LNIFE,Gwalior	1996	59.82
Ph.D	Lucknow University	2006	-

NB: The topic of the thesis for Ph. D was Comparison of selected Anthropometric and Physiological variables among the students of the Indo- Gangetic Plain, Coastal and the Himalayan Regions.

SPORTS ACHIEVEMENTS

- 1.National Gold Medalist in the All India Inter University Handball Championship held at Kerala University in 1993-94.
2. Represented LNCPE in the All India Inter UniversityBasketball Championship held at Devi Ahalya University Indoor in the year 1995.
- 3.RepresentedKerala state Schools for the XXXIII and XXXV School Handball Nationals held at Amaravathi and New Delhi respectively in the year 1987-88 and 1989-90.
4. First place in Discuss throw in the Kerala state VHSE Athletic Meet held at Trivandrum in the year1988.
5. Second place in Javelinthrow in the Kerala state VHSE Athletic Meet held at Trivandrum In the year1988.

Teaching experience

Name of Institution	From	To	Position
Silver Hills Public School, Calicut,CBSE	05-01-2002	07-06-2005	PE Teacher
Fathima UP School Pariyapuram,Malappuram	08-06-2005	31-03-2006	„
Govt. Model Residential School, Easthill, Calicut	05-06-2006	30-06-2007	„
GHSS Kruvampoyil, Calicut	01-07-2007	08-12-2009	„

Worked as a guest Lecturer in Physical Education in Ewing Christian college, Allahabad for the academic year 1996-97.

Academic Acheivements :- Publications

Name of the book/Paper	Topic of the chapter/paper	Year and ISSN	Name of the publisher/Name of the Journal
An Eclectic study on Yoga Physical Education and Developmental skills	Physical Exerciceand a balanced diet a key to conquering obesity(Chapter Published)	2018/ issn 978-93	Purbyon Guahatti
	Comparison of selected anthropometric variables among the students of Indo-gangetic plain coastal and the Himalayan regions		
	Comparison of selected Physiological variables among the students of Indo gangetic plain coastal and the Himalayan regions		

COURSES ATTENDED

Name of the course	Name of the university	Date &Year	Duration of the course
Orientation	Calicut	28-06-2013 to 25-07-2013	28 days

Refresher	Kumaun	08-07-2015 to 30-07-2015	23 days
Refresher	Guahatti	07-03-2018 TO 27-03-2018	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 & wellness	Department of Zoology, STC	7 th & 8 th June2012-13	Two day	Inter national
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.Teresas college	December 4 th &5 th 2013-14	Two day	National conference
functioning as an autonomous college	IQAC St.Teresas collegeon	Feb.11, 2013-2014.	One day	National workshop
Etiology of Cancer social dimensions and preventive measures	Department of sociology St.Teresas college.	26 June 2013-2014.	One day	International conference
Sustainable resource management,Tools and techniques	Department of Home science St.Teresas college	7 th and 8 th october.2014-15	Two day	National seminar
Curriculum and syllabus restructuring	IQAC St.Teresas 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 SciencesM.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 & Sports Sciences M.G.University Kottayam & Baselios College kottayam	10 th March 2016-17	One day	State Level seminar
Sports Culture Towards Wellness	Department of Physical Education Government college Nedumangad, Thiruvananthapuram	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 cryptocurrency, Machine Learning, IOT and future Computing	B.voc Software Development in association with BSc.Computer Applications (Tripple Main)	16 th February 2017-18	One day	National

Analysis and its Applications	Department of Mathematics & statistics St.Teresas college	6 th and 7 th September 2018-19	Two day	National 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

Duties and Responsibilities

- 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 2012-13
- Selection Committee member in M G University Intercollegiate Basketball, Cricket & Handball Championship
- Acted as the Technical Official in the M G University Athletic Championship.
- Team manager for the All India Inter university Badminton Championship
- Conducted sub district(schools) level Table Tennis at Gym Plaza in 2012-13
- Conducted M.G university intercollegiate Tennis Championship
- Conducted 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)

Membership of Professional Bodies, Societies etc. : yes

- Life Member of Indian Federation of Computer Science in Sports.
- Membership in RSC(Rajive Ghandi Sports Center, Kochi)