SREE SANKARACHARYA UNIVERSITY OF SANSKRIT, KALADY

Re-accredited by NAAC with A+ Grade

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FACULTY PROFILE

Name of the Faculty	:	Rahila Beevi. M.I
Designation	:	Assistant Professor
Name of the Department/Centre of study	:	PHYSICAL EDUCATION
Campus	:	REGIONAL CAMPUS, THIRUVANANTHAPURAM
Email id	:	rahilahumayoon@ssus.ac.in
Mobile No	:	9447501248
Date of joining in SSUS	:	01-09-2004
Work Experience	:	Worked as physical Education Teacher at Gvt. High school madathara 93- 94 Worked as lecturer in physical Education at Teacher Education centre ,Gandhi University for 6 moths upto October 1994. Worked as lecturer in physical Education on contract basis at SSUS , kalady October 1994 to 1996 February. Lecturer in physical Education at SSUS kalady on Regular basis from 1996 February to 1997 May. Worked as Lecturer in physical Education on contract basis 1997- 2004 september. Continuous service In SSUS as Asst.Profesor in physical Education since 2004.
Topic of Research/ Area of specialization	:	' EFFECT OF YOGA IN SELECTED PSYCHOLOGICAL VARIABLES IN PRE ADOLESCENT GIRL STUDENTS

Courses Taught

physical Education open course for BA Programme. Physical activity health and wellness. Exercise physiology for MPES (physical Education). Yoga Therapy for MPES (physical Education)

Post Doctoral Achievements

Nil

Other Achievements

organised 2-day programme ' FIRST AID TRAUMACARE ' in association with I MA, and SSUS, Thiruvananthapuram.

Profile Summary

School. Education at LMUPS Nilamel ,kollam

High School Education at SNHS Chithara, kollam

College Education at NSS Nilamel ,kollam

(Kerala University)

MPES &M.phil at Annamalai University

Tamil Nadu

Papers presented in NAtional & International seminars

Articles published in journals

Total Teaching experience 32 years.

Honours and recognitions received

Year of award	Name of the award/ fellowship/recognition received from Government or recognized bodies	Type of Award
2018	Best NSS Programme Officer	State
2018	national game meritorious service award	National

Consultancy project

Name of the Consultancy project	Consulting/Sponsoring agency with contact details	Year	revenue generated

Research Articles in Journals

Title	Journal Name	Year	ISSN No	Type
Effect of aerobic Dance Training on endurance among university players	international journal of physical education	2015	0974-2638	UGC Care Listed
Wellbeing Through Sports and Physical Activity	Research Scholar Journal	2014	2249-6696	UGC Care Listed

Research Papers in Conference Proceedings

Name of research paper	Conference Name	Year	ISSN/ISBN No	Type
Importance of Mudra and Pranayama in yoga for selected diseases	19th RDA	2016	nil	UGC Recognised

Details of Seminars/ Conferences/Workshops attended

Name of seminar	Date	Status	Level	Title of the paper

First Aid and prevention of disabilities	25-03-2017	Attended	National	
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Teaching learning and research : new parameters	04-05-2017	Attended	State	
Yoga Clinic	23-03-2017	Attended	National	
Remedial strategies to develop learning skills in autism kids	08-10-2016	Attended	State	
Celebrations on Literature in the changing cultural scenario	16-03-2016	Attended	National	
yoga as a way of holistic well being of human being	21-11-2015	Presented	National	Importance of Mudras in therapeutic aspect of yoga for selected diseases
Doping control officers workshop	07-01-2015	Attended	National	
renaissance in sports strategies, challenges and choices	30-08-2014	Presented	International	Effect of different intensities of aerobic training on vital capacity of middle aged obese men
Health related physical fitness and wellness	23-08-2014	Presented	International	resemblance between iron yoga, yoga and weight training practices on vital capacity flexibility and strength endurance among university womens students
Interdisiplinary studies in humanities	20-02-2014	Attended	National	
Ugc sponsored short term interaction programme for research scholers	24-09-2014	Attended	State	
National conference on importance of physical education and sports science in nation building	20-12-2014	Presented	National	Effect of aerobic training and plyometric training on muscular power among university players
Influence of Dhwani Theory in Literary criticism	22-02-2013	Attended	National	
??????? ???????????? ??????????	14-02-2013	Attended	National	
role of educational institutions in fostering energy efficiency	04-09-2013	Attended	State	
Literary Theories east and west	17-12-2012	Attended	National	
Technological Advancement in Physical education and sports sciences	04-05-2010	Attended	National	
Recent trends in Physical education sports health education yoga and stress management	14-08-2010	Attended	National	

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