

Bio- Data

Dr. SUNIL THOMAS

Assistant Professor, St. Thomas College of Teacher Education, Pala, Kerala
Technical official for the 37th National Games Roll ball Championship
held at Goa from 28/10 2023 to 2/11/2023,
Official in Roll Ball World Cup 2017 at Chennai, Roll Ball Asia Cup at
Karnataka and Roll Ball South Asia Cup at Colombo, Sri Lanka,
Technical Official for South Zone National Senior and Junior Roll Ball
Championship
Joint Secretary Kerala Roll Ball Association
Secretary Kottayam District Net Ball Association
Expert – SCERT Textbook Preparation Workshop



Date of birth : 30TH MAY 1972
Gender : Male
Father's Name : Thomas
Religion : Christian (Syro-Malabar Catholic)
Marital Status : Married
Permanent Address : Mekkelathu (H),
Plassanal P.O.,
Kottayam (Dist.), Kerala
Pin-686579.
Official Address : Assistant Professor,
St. Thomas College of Teacher Education,
Pala, Kottayam Dt., Kerala - PIN 686 575
E-mail address sunilmekkalathu@gmail.com
Website [www. sunilmekkalathu.weebly.com](http://www.sunilmekkalathu.weebly.com)

EDUCATIONAL QUALIFICATIONS

course	Year and Institution	University	Marks	Percentage
B.A (Economics)	1990-93 St. George College, Aruvithura	Mahatma Gandhi University, Kottayam	425	53%
B.P.Ed. (Physical)	1996-97 Maruti College,	Bharatiar University, Coimbatore	927	62%

Education)	Coimbatore			
M.P.Ed. (Physical Education)	1997-98 Department of Physical Education, M.K.University.	Madurai Kamaraj University	907	70%
P.G.Diploma in Yoga	Yoga Centre	Annamalai University Chidambaram		
Ph.D in physical Education	SPSS M G U	M.G.University, Kottayam 2022		
N.E.T-UGC June 1998 Reg. No.A490881 NEW DELHI				
Certificate Course in Fitness Consultant from Maruti College Coimbatore, 1997				

PROFESSIONAL EXPERIENCE - TEACHING

Name of the Institution	Post	Duration
St. Thomas College of Teacher Education, Pala	Assistant Professor in Physical education (Permanent)	07/05/2012 to till date
St. George HSS Aruvithura	Physical education Teacher (Permanent)	5 years
St. Xavier's VHSS Kuruppanthara	Physical education Teacher (Permanent)	7 years and 6 months
St. Joseph's Central school & Junior College, Mundakayam	Physical education Teacher (Permanent)	1year

BOOKS PUBLISHED

: 1

“Electronic media use among school children psycho-physical perspectives”, Media house, Delhi, December 2022. ISBN-978-93-94507-21-0.

CHAPTERS IN EDITED BOOKS

: 3

1. **“Human Environmental Hazards”**, People and Environment concerns and challenges, UGC HRDC TVM, July 2019. ISBN 978-81-908006-7-9.
2. **“Mental health and its preservation for better future”**, Education for future- an archive of humanities, science and technology for sustainable development, Media house, Delhi & S.M. Books and Publications, Kerala.(page 703)(first edition-july2020 ISBN 978-93-88989-61-9) with Amal Thomas.
3. **“Comparative study of physical fitness and academic performance among B.Ed. Students”**, Futuristic appositeness of contemporary research and NEP 2020, SIRA and HRDC TVM, February 2024, ISBN 978-81-927201-8-0, with Miria Justin and Joshna John.

Articles published in National and International Journals : 20

1. Sunil Thomas, **“An Analytical Study on the vertical jumping ability and its relationship to the body height and arch of foot among volleyball players”**. (Research Scholar Vol.11 no. 1-13 March 2012).
2. Sunil Thomas, **“Potentiality of yoga in physical education and sports to console the mind, body and spirit”** (Research lines ISSN: 0975-8941) Vol.v No. 1.
3. Sunil Thomas **“Total Physical Fitness Programme (TPFP) A health related physical fitness testing programme for school children in Kerala, 2010-2011 An overview”** (Research scholar, Vol.ii no.ii, June2012.) ISSN: 2249-6696 from Scholars Association of Kerala
4. Sunil Thomas **“Media awareness among rural population- A case study of Kuravilangad Grama Panchayath”** .March 2012 (Misbah- Niche of Knowledge ISSN0976-2523)
5. Sunil Thomas **“Comparative study of selected physical fitness components between Kerala and Pondicherry state volleyball players”** Baseliuss Researcher Vol.xiii No. (January-June, 2012)

6. Sunil Thomas, **“Sports Contributions to Human Rights”** (“Educational Extracts”, Vol.2, Issue.1, January 2014 (ISSN No.2320-7612.)
7. Sunil Thomas, **“Teaching Physical Education”** (“Educational Extracts”, Vol.2, Issue.1, July 2014 ISSN No.2320-7612.)
8. Sunil Thomas, **“Risk for lifestyle diseases and the practice of exercise among women teacher trainees”**, (Poseidon, journal of commerce, management and social scienceol.3, No. 2, Dec. 2014, ISSN: 2319-6238)
9. Sunil Thomas, **“Effects of moderate intensity resistance training on strength endurance among under graduate students”** (“Educational Extracts”, Vol.4, Issue.1, January 2016 ISSN: 2320-7612.)
10. **“An overview of common injuries in Hockey and its prevention”** (Carmel Graphics, Vol.4, issue. 1, Jan.2016, ISSN: 2320-7299).
11. **“A study on Bag Burden of school children”**(Research scholar, vol.7,no.1, march 2017,ISSN 2249-6696)
12. Sunil Thomas, **“The influence of electronic media on health awareness programmes in Kerala with respect to socio demographic variables”** (“Educational Extracts”, Vol.6, Issue.2, July 2018 ISSN No.2320-7612.)
13. Sunil Thomas, **“Effect of group coordination of male netball players of various universities in Kerala”** (“Educational Extracts”, Vol.7, Issue.1, January 2019 ISSN No.2320-7612.)
14. **“Human Environmental Hazards”** Paper contributed to the **edited book** People and Environment concerns and challenges by UGC HRDC TVM ISBN 978-81-908006-7-9 July 2019.
15. Paper titled **“Mental health and its preservation for better future”** published in the **book** Education for future- an archive of humanities, science and technology for sustainable development, (page 703) (first edition-july2020), published by Media house, Delhi & S.M. Books and Publications, Kerala. ISBN 978-93-88989-61-9 with Amal Thomas.
16. Paper titled **“Association between electronic media use and sleeping hours among school children”** Published in the international journal of physical education, health and social science (UPEHSS) peer reviewed, indexed and UGC approved Journal(48531) ISSN: 2278-716X Vol.7,Issue 1, (2018) impact factor 5.02
17. Paper titled **“A study on impact of electronic media on health and lifestyle diseases”** Published in the international journal of Yogic, Human Movement and Sports sciences (ISSN: 2456-4419) peer reviewed, indexed and UGC approved Journal Vol.3, Issue 1, (2018) impact factor RJF 5.18.
18. Paper titled **“Post- Covid impact on the Physical and Mental Health of the south Keralites with special reference to Life style diseases”** Published in the peer reviewed

journal (“Educational Extracts”, Vol.10, Issue.2, July 2022 **ISSN No.2320-7612.**) with Gouri Gayathri G.

19. Published a book” **electronic media use among school children**” psycho-physical perspectives **ISBN-978-93-94507-21-0**, December 2022.
20. Contributed papers edited book by SIRA and HRDC TVM on futuristic appositeness of contemporary research and NEP 2020 at St. Thomas College of Teacher Education, Pala on 14,14 February 2024

Articles published in the Seminar Proceedings : 27

1. Paper titled “**Sports and Physical education in bringing National and Emotional Integration**” in the UGC sponsored National Seminar on ‘Education for National and Emotional Integration’ held at St. Thomas College of Teacher Education, Pala, on 5th and 6th June, 2012. **ISBN 978-93-82359-02-9.**
2. Paper titled “**The Creator of Enlightened Citizens and Perpetual seekers of Intellectual Integrity and Universal Compassion – Dr. Kalam’s Vision on Teachers for educational Renaissance**” in the UGC sponsored National Seminar on ‘Educational Renaissance for a New Generation’ held at St. Thomas College of Teacher Education, Pala, on 28th and 29th November, 2012. Published in the Seminar Proceedings. **ISBN 978-93-82359-03-8.**
3. Paper titled “**Mitigating the adverse impact of growing ‘Exclusive-Ism’ within the Society : Dr. Kalam’s Perspectives on inclusive education**” in the UGC sponsored National Seminar on ‘Learning disability no child left behind held at St. Thomas College of Teacher Education, Pala, on 27th and 28th June, 2013. (published in the seminar proceedings) **ISBN 978-81-927201-1-1.**
4. Paper titled ‘**Teaching community, a reflection on morality of case and reflective morality**’ in the UGC sponsored National Seminar on ‘Reflections on Reflective Practices’ held at St. Thomas College of Teacher Education, Pala, on 21st and 22nd November, 2013. (published in the seminar proceedings **ISBN 978-81-927201-2-8)**
5. “**Lifestyle Diseases and yoga Practices among Urban people**” Paper presented and published in the proceedings of the national seminar “Yoga a Panacea for Lifestyle Diseases” conducted at St. Thomas College of Teacher Education, Pala 23, 24, January 2014. **ISBN: 81-927201-3-5**
6. “**Influence of exercise on lifestyle diseases among female teacher trainees**” Paper presented and published in the proceedings of the national seminar “Yoga a Panacea for Lifestyle Diseases” conducted at St. Thomas College of teacher Education, Pala23, 24, January, 2014. **ISBN: 81-927201-3-5**
7. “**A study to identify the risk of lifestyle diseases in women teacher trainees**” paper presented and published in the national seminar “Prevalence and Control of Lifestyle Diseases in Kerala” on 6, 7, June, 2014, Devamatha college Kuravilangad.

8. **“Obesity, A Life Threatening Disease, Especially in Women”** paper presented and published in the national seminar “Prevalence and Control of Lifestyle Diseases in Kerala” on 6,7,june, 2014, Devamatha College Kuravilangad.
9. **“Muscular Strength for Net ball players”** paper presented and published in the national seminar on “Recent Trends in Sports Medicine” 8,9 Jan. 2015, Devamatha College, Kuravilangad.
10. Paper titled **“Vision 2020 & 2030: Linking Higher Education to Society in The Proposed New Education Policy 2015”** with Sunil Thomas, published in the proceedings of the UGC sponsored Two Day National Seminar on ‘Vision 2030: Contributions of Educational Researches on National Development’ organized by St. Thomas College of Teacher Education, Pala on 6th & 7th August, 2015. **ISBN: 978-81-927201-4-2.**
11. Paper titled **“Dr. A. P. J. Abdul Kalam’s Vision 2020 - ‘PURA Grid’ and ‘Mobile Lending Library’ For A Developed Rural India”** with Alex George and Sunil Thomas, published in the proceedings of the UGC sponsored Two Day National Seminar on ‘Vision 2030: Contributions of Educational Researches on National Development’ organized by St. Thomas College of Teacher Education, Pala on 6th & 7th August, 2015. **ISBN: 978-81-927201-4-2.**
12. Paper titled **“The 7 Cs of Knowledge and Information Society: Implications in Learner Driven Learning for Gen Next”** with Alex George & Sunil Thomas, published in the proceedings of the UGC sponsored Two Day National Seminar on ‘Learner Driven Learning: Leveraging the winds of Change’ organized by NSS Training College, Pandalam on 19th & 20th August, 2015. **ISBN: 978-81-928151-5-2.**
13. Paper titled **“Bag Burden of Elementary School Children: A Hurdle in The Context of Leaner Autonomy”** with Sunil Thomas & Alex George, published in the proceedings of the UGC sponsored Two Day National Seminar on ‘Learner Driven Learning: Leveraging the winds of Change’ organized by NSS Training College, Pandalam on 19th & 20th August, 2015. **ISBN: 978-81-928151-5-2.**
14. Participated and presented a paper on **“Examination and maladjustment”** in the UGC sponsored National Seminar on ‘ behavioural modification held at St. Thomas College of teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9.**
15. Participated and presented a paper on **“Yoga a natural medicine for wellness in the contest of global health treat”** in the UGC sponsored National Seminar on ‘behavioural modification held at St. Thomas College of Teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9.**
16. Participated and presented a paper on **“Stress management among higher secondary school students”** in the UGC sponsored National Seminar on ‘behavioural modification held at St. Thomas College of teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9.**
17. Participated and presented a paper on **“Emotional intelligence and psychological maladjustment in adolescence”** in the UGC sponsored National Seminar on ‘ behavioural modification held at St. Thomas College of teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9.**

18. Participated and presented a paper on “ **Examination stress and maladjustment**” in the UGC sponsored National Seminar on ‘ behavioural modification held at St. Thomas College of teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9**
19. Participated and presented a paper on “ **Examination stress and maladjustment**” in the UGC sponsored National Seminar on ‘ behavioural modification held at St. Thomas College of teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9**.
20. Published a paper on “**Yoga – a Natural medicine for wellness in the context of global health treat**” in the UGC sponsored National Seminar on ‘behavioural modification held at St. Thomas College of teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9**
21. Participated and presented a paper on “**Al-Gore: the face of climate change advocacy**” in the UGC sponsored state level Seminar on ‘global warming: the science of climate change” held at St. Stephen’s College Uzhavoor, on 14th and 15th January, 2016. (published in the seminar proceedings) **ISBN 978-81-930000-7-6**.
22. Participated and presented a paper on “**A study on the awareness in concepts and principles of human rights among adolescents**” in the UGC sponsored National Conference on ‘human rights education held at Alagappa University College of Education, Alagappa University, on 21st and 22nd September, 2017. (published in the seminar proceedings) **ISBN 978-93-5001-559-9**.
23. Participated and presented a paper on “**influence of social media on the academic performance of youth**” in the UGC sponsored National Conference on ‘social media: influence on youth in their psycho-social behavioural functions” held at St. Xaviers College of Education, Palayamkottai, on 24th and 25th March, 2017. (published in the seminar proceedings) **ISBN 978-93-5001-559-9**.
24. Participated and presented a paper on “**Emergence of digital initiatives in botany**” in the UGC sponsored National Seminar on ‘teaching learning platforms for digital natives” held at St. Thomas College of teacher Education, Pala in collaboration with SIRA and HRDC TVM, on 27th and 28th September, 2018. (published in the seminar proceedings) **ISBN 978-81-908006-9-3**.
25. Participated and presented a paper on “**Mass media and lifestyle diseases in teenagers**” in the UGC sponsored National Seminar on ‘teaching learning platforms for digital natives” held at St. Thomas College of teacher Education, Pala in collaboration with SIRA and HRDC TVM, on 27th and 28th September, 2018. (published in the seminar proceedings) **ISBN 978-81-908006-9-3**.
26. Paper titled relationship between electronic media use and BMI of school students in the International multi-disciplinary conference on arts, science, education, management and technology 7th and 8th September 2019 university of Malaya, Kuala Lumpur, Malaysia.
27. Participated and presented a paper on “**Crisis management skills among digital natives**” in the UGC sponsored National Seminar on ‘Disaster and crisis preparedness, management and resilience held at UGC HRDC TVM in collaboration with SIRA on 11th and 12th October, 2019. (published in the seminar proceedings) **ISBN 978-81-927201-7-3**.

PROJECTS AND RESEARCHES

1. Conducted a **“Study on Vertical Jumping ability and its relationship to their height and arch of foot among volleyball players”** in P.G. level.
2. Conducted a Study on **“Bag Burden of school children”** as a part of the project of the B.Ed. students
3. Conducted a **survey on Lifestyle diseases screening test** of B.Ed. students in the year 2012-13.
4. **Survey on Lifestyle and waste management** student of B. Ed.2012-13.
5. Conducted a **survey on Health and Lifestyle** as a part of the project in the B.Ed.2013-14.
6. Conducted a **Survey on life style diseases** as a part of the project in the B. Ed.2015-16.
7. Conducted a **Survey on life style diseases** as a part of the project in the B. Ed.2016-17.
8. Conducted **Survey on different health problems** by the B.Ed. students of the year 2017-18.
9. Conducted **survey on different health problems** by the B.Ed. students of the year 2018-19.
10. Conducted **surveys on different health problems** by the B.Ed. students of the year 2019-20.
11. Conducted **surveys on different health problems** by the B.Ed. students of the year 2020-21.
12. Conducted **Surveys on different health problems** by the B.Ed. students of the year 2021-22.
13. Conducted **Surveys on different health problems** by the B.Ed. students of the year 2022-23
14. Conducted **surveys on different health problems** by the B.Ed. students of the year 2023-24
- 15.

ORIENTATION PROGRAMMES/ REFRESHER COURSES ATTENDED

- Attended the 143rd Orientation programme held at university campus Kerala Kariyavattam, Tvm. on 22th April 2015 to 19th May 2015.
- Attended the refresher course programme held at UGC HRDC campus Kannur university on 06/07/ 2018 to 26/07/2018
- Attended the in- service Refresher course in physical education for the school teachers by the department of education, state government of Kerala.
- Attended the teacher training courses conducted by the department of education, Govt. of Kerala.
- Successfully completed the training on Basics of COVID-19 on 01 May 2020. by Diksha
- FDP: one week Faculty development programmes: futuristic approach and professional preparation in physical education from 27th June to 3rd July 2020 at YMCA College of Physical Education Chennai, Tamil Nadu.
- Two week faculty development programme innovative Practices for academic excellence from 18th to 30th January 2021.
- Titus II Teachers College Thiruvalla EBSB CLUB Pandemic Awareness Programme 27/05/2020.
- **SUNIL THOMAS** of **ST THOMAS COLLEGE OF TEACHER EDUCATION, PALA** **successfully completed** Two Week Online National Faculty Development Program organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi under the Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNMTT) of Ministry of Education in collaboration with Bishop Abraham Memorial College, Thuruthicad. This was conducted in online mode with two week's involvement in a flexible mode. This online FDP is equivalent to Two week face to face FDP. The two week's involvement included attendance during live/recorded sessions, hands on activities, submission of quizzes, assignments and project. The participant has obtained **GRADE A** as required for promotion under CAS of UGC and AICTE.

PARTICIPATION AND PRESENTATION IN SEMINARS/WORKSHOPS/ CONFERENCES

International : 5

2. Participated in the International Mental Health Care Programme conducted at Mariasadanam, Pala in collaboration with World Association for Psychosocial rehabilitation and National Alliance for Mental Health and World Psychiatric Association-Preventive Psychiatry Section on 17th May 2014.
3. Participated in the Work shop on Recovery-Rehabilitation-Restoration conducted at Mariasadanam, Pala in collaboration with World Association for Psychosocial rehabilitation and Kerala Federation for the Care of Mentally Disabled on 31st July 2016.
4. Participated in the international level workshop on Anti-Doping Awareness organized by International Roll ball federation under the Aegis of National Anti- doping Agency New Delhi at Chiv Chatrapati Sports Complex, Mahalunge-Balewadi, Pune on 10th September 2016
5. Participated in the International multi-disciplinary conference on arts, science, education, management and technology 7th and 8th September 2019 university of Malaya, Kuala lumpur, Malaysia.
6. 30 days International Online Workshop on *Academic Writing and Communication Skills, Research Methodology, Reference Management, and Academic Publishing* conducted from 23 November – 31 December 2021.

National : 19

1. Attended National Level Seminar on “**Medical Application of Yoga**” held on 19, 20, 21, August, 2009 at Devamatha College Kuravilangad.
2. Participated and presented a paper on “**Sports and Physical education in bringing National and Emotional Integration**” in the UGC sponsored National Seminar on ‘Education for National and Emotional Integration’ held at St. Thomas College of Teacher Education, Pala, on 5th and 6th June, 2012. **ISBN 978-93-82359-02-9.**
3. Participated and presented a paper on “**The Creator of Enlightened Citizens and Perpetual seekers of Intellectual Integrity and Universal Compassion – Dr. Kalam’s Vision on Teachers for educational Renaissance**” in the UGC sponsored

National Seminar on 'Educational Renaissance for a New Generation' held at St. Thomas College of Teacher Education, Pala, on 28th and 29th November, 2012. Published in the Seminar Proceedings. **ISBN 978-93-82359-03-8.**

4. Participated and presented a paper on "**Mitigating the adverse impact of growing 'Exclusive-Isms' within the Society : Dr. Kalam's Perspectives on inclusive education**" in the UGC sponsored National Seminar on 'Learning disability no child left behind held at St. Thomas College of Teacher Education, Pala, on 27th and 28th June, 2013. (published in the seminar proceedings) **ISBN 978-81-927201-1-1**
5. Participated and presented a paper on "**Teaching community, a reflection on morality of case and reflective morality**" in the UGC sponsored National Seminar on 'Reflections on Reflective Practices' held at St. Thomas College of Teacher Education, Pala, on 21st and 22nd November, 2013. (published in the seminar proceedings **ISBN 978-81-927201-2-8**)
6. Co-ordinated the National Seminar and presented a paper on "**Lifestyle Diseases and yoga Practices among Urban people**" Paper presented and published in the proceedings of the national seminar "Yoga A Panacea for Lifestyle Diseases" conducted at St. Thomas College of teacher Education , Pala 23,24, January 2014.
7. Participated and presented a paper on "A study to identify the risk of lifestyle diseases in women teacher trainees" paper presented and published in the national seminar "Prevalence and Control of Lifestyle Diseases in Kerala" on 6, 7, February 2014, Devamatha college kuravilangad.
8. Participated in the UGC sponsored National Seminar on 'Reflective Practice: A Tool for Professional Development of Teachers' held at St. Joseph's Training College, Mannanam, on 16th & 17th August, 2013.
9. Participated in the UGC sponsored National Seminar on "**Nation's Health: Mobilizing Youth through Physical Literacy and Physical Education**" held at B.K. College for Women, Amalagiri, Kottayam, on 16th & 17th January, 2014.
10. Participated in the NCERT New Delhi sponsored National Seminar on 'Empowerment Programme on Adolescent Health and Life skills' held at School of Pedagogical Sciences, M.G. University. Kottayam in collaboration with SCERT Tvm on 2, 3, 4, September, 2014.
11. Participated and presented a paper on "**Examination and maladjustment**" in the UGC sponsored National Seminar on ' behavioural modification' held at St. Thomas College of Teacher Education, Pala, on 19th and 20th January, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9.**
12. Participated in the UGC sponsored National Seminar on 'Physical Education in modern society academic and fitness perspective held at N.S.S Hindu College Changanachery, on 26th and 27th November, 2014. (published in the seminar proceedings) **ISBN 978-81-927201-5-9.**
13. Attended the two day national seminar on converging concepts in research: global perspectives on 4th and 5th December 2015 at St. Joseph's Training College Mannanam.

14. Participated as an official from Kerala in the national level Roll ball workshop and Certification course organized by Roll Ball Federation of India at Indian Institute Of Education, Pune, from 29 April to 1st May 2017.
15. Participated in the directorate of Collegiate Education sponsored National Seminar on **‘Health and fitness: A key to success in life’** held at Maharajas College Ernakulam, on 19th and 20th December, 2017. (published in the seminar proceedings) **ISBN 978-81-927201-5-9.**
16. Participated and presented a paper on “A study on the awareness in concepts and principles of human rights among adolescents” in the UGC sponsored National conference on ‘human rights education held at Alagappa University College of Education, Alagappa University, on 21st and 22nd September, 2017.
17. Participated in the UGC sponsored National Seminar on Disaster and crisis preparedness, management and resilience held at UGC HRDC TVM in collaboration with SIRA on 11th and 12th October, 2019.
18. Participated the one week online national workshop on Creative Adaptation- reaching out through digital classrooms held from 19 to 25 may 2020 organised by St Thomas College Of Teacher Education, Pala in collaboration with UGC HRDC TVM.
19. Attended Two Day Virtual National Conference on “ **Curriculum Designing and Transactions** ” under the proposed UGC Curriculum Framework, organized by IQAC, Nirmala College Muvattupuzha, in collaboration with State Level Quality Assurance Cell, Government of Kerala, on 28th and 29th July 2022

State and Regional

: 19

1. Co-ordinated and participated in the workshop on B. Ed curriculum revision – Physical Education organized by All Kerala Training College Teachers’ Association at St. Joseph Training College, Mannanam, on 4th June, 2013.
2. Co-ordinated and participated in the workshop on B. Ed curriculum revision – Physical Education organized by All Kerala Training College Teachers’ Association Mount Carmel college of teacher education, Kottayam, on 6th June, 2013.
3. Participated in the workshop on Startup Boot Camp Titled “We believe” held at MG University, Kottayam on 15th March, 2014.
4. District Resource Group(DRG) Training Programme (Physical education) Amos Centre Adichira, Kottayam from 16/08/2010 to 17/08/2010 by DIET Kottayam

5. District Resource Group (DRG) Training Programme (Physical education) Malanadu Development Society Parathodu, Kanjirappally Kottayam from 26/04/2010 to 30/04/2010 by DIET Kottayam.
6. State Resource Group (SRG) Training Programme (Physical education) from 08/08/2011 to 10/08/2011 held at DIET Idukki, Thodupuzha, Idukki
7. State Resource Group (SRG) Training Programme (Physical education) from 05/08/2010 to 10/08/2010 held at DIET Palakkad.
8. Participated the Election Classes and Election University for the Local Bodies, Legislative Assembly and Parliament
9. Participated the Census DUiversity and training Programme for the Census and NPR.
10. Workshop/ Referees clinic on state level officials of netball association held at Baselius College of engineering and technology, Thiruvananthapuram from 8 to 9 August 2015.
11. Participated in the workshop on 'Revised two year B.Ed. curriculum' organized by AKTCTA at Mount Carmel College of teacher education, Kottayam on 26th November 2016.
12. Participated in the Orientation Programme on New two year B.Ed. Curriculum on 4th, 6th and 10th August 2015 organised by Board of studies (education) and school of pedagogical sciences M G university, Kottayam at assembly hall M G University.
13. Participated as a volunteer in the charity carnival of Mariasadanam "Manasanthi b2016" from 19/1/2016 to 26/1/2016.
14. Workshop on state level officials of netball association held at Don Bosco H.S.S. Mannuthy, Thrissur from 14 to 17 July 2017.
15. Attended National level Roll ball workshop organized by roll ball federation of India on 29th April to 1st May 2017 at Pune.
16. Participated in the workshop on performance based appraisal system and UGC Regulations organized by AKTCTA at SNM college Moothakunnam 1st April 2017.
17. Participated in the seminar on "UGC regulations 2010-CAS for physical education Teachers on 10th March 2017 at Baselius college, Kottayam organized by SPESS MG University and ACTPE < MG University.
18. Participated in the workshop on Four year integrated teacher education programme: concerns and prospects organized by AKTCTA at St. Thomas College of Teacher Education, Pala on March 2018.
19. Organized and participated in one day workshop on first aid and road safety by santhwanam action force on 25/1/2018 at St Thomas College Of Teacher Education, Pala.

PUBLICATIONS

1. Published the compendium of Assignments of B.Ed. students titled, 'Health and Wellness', June 2014.
2. Published the Blood Donation Directory of the College 2014.
3. Published Programme Book for District Volley ball Championship held at Plassanal in November 2013
4. Published the Blood Donation Directory of the College 2015.
5. Published the compendium of Assignments of B.Ed. students Education for Health and Wellness', July 2015.
6. Published souvenir for the Kerala State Junior Netball Championship held at Kuravilangad on 10, 11, October 2015.
7. Published the Blood Donation Directory of the College 2018.
8. Published the Blood Donation Directory of the College 2019.
9. Published the Blood Donation Directory of the College 2024

SOCIAL/COMMUNITY PROGRAMMES ORGANISED & PARTICIPATED

1. Acted as a selector of M G University Roll ball, Kabaddi, Netball in the year 2018,2019,2020,2021,2022.
2. Acted as Resource Person in the Summer Athletic Coaching Camp & Personality Development Camp Organised by District Police, Kottayam Under GURUKULAM PROJECT from 21.04.2014 to 10.06.2014 at St. Thomas College, Pala.
3. Acted as Joint Coordinator for the Counselling Programme conducted in connection with GURUKULAM PROJECT organised by District Police, Kottayam on 29.04.2014 at St. Thomas College of Teacher Education, Pala.
4. Acted as Resource Person for the Safety Awareness Cum Counselling Programme for Adolescent Girls Organised by Mutholy Grama Panchayat in Collaboration with St. Thomas College of Teacher Education, Pala on 14th March, 2014.
5. Acted as Co-ordinator for the Personality Development and Counselling Programme for Adolescent Girls Organised by Pala Social Welfare Society and St. Thomas College of Teacher Education, Pala on 14th June, 2014.
6. Acted as Resource Person for the Motivational Training Programme Organized by St. Thomas College of Teacher Education, Pala in Collaboration with District Educational Office, Pala, on 25/10, 2013.
7. Acted as the Entertainment Committee Convener for the 'Manasanthi 2014', Celebration by the Mariasadanam Rehabilitation Centre for the mentally challenged.

8. Acting as the patron and the convener for the legends football club plassanal and foot ball tournament 2015 held at plassanal.
9. Acting as the patron and the convener for the adventure club plassanal and demonstration of the adventure events 2015 held at plassanal.
10. Team Manager of the Kerala State sub junior Netball team for the National Championship held at Sonipet, Haryana.
11. Team manager for the Kerala state senior Roll ball team for the National championship held at Pune.
12. Team Manager of the MG University. Netball team for the All India Inter University held at Mangalore University Karnataka 2017-18.
13. Team Manager of the MG University. Roll Ball team for the All India Inter University held at Jammu University J and K.2017-18
14. Technical Committee Chairman Kerala Roll Ball Association
15. Joint Secretary Kerala Roll Ball Association.
16. Selection Committee Member Kerala Roll Ball Association.
17. Technical Official For the national and state Roll ball championships.
18. Technical Official for the state netball championships
19. Joint convener, ODF campaign of Idukki District at Edamalakkudi for successful completion of ODF activities in 2016.
20. Team Manager of the MG University. Roll Ball team for the All India Inter University held at ITM Gwalior University Gwalior.2018-19
21. Technical convenor for the state roll ball championship 2019.
22. Technical official for the 5th world cup Roll Ball championship held at Chennai 15-20 November 2019
23. Technical official for the Asia cup Roll Ball championship held at Belgaum 2018
24. Technical official for the 5th 2nd South Asian Roll Ball championship held at Srilanka February 13 to 17,2020
25. Member, Ethics Committee Roll Ball federation of INDIA 2020-21

BLOG PUBLICATIONS

[***sunilthomasmekkalathu.blogspot.in***](http://sunilthomasmekkalathu.blogspot.in)

UGC Minor Research Project

Applied for

“Impact of “Electronic Media Overuse” on Psycho-Physiological Variables among School Children of Kerala.”

AWARDS AND ACHIEVEMENTS

- Best Physical Education Teacher award from Kaduthuruthy Educational District- 3 times
- Silver medalist in State school athletic meet - Shot put.
- Jeevasmridhi award by Pro-Life Movement.
- NCC ‘C’ Certificate
- NCC Republic Day Camp at Delhi attended
- Para Sailing Camp attended
- Inter University participation in Cross Country and Kabaddi.
- Inter collegiate participation in Athletics, Kabaddi, Volley ball, Basketball, Kho-Kho.
- Qualified State Official for Athletics, Kabaddi and Volley ball.
- In-service Courses in Physical Education
- State Resource Group member in teacher training
- Co-ordinator, national seminar on Yoga a Panacea for lifestyle diseases in collaboration with Indian pediatrics association and UGC
- Voluntary Blood Donation: 67 times
- Team Manager of the Kerala State subjunior Netball team for the National Championship held at Sonipet, Haryana
- Team Manager of the Kerala State subjunior Netball team for the National Championship held at Thorur, Warrangal Telangana 27 – 30 January 2017
- Participation in the 33rd Kerala state senior netball championship 2015-16 held at tvn.

- Resource person, 'Summer athletic coaching camp and personality development classes' in connection with Gurukulam project of district police Kottayam,
- Resource person and councillor, Safety awareness cum counselling for adolescent girls organized by St.Thomas College of Teacher Education, Pala in collaboration with Mutholy Gramapachayat.
- Resource person and councilor, Safety awareness cum counseling for adolescent girls organized by St.Thomas College of Teacher Education, Pala in collaboration with Pala social welfare society.
- Resource person and counselor, 'Success 2013' organized by St.Thomas College of Teacher Education, Pala in collaboration with District educational office Pala for weak students of 10th standard from various schools.
- A Grade in Referees examination level 1 conducted by Kerala State Netball Association held at Thrissur on 16/7/2017.
- Technical convenor for the state roll ball championship 2018-19, 2019-20.
- Technical official for the 5th world cup Roll ball championship held at Chennai 15th to 19 november 2019
- Technical official for the Asia cup Roll ball championship held at Belgaum 2018
- Technical official for the 5th 2nd South Asian Roll ball championship held at Srilanka February 13 to 17,2020
- Team Manager of the MG University. Netball team for the All India Inter University held at Mangalore University Karnataka.
- Team Manager of the MG University. Roll ball team for the All India Inter University held at Jammu University J and K.2017-18
- Team Manager of the MG University. Roll ball team for the All India Inter University held at ITM Gwalior University Gwalior.2018-19
- Technical Committee Chairman Kerala Roll ball Association 2018-19,2019-20
- Joint Secretary Kerala Roll ball Association.2018 onwards.
- Participated as an official in attempt for Guinness World Record for largest roll ball lesson at Shiv Ganga Roller Skating Club, Karnataka, India from 17th to 19th May 2018 organized by international Roll ball federation and roll ball federation of India.
- Team Manager, Kerala State mini roll ball team for the 10th mini Roll Ball National championship held at Atladara, Kalalifhata, Vadodara Gujarat on 15th to 17th November 2018.
- Secured first prize in ball throw in 2nd all kerala Rosamma George Kulangara memorial teacher's training college athletic meet held at Labour India College of Teacher Education, Marangattuouilly on 7th march 2017.

- Secured first prize in 100 m in 2nd All Kerala Rosamma George Kulangara Memorial Teacher's Training College Athletic Meet held at Labour India College of Teacher Education, Marangattuoyilly on 7th march 2017.
- Joint convener, ODF campaign of Idukki District at Edamalakkudi for successful completion of ODF activities in 2016.
- Board Member in connection with endurance test Kerala PSC office, Kottayam from 12/11/2018 to 14/11/2018.
- Organized and participated in one day workshop on first aid and road safety by santhwanam action force on 25/1/2018 at St Thomas College Of Teacher Education, Pala.
- Award of appreciation by the district medical department for higher number of voluntary blood donation (68 times).
- Acted as the technical official for south zone national senior and junior Roll ball championship at Tamilnadu on 18/12/2021 and 19/12/2021.
- Co-ordinated M.G. University intercollegiate Chess (Men and Women) organized and conducted at St. Thomas College Of Teacher Education, Pala on 22/07/2021 and 23/07 2021.

ACADEMIC POSITIONS, ACTIVITIES & MEMBERSHIP IN PROFESSIONAL ORGANISATIONS

1. Staff Advisor, St. Thomas College of Teacher Education, Pala.
2. Staff Editor 'Gurusameeksha', St. Thomas College of Teacher Education, Pala.
3. Convener, Guidance and counseling Cell, St. Thomas College of Teacher Education, Pala.
4. Secretary, Parent Teachers Association, St. Thomas College of Teacher Education, Pala.
5. Convener, Health and First Aid, St. Thomas College of Teacher Education, Pala.
6. Teacher in Charge, ACE JAUNTS, Tourism Club, St. Thomas College of Teacher Education, Pala.
7. Selection committee member, M.G.University Kabaddi Team

8. Teacher in Charge, Excursion/ Field Trips, St. Thomas College of Teacher Education, Pala.
9. Teacher in Charge, Health Club, St. Thomas College of Teacher Education, Pala.
10. Teacher in Charge, Red Ribbon Club, St. Thomas College of Teacher Education, Pala.
11. Teacher in Charge, Sports Club, St. Thomas College of Teacher Education, Pala.
12. Examination duty as examiner and Valuation in the MG University
13. Attended the Annual fixture meeting for the last two academic years under the Department of Physical education and Sports.
14. Official for the Mg University Cross country Championship held at Alphonsa College Pala on 27/8/2013
15. Treasurer, All Kerala Training College Teachers Association.
16. Life Member, Council for Teacher Education, Kerala Chapter. (CTE No. 797 in the web list)
17. Life Member, All India Association for Educational Research (AIAER).
18. Executive Committee Member (Life Member), Association of International Researchers of Indian Origin (AIRIO), USA
19. Member, MG University Physical Education Teachers Association
20. Executive Committee Member, Kerala State Mountaineering Association
21. Treasurer, Kottayam district Mountaineering Association
22. Member Vigilance committee constituted by the district collector, Kottayam
23. Secretary District Netball Association, Kottayam.
24. Member, Sports Council Kottayam District.
25. Technical official for the National Games in Netball held at Thiruvananthapuram, Kerala, in 2015.
26. Team Manager of the Kerala State sub junior Netball team for the National Championship held at Sonipet, Haryana
27. Treasurer, Sports Alumni Association, St. George College Aruvithura.
28. External Examiner, (Practical) for the physical education and leisure course in MG University 2015.
29. Team Manager, Kerala State Sub Junior Netball Team for the National championship held at Sonipat, Haryana on 4-7, February 2016.
30. Acted as Official for the senior national roll ball championship held at Belgaum Karnataka on 30th November to 2nd December 2018.

31. Acted as selection committee member M.G. University:
 - 1) Kabaddi team :2017-18, 2018-19, 2019-20,20-21,21-22
 - 2) Netball : 2017-18,2019-20,20-21
 - 3) Roll Ball: 2016-17, 2017-18,2018-19,2019-20, 20-21,21-22
32. Board Member in connection with endurance test Kerala PSC office, Kottayam from 12/11/2018 to 14/11/2018.
33. Member SIRA,ACTPE,AKTCTA
34. Coordinated 5000 mask preparation and free supply to the public and officials, medical teams by health club of our college march 2020.
35. Sannadham volunteer during Covid 19 period march 2020.
36. Organized district level blood donor's day observation in May 2020, December 2021 at our college.
37. Organized and participated in one day workshop on first aid and road safety by santhwanam action force on 25/1/2018 at St Thomas College Of Teacher Education, Pala.
38. Organized and act as a resource person of state level official clinic and referee test of Kerala netball Association on 23rd and 24th July 2022 at St. Thomas College of Teacher Education, Pala
39. Award of appreciation by the district medical department for higher number of voluntary blood donation (68 times)
40. Acted as the technical official for south zone national senior and junior Roll ball championship at Tamilnadu on 18/12/2021 and 19/12/2021.
41. Co-ordinated M.G. University intercollegiate Chess (Men and Women) organized and conducted at St. Thomas College Of Teacher Education, Pala on 22/07/2021 and 23/07 2021

Extension Activities

Religious

- Member – Media Committee, CBCI meet Pala.
- Member – Pastoral Council, Diocese of Palai
- Vice President Madhya Virudha samithi Bharananganam Region
- Former member of KCYM, Vincent DePaul Society, Jesus Youth

Social

- Member school supporting group St. Antony's HSS Plassanal
- Member Vigilance and Anti-Corruption committee Kottayam district
- Member, Kottayam District Sports Council.

- Secretary, Kottayam District Netball Association.
- Executive committee member state Roll ball association.
- Vice President (former) Kottayam District Kabaddi Association.
- Vice President Kottayam District ATIYA_PATTIYA association.
- Treasurer Mountaineering Association Kottayam District
- Treasurer Pala Blood Forum
- Vice president Jananidhy project Thalappalam Grama Panchyath
- Executive committee member, alumni association economics , St. George college, Aruvithura
- Executive committee member, PTA ,St. Little Thresias LP school Bharananganam
- Convener, Entertainment committee ‘Manasanthy’- Mariyasadanam Charitable society programmes
- Chairman, Food committee, State level celebration of national blood donation day at kottayam
- Coordinator, blood donation camps conducted by Pala Blood forum in association with Medical College Kottayam in various places
- Panackappalam Residence Association
- Convener, ‘Echomates-93’ alumni association economics batch90-93, St. George college, Aruvithura
- Member, Organizing Committee, State and District competitions in Athletics, Kabaddi, Volleyball and Basketball, Mountaineering.
- Convener, food, accommodation and conveyance committee, national seminars conducted in the college
- Member, ‘Punarjani’ Meenachilar Samrakshana Samithi, Pala
- Coordinate Run Kerala Run programme from institution largest ever mass run in India organized by Government of Kerala on 20th January 2015.
- Joint convener, ODF campaign of Idukki District at Edamalakkudi for successful completion of ODF activities in 2016.
- Coordinated lead as captain of Walkers club Erattupetta.
- Coordinated 5000 mask preparation and free supply to the public and officials, medical teams by health club of our college march 2020.
- Sannadham volunteer during Covid 19 period march 2020.
- Organized district level blood donor’s day observation in May 2020 at our college.

Educational

- Resource person: Coaching for Competitive sports
- Judge: Different Competitions –Sports and Culture
- Resource person: Training for students in different Schools and Colleges in Sports.

Sports

- Inter University participation in Cross Country and Kabaddi.
- State participation in netball, roll ball
- Inter collegiate participation in Athletics, Kabaddi, Volley ball, Basketball, Kho-Kho.
- Qualified State Official for Athletics, Kabaddi and Volley ball, mountaineering, Netball, roll ball

- **Badminton & Volley ball – Player**

- Organising Secretary, Kerala state Junior Netball championship held at Kuravilangad on 10,11 October 2015.

- Member organizing committee state senior Volley ball championship
- **Executive committee member:**
 - State Physical Education Teachers association: KPSPETA
 - State roll ball association
 - State Netll ball association
 - State mountaineering association.
 - State Kabaddi association
 - District Volley ball association
 - District Cycle polo association
 - District School Games association: Kaduthuruthy,
 - District School Games association : Kanjirappally
 - District School Games association : Kottayam Revenue District
- General Convener, District Volley ball Championship plassanal 2013
- Organising Secretary Sub district sports meet Erattupetta
- Convener, Volunteer committee, state senior Volleyball championship at Pala
- Convener, Programme committee sub district Erattupetta
- Convener, Organising committee, State level Special School Meet conducted by the Lions Club of Pala
- **Convener Ground and Equipment committee:**
 - 1) State sub junior Volley ball championship
 - 2) Kottayam revenue district school meets and games
 - 3) State sub junior Kabaddi championship
 - 4) State zonal Kabaddi championship
 - 5) Joint convener State schools meet Kottayam

Act as an official in

- National Kabaddi championship
- National School meet
- State School meet Kabaddi and Athletics
- State Zonal School meet Kabaddi

- Sahodaya Athletic Championship held at Labour India Public School, Marangattupally on 23,24 August 2013
- State Mini Games Kabaddi and Athletics
- State Association Championships
- State Forest meet
- State Polytechnic meet
- State mountaineering championship
- Roll ball world cup 2017 at Chennai
- Roll ball Asia cup at Karnataka
- Roll ball south asia cup at Colombo, Srilanka

Literary Achievements

- Acted in 2 dramas

Hobbies

- 1) Driving
- 2) Playing Badminton, Volleyball, Football and multi gym
- 3) Travelling
- 4) Conducting Tournaments
- 5) Organising sports events
- 6) Coaching for events
- 7) Working as technical expert international, national and state level

Dr. SUNIL THOMAS

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