



Dr Girish Gopalakrishnan

Head & Assistant Professor of Physical Education

ADDRESS & EMAIL

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QUALIFICATION

B. A, B.P.Ed, M.P.Ed,
M.Phil, NET, PhD.
T. T. C. Course in Yoga.
Diploma in Computer
Application.

DATE OF JOINING

22-01-2016

EXPERIENCE IN YEARS

10 Years

AREA OF SPECIALIZATION

Athletics
Strength training &
Conditioning

ADMINISTRATIVE DISTINCTION

- Head of the Department of Physical Education
- College Council Member
- P. T. A Treasurer
- Planning & Purchase Committee Member
- IQAC Executive Member
- NAAC Committee Executive Member
- SAAC Committee Executive Member
- Sports Club Coordinator
- Anti-Narcotics Club Executive Member

PAPER PRESENTATIONS

- Presented a paper titled “Drug Abuse and Drug Prevention” in the National Seminar held at Dept. of Physical Education and Health Sciences, Alagappa University, Karaikuddi, Tamilnadu on 14th Sep 2007.
- Presented a paper titled “Metabolic Syndrome in Yoga and Naturopathy “in the International Conference organized by Dept. of Physical Education and Health Sciences, Alagappa University, Karaikkudi, Tamilnadu on 18th & 19h Dec 2007.
- Presented a paper and secured Third Position in the South India Inter Physical Education Collegiate Level Student Seminar Cum Competition organized by Ramakrishna Mission Vidyalaya Maruthi College of Physical Education held at Coimbatore, Tamilnadu on 26th February 2008.

- Presented a paper titled “An over view of drugs in sports” in the National Seminar held at Dept. of Physical Education, Kongunadu Arts and Science College, Coimbatore, Tamilnadu on 27th Feb 2008.
- Presented a paper titled “Need of Vitamins for Sports Performance and its Sources” in the National Seminar held at Dept. of Physical Education and Sports, Pondicherry University, Pondicherry, Tamilnadu on 12th Mar2008.
- Presented a paper titled “Yoga and Physiotherapy for Stress Management” in the National Seminar held at Dept. of Physical Education and Health Sciences, Alagappa University, Karaikuddi, Tamilnadu on 29th Oct 2010.
- Presented a paper titled “Meditation for the Positive Life” in the International Conference organized by Dept. of Physical Education and Health Sciences, Alagappa University, Karaikkudi, Tamilnadu on 27th & 28th Jan 2011.
- Presented a paper titled “Health and Well Being through Physical Education” in the UGC Sponsored National Seminar held at Sri Ramakrishna Mission Vidyalaya Maruthi College of Physical Education, Coimbatore, Tamilnadu on 16th & 17th Mar 2012.
- Presented a paper titled “Over view of drugs usage in sports and games” in the National Seminar held at Dept. of Physical Education and Health Sciences, Alagappa University, Karaikuddi, Tamilnadu on 22nd Mar 2012.
- Presented a paper titled “Sports Rehabilitation through Ayurveda” in the National Conference held at Research Dept. of Physical Education, National College, Chennai, Tamilnadu on 28th Jul 2012.
- Presented a paper titled “Effect of sub-maximal and maximal barbell weight training on selected physical parameters of power lifters” in the International Conference organized by Dept. of Physical Education and Health Sciences, Alagappa University, Karaikkudi, Tamilnadu on 7th & 8th Dec 2017.

PARTICIPATION IN SEMINARS/ CONFERENCES/ WORKSHOPS

- Participated in the National Seminar on “Emerging trends and perspective in Physical Education” Organized by SPESS, Kannur University, Kerala on 8th & 9th Apr2005.
- Participated in the UGC Sponsored National Seminar on “The role of Physical Education in Health and Wellness” Organized by Dept. of Physical Education, St. Pius X College , Rajapuram, Kasargod, Kerala on 20th & 21st Jul 2006.
- Participated in the 2- week ISTE Workshop on “Introduction to Research Methodologies” conducted by IIT Bombay under the National Mission on Education through ICT (MHRD, Govt. of India) on 25th Jun – 4th Jul 2012 held at FISAT, Angamaly, Kerala.
- Participated in the Workshop on “Prana Yoga Basic” conducted by Prana Yoga, School of Holistic Health, Thrissur, Kerala on 16th Feb 2014.
- Participated in the Workshop on “Prana Yoga Basic” conducted by Prana Yoga, School of Holistic Health, Thrissur, Kerala on 3rd Aug 2014.

- Participated in the Workshop on “State level workshop for volunteer secretaries” conducted by Sree Narayana Guru Institute of Science and Technology, N.Paravur, Ernakulum, Kerala on 14th & 15th Jul 2012.
- Participated in the Orientation Course for “The Programme Officers of the National Service Scheme” organized by Empanelled Training Institution for NSS, Rajagiri College of Social Sciences, Kalamassery, Ernakulum, Kerala on 8th & 14th Aug 2012.
- Participated in the one day Workshop on “PBAS and API Score” conducted by the IQAC of Sree Narayana College for Women, Kollam, Kerala on 9th May 2017.
- Participated in the UGC Sponsored Refresher Course in Physical Education conducted by The UGC - HRDC, University of Kerala, Kalamassery, Kariavattom, Trivandrum, Kerala from 29th May - 18th Jun 2018.
- Participated in the “SAAC Orientation Programme” Organized by Kerala State Higher Education Council on 3rd September 2019 Fathima Mata College, Kollam.
- Participated in the National Seminar on “Challenges and Changes in AQAR and SSR Preparation” Organized by Internal Quality Assurance Cell, Sree Narayana College for Women, Kollam, Kerala on 19th & 20th Dec 2019.
- Participated in the Two Day National Workshop on “Research Methods – Concepts and Connections” conducted by the Post Graduate Dept. of Commerce, T.K.M. Arts and Science, Kollam, Kerala on 17th & 18th Jan 2020.
- Participated in the UGC Sponsored Orientation Programme conducted by The UGC - HRDC, University of Kerala, Kalamassery, Kariavattom, Trivandrum, Kerala from 3rd March to 18th March & 6th August 17th August 2020.
- Participated in the National Webinar on “Exercise and Immunity” organized by Department of Physical Education & IQAC, T.K. Madhava Memorial College, Nangiyarkulangara on 29th May 2020.
- Participated in the National Webinar on “A LINK BETWEEN HEALTH PRACTICES AND LIFESTYLE DISEASES” organized by Department of Biochemistry & Department of Physical Education, St. Mary’s College, Thrissur, Kerala on 10, June 2020.
- Participated in the National Level E -Quiz on Wellness and Well Being through Yoga in connection with yoga day Organized All Saints College, Trivandrum, Kerala on 21st to 23rd June 2020.
- Participated in the International Webinar on “MECHANISM OF EXERCISE INDUCED BRAIN PLASTICITY” on 21st July 2020, organized by the Department of Physical Education, Dr. B.R. Ambedkar Memorial Government Arts and Science College, Balussery, Kozhikode.
- Participated in the International Webinar on “Online teaching and language learning” organized by Department of Malayalam, Sree Narayana College for Women, Kollam on 29th July 2020.
- Participated in the National Webinar on “Post Covid Sports Arena” organized by State Council of Educational Research and Training (SERT) on 3rd August 2020.
- Participated in the National Webinar on “Entertainment Physical Activities; A Panacea to release stress during pandemic” organized by Dept. of Physical Education, association with IQAC, S N College, Varkala on 29th August 2020 in connection with National Sports Day.

INVITED LECTURES AS RESOURCE PERSON/OTHER ROLES PERFORMED

- Invited as an official in the Kerala State Senior Men & Women Power Lifting Championship 2007 held at Police Auditorium, Kannur, Kerala on 23rd & 24th Nov 2007.
- Invited as an official in the Kerala State Senior 34th Men, 27th Women & Sub-Junior Power Lifting Championship 2008 held at Regional Sports Center, Kadavathra, Cochin, Kerala on 3rd & 4th Jul 2008.
- Invited as Manager of the Calicut University Power Lifting (M&W), Weight Lifting (M&W) and Best Physique (M) teams to the All India Inter University Championship 2012-13 held at M.L. Sukhadia University, Udaipur, Rajasthan from 21st to 28th Feb 2013.
- Invited as Resource Person in the Seminar organized by Health Club, Sree Narayana College for Women, Kollam on 18-12-2018 on the topic “First Aid- Principles and Management”.
- Invited as Resource Person in the Seminar organized by Dept. of Physical Education, Sree Narayana College, Chempazhanthy on 11-02-2020 on the topic “Overview of Drug abuse in Sports and games”.
- Invited as Technical official in the 76th Kerala University Athletics Meet (M& W) held at University Stadium, Trivandrum , Kerala on 14th , 15th & 16th December 2016.
- Invited as Manager of the Kerala University Best Physique (M) teams to the All India Inter University Championship 2016-17 held at Punjab University, Chandigarh from 7th to 9th February 2017.
- Invited as Selector of the Kerala University Best Physique (M) Championship & Selection Trails 2017-18 held at St. Cyril’s College, Adoor, Kerala on 10th & 11th November 2017.
- Invited as Technical official in the 77th Kerala University Athletics Meet (M& W) held at University Stadium, Trivandrum, Kerala on 23rd – 25th November 2017.
- Invited as Technical official in the 79th Kerala University Athletics Meet (M& W) held at University Stadium, Trivandrum , Kerala on 7th , 8th & 9th November 2018.
- Invited as Technical official in the 80th Kerala University Athletics Meet (M& W) held at University Stadium, Trivandrum, Kerala on 12th to 14th December 2019.
- Invited as Selector of the Kerala University Weight Lifting (M&W) 2019-20 Selection Committee meeting held at University Stadium, Trivandrum, Kerala on 12th November 2019.
- Invited as Coach of the Kerala University Power Lifting (M&W) teams to the All India Inter University Championship 2018-19 held at Sahrdhaya College, Irinjalakuda Organized by Calicut University from 16th to 23rd February 2019.
- Invited as Selector in the Kerala University Power Lifting (M&W) Championship & Selection Trails 2019-20 held at University Stadium, Trivandrum, Kerala on 11th & 12th January 2020.

PUBLICATIONS IN BOOKS OR JOURNALS

- Paper published in Voice of Sports - Research Journal on Physical Education and Sports (ISSN 0975-4687, RNI No. KERENG/2006/20518, Volume X, Issue II, March 2016) titled “Effect of Sub-maximal and Maximal Barbell Weight Training on selected Physical Parameters and Bench Press Performance of Power Lifters” Published by Association of College Teachers in Physical Education under the University of Calicut.
- Paper published in Inter National Journal of Physical Education Sports Management & Health Sciences (ISSN 2349-6703, Volume 2, Issue 1, March 2016) titled “Effect of Sub-maximal and Maximal Barbell Weight Training on selected Physical Parameters and Squat Performance of Power Lifters” Published by Dept. of Physical Education Sports & Health Sciences, St. Aloysius’ College, M. G. University.
- Paper published in Voice of Sports - Research Journal on Physical Education and Sports (ISSN 0975-4687, RNI No. KERENG/2006/20518, Volume XI, Issue II, March 2017) titled “Effect of Sub-maximal and Maximal Barbell Weight Training on selected Physical Parameters and Dead Lift Performance of Power Lifters” Published by Association of College Teachers in Physical Education under the University of Calicut.

RESEARCH OUTPUT

- Effect of Sub-maximal and Maximal Barbell Weight Training Combined with Meditation Practice on Performance Related Skill Variables of Power Lifters.

OTHER ACHIEVEMENTS/ SCHOLARSHIPS AND AWARDS

- South India Junior Power Lifting Championship held at Davangere, Karnataka on 22th to 24th Nov 2002 Gold Medal Winner.
- Sub Junior National Power Lifting Championship held at Patna, Bihar on 26th to 30th June 2002 Silver Medal Winner.
- Sports Authority of India Scholarship in 2002.
- All India Inter University Power Lifting Championship held at LNIPE, Gwalior, Madyapradesh on Dec -Jan 2002-03 Bronze Medal Winner.
- M G University Sports Merit Award Holder in 2002.
- All India Inter University Power Lifting Championship held at SGTBKC, Anadhapur, Punjab on 15th to 19th Dec 2003 Bronze Medal Winner.
- Sports Authority of India Scholarship in 2003.
- M G University Sports Merit Award Holder in 2003.

- All India Inter University Power Lifting Championship held at LNIPE, Gwalior, Madhya Pradesh on 23th to 25th Oct 2006 Bronze Medal Winner.
- Sports Authority of India Scholarship in 2006.
- Kannur University Sports Merit Award Holder in 2006.
- Kannur University Power Lifting Championship held at S N College, Kannur honored Strongmen award on 11th Dec 2006.
- Secured several medals in M G & Kannur University Softball, Athletics, Weight lifting, Power Lifting, Wrestling and Judo in Inter Collegiate level.
- St. John Ambulance (India) India Red Cross Society awarded First Aid Certificate in examination held at Thrissur, Kerala on 09-11-2013.
- Convener of Calicut University Best Physique Championship 2013-14 conducted at Universal Engineering College, Vallivattom, Irinjalakuda, Thrissur on 12th December 2013.
- Sub Convener of Kerala University Kabaddi Women Championship 2018-19 conducted at Sree Narayana College for Women, Kollam on 18th 19th September 2018.
- Sub Convener of Kerala University Kabaddi Women Championship 2019-20 conducted at Sree Narayana College for Women, Kollam on 18th & 19th September 2019.
- Sub Convener of Kerala University Weight Lifting (M&W) Championship 2019-20 conducted at Sree Narayana College for Women, Kollam on 29th & 30th October 2019.
- Convener of the International Webinar on “Coping Pandemic Stress with Fitness” Organized by Department of Physical Education in association with IQAC, Sree Narayana College for Women, Kollam on 25th July 2020.
- Convener of the International Webinar on “Manodharma Sangeetham” Organized by Department of Music in association with IQAC, Sree Narayana College for Women, Kollam on 27th July 2020.