



## RESUME

**Name:** Shereen.K  
**Designation:** Assistant Professor  
**Department:** Physical Education  
**Phone No:** 9447075311  
**Email:** sherinkarthy@yahoo.co.in  
**Date of Entry into Service:** 12-03-2008  
**Date of Retirement:** 31-03-2039  
**Qualifications:** BPE,MPE,NET  
**Area of Interest:** YOGA, Athletics, Sports and Games  
**Subjects Handled:** Health and Fitness Education  
**Field of Research:** Aging and Functional Capacity  
**Experience:** 8 years and 10 months  
**Memberships in Learned Bodies/Societies:** NIL

### Extension Activities:

- NSS programme officer for the year 2011 to 2014
- Convenor of Red Ribbon Club of the college Convenor of Health club
- Convenor of Sports club
- Performing as Yoga Instructor for the students, teachers and parents
- Convenor of ASAP

### Papers presented:

- Presented a paper on UGC sponsored national seminar on prevention of Life style diseases through participation in physical activities, held at All Saint's college, Trivandrum. The title of the paper was Effect of Asanas on the functional mobility and balance in elderly women.

### Papers published:

- Paper presented on the international seminar on Yoga for better life organised by the department of physical education of All Saints College, Trivandrum on 10<sup>th</sup> and 11<sup>th</sup> February 2014. Paper published on ISBN journal no 978-81-910811-4-5. The title of my topic was Effect of selected asanas on physical fitness of elderly women.

**Research Projects:**

Doing PhD .The title of my topic is the Assessment of functional capacity of seniors in home for aged in Kerala .

**Orientation Courses Attended:**

Attended IT- oriented orientation course conducted by UGC-Academic Staff College ,University of Kerala from 11.06-2008 to 08-07-2008

**Refresher Courses Attended:**

Attended special summer school programme which is equivalent to refresher course conducted by UGC-Academic staff college, University of Kerala from 18-02-2014 to 10-03-2014.

**Seminars/Workshops Attended:**

- Has attended 7-day orientation course for the programme officers of the National Service Scheme, organised by the Training Centre from 10<sup>th</sup> to 16<sup>th</sup> July 2013.
- Has participated in the awareness seminar on Free Legal Aid programme held on 21<sup>st</sup> March 2014 at Senate Chamber, University of Kerala, Thiruvananthapuram conducted by the Department of Law, Karyavattom Campus and National Service Scheme.
- Has attended UGC sponsored national seminar on How India can win more Olympic gold? Sports Science as the key to better sports performance organised by T K M College of Arts and Science.
- Participated in Three Day orientation programme for college teachers in Physical education conducted by UGC –Academic Staff College on 21,22 and 23 March 2016.
- Participated in the “one-day seminar on Student services” organised by the department of Student services at university student centre PMG, Trivandrum on 06/01/2016
- Participated in the national seminar organised by S N College, Chengannur on New Frontiers in Nanotechnology and Material Science on 20<sup>th</sup> March 2015.
- Participated in the national seminar organised by S N College, Chengannur on Gender issues and Empowerment of women on 18 December 2012.
- Attended the Training programme on grading and restructuring under graduate education held in the college on 20<sup>th</sup> February 2009.

**Academic Responsibilities Undertaken:**

- Have set Question paper for Bachelor of Physical education in the subject Anatomy
- Have set question papers for Bachelor of physical education in the subject History of physical education.
- Chief examiner for valuing BPE subjects
- Chief examiner for valuing in the subject Health and fitness education for degree courses.

- ASAP co-ordinator
- WWS Mentor for first year B Com students
- Act as a Selector of women Football team of the Kerala University
- Act as men Table Tennis selector of Kerala University
- Officiated Kerala university intercollegiate Annual Athletic meet

**Duties Performed at College:**

- Returning officer for college union election held on 2013 and 2014
- Staff advisor for the year 2013 and 2014
- NSS Programme officer for 4 years from 2011 to 2014
- Performed exam duties
- Model exam convenor for the year 2013
- Convenor of Onam celebrations in the college
- Active member of cultural activities of the college
- Performing the duty as information officer(RTI) in the college.
- Conducting Annual Athletic meet for the whole students
- Conducting Sports competitions for teaching and non-teaching staffs
- Active member of discipline committee
- Staff secretary of the college