

# **CURRICULUM VITAE**



**ARYA. S**

**Address:**

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**PERSONAL  
DETAILS**

<b>Date of Birth</b>	20-05-1992
<b>Gender</b>	Female
<b>Marital Status</b>	Married
<b>Blood Group</b>	O +ve
<b>Father's Name</b>	K.C.Prabhakaran Pillai
<b>Mother's Name</b>	S.Sobhanakumari
<b>Spouse Name</b>	Gishnu M Panicker
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<b>Mobile No.</b>	9946463318
<b>Date of Appointment</b>	11/09/2015

## **EDUCATIONAL QUALIFICATIONS**

<i>Course</i>	<i>Examination</i>	<i>Board / University</i>	<i>Institution</i>	<i>Year</i>
<i>M Phil</i>	<i>M Phil</i>	<i>University of Kerala</i>	<i>Lakshmibai National College of Physical Education, Kariavattom, Trivandrum</i>	<i>2014-2015</i>
<i>M.P.E</i>	<i>PG</i>	<i>University of Kerala</i>	<i>Lakshmibai National College of Physical Education, Kariavattom, Trivandrum.</i>	<i>2012-2014</i>
<i>B.P.E</i>	<i>UG</i>	<i>University of Kerala</i>	<i>Lakshmibai National College of Physical Education, Kariavattom, Trivandrum.</i>	<i>2009-2012</i>
<i>XII<sup>th</sup></i>	<i>HSE</i>	<i>State</i>	<i>G.V. Raja Vocational Higher Secondary Sports School, Mailom</i>	<i>2008-2009</i>
<i>X<sup>th</sup></i>	<i>SSLC</i>	<i>State</i>	<i>G.V. Raja Vocational Higher Secondary School, Mailom</i>	<i>2006-2007</i>

### ***Training Attended***

<i>Sl No.</i>	<i>Courses Attended</i>	<i>Year</i>	<i>Sponsoring Agency</i>
<i>1</i>	<i>Orientation Programme</i>	<i>2019</i>	<i>UGC HRDC, University of Kerala</i>
<i>2</i>	<i>Refresher course in Women Studies and Women Empowerment</i>	<i>2020</i>	<i>UGC HRDC, University of Kerala</i>
<i>3</i>	<i>Refresher course in Physical Education</i>	<i>2023</i>	<i>UGC HRDC, University of Kerala</i>
<i>4</i>	<i>Short term course in Disaster management</i>	<i>2023</i>	<i>UGC HRDC, University of Kerala</i>

### ***Professional Experience***

- *UGC- NET has qualified in April, 2014*
- *Presented a paper on "Effect of Physical activity programme on Health related Physical Fitness and Quality of life in Midlife Women" in International Interdisciplinary Symposium on Energy, Environment, Health and Visual Communication (INFOFEST) organised by Sree Ayyappa College, Eramallikkara*

- *Presented a paper on "Motivation towards exercise in relation to BMI" in national seminar on "At the Cross Roads: Sports, Fitness, Health and Physical Education" organised by Department of Physical Education, Bobby John Memorial Government College, Chavara*
- *Presented a paper on "Common Basketball injuries: an Overview" at International Conference on Sports Management & Sports Engineering organised by SMRI*
- *Presented a paper on "Yoga for Mankind" in national seminar on Yoga for Mankind organised by Department of Physical Education, Bobby John Memorial Government College, Chavara*
- *Presented a paper on "Effect of Physical activity programme on Health related Physical Fitness in Midlife Women" in International Seminar on Prospective Approaches and application of Yoga & Physical Activities for better life organised by All Saints College, Trivandram*
- *Presented a paper on "Role of Exercise in Management of Hypertension" in the UGC Sponsored National seminar organized by S N College for Women in March 2015.*
- *Acted as Volunteer in 35<sup>th</sup> National Games, 2015*
- *Presented and published a paper on "Effect of Physical activity Programme on Balance and Quality of life" in the Elderly in International Conference on Global excellence in fitness and sports science organized by JECRC University, Jaipur in January 2015.*
- *Presented a paper on "The role of Physical activity in Prevention of Falls in the Elderly" in the UGC Sponsored National seminar organized by Government College of physical education in November 2014.*
- *Attended UGC Sponsored National Seminar on Nutritional strategies for enhancing sports performance organized by Department of Home science, Assumption College in November 2014.*
- *Participated in the International Workshop on Sports Management held at*

*LNCPE, Trivandrum in 2014*

- *Attended National Workshop on Sports Psychology organized by SAI – LNCPE in February 2013.*
- *Participated in the Workshop on Role of sports Authority of India in the development of sports in Kerala organized by SAI-LNCPE in August 2013.*
- *Attended Leadership Training Programme organized by The National Adventure Foundation in May 2012.*
- *Qualified as a KBA referee.*
- *Officiated Senior State Basketball Championship held at Thrissur in 2013.*
- *Officiated Sub-Junior District Basketball championship held at Trivandrum in 2014*

***Sports Achievements***

- *Represented Kerala University Basketball Women team which participated in the South Zone Inter University Basketball Tournament, held at Ajmeer, Kannur, Chidanbaram, Vijayawada in 2010-11, 2011-12, 2012-13, 2013-14.*
- *Participated in the South Zone Inter University Football Tournament held at Jiwaji University, Annamalai University, Chidambaram for the year 2010-11, 2011-12*
- *Second place in the Inter-Collegiate Hockey Tournament held at L.N.C.P.E, Kariavattom for the year 2009-10*
- *Participated in Youth National Championship held at Bhilai, Chhattisgarh in 2008*

**DECLARATION**

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

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Arya.S.