

Dr. Mettilda Thomas

Assistant Professor (Academic Level - 11), Department of Physical Education
Morning Star College, Angamaly
Ph.D. Research Guide, Interdisciplinary Research Center in Physical Education & Psychology,
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Professional Summary

Accomplished academic and sports professional with 14 years of teaching, research, and administrative experience. Expertise in sports training, psychology, yoga, and fitness. Successfully mentored students at university, state, and national levels, contributing to women's empowerment through sports and physical education.

Academic Qualifications

Qualification	University/Board	Year	%	Class/Grade	Specialization
SSLC	Kerala Board	2004	76.7%	First	-
Higher Secondary	HSE	2006	81.5%	Distinction	Commerce
B.P.E.	University of Kerala (LNCPE)	2009	66.3%	First	Physical Education
M.P.E. (2nd Rank)	University of Kerala (LNCPE)	2011	70.3%	First	Physical Education
Ph.D.	University of Kerala (LNCPE)	2018	-	-	Physical, Physiological, and Psychological Variables of Kho-Kho and Kabaddi Players in Kerala

Professional Experience

- Assistant Professor, Morning Star College, Angamaly (2019 – Present)
- Guest Lecturer, Morning Star College, Angamaly (2017 – 2019)
- Guest Lecturer, St. Michael's College, Cherthala (2016 – 2017)
- Guest Lecturer, Vimala College, Thrissur (2015 – 2016)
- Physical Education Teacher, Mar Athanasius International School, Kothamangalam (2011 – 2013)

Awards & Achievements

- 2nd Rank Holder – M.P.E., University of Kerala (2011)
- Gold Medal – School National Games, Kerala

- Bronze Medal – National Games, Assam
- Represented Kerala for 10 years in National & University Kho-Kho Meets
- Best Paper Award – UGC Sponsored National Seminar (2014)
- Volunteer – Commonwealth Games, New Delhi (2010)

Research Projects

ICSSR Minor Research Project (2025): From Screens to Social Scenes – How Online Platforms, Social Media, Gaming, and Virtual Classes Shape Women Students in Higher Education – Revitalizing Minds and Bodies through Sports, Yoga, and Social Activities.

List of Most Significant UGC Listed / Peer Reviewed Publications

Sl. No.	Title of Paper	Name of Journal / Publisher	ISSN / Date / Impact Factor	Volume & Pages
1	Lived Experiences of Women Sportspersons after Marriage	Madhya Bharti	ISSN: 0974-0066, Jan–June 2023, UGC CARE LIST, IF=6.28	Vol.83, No.15, 53–60
2	Sports and Pandemic: The Debacle, Its Impact and Aftermaths	Purakala	ISSN:0971-2143, Apr 2020, UGC CARE LIST, IF=5.60	Vol.31, Issue 17, 365–368
3	Psychological Profile of Kho-Kho Players in Kerala	International Journal of Physical Education, Sports & Health	P-ISSN:2394-1685, May–June 2021, IF=5.38	Vol.8(3), 441–443
4	Impact of Pandemic Covid-19 on Physical Education	FORTIS	ISSN:2320-6989, Mar 2021	Vol.8(1), 47–50
5	Study of Physical and Psychological Variables Among Kerala State South and North Zone Kabaddi and Kho-Kho Players	Teacher Learner and Society	ISSN:2319-1709, Jun 2017	Vol.14(1), 69–78
6	A Study of Mental Toughness Among Kho-Kho and Kabaddi Players in Kerala	Voice of Sports	ISSN:0975-4687, Mar 2017	Vol.XI(II), 20–27
7	A Survey of Psychological Skills in National Level Kho-Kho and Kabaddi Players	Int. Journal of Fitness, Health, Physical Education & Iron Games	ISSN:2349-722X, Jul–Dec 2015	Vol.2(1), 206–209
8	Comparative Study on Flexibility and Cardiovascular Endurance of Elite Kho-Kho and Kabaddi Players in Kerala	Int. Journal of Fitness, Health, Physical Education & Iron Games	ISSN:2349-722X, Jan–Jun 2015	Vol.2(1), 31–34
9	A Survey of Psychological Skills in National Level Female and Male Swimmers	Int. Journal of Physical Education, Sports and Health	P-ISSN:2394-1685, 2015	Vol.1(5), 69–71

10	An Evaluation of Self-Esteem in Elite Kho-Kho and Kabaddi Players in Kerala	International Scientific Journal of Sport Sciences	ISSN:2277-2804, Jun & Dec 2014	Vol.3(1–2), 37–39
11	Comparison of Visual and Audio Reaction Time Between Elite Boxers and Taekwondo Players	Academic Sports Scholars	ISSN:2275-3665, Dec 2013	Vol.2(12), 1–3

Books Authored

- Ultimate Kho-Kho (2019), ISBN 978-93-5361-957-2
- First Aid and CPR (2025), ISBN 978-93-49164-15-4
- Lifestyle Diseases and Physical Activity (2025), ISBN 978-93-49164-24-6
- Impact of Extracurricular Involvement on Mental Health and Sleep Patterns (2025), ISBN 978-93-344-0739-6

Professional and Administrative Experience

- Board of Studies – P.G (M.P.E.S), M.G University
- Board Member, Department of Physical Education, M.G University
- Nodal Officer – U.G & P.G (CAP) Admissions, M.G University
- Inter-University Team Manager (M.G University) – Kho-Kho, Cross Country, Powerlifting, Weightlifting
- Inter-University Team Selector (M.G University) – Basketball, Kho-Kho, Tug of War, Powerlifting, Yoga
- Question Bank Panel Member – P.G (M.P.E.S, M.G University), B.P.E.S (Calicut University), U.G Honours (B.P.E.S, M.G University)
- Deputy Chairman – Examination Valuation, Department of Physical Education (M.G University)
- Additional Examiner – Department of Physical Education (University of Kerala)
- Examination Centre Coordinator – Sree Narayana Open University, Kollam
- Vice President – Ernakulam District Tug of War Association (Sports Council Approved)

Sports Achievements as Coach & Mentor (2019–2025)

- International Level: 1 Medal Winner, 2 Participants
- National Level: 11 Medal Winners, 22 Participants
- All India Inter-University: 9 Medal Winners, 63 Participants
- State & University Level: 324 Medal Winners

Languages Known

English, Hindi, Tamil, Malayalam

Declaration

I hereby declare that all the information furnished above is true to the best of my knowledge and belief.

Date: 14-10-2025

Dr. Mettilda Thomas

Place: Angamaly