



Mr. VISHNU RAJ R

Head & Assistant Professor of Physical Education

ADDRESS & EMAIL

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QUALIFICATION

M.A. (History),
B.P.Ed., M.P.Ed.,
P.G.D.Y, P.G.D.F.M,
M.Phil. UGC-NET.

DATE OF JOINING

10-01-2019

EXPERIENCE IN YEARS

5 Years

AREA OF SPECIALIZATION

- Sports Performance Analysis
- Sports Biomechanics

ADMINISTRATIVE DISTINCTION

- Head of the Department
- Council Member
- Health and Fitness Club Coordinator
- UGC NSQF College Coordinator
- ATAL ranking committee member
- Department IQAC Coordinator
- NIRF Committee Member
- Library Advisory Committee Member
- Discipline Committee Member
- Career Guidance Cell Member
- Department Course Coordinator -UGC NSQF Certificate Course

PAPER PRESENTATIONS

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 Approved Journal No: 44404).
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 Approved Journal No: 44404).
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 Approved Journal No: 44415).

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 Approved Journal No: 44415).
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 Approved Journal No: 44404).
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 Approved Journal No: 44404).
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 Approved Journal No: 48545).
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 Approved Journal No: 48545).
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 Approved Journal No: 44404).
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.

BOOKS PUBLISHED

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

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

PATENT OBTAINED

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.

PAPERS PRESENTED

- 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.

ORIENTATION 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.

REFRESHER COURSES ATTENDED

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.