



SREE SANKARACHARYA UNIVERSITY OF SANSKRIT, KALADY

Re-accredited by NAAC with A+ Grade

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FACULTY PROFILE

Name of the Faculty : Dr. Dhinu M.R

Designation : Associate Professor

Name of the Department/Centre of study : Physical Education, Kalady

Campus : MAIN CENTRE, KALADY

Email id : dhinumr@ssus.ac.in

Mobile No : 9446905243

Date of joining in SSUS : 31-08-2004

Lecturer in Physical Education (Guest), at Christ College, Irinjalakuda (13.01.1999 to 30.08.2004)

Work Experience : Assistant Director of Physical Education at Sree Sankaracharya University of Sanskrit, Kalady 31.08.2004.

Deputy Director of Physical Education (On deputation) at University of Calicut (10.02.2021 to 04.08.2022)

Topic of Research/ Area of specialization : Effect of Aerobic Training on Exercise- Induced Oxidative Stress among Young Men / Exercise Physiology

Courses Taught

Research Methods & Exercise Physiology

Profile Summary

Core Skills -

Sports administration and management, venue management and operations, understanding and knowledge of exercise physiology, training and research in physical education and sports

Phds produced

Name of the scholar	Register Number	Department of the scholar	Phd registration year	Title of the Phd thesis.	Date of Award
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Pradeesh S. Dharan				Effect of Aerobic and Combination of Aerobic and Resistance Training on selected Physical, Physiological and Biochemical Variables of Middle Aged Men	2018-12-13
Manesh Kumar Murali M	13KA06PE02	PHYSICAL EDUCATION	2013	Development and Application of an Optimized Kinematic model for Elite Javelin Throwing	2018-12-20
Shibu P.P				Effect of Varied Regimen of Specific Exercise Programme on Selected Physiological and Biochemical Variables of Type 2 Diabetic Patients	2016-08-31
Sangeetha P	13KA06PE03	PHYSICAL EDUCATION	2014	Effect of Structured Rhythmic Mobility Exercises and Recreational Activities on Physical Fitness and Functional Social Skills Among Intellectually Disabled Adolescents	2019-12-31
Sanjay E.S		PHYSICAL EDUCATION	2016	Effect of Imagery Perspectives Video Modeling and Self Confidence on Performance of Soccer Skills among Junior Soccer Players	2020-08-26

Honours and recognitions received

Year of award	Name of the award/ fellowship/recognition received from Government or recognized bodies	Type of Award

Consultancy project

Name of the Consultancy project	Consulting/Sponsoring agency with contact details	Year	revenue generated

Books published

Title of the book	Type	Name of the Publisher	Date of publication	ISBN
Applied Statistics in Physical Education & Sports	Authored	Friends Publications	2018	978-81-7216-524-6
Sports Technology	Authored	Friends Publications	2017	978-81-7216-527-7

Research Articles in Journals

Title	Journal Name	Year	ISSN No	Type
Effect of self defense training on agility and balance among college women	International Journal of Zoological Investigations	2023	2454-3055	UGC Care Listed
A study on hand washing habits among high school students in kerala	Stochastic Modeling and Applications	2022	0972-3641	UGC Care Listed
Attitude towards physical activity among high school students in Kerala	Kala Sarovar	2021	0975-4520	UGC Care Listed
Effect of self defense training on self esteem and mental toughness among college girls	Kala Saravor	2021	0975-4520	UGC Care Listed
A Comparative Study on Selected Psychomotor Abilities and Heart Rate of Adolescents with Down Syndrome and Intellectual Disability	International Journal of Physiology Nutrition and Physical Education	2018	2456-0057	Peer reviewed
Effect of Imagery on Self Confidence among Junior Soccer Players	International Interdisciplinary Research Journal	2018	2249-9598	Peer reviewed
Effect of Aerobic Training and Acute Exercise on Vitamin E levels among Sedentary Young Men	International Interdisciplinary Research Journal	2018	2249-9598	Peer reviewed

Effect of Imagery Perspectives and Video Modeling on Performance Skills of Junior Soccer Players	International Interdisciplinary Research Journal	2018	2249-9598	Peer reviewed
Kinematic Analysis of Shot release of Intercollegiate Athletes	International Journal of Physical Education Sports and Health	2016	2394-1693	Peer reviewed

Details of Seminars/ Conferences/Workshops attended

Name of seminar	Date	Status	Level	Title of the paper
Navadhyaka Sangamam	16-12-2022	Resource person	State	Embedding Physical Literacy in Physical Education
World Summit on Resource Management and Sustainable Development	06-06-2020	Presented	International	Challenges and Problems of Sports in India
International conference on Physical Education and Sports Sciences	09-01-2020	Presented	International	Developing Physical Literacy- Concepts and Applications
Faculty Development Programme	27-06-2020	Resource person	National	Gender Issues in Sports
Albertian Knowledge Webinar Series	05-05-2020	Resource person	National	Prehabilitation as a strategy in fighting Corona Virus
Webinar Series	08-05-2020	Resource person	National	Prehabilitation Interventions during the Pandemic
International Webinar on Role of Sports Activities on Health and Changing Lifestyles: Pandemic 2020	14.01.2020	Resource person	International	Prehabilitation Interventions during the Pandemic
National Seminar on Sports Engineering	12.02.2019	Presented	National	Sports Sampling and Development of Physical Literacy in Children
The Future of Healthy Ageing	13-04-2018	Presented	National	Ageing and Emotional Well Being
National Workshop on Sports Culture Towards Wellness	10-11-2017	Resource person	National	
Workshop on Prevention of Doping in Sports	10-08-2016	Attended	State	
International Conference on Sports Management & Sports Engineering	06-08-2016	Presented	International	Effect of Specific Exercise Programmes on Selected Biochemical Parameters of Type 2 Diabetic Patients
Myths & Classics; Adaptations, Representations and Explorations & Lifestyle Diseases and Women's Health- A Dietary Perspective	18-11-2016	Presented	National	Diet and Sports Performance
National Meet on Yoga Education	09-08-2015	Attended	National	
International Conference on Prospective Approaches and Applications of Yoga and Physical Activity for Better Life	19-11-2015	Presented	International	Therapeutic Yoga for Low Back Pain
International Conference on Prospective Approaches and Applications of Yoga and Physical Activity for Better Life	20-11-2015	Presented	International	Effect of Yoga Practice on Selected Biochemical Variables among Middle Aged Women
Emerging Trends in Sports Psychology	26-02-2015	Attended	National	
Physical activity and Dietary Habits for Healthy Living	12-03-2015	Resource person	National	
Impact of Health Club Training on Chronic Disease, Prevention and Rehabilitation	02-01-2014	Resource person	National	
National Conference on Sports Psychology	30-01-2013	Resource person	National	
Contemporary Trends & Research in Sports, Exercise and Physical Education	09-06-2012	Presented	International	Analysis of Body Composition and Somatotype Characteristics of Elite Male Collegiate Track and Field Athletes
International Conference on Global Innovations, strategies and Policies in Physical Education and Sports Sciences	24-02-2012	Presented	International	Morphological Characteristics of Collegiate Badminton Players

International Conference on Yoga, Physiotherapy, Nutrition and Sports for Life Long Fitness	18-06-2010	Presented	International	Physical Activity and Oxidative Stress during Aging
International Conference on Emerging Trends in Fitness for Longevity and Education for Empowerment	11-09-2009	Presented	International	Physical activity-The Elixir of Life