

Name of the Teacher: DR.RAZIA.K.I

Designation : H.O.D & Associate Professor

Contact Number : 7994222980 / 9895122980

Residential Address : TC 69/635 , ARA 180(A) , Kaliveedu , Manacaud PO , Trivandrum - 695009

Email : drraziamsm@gmail.com

Official Email drrazia@msmcollege.in

Academic Qualification

M.Phil (Sports Psychology) , Ph.D, Level One Anthropometrist

Area of Interest/Specialization

Sports Psychology / Hockey

Teaching Experience (as on 31.03.2021) : 21 Years

Details of Major or Minor Projects

Emotional Maturity and Self Esteem among Male sports and non-sports students in Kerala (Minor Research Project – UGC)

Administrative / Official Responsibilities

1. Assistant Director In Charge of Director, Department of Physical Education, University of Kerala. From 21.12.2013 to 20.12.2014.
2. Member Senate, Kerala University.
3. “Games Hub” committee for National Games - Convener
4. Technical official of Rifle shooting competition - National Games.
5. Malpractice Prevention squad – University of Kerala (Convener & Member)
6. K.P.S.C Examination Board Member
7. N. S. S. Programme Officer at M.S M College

Academic Positions

1. Member of Faculty (Physical Education)– University of Kerala
2. Research Guide - University Of Kerala
3. Question Paper Setter (University Of Kerala & University Of Calicut)
4. Syllabus Revision Committee Member
5. Examination Pass Board Member

Awards and Accolades

1. Awarded University of Kerala Sports Scholarship in the year 1989-90, 1990-91
2. Awarded SAI Sports Scholarship in the year 1989-90, 1991-92

Seminar / Conference organized

National Conference on “Exercise Physiology for Human Performance and Well Being” (2010)
UGC

Training Courses attended

1. Physical Education (OC) 05.06.2002 -02.07.2002 - ASC University of Kerala
2. Physical Education (RC) 06.06.2003 -27.06.2003 - ASC University of Kerala
3. Physical Education (RC) 06.06.2006 -26.06.2006 - ASC University of Kerala
4. NSS Program Officer (OC) 1.8.2006-10.8.2006 - Rajagiri College Of Social Science

Seminar / Conference attended

INTERNATIONAL CONFERENCE

1. Paper presented in International Conference on “ Contemporary Enrichment in Physical Education and Sports” organized by Department of Physical Education, Mumbai University on 10-12 , Jan 2012
2. Paper presented in International Conference on “Better Life of Better World through Yoga with Allied Sports Sciences” organized by Tamil Nadu Physical Education and Sports University, Chennai on 16-18, Feb 2012

3. Paper presented in International Conference on “Futuristic Trends in Physical Education” organized by Punjabi University, Patiala on 24 & 26, Jan 2013
4. Chaired a session in the International Conference on “Prospective Approaches and Applications of Yoga and Physical Activity for Better Life” organized by All Saints College on 19 & 20, November 2015.
5. Chaired and presented a paper in the International Conference on “Scientific Culture in Physical Education and Sports”. The title of the paper is “Emotional Maturity and Self-esteem among Male Sports and Non-sports Students in Kerala” on 18 & 19 February 2016 at Punjabi University, Patiala
6. Presented a paper and co-chaired a session in the International Conference on “Emerging Trends in Fitness and Sports Science”. The session co-chaired was on “Exercise Metabolism and Sports Performance”. The title of the paper presentation was “Importance of Yogic Practice in Daily Life” organized by Manipal University, Jaipur on 5 & 7, January 2017.

NATIONAL CONFERENCE

1. IX National Conference on sports Psychology organized by sports Psychology organized by sports Psychology Association of India at Nagarjuna University on 6 & 8 May 1994
2. Paper presented in National Conference on “Promotion of Education and Health”: Perspectives and concerns in Preview of Social Justice” organized by P. K. M College of Education, Kannur University – 2&3 rd March 2010
3. Co-chaired the session and also paper presented in 21 st National Conference on Sports Psychology organized by Acharya Nagarjuna University, A. P. on 7&9, Feb 2011

NATIONAL SEMINAR

1. National Seminar on “Health and Fitness” organized by Lakshmibai National College of Physical Education, Tvpm on 3 , March 2002
2. “How India can win more Olympic Gold? Sports Science as the key to better

- performance” organized by T.K.M. College of Arts and Science on 22 & 23 , July 2009.
3. Presented paper in National Seminar “Recent Trend in Physical Education, Sports, Health Education, Yoga and Stress Management” organized by Catholicate College, Pathanamthitta on 11 & 13 , August 2010
 4. Presented paper in National Seminar on “Meditation and Naturopathy : Natural Precautions for Health” organized by B. K. College for Women, Amalgiri, Kottayam on 5 & 6 , July 2011
 5. Attended seminar on “Contemporary Significance of Ghazzalis thoughts” organized by M. S. M College Kayamkulam on 26-27 th Feb 2011
 6. “Yoga for Health, Cure and Longevity” organized by St. Joseph’s College for Women, Alappuzha on 15&16 , Nov 2011
 7. Resource Person for the National Seminar on “Nation’s Health: Mobilising Youth through Physical Literacy and Physical Education” at B.K. College for Women, Amalgiri on 16&17, Jan 2014.
 8. Attended National Seminar on Emerging Trends in Sports Psychology Organized by Baselius College, Kottayam in association with the Sports Psychology Association of India on 25 & 26, Feb 2015

Social Media Links

International Journal Publications

1. Socialization and Formation of Social Skills on a Regular Online Games : An Ethnographic Investigation on Selected Teenage Students in Thiruvananthapuram City / Social Sciences International Research Journal / April 2018 / I.S.S.N. 2395 – 0544
2. Popularity and Influence of Sports Films: A Qualitative Study On Public Response Towards Selected Films In Malayalam. / Arts & Education International Research Journal / Dec 2017/ I.S.S.N. 2349 -1353

3. A Study of Physical Fitness and Mental Health among Sports person and Non-Sportsperson. / International Journal of Creative Research Thoughts (I.J.C.R.T) / Jan 2016 / I.S.S.N.2320-2882
4. Sports Diaspora and Sevens Football: An Ethnographic Study of African Footballers in Malabar Region. / International Journal of Applied Research / May 2016 / I.S.S.N 2394-7500
5. Effect of Specific Training on selected Physical and Physiological variable among College Women Players. / International Journal of Creative Research Thoughts (I.J.C.R.T) / Jan 2015/ I.S.S.N 2320-2882
6. Sports for Women Empowerment: A Qualitative Investigation among Presently Employed Sports Women in Kerala / Business Science International Research Journal (by I.M.R.F Jounals / July 2014 / I.S.S.N 2321-3191
7. Benefits of Yoga and Naturopathy in Human Life / International Journal of Creative Research Thoughts (I.J.C.R.T) / Feb 2014 / I.S.S.N 2320-2882.
8. A Study on the Effect of Aerobic Exercises on Selected Physical Fitness Variables Among Handball Players / International Journal of Creative Research Thoughts (I.J.C.R.T) / Sep 2013 / I.S.S.N.2320-2882
9. A Comparative Study of Psychological Skills in Handball Performance Between Successful and Non Successful Teams / International Journal of Creative Research Thoughts (I.J.C.R.T)/ Nov.2013 / I.S.S.N.2320-2882
10. Gender difference on Aggression among Sportspersons from different Sports / Shodh Sangam - An International Research Journal of Physical Education Sports and Allied Science / Jan 2012 / I.S.S.N 2249 -717X

National Journal Publications

- 1.Manufactured' Myths for Gender Discrimination in Sports: In Search of Truths and Realities / Indian Journal of Sports Studies (ISSS) / Jan-June 2017 / ISSN 2229 – 3558 /Page 47-54 / Vol.16 Issue 1
2. Cooked Up' Lies for Discriminating Women in Sports : An Attempt in Search of Facts and Truths / Indian Journal of Sports Studies (ISSS) / July-Dec 2017 / ISSN 2229 – 3558 / Page 49-60 / Vol.17 Issue 2
- 3.A study on Cardiovascular Endurance, Agility and Strength among the Women Players of Kabaddi and Kho-kho. / Journal of Emerging Technologies and Innovative Research. (J.E.T.I.R) / Dec 2015 / I.S.S.N-2349-5162 / Page 691 -694 / Vol. 2 , Issue 12
- 4.Gender difference on Achievement Motivation among Sportspersons from different Sports / Journal of Physical Education and Sports Science / 2012 / I.S.S.N: 2229-7049 / Page :114 - 116 / Vol 2
- 5.Assessment of Gender Difference on Group Cohesion among Sports Persons / S.P.E.A.A.S- Journal of Sports, Physical Education, Allied and Alternative Sciences. / July 2011 / I.S.S.N 2230 – 7931 / Page 57 -62 / Vol. 2 , Issue 1
- 6.Sports Specific Psychological Skills of National Level Volleyball Players / Journal of Physical Education and Sports Science (JOPESS) / Jan 2010 / Page 4-6 / Vol 2, Issue 1.

Book Chapter Publications

1. Importance of Yogic practice in Daily Life. / Emerging Trends in Fitness and Sports Sciences /Twenty first Century Publications, Patiala / I.S.B.N 978-93-85449-35-2 / Page No.280-282
2. Study on Anxiety among University Players / Futuristic Trends in Physical Education / Twenty first Century Publications, Patiala / I.S.B.N:978-93-80144-62-7 / Page 290-293
3. Emotional Maturity and Self Esteem among Male Sports and Non Sports Students in Kerala. / Scientific Culture in Physical Education and Sports / Twenty first Century Publications, Patiala / I.S.B.N:978-93-85446-45-0 / Page No.1658-1664

International Conference Publications

A

National Conference Publications

- 1..Physiological aspects of Stress / Recent Trends in Physical Education, Sports, Health Education, Yoga and Stress Management., Dr. Sosamma John, D.P.E , Catholicate College / I.S.B.N : 978-81-920273-0-2 / page No. 146-148

Workshops Attended

INTERNATIONAL

1. Attended International Workshop on “Sports Management” organized by Lakshmibai

National College of Physical Education on 10 & 11, Feb 2014

2. Elite International Workshop on “Kerala Sports: Excellence through International Partnership” organized by Directorate of Sports and Youth Affairs and State of Victoria, Australia on 26 & 27, Feb 2014 at Thiruvananthapuram.
3. Second Elite International Workshop on “Kerala Sports: Excellence through International Partnership” organized by Directorate of Sports and Youth Affairs and State of Victoria, Australia on 27 & 28, Oct 2014 at Ernakulam.
4. Third Elite International Workshop on “Kerala Sports: Excellence through International Partnership” organized by Directorate of Sports and Youth Affairs and State of Victoria, Australia on 8 & 9, Dec 2014 at Thiruvananthapuram

OTHER

1. “Women Empowerment through Health Care of Adolescent Girls” organized by Medical College, Tvpm on 1, Aug 2001
2. “Dope Control and Nutritional Supplements” organized by Lakshmibai National College of Physical Education on 3 , March 2003
3. “Menace of Doping and Counter Strategies” organized by Sports Authority of India in association with National Anti-Doping Agency on 29 , Aug 2011
4. Prevention of Doping in Sports organized by Directorate of Sports and Youth Affairs in association with National Anti-doping Agency on 10 , Aug 2016

Other Publications

A

Other Relevant information

1. Sports Psychology Association Of India (S P A I) - Life Member (ID No. 352)
2. National Association Of Physical Education And Sports Science (I C S S P E) - Life Member (ID No. 787/2012)
3. Trivandrum Rifle Shooting Association - Member

4. N.S.S Programme Officer at M.S.M College for 3.6 Yrs
4. Trivandrum Football Academy - Member
5. Anti-Ragging Cell - Coordinator
6. Grievance Redressal Cell

Additional Resources

ACHIEVEMENTS IN SPORTS.

1. Captain of Kerala State Junior Hockey Team and participated in XXII Jn National Hockey Championship held at Moradabad, U. P. – 1986.
2. Member of Kerala State Hockey Team in the IInd National Games 1987
3. Member of Kerala University Hockey Team and participated in all South Zone Inter University Hockey Competition held at Aluva, Kerala – 1985-86
4. Member of Kerala University Hockey Team and participated in All India Inter University Competition held at Ranchi, Bihar – 1988-89
5. Member of Kerala University Hockey Team and participated in All India Inter University Hockey Championship held at Jaipur – 1989-90
6. Silver Medalist in South West Zone Inter University Hockey competition held at Ajmeer, Rajasthan – 1988
7. Bronze Medalist in All India Inter University Hockey competition held at Ranchi – 1988
8. Captain of Kerala University Hockey Team and participated in All India Inter University Hockey competition held at Amaravati – 1990-91
9. Member of Kerala University Foot Ball Team and participated in All India Inter University Women Foot Ball competition held at Amritsar – 1989-90
10. Captain of Kerala University Foot Ball Team and participated in All India Inter University Foot Ball Championship held at Goa – 1990-91
11. Member of Kerala University Handball Team and participated in All India Inter University Handball Championship held at Ludhiana – 1990-91
12. Member of Jiwaji University Hockey Team and participated in All India Inter

University Hockey competition held at M. S. University, Tirunelveli – 1991-92

13. Member off Jiwaji University Hockey Team and participated in All India University Hockey competition held at Osmania University, Hyderabad – 1992-93
14. Member of Madhya Pradesh State Hockey Team and participated in XVIII National Sports Festival for Women competition held at Hissar, Haryana – 1993-94
15. Member of Indian University Team and participated in 43 rd Senior Women's Hockey championship held at Chandigarh – 1989-90
16. First position in Junior State Hockey championship – 1985
17. Third position in senior state Hockey championship – 1985
18. Second position in senior state Hockey championship – 1988
19. Second position in Inter collegiate Hockey Tournament – 1985-86
20. First position Inter in collegiate Hockey Tournament – 1988-89, 1989-90
21. Second position in Inter collegiate Kho-Kho Tournament – 1989-90
22. First position in Inter collegiate in Football Tournament – 1990-91
23. Second position in Inter collegiate in Handball Tournament – 1990-91
24. Second position in Inter collegiate Hockey Tournament – 1990-91