

# AMJITH S

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Department of Physical Education  
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## Objective

*To build a nation of healthy citizen keeping the motto “Exercise is the cheapest medicine which is available in the market”*

## Education

**BPE, MPE, MPhil, PGDYS, CNIS (Yoga), CNIS (Gymnastics)**

## Work Experience

- Worked as Gymnastics coach in Kerala State Sports council. (2002-2003)
- Worked as Department of Physical Education faculty in University of London approved institution at Bangkok, Thailand (2004-2006)
- Worked as Physical Education Instructor in Sree Narayana polytechnic Kottiyam (2006-2008)
- Worked as Assistant Professor in Physical Education at Sree Narayana College, Sivagiri (2008-2015)
- Worked as Assistant Professor in Physical Education at Sree Narayana Training College, Nedunganda (2015-2021)
- Worked as Assistant Professor in Physical Education at Sree Narayana College, Chempazanthi since (August 2021-June 2022).
- Working as Assistant Professor in Physical Education at Sree Narayana College, Chathannur since June 2022

## Position Held

- Member board of Studies University of Kerala, Faculty of Physical Education.
- Member Malpractice prevention squad.
- Supervisor in charge of Socio Economic and Caste Census, Govt. of India NCC Caretaker (2008-2010)
- Selector Kerala University Gymnastics, Yoga, Hand ball, Kabaddi, Kho-Kho
- Team manager Kerala University Chess team (All India Inter University Championship 2013-2014)
- Supervisor in charge at CFLTC Nedunganda during Covid 19 pandemic period.

## Responsibility Undertaken

- Organising Secretary India Vs South Africa friendly Cricket match.
- Camp co-ordinator Community living camp “Kayakalpa” 2017-2018.
- Camp co-ordinator Community living camp “Svadhyaya” 2019-2020.
- Programme Co-ordinator Inter Disciplinary Seminar series “Paryagatha” 2019-2020.
- Convener Inter National Yoga day and State Level Seminar on Yogic Sciences 2019-2020.
- Staff Advisor to College Union 2019-2020.
- Staff Editor 2017-2018.
- IQAC member 2015-2021.
- PTA Secretary 2017-2018.
- Co-ordinator, Inauguration of the Centre for Legal aid in Chirayinkeezhu Assembly.

- Co-ordinator, Gender Equality Cricket Tournament 2016-17 to 2018-2019.
- Editorial board member Guru Jyothi Research and Reflections.

### Paper Publication

- “Effect of Yoga for minimizing academic stress among professional college students” Guru Jyothi Research and Reflections Volume 13, Issue 2, July 2019.
- “Mental Fatigue among engineering college students” Guru Jyothi Research and Reflections Volume 14, Issue 2, July 2020.

### Seminars and Workshops

- Delivered a speech on “Yoga and Aging” as Recourse person in connection with National Seminar on “Yoga for Mankind” Organised by DPE Baby John Memorial Govt. College, Chavara 2016.
- Delivered a speech on “Essential Yoga for Academic Excellence” as Recourse person in connection with 3 day National Seminar on “Sports Culture towards wellness” Organised by DPE Govt. College, Nedumangadu 2017.
- Delivered a speech on “Scientific Overview on Integration of Yoga in Higher Education” in a seminar on “Sports Culture towards wellness” Organised by DPE Govt. College, Nedumangadu 2017.
- Delivered a speech in a seminar on “Application of Nano Metrics in Sports Organised by DPE Sree Narayana College, Sivagiri 2019.
- Handled a practical oriented yoga session in an one day workshop Organised for Women’s study unit of St. Johns College Anchal 2017.
- Handled a practical session on “Health and Fitness” in NSS Annual Special Camp Organised by Govt. College, Karyavattom 2019.
- Handled a practical session on Yoga in NSS Annual Special Camp Organised by SNV HSS Nedunganda 2019, 2021.
- Presented a paper on “Unbalanced Sports Coverage in Indian Media” at UGC Sponsored National Seminar on Media and Sports organized by

Mount Tabor Training College, Pathanapuram, Trivandrum.

- Presented a paper on “Importance of Nutrition in women and Adolescent Girls” at UGC Sponsored National Seminar on “Prevention of Lifestyle Diseases through Participation in Physical Activities” organized by All Saints College, Trivandrum.
- Participated in the UGC Sponsored National Seminar on “Fostering 21<sup>st</sup> Century Skills: Challenges to Teacher Quality” organized by Sree Narayana Training College, Nedunganda 2014.
- Participated in the UGC Sponsored National Seminar on “Rejuvenating Education for Holistic Development: Some Concerns” organized by Sree Narayana Training College, Nedunganda 2015.
- Participated in the SAI Sponsored National Workshop on “Research Methodology” organized by LNCPE, Karyavattom 2017.
- Participated in the one day Workshop on “Minor research Project of Two year B.Ed curriculum” ” organized Sree Narayana Training College, Nedunganda 2017.
- Participated in the national Conclave on Accreditation Framework for Higher Education institutions – NAAC /SAAC / QCI 2018.
- Participated in an one day orientation programme on Effective Transaction of Revised 2 Year B.Ed curriculum 2019.
- Participated in the National Seminar on “New Education Policy 2019 – Impact on Educational Scenario in India” organized by Sree Narayana Training College, Nedunganda 2019.
- Participated in the National Commission for Women Sponsored one day Legal Awareness Programme 2020.
- Participated in the Two Day National Seminar on “Issues and solution of Higher Education in India” organized by Progressive federation of college teachers (PFCT) at Agricultural University 2020.

#### External Evaluation

- Member University of Kerala Practical Examination Board for B.Ed 2018, 2019, 2020.

- Member, University of Kerala online Verification of Sports quota 2018.

### Minor Project Guidance

- “A study on the Advantages of Yoga during Prenatal Period” by Aswathy V S, in partial fulfillment of the requirement for the award of Bachelor of Education 2018.
- “A Civic Sense on Entry and Exit Behavior of Secondary School Students” by Golda Stephen in partial fulfillment of the requirement for the award of Bachelor of Education 2020.
- “A Study on Self Esteem among Engineering College Students” by Athira Reghu, in partial fulfillment of the requirement for the award of Bachelor of Education 2021.
- “A Study on Mental Fatigue among Engineering College Students” by Arya A R, in partial fulfillment of the requirement for the award of Bachelor of Education 2021.