

## PERSONAL DETAILS

**Dr. AJESH.C.R**

*Address:*

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## EDUCATIONAL QUALIFICATIONS

Year	Institution	Course	Percentage
2015- 2017	School of Physical Education and Sports Sciences, <b>Mahatma Gandhi University</b>	PhD	
2011-2012	Lakshmibai National College of Physical Education, Kariavattom, Trivandrum, <b>University of Kerala</b>	M Phil	Grade – A
2009-2011	Lakshmibai National College of Physical Education, Kariavattom, Trivandrum, <b>University of Kerala</b>	M.P.E	71%
2006-2009	Lakshmibai National College of Physical Education, Kariavattom, Trivandrum, <b>University of Kerala</b>	B.P.E	73.82%
2006	Govt: Model H.S.S Karunagappally.	Higher Secondary	77.33%
2004	A.V.B.H.S Thazhava, Karunagappally.	SSLC (10 <sup>th</sup> )	80%

## TEACHING EXPERIENCE

Institution	From	To	Duration
E.K. Nayanar Memorial Government College, Elerithattu, Nileswar , Kasaragod. (Directorate of Collegiate, Education, Govt. of Kerala) Post Held:- Assistant Professor in Physical Education	09/09/2020	Continuing	
Dr. B.R Ambedkar Memorial Govt. Arts and Science College, Balussery, Kozhikode. (Directorate of Collegiate, Education, Govt. of Kerala) Post Held:- Assistant Professor in Physical Education	25/11/2019	08/09/2020	7 Months 14 Days
Lakshmibai National Institute of Physical Education, Gwalior, M.P (Deemed University under MYAS, Govt. of India) Post Held:- Assistant Professor in Physical Education	03/05/2018	21/11/2019	1 Year, 6 Months & 15 Days
Sree Narayana College, Punalur, Kollam Post Held:- Assistant Professor in Physical Education (FDP Substitute Teacher)	01/08/2017	20/04/2018	8 Months & 20 Days
School of Physical Education and Sports Sciences , Mahatma Gandhi University, Kottayam, Kerala Post Held:- Assistant Professor in Physical Education (Guest Lecturer)	11/09/2012	23/01/2015	2 Years, 2 Months & 12 Days
Lakshmibai National College of Physical Education, Kariavattom, Trivandrum (Teaching Assistant during M.P.E)	June 2009	March 2010	10 Months
	June 2010	March 2011	10 Months
National Institute of Speech and Hearing, Trivandrum (Trainer)	04/02/2012	19/05/2012	3 Months & 15 Days

## TRAINING PROGRAMS

Name of Program	From	To	Duration
UGC – Orientation Program organized by HRDC, LNIPE, Gwalior	01/03/2019	28/03/2019	28 Days
Induction Program for Teacher organized by IMG , Kozhikode	10/02/2020	15/02/2020	6 Days
International Workshop on “Advanced Strength and Conditioning for Sports” organized by LNIPE, Gwalior, M.P	20/08/2019	26/08/2019	7 Days
Young Innovators Program organized by ICT Academy of Kerala	30/01/2020	31/01/2020	2 Days
Nature Camp organized by Kerala Forest and Wildlife Department	23/03/2014	25/03/2014	3 Days
Leadership Training Program organized by National Adventure Foundation	10/05/2011	15/05/2011	6 Days

## MANAGEMENT EXPERIENCES

Name of Event	Managerial Role
XIX Commonwealth Games, 2010, New Deihhi organized by Govt. of India	Training Venue Assistant
AIIU Cross Country Championship Organized by Mahatma Gandhi University, Kottayam	Member of Organizing Committee
AIIU Volleyball Championship Organized by Mahatma Gandhi University, Kottayam	Convener Technical Committee
AIIU Softball Championship Organized by Mahatma Gandhi University, Kottayam	Member of Organizing Committee
AIIU Basketball Championship Organized by L.N.I.P.E, Gwalior	Member of Organizing Committee
AIIU Softball Championship Organized by L.N.I.P.E, Gwalior	Member of Organizing Committee

## AWARDS AND HONOURS

Name of Award	Year
Sundaramuthil Gold Medal – Sports Authority of India, LNCPE	2009
First Rank in University of Kerala, Bachelor of Physical Education Examination	2009
Lt. Col. K.C.S Nair Gold Medal – Sports Authority of India, LNCPE	2011
First Rank in University of Kerala, Master of Physical Education Examination	2011
UGC- Junior Research Fellowship	2014
Best Paper Award In UGC sponsored National Seminar Organized by KUVEMPU Universty, Shimoga, Karnataka	2012

## RESOURCE PERSON

Name of Event	Year
Resource Person for In- Service courses for PTIs and Coaches	2019
Resource Person for Community Coaching Development Programs	2019
National Workshop on Instrumentation in Sports Sciences and Physical Education organized by LNIPE, Gwalior. M.P	2018
UGC Sponsored National Level Seminar on Lifelong Physical and Mental Wellbeing: Role of Sports and Exercise organized by P.K.M College of Education, Kannur, Kerala	2015

Invited Lecture in - Summer coaching Camp organized by KTCT HSS, Trivandrum	2014
Chairperson in UGC sponsored National Seminar on Prevalence and Control of Lifestyle Diseases in Kerala organized by Devamatha College, Kuruvilangadu, Kerala	2014
Resource Person in 22 (State, National and International) Webinars	From 2020 to 2022

## PUBLICATIONS

Category	Number
Chapter written in Books (National Publisher)	04
Pear Reviewed Journals	11
Research Papers	15
Seminar Proceedings with ISBN	07

## SPORTS ACHIEVEMENTS

- Represented University of Kerala in **All India Inter University Handball** Championship held at Punjab University (2009-2010).
- Secured 3<sup>rd</sup> place in the **South Zone Inter University Handball** Championship held at Acharya Nagarjuna University, Gundur (2009-2010).
- Represented University of Kerala in **South West Zone Inter University Handball** Championship held at, S.R.M University Nanded and Shivaji University Kholapur in (2010-2011) and (2008-2009) respectively.
- Represented Kerala State Team (Junior) which participated in the **31<sup>st</sup> National Championship (Junior)** held at Bhilai, Chhattisgarh (2009).
- Selected for the **Junior Indian Camp** 2009.
- Secured First position in **XXXVIII Kerala State Senior Handball Championship** held at Trivandrum (2009).
- Secured First position in Kerala University **Inter collegiate Handball tournament** (2006-2007) and Kerala University **Inter collegiate Volleyball tournament** (2007-2008) and (2008-2009)
- Secured 2<sup>nd</sup> position in **XXXIII Kerala State Junior Championship** held at Trivandrum, (2009).
- Secured 2<sup>nd</sup> place in the University of Kerala **Inter-Collegiate Handball tournament**, in 2007-2008, 2008-2009, 2009-2010, 2010-2011, 2011-2012.
- Secured 3<sup>rd</sup> place in the Kerala University **Inter-Collegiate Volleyball Championship** (2010-2011).
- Participated in the **XLVIII and XLIX Kerala State School Games, Wrestling and Athletic Championship** 2004-2005 and 2005-2006 respectively.