

DETAILED FACULTY BIODATA FOR COLLEGE WEBSITE JUNE 2025 TO MAY 2026		
Sl. No.	Name	VISHNU RAJ R
1	Designation	Head & Assistant Professor
2	Department	Physical Education
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8	Personal Web Page	
9	Date of Entry into Service	10-01-2019
10	Date of Retirement	30-06-2048
11	Edu. Qualifications	M.A. (History), B.P.Ed., M.P.Ed., P.G.D.Y, P.G.D.F.M, M.Phil. UGC-NET
12	Areas of Interest/Specialisation	Sports Performance Analysis, Sports Biomechanics
13	Courses/Subject Taught	UG: Health and Fitness Education UG: Exercise and Diet in Weight Management
14	Field of Research	

15	Guideship Details (Guideship order number and date, Research Centre, Number of PhD students & title of their research topic)
	<ol style="list-style-type: none"> 1. Affiliated University: 2. Subject: 3. Guideship Order Number & Date: 4. Research Centre: 5. Number of Full time PhD Research Scholars: 6. Number of Part time PhD Research Scholars: 7. Details of PhD Research Scholars (Full Name, Title of Topic, Year of Joining): <ol style="list-style-type: none"> 1.
16	Google Scholar Profile Link/ORCID ID/Research Gate Profile Link (Give the links)
	Nil
17	Patent Obtained/Applied (Give the details)
	<ol style="list-style-type: none"> 1. Topic: Impact of “WhatsApp” Partnership for the Growth of Retail Business in India. Application No.202341042881 A, Date of Filing: 27/06/2023, Publication Date: 01/09/2023. 2. Topic: Analysis of AI technology system to develop the smart classroom Education in India. Application No.202521004280, Date of Filing: 18/01/2025, Publication Date: Pending
18	Teaching Experience (Permanent) (Give the details)
	1. 6 Years 4 Months (S.N.College, Kollam 10-01-2019 To 05-06-2024) (S.N.College for Women,Kollam 06-06-2024 to at present)
19	Teaching Experience (Contract) (Give the details)

	1. 2 Years (S.N. College, Kollam, S.N. College for Women, Kollam)
20	Research Experience
	Nil
21	Memberships in Learned Bodies/Societies, If Any
	Nil
22	Scholarships/Fellowships Obtained
	Nil
23	Research Papers Published (Mention UGC Care Listed/Peer-reviewed). Include Name of Authors, Year, Name of Journal, Volume, Page numbers, ISSN Number, DOC if any
	<p>1. Published a paper titled “Effects of resistance training programme on anaerobic performance variables of college tennis players” in International Journal of Physiology, Nutrition and Physical Education 2017; 2(1): 323-325. ISSN: 2456-0057, Impact Factor (RJIF): 5.43 (UGC Care Listed Journal No: 44404) Author Name: Vishnu Raj R.</p> <p>2. Published a paper titled “The Study of the Factors Affecting Entrepreneurship in Sports Industry among Graduates in India” in International Journal of Physiology, Nutrition and Physical Education 2017; 2(1): 451-454. ISSN: 2456-0057, Impact Factor (RJIF): 5.43 (UGC Care Listed Journal No: 44404) Author Name: Vishnu Raj R.</p>

	<p>3. Published a paper titled “Effect of yogic practices on physical and physiological parameters of inter-collegiate Male handball players” in International Journal of Yoga, Physiotherapy and Physical Education 2017; volume: 2, Issue: 5, Pages: 05-07, ISSN: 2456-5067, Impact Factor (RJIF): 5.24 (UGC Care Listed Journal No: 44415) Author Name: Vishnu Raj R.</p> <p>4. Published a paper titled “Effect of yoga plyometric training on selected physical and physiological variables among college level volleyball players” in International Journal of Yoga, Physiotherapy and Physical Education 2017; volume: 2, Issue: 5, Pages: 181-184, ISSN: 2456-5067, Impact Factor (RJIF): 5.24 (UGC Care Listed Journal No: 44415) Author Name: Vishnu Raj R.</p> <p>5. Published a paper titled “Impact of body mass index and gender on selected cardiorespiratory and psychological variables among the adolescence boys and girls students of Kollam District in Kerala” in International Journal of Physiology, Nutrition and Physical Education 2018; 3(1): 1174-1176. ISSN: 2456-0057, Impact Factor (RJIF): 5.43 (UGC Care Listed Journal No: 44404) Author Name: Vishnu Raj R.</p> <p>6. Published a paper titled “A comparative study of physical fitness components between kho-kho and kabaddi girls players of Kerala” in International Journal of Physiology, Nutrition and Physical Education 2018; 3(1): 1234-1235. ISSN: 2456-0057, Impact Factor (RJIF): 5.43 (UGC Care Listed Journal No: 44404) Author Name: Vishnu Raj R.</p>
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	<p>7. Published a paper titled “The effect of yoga practices on cognitive development in rural residential school children in Kerala” in International Journal of Physical Education and Sports 2017; volume: 2, Issue: 7, Pages: 01-03. ISSN: 2456-2963, Impact Factor (RIF): 3.125 (UGC Care Listed Journal No: 48545) Author Name: Vishnu Raj R.</p> <p>8. Published a paper titled “Effect of yogic practice and aerobic exercise on resting pulse rate and blood pressure among school girls study” in International Journal of Physical Education and Sports 2017; volume: 2, Issue: 11, Pages: 17-20. ISSN: 2456-2963, Impact Factor (RIF): 3.125 (UGC Care Listed Journal No: 48545) Author Name: Vishnu Raj R.</p> <p>9. Published a paper titled “Comparative study on hand eye co-ordination and reaction time among obese and non-obese women” in International Journal of Physiology, Nutrition and Physical Education 2017; 2(2): 677-678. ISSN: 2456-0057, Impact Factor (RJIF): 5.43 (UGC Care Listed Journal No: 44404) Author Name: Vishnu Raj R.</p> <p>10. Published a paper titled “A study on occupational stress among physical education teachers” in International Journal of Physical Education, Sports and Health 2017; 4(3): 511-515. P-ISSN: 2394-1685, E-ISSN: 2394-1693, Impact Factor (RJIF): 5.38, Author Name: Vishnu Raj R.</p>
24	Popular Article Published
	<p>1. Published a paper titled “Future Trends and Challenges in Physical Education and Sports” in Emerging Trends in Fitness and Sports 2017; Volume –III, 78-83. ISBN: 978-93-85447-28-0.</p>

	<p>2. Published a paper titled “Steps Towards the Sports Achievement of Indian Women in International Arena” in National Seminar on Road Map to 2020; Volume –I, 54-61. ISBN: 81-9235734-8.</p>
25	<p>Books Published (Include ISBN/ISSN Number)</p> <p>1. 1. Book Title: Impact of Body mass index and Gender on Selected Cardiorespiratory and Psychological variables among the Adolescence Boys and Girls Students of Kollam District in Kerala Author Name: Vishnu Raj R Volume No: 1 Month & Year: February 2018 ISBN: 978-81-937198-3-1 Publisher: Royal Book Publishing.</p> <p>2. Book Title: Physical Education Guide for Kerala Teachers Eligibility Test (K-TET) Author Name: Vishnu Raj R Volume No: 1 Month & Year: February 2018 ISBN: 978-81-937198-2-4 Publisher: Royal Book Publishing.</p>

26	Papers Presented
	<ol style="list-style-type: none"> 1. 1. Paper presented in the Inter National Conference on “Emerging Trends in Fitness and Sports Science” organized by Manipal University, Jaipur, Rajasthan on 05th & 07th January 2017. (Sponsored by Ministry of Youth Affairs & Sports, Govt. of India and DST Rajasthan) Title: Future Trends and Challenges in Physical Education and Sports. 2. Paper presented in the Inter National Conference on “Women and Human Rights-An International Perspective” organized by Department of Women’s Studies Bharathiar University, Coimbatore on 01nd & 02nd February 2017. (Sponsored by U.G.C.) Title: Women Participation in Sports [Barriers & Hurdles]. 3. Paper presented in the National Conference on “Road Map To 2020 Olympics” organized by Sri Ramakrishna Mission Vidyalaya, Maruthi College of Physical Education, Coimbatore on 23rd & 24th February 2017. Title: Steps towards the Sports Achievement of Indian Women in International Arena. 4. Paper presented in the National Conference on “Technology Innovation and Entrepreneurship in Sports” organized by Department of Physical Education, Bharathiar University, Coimbatore on 23rd & 24th March 2017. Title: Technology in Shooting Sports.

27	Invited Talks/Public Talks delivered
	Nil
28	Collaboration/Consultancy/Linkages
	Nil
29	Orientation Courses Attended
	1. 1. From 04-06-2020 to 01-07-2020 – Teaching Learning Centre Ramanujan College University of Delhi. Sponsored by Ministry of Human Resource Development.
30	Refresher Courses Attended
	1. From 04-06-2020 to 01-07-2020 – Teaching Learning Centre Ramanujan College University of Delhi. Sponsored by Ministry of Human Resource Development.
31	Seminars/Workshops/Training Organised
	1. From 15 – 21 June, 2023 – Teaching Learning Centre Ramanujan College University of Delhi. 2. From 13-07-2020 to 19-07-2020 – Teaching Learning Centre Ramanujan College University of Delhi. 3. From 25-05-2020 to 29-05-2020- Faculty Development Programme organized by Sree Narayana College, Chengannur with course material provided by spoken tutorial project, IIT Bombay funded by the National Mission on Education through ICT, MHRD.
32	Workshops Organised
	1. 2.

33	Training Organised
	1. 2.
34	Orientation Programmes/Induction Programmes Organised
	Nil
35	FDP/Any Other Programmes Organised
	Nil
36	Startups/Innovation/Incubation Centre (Give the details)
	Nil
37	Seminars/Conferences Attended
	<ol style="list-style-type: none"> 1. International Seminar on 'Gateway to Research' organized by the Department of Commerce and Management Studies, University of Calicut on 04th March 2020. 2. International Seminar on 'UGC CARE List Publications' organized by the Department of Commerce and Management Studies, University of Calicut on 05th March 2020. 3. International Webinar on 'Mechanism of Exercise Induced Brain Plasticity' organized by the Department of Physical Education, Dr. B. R. Ambedkar Memorial Government Arts and Science College, Balussery, Kozhikode on 27th July 2020. 4. International Virtual Seminar on 'Pragmatic Approaches to Create Sustainable Lifestyle Management' organized by Government First Grade College Kanakapura, Ramanagara Dist., Karnataka

	<p>5. One Day State Level Webinar on SSAC: Perspectives on Assessment & Accreditation Process organized by Internal Quality Assurance Cell (IQAC) in association with Kerala State Higher Education Council on 07th August 2020.</p> <p>6. Webinar on 'Introduction to Bibliometric Analysis' organized by Research Committee, Maharaja's College Ernakulam on 05th July 2020.</p>
38	Workshops Attended
	1. National Workshop on Sports Management Organized by Sports Authority of India. And L.N.C.P.E. Thiruvananthapuram on 23 rd & 24 th August 2009.
39	Trainings Attended
	Nil
40	Extension Activities Organised/Participated inside the Campus
	1. 2.
41	Extension Activities Organised/Participated outside the Campus
	Nil
42	Representation in Syndicate/Senate/Academic Council/Board of Studies
	Nil
43	Tutorship in UG/PG (Mention the Class and Year/Batch)
	Nil
44	Academic Responsibilities Undertaken

	<ol style="list-style-type: none"> 1. University malpractice prevention squad member 2. University shooting Men and Women team manager 3. Selector university various sports & games teams 4. Coach university shooting men and women teams 5. Manager university various teams 6. University exam invigilation duty 7. Internal question paper setter 8. Selector college various sports & games teams 9. Intercollegiate various sports & games convener
45	Any other Duties Performed at College
	<ol style="list-style-type: none"> 1. Head of the Department 2. Council Member 3. Sports Club Coordinator 4. UGC NSQF College Coordinator 5. ATAL ranking committee member 6. Department IQAC Coordinator 7. NIRF Committee Member 8. Library Advisory Committee Member 9. Discipline Committee Member 10. Career Guidance Cell Member 11. Department Course Coordinator -UGC NSQF Certificate Course

Kindly attach a photograph as email attachment if you need to update in the website