


NAME	Dr.METTILDA THOMAS	
DESIGNATION	GUEST LECTURER ,PHYSICAL EDUCATION	
QUALIFICATION	PhD,UGC-NET,M.P.E	
EMAIL ID	mettildathomas@gmail.com	
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TEACHING INTERESTS

- SPORTS PSYCHOLOGY , SPORTS MEDICINE , SPORTS TRAINING , AEROBICS, PHYSICAL FITNESS AND HEALTH EDUCATION

RESEARCH AREAS

EXERCISE PSYCHO- PHYSIOLOGY

ACADEMIC/PROFESSIONAL QUALIFICATIONS*

NAME OF THE PROGRAMME	INSTITUTION/UNIVERSITY	YEAR OF PASSING
PhD	KERALA UNIVERSITY (LNCPE)	JULY 2018
NET	UGC	2014
M.P.E	LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION	APRIL 2011
B.P.E	LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION	APRIL 2009
H.S.E	S.H.C.G.H.S.S. THRISSUR	MARCH 2006
S.S.L.C	S.H.C.G.H.S.S. THRISSUR	MARCH 2004

CAREER HISTORY/TEACHING EXPERIENCE

DESIGNATION	INSTITUTION/UNIVERSITY	YEAR OF SERVICE
GUEST LECTURER – PHYSICAL EDUCATION	MORNING STAR HOME SCIENCE COLLEGE< ANGAMALY	2017- till
GUEST LECTURER – PHYSICAL	VIMALA COLLEGE , THRISSUR	2015-2016

EDUCATION		
GUEST LECTURER – PHYSICAL EDUCATION	ST. MICHAEL’S COLLEGE, CHERTHALA , ALAPPUZHA	2016-2017
HOD, PHYSICAL EDUCATION	MAR ATHANASIOUS INTERNATIONAL SCHOOL, KOTHAMANGALAM,ERNAKULAM	2011-2013

PHD THESIS

SL.N O	TITLE	GUIDE NAME	INSTITUTION	MONTH/ YEAR
1	PHYSICAL PHYSIOLOGICAL AND PSYCHOLOGICAL VARIABLES OF KHO-KHO AND KABADDI PLAYERS IN KERALA	DR. BIJU KUMAR K	LAKSHMIBAI NATIONAL COLLEGE OF PHYSICAL EDUCATION	JULY 2018

AWARDS/ACHIEVEMENTS/OTHERS*

SL.N O.	NAME OF AWARDS/ ACHIEVEMENTS/OTHERS	DESCRIPTION	MONTH/ YEAR
1	UNIVERSITY OF KERALA RANK HOLDER	P.G (M.P.E) 2 ND RANK HOLDER	2011
2	NATIONAL GOLD MEDALIST	GOLDMEDAL,SCHOOL NATIONAL GAMES HELD AT KERALA	2004
3	BRONZE MEDALIST	BRONZE MEDAL IN NATIONAL GAMES[SENIORNATIONAL]HELD AT ASSAM-KHO-KHO	2007
4	BEST PAPER AWARD	IN U.G.C. SPONSORED NATIONAL SEMINAR, ON 12 TH AND 13 TH SEPTEMBER 2014 AT APSA COLLEGE, TAMIL NADU.	2014
5	VOLUNTEER -COMMON WEALTH GAMES, NEW DELHI	WORKED AS VOLUNTEER IN THE 2010 COMMON WEALTH GAMES, NEW DELHI ORGANIZED BY INDIAN OLYMPIC ASSOCIATION SPORTS AUTHORITY OF INDIA	2010
6	TEAM MANAGER – M.G UNIVERSITY CROSS COUNTRY WOMEN	ALL INDIA INTER UNIVERSITY CROSS COUNTRY TEAM MANAGER FOR M.G UNIVERSITY WOMEN	2018

		TEAM , CHAMPUIONSHIP HELD AT KALABURAGI, GULBARGA UNIVERSITY, KARNATAKA ON 1 ST OCTOBER TO 6 TH OCTOBER 2018	
7	M.GUNIVERSITY KHO-KHO TEAM SELECTOR	M.G UNIVERSITY KHO-KHO MEN AND WOMEN TEAM SELECTOR FOR ALL INDIA INTER UNIVERSITY CHAMPIONSHIP.	2018
8	M.GUNIVERSITY YOGA TEAM SELECTOR	M.G UNIVERSITY YOGA MEN AND WOMEN TEAM SELECTOR FOR ALL INDIA INTER UNIVERSITY CHAMPIONSHIP.	2019
9	TEAM MANAGER – M.G UNIVERSITY POWRLIFTING WOMEN	ALL INDIA INTER UNIVERSITY POWERLIFTING TEAM MANAGER FOR M.G UNIVERSITY WOMEN TEAM , CHAMPUIONSHIP HELD AT CALICUT UNIVERSITY , 17/02/2019 TO 23/02/2019	2019

*BEST PAPER,BEST POSTER,ANY OTHER POST HELD ETC...

JOURNAL PUBLICATIONS

SL.NO.	TITLE	NAME OF JOURNAL / VOL. NO / ISSUE NO / PAGE NOS	ISSN NO	MONTH / YEAR
1	COMPARISON OF VISUAL AND AUDIO REACTION TIME BETWEEN ELITE BOXERS AND TAEKWONDO PLAYERS	INTERNATIONAL RECOGNITION RESEARCH JOURNAL, ACADEMIC SPORTS SCHOLARS, VOL. 2, and ISSUE. 12	ISSN NO- 2275 3665	DEC 2013
2	AN EVALUATION OF SELF ESTEEM IN ELITE KHO-KHO AND KABADDI PLAYERS IN KERALA	INTERNATIONAL SCIENTIFIC JOURNAL OF SPORT SCIENCES , , VOL. 3, NO.1 AND 2	ISSN NO. 2277-2804	JUNE AND DECEMBER 2014
3	A SURVEY OF PSYCHOLOGICAL SKILLS IN NATIONAL LEVEL FEMALE AND MALE SWIMMERS,	INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION, SPORTS AND HEALTH, 1(5): 69-71.	P-ISSN: 2394-1685, E-ISSN: 2394-1693	2015

4	COMPARATIVE STUDY ON FLEXIBILITY AND CARDIO VASCULAR ENDURANCE OF ELITE KHO-KHO AND KABADDI PLAYERS IN KERALA	INTERNATIONAL JOURNAL OF FITNESS, HEALTH, PHYSICAL EDUCATION & IRON GAMES VOLUME:2,NO:1	ISSN 2349 – 722X	JAN 2015- JUNE 2015
5	A SURVEY OF PSYCHOLOGICAL SKILLS IN NATIONAL LEVEL KHO-KHO AND KABADDI PLAYERS	INTERNATIONAL JOURNAL OF FITNESS, HEALTH, PHYSICAL EDUCATION & IRON GAMES VOLUME: 2, NO: 1	ISSN 2349 – 722X	2015
6	A STUDY OF MENTAL TOUGHNESS AMONG KHO-KHO AND KABADDI PLAYERS IN KERALA	VOICE OF SPORTS, VOLUME XI, ISSUE 2		MARCH 2017
7	STUDY OF PHYSICAL AND PSYCHOLOGICAL VARIABLES AMONG KERALA STATE SOUTH AND NORTH ZONE KABADDI AND KHO-KHO PLAYERS	TEACHER LEARNER AND SOCIETY VOLUME. 14,NO.1	ISSN 2319- 1709- 27	JUNE 2017

CONFERENCE PUBLICATIONS

SL. NO	TITLE	NAME OF CONFERENCE	VENUE, MONTH / YEAR
1	ROLE OF YOGA ON WOMEN HEALTH (ISBN NO.978 81 910811-4-5)	INTERNATIONAL CONFERENCE ON PROSPECTIVE APPROACHES AND APPLICATIONS OF YOGA AND PHYSICAL ACTIVITY FOR BETTER LIFE	ALL SAINT'S COLLEGE, THIRUVANANTHAPURAM, NOVEMBER 19 TH AND 20 TH -2015

BOOKS AS AUTHOR/EDITED/CHAPTERS/REVIEWS

SL. NO	TITLE	AUTHOR NAMES	ISBN NO.	MONTH/ YEAR
1.	ULTIMATE KHO-KHO	Dr.METTILDA THOMAS	978-93-5361-957-2	JULY, 2019

SEMINARS/CONFERENCES/WORKSHOPS ATTENDED#

SL.NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER& SPONSORING AGENCY	VENUE & DATE	LEVEL *
1	7 th ASIAN PACIFIC CONFERENCE ON EXERCISE AND SPORTS SCIENCE , OFFICAL CONFERENCE OF ASIAN COUNCIL OF EXERCISE AND SPORTS SCIENCE	MANAV RACHANA INTERNATIONAL UNIVERSITY	OCTOBER 14 TH - 16 , 2015	INTERNATIONAL CONFERENCE
2	AN EVALUATION OF SELF ESTEEM IN ELITE KHO-KHO AND KABADDI PLAYERS IN KERALA	SAINT'S COLLEGE , THIRUVANANTHAPURAM & U.G.C. SPONSORED	10 TH AND 11 TH FEBRUARY 2014 AT ALL SAINT'S COLLEGE , THIRUVANANTHAPURAM	NATIONAL SEMINAR
3	A SURVEY OF PSYCHOLOGICAL SKILLS IN NATIONAL LEVEL KHO-KHO AND KABADDI PLAYERS	<i>OSMANIA UNIVERSITY, HYDERABAD, INDIA.</i>	1 ST TO 4 TH AUGUST, 2014 AT <i>OSMANIA UNIVERSITY, HYDERABAD, INDIA.</i>	INTERNATIONAL CONFERENCE
4	COMPARATIVE STUDY ON FLEXIBILITY AND CARDIO VASCULAR ENDURANCE OF ELITE KHO-KHO AND KABADDI PLAYERS IN KERALA, (<u>SECURED BESTPAPER AWARD</u>)	APSA COLLEGE, TAMIL NADU & U.G.C. SPONSORED	12 TH AND 13 TH SEPTEMBER 2014 AT APSA COLLEGE, TAMIL NADU.	NATIONAL SEMINAR
5	ROLE OF EXERCISE AND ITS UNEXPECTED PSYCHOLOGICAL BENEFITS	UC COLLEGE, ALUVA, ERNAKULUM & UGC SPONSORED	5 TH , 6 TH AND 7 TH MARCH 2015 AT UC COLLEGE,ALUA, ERNAKULAM.	NATIONAL CONFERENCE

6	A SURVEY OF PSYCHOLOGICAL SKILLS IN NATIONAL LEVEL FEMALE AND MALE SWIMMERS	ST: JOSEPH COLLEGE, IRINJALAKUDA, THRISSUR & UGC SPONSORED	12 TH AND 13 TH OF MARCH AT ST:JOSEPH COLLEGE, IRINJALAKUDA, THRISSUR.	NATIONAL SEMINAR,
7	A STUDY OF SELF-ESTEEM ON KABADDI PLAYERS FROM DIFFERENT DISTRICTS IN KERALA	KANNUR UNIVERSITY	KANNUR UNIVERSITY FROM MARCH 14-16 , 2017.	NATIONAL SEMINAR

*INSTITUTIONAL, REGIONAL, STATE, NATIONAL, INTERNATIONAL

#(MENTION THOSE WHICH ARE RELEVANT & PREFERABLY WITHIN PAST 5 YEARS)

POSITIONS HELD IN COLLEGE

- HEALTH AND FITNESS CENTER CO- ORDINATOR 2016-17
- ORGANIZER ALL KERALA UNEQUIPPED POWERLIFTING CHAMPIONSHIP -2016-17
- ORGANIZER ERNAKULUM DISTRICT SENIOR , JUNIOR AND SUB JUNIOR KHO-KHO CHAMPIONSHIP -2017-18
- UNION ADVISOR 2017-18 & 2018-19
- SPORTS AND FITNESS CLUB CO- ORDINATOR 2017-18, 2018-19 & 2019-20

REFERENCES

- DR.G KISHORE, PRINCIPAL ,SAI –LNCPE, THIRUVANATHAPURAM
- DR.BINU GEORGE VARGHESE , DIRECTOR ,M.G UNIVERSITY , KOTTAYAM