



BIJU SUKUMAR.

CURRICULUM VITA

E-mail: bjusukumarsl@gmail.com

Mobile: +91-9895334142

Contact No: +91471-2261229

ABOUT MYSELF

I would like to introduce myself as honest, sincere and fully committed person. I always work with best of my abilities and efforts with full determination and commitment.

OBJECTIVES

Challenging and joy full job as a Physical Education specialist in an organization which would effectively use my training and knowledge to the maximum.

ACADEMIC QUALIFICATION

- **MBA** [*Master of Business Administration-Sports Management*] Tamil Nadu physical education and Sports University Chennai, 2018.
- **PhD** [*Doctor of Philosophy*] Department of Physical Education and Sports Sciences from Annamalai University 2013 November.
- **M.Phil** [*Master of Philosophy*] Department Physical Education and Sports Sciences from Annamalai University in 2009.
- **M.P.Ed.** [Master of Physical Education] School of Physical Education and sports Science from Kannur University in 2006.
- **B.P.E** [Bachelor of Physical Education] Center for physical Education from Calicut University in 2004.
- **V.H.S.E** [Vocation subject Physical Education] G.V.Raja Sports School Trivandrum from Board of vocational higher secondary examination Govt. of Kerala in 2001.
- **Fitness and Management** Post Graduate Diploma in 2011.

COURSE HIGHLIGHTS

- ***Doctor of Philosophy (PhD):*** Three years of research work about the topic of “Effect of Sport Loading Programme on Selected Speed Related Parameters Higher Secondary Level Male and Female Sprinters”.
- ***Master of Philosophy (M.Phil.):*** One years of research work with the theory papers of Research method and Statistics, Training methods, and the topic of research was “Effect of Isolated and Combined Weight and Plyometric Training on Selected Performance Related Components of Higher Secondary level Male sprinters”.
- ***Master of Physical Education (M.P.Ed.):*** Two years of Master Degree programme with theory and practical of Training method, Research method, Statistics, Sports psychology, Sports sociology, Anatomy and Physiology, Exercise physiology, Kinesiology and Biomechanics, Specialization in Track and Field and Football etc.
- ***Bachelor of Physical Education (B.P.E):*** Three year under graduation programme with the papers like Sports Training, Anatomy, sociology, Psychology, Specialization in Track and Field and Basketball etc.
- ***V.H.S.E): (Physical Education)*** Two-year conducted by Board of Vocational Higher Secondary Examinations Government of Kerala. It includes all sports science subjects and specifically for Football.
- ***Postgraduate Diploma in Fitness Management:*** One year Diploma course, with specialized in fitness and Wellness, Concept of Physical Fitness and Development, Application of Allied Science on Fitness and Practical on Fitness Management.

Computer knowledge

- ❖ MS Office (MS Word, MS Excel & Internet)
- ❖

MEMBER SHIP

1. Indian Federation of Computer Science in sports, Life Time Member ship.
2. International Federation of Physical Education, Fitness and Sports Science Associations.
3. Sports Academy Association of India (SPAA INDIA).
4. Global outreach medical and health Association.

AREAS OF SPECIAL INTEREST

- ❖ Traveling and Tricking.
- ❖ Training Methods and Fitness management.
- ❖ Research in Physical Education.
- ❖ Teaching in Physical Education and Coaching in Track and field.
- ❖ Social Service.

EXPERIENCE

- Having an experience as Assistant Professor Physical Education, in St.Michaeles College Cherthala , 15/06/2017 on words
- Having an experience as a Govt, Guest Assistant Professor Physical Education, in S. N College Chempazhanty, Trivandrum 01/07/2014 to 31/03/2017.
- Having an experience as a Physical Director In Sivaji College of Engineering and Technology, Manivila, Kanayakumari , Tamilnadu, 17/06/2013 to 05/02/2014.
- Having an experience as a Physical Education Lecturer in PankajaKasthuri College of Engineering and Technology, Trivandrum 01/10/2009 to 18/08/2010.

- Having an experience as a Physical Education Lecturer in G.V.Raja Sports School Trivandrum 02/06/2008 to 30/09/2009.
- Having an experience as a Physical Education Instructor in G.V.Raja Sports School Trivandrum 21/08/2006 to 30/03/2007.

PROFESSIONAL EXPERIENCE

1. Swimming Kerala university team (need supporting documents)

- Having an experience of Kerala Netball Team Coach (Men) of **35th National Games 2015(Secured Bronze Medal)**.31thJanuary to February 14 in March 2015, Organized by National Games Organizing Committee, Kerala2015.
- Having an experience of Kerala University Aquatics Team Manger (Men) of All India Inter University Aquatics Tournament 2014-2015. Jain University, Bangalore from 26th to31st October 2014.
- Having an experience of Kerala Netball Team Manger (Men) of 31th Senior National Netball Championship 01th to 04th in March 2014, Organised by Netball Association of Bihar.
- Having an experience of Kerala Netball Team Manger (women)of 29th Senior National Netball Championship 25th to 29th in March 2012, Vedic Mohan Ashram, Bupatwala ,Haridwar, Uttarakhand.
- Having an experience of Kerala Team Manger (Men)of 25th Senior Junior Netball Championship 29th January to March 01st in March 2012, Kalinga Stadium, Bhubaneswar,Odisha.
- Having an experience of Kerala Team (Women) Coach of 31th Senior National Netball Championship 01th to 04th in March 2014, organized by Netball Associationpatna, Bihar.
- Having an experience of Kerala Team Manger (Men)of 37thAts- Nehru Junior Hockey Tournament, Nehuru stadium (Haryana) in November 2008.
- **Social Services**
 - ❖ Organized community Development programs like Tree plantation program, Adult education program and also organized Different Social awareness Rallies.

- ❖ Participated in various camps like Blood Donation camp and free medical camp.
- ❖ Visits to old Age home, Leprosy center and AIDS patient.

DETAILS OF PUBLICATIONS

• Total No. of Papers Published – 42

- National -15
- International - 27

ATTENDED/ PRESENTED PAPER IN CONFERENCES/SEMINARS

- National -20
- International - 5

WORKSHOPS ATTENDED

- National - 4
- International - 1

Books Published-4

Chapter Published-2

Training Programme-2

Chair Person- 1

Editorial Board Member-4

Papers Published International Journals

1,**BIJU SUKUMAR**, Dr.S Chitra and P.Rajinikanth,(2012)Effect of Sport Loading program on strength Endurance Among school level sprinters., International Journal of Health Physical Education and Computer science in Sports.Vol.7 No1PP,88-90

Impact Factor : 2.477 (ISSN: 2231-3265).

2,***Sukumar Biju****Sunilkumar, S. and *** Abraham George, Impact of resisted exercises on strength endurance and speed of deaf high school students. International Journal of Sports Sciences and Fitness, **Impact factor : 5.69. ICV 2015: 70.51,ISSN:2231-1599,Volume 2(2) 2012.**

3,**BIJU SUKUMAR** and Dr S Chitra,(2012)Effect of sport loading program on Explosive power among school Level sprinters. International Journal of sports Glimpses. Vol-1, No-2, pp, 84-89(ISSN: 2278-5027).

4, Shine Singh J.P, **BijuSukumar**, Shafeeq V.A.(2013) Weight Training, Plyometric Training and its Combinatory Effect on Stride Length Among Adolescent Sprinters. International Journal of advanced Science and Teaching Research. Issue-3, volume-2 **impactFactor:3.94(ISSN2249-9954)**

Availableonline (www.rpublication.com.ijst/index.html).

5,**BijuSukumar**, (2013) physical characteristics of Adolescent Male wrestlers. International Journal of sports Glimpses. Vol-2, No-2, pp, 57-61(ISSN: 2278-5027).

6,Sabaanath, **BijuSukumar** And T.Thevanthy(2014)Effect of periodized Dance training on Cardio respiratory endurance Among pubescent Girls. International Journal of physical Education Sports Management and Health Science. Vol-1, No-1, pp, 01-08 (ISSN: 2349-6703).

7,**BijuSukumar**,(2015)Impact of twelve weeks of circuit training on body mass index and percentage of body fat of physically active youth .International Research Journal of physical Education and sports Science. Vol: I, Issue: II, **Impact Factor (ISRA.JIF0.335) (ISSN: 2394-7985).**

8,**BijuSukumar**,(2015) Effect of aerobic training on total cholesterol and blood sugar at fasting condition among obese men. International Research Journal of physical

Education and sports Science. Vol: II, Issue: II, **Impact Factor (ISRA.JIF0.335) (ISSN: 2394-7985).**

9,**BijuSukumar** ,(2016) Effect of sport loading and plyometric training on strength among Football players. International Journal of Physical Education and sports Science.vol:1,Issu:1,Pagno:18-22 **Impact Factor 1.175 (RIF).(ISSN-2456-2963).**

10, Biju sukumar, (2016) Impact of twelve weeks of circuit training on muscular endurance and cardio respiratory endurance of physically education youth. International Research journal of Physical Education and sports Science .Vol: Issue:I **Impact Factor: 3.125(RIF) (ISSN: 2394-7985)**

11, **Biju Sukumar,(2016)** Effect of plyometric exercises on physical fitness component speed in hockey players. International journal of Physical Education and sports science. Volume: 1, Issue: 4, Pages: 15-17 **Impact Factor 3.125 (RIF) (ISSN: 2456-2963).**

12, Sabaananth.S and **Biju Sukumar,(2016)** Comparative effect of moderate high and moderate intensity aerobic training on VO₂ max. International journal of Physical Education and sports science. Volume: 1, Issue: 5, Pages: 18-21 **Impact Factor: 1.175 (RIF) (ISSN: 2456-2963).**

13, **Biju Sukumar,(2016)** Analysis of pre-competition sports anxiety among hokey and volleyball players. International Journal of Physical Education, Sports and Health. **Impact Factor (ISRA): 5.38 , 3(6): 443-444 ,ISSN: 2394-1685.**

14, Biju Sukumar,(2016)E ffect of plyometric exercise on physical fitness components speed in hockey players. International Journal of Physical Education and Sports.Volume :1 Issu:4,pages 15-16,**ISSN-256-2963.**

15, **Biju Sukumar,(2017)** Influence of selected yogic practices on body mass index and flexibility among middle aged women. International Journal of Physical Education, Sports and Health. **Impact Factor (ISRA): 5.38 , 4(1): 71-74,ISSN: 2394-1685.**

16, **Biju Sukumar,(2017)** Impact of sports participation and psychological training on aggression among the college students. International Journal of Physical Education, Sports and Health. **Impact Factor (ISRA): 5.38 , 4(1): 68-70,ISSN: 2394-1685.**

17,**Biju Sukumar,(2017)** Effect of plyometric exercises on agility among the netball players. International Journal of Physical Education, Sports and Health. **Impact Factor (ISRA): 5.38 , 4 (1): 277-279,ISSN: 2394-1685.**

18, **Biju Sukumar**,(2017) Effect of aerobic training on total cholesterol and blood Sugar at fasting condition among obese women. International Journal of Physiology, Nutrition and Physical Education **2017; 2(1): 84-86 Impact Factor (RJIF): 5.43 ISSN: 2456-0057.**

19, **Biju Sukumar**,(2017) Effect of eight weeks yoga training on balance and hand eye coordination of individuals with intellectual disabilities. International Journal of Yoga, Physiotherapy and Physical Education. **2017; 2(2): 38-41 ISSN: 2456-5067, Impact Factor: RJIF 5.24.**

20, **Biju Sukumar**,(2017) Effect of resistance exercise on total cholesterol among college women. International Journal of Physiology, Nutrition and Physical Education. **2017; 2(1): 201-203, Impact Factor (RJIF): 5.43 ISSN: 2456-0057.**

21,**Biju Sukumar** .(2017) Effect of various yogic programmes on physiological variables of female students. International Journal of Yogic, Human Movement and sports Science **2017;2 (1):30-32.ISSN:245-4419,Imact Factor(RJIF):5.18.**

22, **Biju Sukumar**,(2017) Effect of plyometric exercises on static balance among the kho-kho players. International Journal of Physiology, Nutrition and Physical Education. **2017; 2(1): 441-443, Impact Factor (RJIF): 5.43 ISSN: 2456-0057.**

23,**Biju sukumar** (2017) Effect of Plyometric Exercises On Speed Among The Kho-kho Players , International Journal of Physical Education Health & Sports Sciences.2017;6 (2) 39-45. **Impact Factor - 0.703 (ISRA) , ISSN 2279-0306.**

24,**Biju sukuma** (2018) Effect of high intensitiy cardiac circuit exercises on selected anthropometric measures among obese female male students .International Journal of Physiology, Nutrition and Physical Education.2018;3(1):692-693, **Impact Factor (RJIF):5.43.ISSN:2456-0057.**

25, **Biju sukumar** (2018) Physical fitness variables for speed, back strength and cardio respiratory endurance. International Journal of Yogic, Human Movement and Sports Sciences, 2018; 3(1): 579-581, **Impact Factor: (RJIF): 5.18, ISSN: 2456-4419.**

26, **Biju sukumar (2018)** Impact of twelve weeks of Aerobic Circuit Training on Resting pulse rate and Breath hold time of College Boys, International journal of Creative Research Thoughts Volume 6, Issue 1 March 2018 , **Impact Factor: 5.97, ISSN: 2320-2882.**

27, **Biju sukumar (2018)** Effect of specific training on selected physical fitness variables of college football level players, International Journal of Yoga, Physiotherapy and Physical Education. **2018; 3(2): ISSN: 2456-5067, Impact Factor: RJIF 5.24.**

Papers Published National Journals

1, **BIJU SUKUMARS** and Dr.S.Chitra. (2011). Effect of isolated and combined Weight and Plyometric Training on Speed Among Higher Secondary Level Male sprinters, National Journal of *Research Scholar*, Vol: 1(1), pp.34-37. (**ISSN: 2249-6696**).

2, **BIJU SUKUMARS** and Dr.S.Chitra. (2011) Effect of circuit Training on Selected Strength Parameters of College Level Women Kho-Kho Players. National Journal of *Research Scholar* vol: 2 (2) pp.43-49. (**ISSN: 2249-6696**).

3, Sunil kumar s, **BIJU SUKUMAR**, and Dr George Abraham (2011) Eight weeks of Resistance Training and its impact on LED cholesterol of Married young women .National Journals of *Health And Fitness* vol:2 pp.55-61.(**ISSN :0975-9409**).

4, Dr George Abraham, Sunil kumar s and **BIJU SUKUMAR**, (2011) effect of Resistance Exercise on Strength Endurance And maximum Speed of Hearing Impaired high School Boys. National Journal of *Adapted physical Education and yoga*. Vol:1 No, 2, pp-40-44. (**ISSN 2229-4821**).

5, **BIJU SUKUMAR** and Dr S .Chitra. (2012) Effect of isolated and combined sport loading and plyometric Training on speed among higher secondary level male sprinters. National Journal of *Research Scholar* vol: 2 pp.218-224 (**ISSN: 2249-6696**)

6, **BIJU SUKUMAR** and Dr. Georgebraham. (2012) Selected Resisted Exercise and its Effects on Lipoprotein of Female Teacher Trainees. National Journal of *AMMASS* vo.1 pp 01-07 (**ISSN: 0975-3966**).

7, **BIJU SUKUMARS** and Dr.S.Chitra. (2012) Effect of isolated and combined Sport Loading and plyometric Training on Strength endurance among higher secondary level male sprinters. National Journal of *Baselius Research* vol: x111, pp.671-678. (**ISSN: 0975-8658**).

8, BIJU SUKUMARS and Dr.S.Chitra. (2012). Effect of sport loading programme on Speed related parameters school level sprinters, National Journal of Research Scholar, Vol: 1(3), pp.114-118. (ISSN: 2249-6696).

9,BIJU SUKUMAR and Dr.S.Chitra, (2012) Effect of isolated and combined sport loading and plyometric training on explosive power among higher secondary level male sprinters. National Journal of Research Line Vol: 1pp, 194-199. (ISSN:0975-8941).

10,BIJU SUKUMAR and Dr.S.Chitra, (2012) Effect of isolated and combined sport loading and plyometric training on Stride length among higher secondary level Sprinters.National Journal of Research Journal Misbah, Vol-8, and No -8.pp, 36-41(ISSN: 0976-2523).

11, BIJU SUKUMAR, Shafeeq V.A and Dr .George Abraham,(2013) impact of isotonic and isometric training on strength and power outputs in collegiate male students. National Journal of Discourse xavierian Research Journal, Vol.1, No-1, pp, 172-176(ISSN 2321-0214).

12, BijuSukumar and BijuS.S (2014) Effect of circuit resistance training and plyometric training on strength among players. National Journal Logos Vol-2, pp 38-44,(ISSN13802349-3836).

13,BijuSukumar (2015) Air Pistol Target Shooting Respective Study, National Journal Logos Vol-3, pp 11-16,(ISSN2349-3836).

14, BijuSukumar (2017) Effect of specific training on selected physical fitness variables of college level women hockey players, National Journal of Research journal on physical education and sports voice of sports Vol-11, pp 14-19, (ISSN 0975-4687).

15,Biju Sukumar(2017)Effect of yogic practices and running on cardiovascular Endurance among college students. Gurujyothi Research And Reflection. Vol-11,Issue 1 January 2017 pp29-33,(ISSN-0976-0865)

PRESENTATIONS IN NATIONAL CONFERENCES / SEMINARS

1. “*Effect of weight circuit Training on selected strength and power parameters of college level women KhoKho players* ”, National Conferences on Use of Modern Technology in Physical education, Sports and Allied Health Sciences, VinayakaMission’s College of Physical Education, Vinayaka Mission’s University, Salem, Tamil Nadu, 11th and 12th February, 2011.

2. "*Analysis of body composition of junior male weight lifters in Kerala*", National Seminar on Prospective Approaches and Applications in Sports Science, Dept. of Physical Education, Health Education and Sports, The M.D.T Hindu College, Tirunalveli, Tamil Nadu, 4th February, 2011.
3. "*Somatotype characteristics of young male weight lifters in Kerala*", UGC National Conference on The Felicitous Intertwined Trio of Physical Activities, Wellness and Sports, Dept. of Physical Education, Bishop Heber College, Tiruchirappalli, Tamil Nadu, 5th February, 2011.
4. "*Effect of isolated and combined weight and plyometric training on strength endurance*", UGC National Seminar on Training Prescription and Functional Responses on Different Population, Dept. Of Physical Education and Sports Sciences, Annamalai University, Annamalainagar, Tamil Nadu, 28th and 29th March, 2011.
5. "*Effect of isotonic and isometric training programme on body composition*", UGC National Conference on Advance in Environmental Research: An Interdisciplinary Approach, Dept. of Zoology, Annamalai University, Annamalainagar, Tamil Nadu, 11th and 12th March, 2011.
6. "*Resistance training with high and moderate intensities and its effects on speed*", National Seminar on Scientific Innovations in Sports Sciences and Technology, Selvam College Of Physical Education, Namakkal, Tamil Nadu, 5th March, 2011.
7. "*Moderate intensity resistance training and its effect on calf girth of male under graduate students*", NAAC Sponsored National Seminar on Teaching-learning in Physical Education: Quality Concerns, Sri Ramakrishna Mission VidyalayaMaruthi College of Physical Education, Coimbatore, Tamil Nadu, 18th and 19th March, 2011.
8. "Resistance training and its effects on explosive power among women teacher trainees", National conference Honing Modern Trends & Promotion of Education in Health Science , Dept of physical Education, Sports and Health Sciences, St Aloysius College , Edathua , Alappuzha , Kerala 14th to 16th December ,2011.
9. "Effect of resistance exercise on total cholesterol among young graduates" , UGC Sponsored National seminar on Emerging Trends in Physical Education & Sports Science and Role on Improving the performance of sports man. Department of

Physical Education Sri Padamavathi Mahila Visva Vidyalayam Tirupathi, Andhra Pradesh 5th & 6th March 2012.

10. *“Effect of weight Training on selected strength parameters of college level women Kabadi players”*, UGC Sponsored National Seminar on Physical Active and New Diseases –Current Perspective, organized by Department of Physical Education MES Mampad college Mampade, Malappuram, Kerala, 12th and 13th March 2012.
11. *“Effect of circuit training on selected physical fitness variables among Basketball”* players. National conference on Doping in sports –Invigoration, Prerequisites and Misapprehensions, organized by Research Department of physical Education, National College NSS Regional center, Chennai on 28th July 2012.
12. *“Stress Management and relaxation techniques”*, UGC Sponsored National Seminar on Prevalence and control of life style Diseases in Kerala, organized by Department of Physical Education, Indian Academy of Paediatrics Kottayam, Mahatma Gandhi University Kottayam, Deva matha college kuravilangad Kerala, 06th and 07th February 2014.
13. *“Stress and Anxiety in Sports”* UGC Sponsored National Seminar on Prevention of life style Disease through participation in physical Activities, organized by Department of Physical Education, All saints college, Trivandrum, Kerala on 10th and 11th February 2014.
14. *“Mental skill Training for sports”*, UGC Sponsored National Seminar on Hypokinetic Diseases and Wellness of College Students, organized by Department of Physical Education St. Mar 's College Thrissur, Kerala on 27th and 28th August 2014.
15. *“Impact of twelve weeks of circuit Training on body mass index Second percentage of body fat of physically active youth”*, UGC Sponsored National Seminar on Recent trends in Sports Medicine, organized by Department of Physical Education Deva Matha College Kuravilangad, Kerala on 8th and 9th January 2015.
16. *“Variations between with and without Ball Aerobic training on selected physiological variables among football players”*. Directed of Collegiate Education Govt. of Kerala Sponsored National Seminar on Physical Exercise towards Preventing life style Diseases, organized by Department of Physical Education University college Trivandrum, Kerala on 24th November 2015.

17. *“Modern Lifestyle and hypokinetic Diseases ”* Directed of Collegiate Education Govt. of Kerala Sponsored National Seminar on Myths & classics, Adaptations Representations and Explorations and Life style Diseases and Women Health A Dietary Perspective” organized by Department of Physical Education KKTMM Government College ,pullut, Thrissur, kerala on November 1st & 2nd December 2016.
18. *“Asanas in Daily Life ”* Directed of Collegiate Education Govt. of Kerala Sponsored National Seminar on At the Cross, Sports, Fitness and Physical Education, organized by Department of Physical Education Baby John Memorial Government College, Chavara, Kollam, Kerala on 12th and 13th January 2017.
19. *“Health and wellness-The key to your happy life ”*, Directed of Collegiate Education Govt. of Kerala Sponsored National Conference Organized by Department of Physical Education Government college kariavattom, Trivandrum, Kerala. on 28th November, 2017.
20. *“ Effect of plyometric exercises on physical fitness component ”*, Directed of Collegiate Education Govt. of Kerala Sponsored National Seminar on Hurdles speed in soccer players”, Faced in fulfilling the Olympic motto- A Forethought organized by Department of Physical Education University college Trivandrum, Kerala on 18th January 201.

PRESENTATIONS IN INTERNATIONAL CONFERENCES / SEMINARS

1. *“Effect of isolated and combined Weight and plyometric Training on speed”*, SAP-DRS-I International Conference on Yoga, Physiotherapt, Nutrition and Sports for Lifelong Fitness, Dept. of Physical Education and Health Sciences, Alagappa University, Karaikudi, Tamil Nadu, 27th and 28th January, 2011.
2. *“Sports informatics: a new interdiscipline in sports science”*, 2nd International Conference on Bioinformatics and System Biology (INCOBS), Dept. of Zoology, Annamalai University, Annamalainagar, Tamil Nadu, 16th and 17th February, 2011.
3. *“Effect of Resistant exercise on strength endurance and maximum speed of Deaf and Dumb High school boys”*, International Seminar on Positive Perspective of Adopted Physical Education and Yoga, Faculty of General & Adapted Physical Education and Yoga, Ramakrishna Mission Vivekananda University, Coimbatore, Tamil Nadu, India and International Federation of Adapted Physical Activity, Free University of Brussels, Brussels, Belgium, 19th and 20th September, 2011.

4. “*Enviromental conversation the role of intuition*” International Conference on Science and Technology for Clean and Green Environment (STCGE) Dept. of Zoology, Annamalai University, Annamalainagar, Tamil Nadu, 27th and 28th July, 2011.

5, “Yoga and Wellness”, International Conference on Positive Perspective and Applications of Yoga and physical Activity for better life, Organized by Department of Physical Education All Saint’s College, Trivandrum, Kerala University on 19th and 20th November, 2015.

PARTICIPATIONS IN NATIONAL/ INTERNATIONAL CONFERENCES /SEMINARS/SYMPOSIUM

1, Participated in National Seminar on Athletics Jumps Organized by Vimala College, Thrissur, Kerala on 20th November 2003.

2, Participated in National Seminar on Emerging Trends and Perspectives in Physical Education and Sports Organized by Kannur, Kerala from April 8th to 9th 2005.

WORKSHOP ATTENDED IN NATIONAL LEVEL

1. National Workshop on “*Yoga Therapy, Exercise Therapy and Allied Therapy*”. Koviloor Andavar Institute of Yoga and Research, Koviloor Madalayam, koviloor , 29th January, 2011.

2. National Workshop on “*Track and Field Planning, Construction, Rules and Interpretations*” Dept. of Physical Education, Tamil Nadu Physical Education and Sports University, Chennai, 24th and 25th January, 2011.

3. National Workshop on “*Physiological adaptations on Training and nutrition organized by department of Exercise Physiology and biomechanics*” Tamil Nadu Physical Education and Sports University, Chennai, 9th February, 2011.

4. National Workshop on “*Sports culture forwards wellness*” organized by department of Physical, Government college Nedumangad, Trivandrum, Kerala 14th, 15th and 16th December, 2017.

WORKSHOP ATTENDED IN INTERNATIONAL LEVEL

1. **International** workshop on Health, Physical Education and computer science in Sports .Organised by Indian Federation of computer Science in Sports on 11th and 12th August 2012 , at Osmania University ,Hyderabad , India.

Books Published

1. A Practical Manual on Physical Education V.H.S.E I Year, For Vocational Higher Secondary Education, Published by The Director of Vocational Higher Secondary Education – Co- Author.
2. A Practical Manual on Physical Education V.H.S.E II Year, For Vocational Higher Secondary Education, Published by The Director of Vocational Higher Secondary Education – Co- Author.
3. A Hand book on Health and fitness Education, Akinik Publication, 1st Edition 2018.ISBN:978-93-87072-32-9.
4. A First Aid, Akinik Publication, 1st Edition 2018. ISBN:9789387072800.

Chapter Published

1, “*Effect of plyometric exercises on physical fitness component speed in hockey players*”, New Thoughts , Chapter-45, page no- 237 to 240. (ISBN No-978-81-926565-0-2).

Training Programme/ Other Courses

1,Department of Indian system of medicine sports Ayurveda research cell Organized Sports Ayurveda Training programme on 2nd& 3rd march 2016 at LNCPE Conference hall, Kariyavattom, Trivandrum, Kerala.

2, Department of physical Education Govt. college for women Trivandrum, one month yoga course on January28th to February 30th 2017 Completed , Sponsored by Directorate of collegiate Education, Govt.of Kerala.

Chair Person

1,International Conference on Positive Perspective and Applications of Yoga and physical Activity for better life, Organized by Department of Physical Education All Saint's College, Trivandrum, Kerala University on 19th and 20th November, 2015.

Editorial Board Member

1. "International Journal of Physical Education, Sports Health"-
Associate Editor.
2. "International Journal of Yogic, Human Movement and Sports Sciences".-
Associate Editor.
3. "International Journal of Yoga, Physiotherapy and Physical Education"-
Associate Editor.
4. "International Journal of Physiology, Nutrition and Physical Education"
Associate Editor.

DECLARATION

I Biju Sukumar hereby declare that the above information is true and correct to the best of my knowledge and I am in a position to produce the original documents when demanded.

BIJU SUKUMAR