



Nirmala College

Muvattupuzha

**DEPARTMENT OF
PHYSICAL EDUCATION**

PROFILE 2012-18



FACULTY MEMBERS▶



Dr. SANTHOSH J
Assistant Professor
Head of the Department

Dr. Santhosh J. has a teaching experience of 18 years. After his M.P. Ed from LNIP Guwalior, he qualified UGC NET. He was the Convener of All India Interuniversity football championship in 2013-14. He is a Member of the Kerala Public Service Commission Physical Test and M.G university exam flying squad. He is the Selector of M G University football team from 2013 onwards. He was the convener of M.G University North Zone Football Tournament, Team manager of M G University Netball team which participated in the All India inter University Championship and selector of MG University Football team since 2010 He was awarded with a Minor research project IN 2016 from UGC amounting to Rs. 3,00,000. He acquired Ph.D. in 2016.



Mr. ABIN WILSON
Assistant Professor

Mr. Abin Wilson took his M.P.Ed from Kannur University in 2005 and qualified UGC NET. He has teaching experience of 13 years. He was a faculty member at M.G. University College of Teacher Education, Kumily. During that time he did his Mphil from Bharathiyar University Coimbatore as distance mode. Later joined St.Alberts College ernakulam as Assistant professor on 2007 and worked there till 2014. There he worked as the NCC Officer of one alpha company St.Alberts college Army wing. He completed the NCC Training with the highest Alpha grade in 2011. He attended the republic day parade In January 2012 as NCC Officer. He served as the IQAC member, Head of the department and college council member at St. Albert's College. He was the vice president of Ernakulam District Hockey Association during 2011 - 2014. He was the Ernakulam district team selector of hockey in 2013 and Screening committee board member of Kerala Fisheries University in 2014. He organised M.G university North Zone inter collegiate Cricket, Table tennis tournaments and All Kerala inter collegiate table tennis tournament for the academic years 2013, 2014 . In 2014 he got transferred to Nirmala college Muvattupuzha as an Assistant Professor. From that time, he serves as the college internal assessment committee member. For the last 8 years, he is the member of physical test board of Kerala Public Service Commission. He was the Organizing Committee member of Jawaharlal Nehru National Science Exhibition JNSSEM 2015. He was the M.G University handball team selector in 2016 and 2018 and Organizing Committee member of One million goal program conducted by Kerala sports council in 2017. He is the NCC Officer at Nirmala College NCC Unit and College IQAC member from 2017. He is also the program officer of Nirmala college Youth Red Cross unit. He was the M.G university Tennis team Manager for 2018 tournament held at Vishakapatnam, Andhra Pradesh.

PAPERS PRESENTED BY THE FACULTY

Title of the Paper	Title of Conference/ Seminar
Mr. Abin Wilson	
Psychological Profile of University Athletes	23rd National Conference on Sports Psychology held at Christ College, Iringalakuda, 2013
Modern Life Style Diseases	UGC Sponsored National Seminar held at Calicut University, 2015
Role of Genetic Influence in Indian Sports	UGC Sponsored National Conference on role of women participation in sports for women empowerment held at Thirupati, 2016
Dr. Santhosh J.	
Core muscles strengthening exercises	U G C Sponsored National seminar on Core Muscles and strengthening exercise, MES College Mampad in 2012-13.
Pituitary Adenoma & sports	International conference on sports 2013-14, Thrichirapilly
Growth Hormone in sports	Hormone in sports International conference, 2013-14
Isolated and combined effect of plyometrics and par course training on selected physical physiological and performance variables among football players 2014-2015.	National seminar on Sports Training 2014-15. Chennai

PUBLICATIONS BY THE FACULTY

COURSE OFFERED AS A PART OF CURRICULUM

Department offers an Open Course for undergraduate students in Physical health and life skill education from 2010. Table given below indicates the student enrolment in the open course offered by the department.

Student Enrolment

Year	Students Enrolled	Pass %
2011-12	50	100
2012-13	48	100
2013-14	47	100
2014-15	50	100
2015-16	49	100
2016-17	47	84
2017-18	60	100

SPORTS INFRASTRUCTURE



SPORTS HOSTEL



HEALTH CLUB

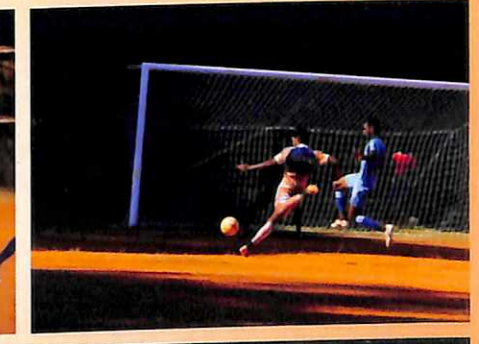


ACTIVITIES ORGANIZED

- Intramural competitions
- Inter Collegiate competitions
- Inter university Competitions
- Annual Athletic Meet
- Tournaments instituted by the department



Prof .George Paul Memorial Volleyball Tournament



Nedumkallel Memorial Football Tournament



M.G University Inter Collegiate Tournaments



All India Inter University Football

Intramural /Inter Departmental Tournaments in

- Cricket
- Football
- Volleyball
- Handball
- Chess
- Throw ball
- Tug of war
- Arm Wrestling
- Best physique
- Shuttle badminton



SPORTS ACHIEVEMENTS

INTERNATIONAL PLAYERS



SUJITH P RAVI
(Arm Wrestling 2013)
World Champion in 53 Kg.



RAHANESH T.P
(Football 2013) Goal Keeper
of North East United.



AJITH SHIVAN
(Football 2016)
Midfielder of Kerala Blasters.

NATIONAL ACHIEVEMENT



Football
All India Reliance Youth Foundation National
Football Championship 2017 - *Runners up*

STATE LEVEL ACHIEVEMENT



Football
Reliance Youth Foundation Kerala Region
Football Champions 2017



New Indian Express Goal 2017, South Indian Football Champions



NATIONAL GAMES PARTICIPATION

- Nirmalalites participated in 2015
National games held in Kerala
- ▶ **DONY JOSE** - Shooting
 - ▶ **SARATH CHANDRAN** - Beech Handball
 - ▶ **DILJITH.P.V** - Handball

ALL INDIA INTER UNIVERSITY FOOTBALL

- JIJO JERONE**
ELDHOS SUNNY
MAJU K. R.
DIBIN M. D.
SHAFAS SHAJI
- (Football- II Position)

NATIONAL AND INTER UNIVERSITY PARTICIPATION

Event	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19
Football	6	5	1	5	26	8	5
Handball	7	10	8	11	8	5	6
Taekwondo		1	1	1	1	1	
Best Physique	2	-	-	-	-	1	-
Shooting	-	-	2	2	2	2	2
Chess	-	-	-	-	-	-	1
Yoga	-	2	1	-	-	-	-
Athletics	1	-	-	-	-	-	-
Net ball	-	-	2	2	1	-	-
Basketball	-	-	-	1	-	-	-
Arm wrestling	1	1	1	-	-	-	-

POSITION IN M.G UNIVERSITY TOURNAMENTS

Event	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18	2018-19
Football	FIRST	FIRST	-	FIRST	FIRST	FIRST	SECOND
Handball	FIRST	FIRST	SECOND	FIRST	THIRD	THIRD	SECOND
Taekwondo	-	-	THIRD	THIRD	SECOND	SECOND	-
Chess	-	-	THIRD	-	THIRD	SECOND	SECOND
Yoga	SECOND	THIRD	-	-	-	-	-
Netball	-	-	THIRD	-	-	-	-



FUNDING

Event	2012-13	2013-14	2014-15	2015-16	2016-17	2017-18
SPORTS COUNCIL	-	2,02,300	1,92,000	11,50,000	11,25,000	21,80,000
SAI	10,000	-	-	-	-	-
PD ACCOUNT	1,25,000	1,25,000	1,25,000	1,25,000	1,25,000	1,25,000
UGC	-	2,50,000	2,50,000	-	-	-
MLA FUND	25,00,000	-	-	-	-	-
MANAGEMENT	3,50,000	3,75,000	4,00,000	3,50,000	2,00,000	1,50,000
PRIZE MONEY	-	-	20,000	1,50,000	2,00,000	50,000

BEST PRACTICES

Helping other institutions to organize tournaments.

Spreading the need of leading a healthy life.

Giving training to staff and students in college health club.

Outsourcing experts for training school and professional clubs.

FUTURE PLANS

Starting Tennis team

Introducing Throw ball team in college

Doing Multi disciplinary research

Conducting State level tournament

Conducting National level tournament

Releasing departmental news letter

Construction of Indoor Stadium

Opening Health Club for the Public



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