

## **Bio Data**



### **GENERAL INFORMATION**

Name	<b>Mary Varghese Kundukulam</b>
Father's Name	Prof. (Late ) K.H Varghese
Date and Place of Birth	22-10-1988, Thrissur, Kerala
Sex	Female
Marital Status	Married
Nationality	Indian
Religion	Christian
Blood Group	AB <sup>+</sup> ve
Languages Known	English, Malayalam & Tamil
Address for Correspondence	Puthenpurackal House Koovappady P.O Koodalapad - 683544 Perumbavoor Ernakulam District
Mobile	+91-9400246618
Email	<a href="mailto:maryvarghese1988@gmail.com">maryvarghese1988@gmail.com</a>

### **ACADEMIC QUALIFICATIONS**

<b>Degree/Diploma</b>	<b>Institution/University</b>	<b>Year of Completion</b>
Ph. D in Physical Education	Annamalai University, Chidambaram, Tamil Nadu	2021
Post Graduate Diploma in Educational Administration & Supervision	Annamalai University, Chidambaram, Tamil Nadu	2017
Post Graduate Diploma in Yoga	Annamalai University, Chidambaram, Tamil Nadu	2016
Master of Philosophy in Physical Education (M. Phil)	Tamil Nadu Physical Education & Sports University (TNPESU)	2013
Master of Physical Education (M.P.E)	St Josephs College of Physical Education, Mahatma Gandhi University, Kottayam	2011
Bachelor of Physical Education (B.P.E)	Christ College Irinjalakuda, Calicut University	2009

### **RESEARCH DEGREES**

<b>Degree</b>	<b>Title</b>	<b>Status</b>	<b>Year of Completion</b>
Ph. D	Influence of the Combination of Aerobics With Explosive Strength Trainings and Aerobics With Resistance Trainings on Selected Bio Motor and Physiological Variables Among Female Football Players	Degree Awarded	2015-2021
M. Phil	Relationship Between Selected Psychological Variables and Playing Ability of Women Football Players of Kerala	Degree Awarded	2012-2013

### **MEMBERSHIP IN PROFESSIONAL BODIES/ SOCIETIES**

1. Professional Life Member of the International Federation of Physical Education, Fitness and Sports Science Association.
2. Registered Member of Physical Education Foundation of India (No. PEFI/AY/1467)

### **CAREER SCAN**

**Institution:** - St Joseph College of Teacher Education for Women, Kerala.

**Designation:** - Lecturer

**Period of Service:** - November 2021 – Still Continue

- Teach subject Health and Physical Education to B.Ed. students
- Teacher in charge of the International Multidisciplinary Web Conference on ‘Education in the Normal, Neo-Normal, and Futuristic Normal’, which will be held in March 2022.
- Committee member of the College Union Election for the academic year 2022-2023.
- Outdoor sports meet organized for first and second year students
- Formed a shuttle badminton team and advanced to the tournament's semi-finals at St. Joseph's Training College in Mannanam, Kerala.

Institution	Designation	Period of Service
St. Anne’s Public School, Koovappady, Perumbavoor	Physical Education Instructor	June 2015 – January 2016
IDC English medium School Chavakkad, Thrissur, Kerala	Physical Education Instructor	June 2013 – April 2014
St. Peter's Senior Secondary School, Kadayiruppu, Kolenchery, Kerala	Physical Education Instructor	October 2011 – March 2012

### **AWARDS & HONOURS**

- Represented Kerala State Senior Women’s Football Team
- Fourth rank holder in Master of Physical Education at M.G University, Kerala.
- I served as the intramural secretary at St. Joseph's college of physical education.
- Captained the women's Hockey team at St. Joseph's college of physical education.
- Captain of Christ College Irinjalakuda women's Football team.
- Captained the Women's Softball Team at St. Joseph's College of Physical Education.
- Football coach for a junior team

### **BOOKS PUBLISHED**

1. ***“Aerobic Training for Players”***, Manojvm Publication, Uttarakhand, 1<sup>st</sup> Edition 2022 (ISBN: 978-93-94521-01-8)

### **LESSON WRITTEN**

1. Essential of Physical Education (Volume - 1), ***“The Relationship between Selected Psychological Variables and Playing Ability among Women Football Players”***, Weser Books, Zittau, Germany (Publication under progress)

### **LIST OF PUBLICATIONS**

1. **Mary Varghese Kundukulam**. The Effect of Strength Training on Flexibility Among Intercollegiate Female Volleyball Players, *Mukt Shabd Journal*, 2022, Vol: 11 (1) pp. 203-207. (ISSN: 2347-3150) (DOI:10.0014.MSJ.2022.V11I01.0086781.112420) (IF: 4.6) (UGC Care Listed Journal)
2. **Mary Varghese Kundukulam**. The Effect of Circuit Training on Male Students Strength Endurance, *Edufocus*, 2021, Vol: 16 (2) pp. 40-42. (ISSN: 2347-646X) (Peer Reviewed)

**Research Journal in Education published by St Joseph College of Teacher Education for Women, Kerala)**

3. **Mary Varghese Kundukulam.** Effect of Plyometric Training on Strength Endurance of Male Hostel Students, *Think India (Quarterly Journal)*, 2019, Vol: 22 (4) pp. 353-357. (ISSN: 0971-1260) (IF: 6.2) (UGC Care Listed Journal)
4. **Mary Varghese Kundukulam & R Muthueleckuvan.** Efficacy of the Combination of Aerobic Training with Explosive Strength Training and Resistance Training on Cardio Respiratory Endurance of Female Football Players, *International Journal of Yogic, Human Movement and Sports Sciences*, 2018, Vol: 3 (2) pp. 766-769. (ISSN: 2456-4419) (IF: 5.18)
5. **Mary Varghese Kundukulam & R Muthueleckuvan.** Effect of Resistance Training on Bio-Motor Variable Among Inter-university Female Students, *International Journal of Physical Education, Yoga and Health Science*, 2018, Vol: 5 (1) pp. 11-13. (ISSN: 2349-6312) (IF: 3.225)
6. **Mary Varghese Kundukulam & R Muthueleckuvan.** Influence of the Combination of Aerobic Training with Explosive Strength Training and Resistance Training on Muscular Strength Endurance of College Level Female Football Players, *International Journal of Physiology, Nutrition and Physical Education*, 2018, Vol: 3 (2) pp. 983-986. (ISSN: 2456-0057) (IF: 5.43)
7. **Mary Varghese Kundukulam & George Abraham.** Influence of Plyometric Training on Agility Among Female Students, *Golden Research Thoughts*, 2017, Vol: 6 (8) pp. 37-41. (ISSN: 2231-5063) (IF: 4.605)
8. **Mary Varghese Kundukulam & George Abraham.** Influence of Resistance Training on Power Among Under Graduate Students, *International Journal of Advanced Research*, 2017, Vol: 5 (3) pp. 2351-2354. (ISSN: 2320-5407) (DOI:10.21474/IJAR01/3763) (IF: 6.118)

**FULL PAPERS IN CONFERENCE PROCEEDINGS**

1. **Mary Varghese Kundukulam.** Effect of Yoga on Mental and Physical Health: Summary. “6<sup>th</sup> International Congress on Life, Social and Health Sciences in a Changing World”. BZT Akademi Yayinevi Turkey, 2022, pp. 82-83. (ISBN: 978-605-71461-9-9).
2. **Mary Varghese Kundukulam & George Abraham.** Effect of Aerobics Training on Flexibility among Young Female Students. “National Seminar on Road Map to 2020 Olympics”. Department of Physical Education, Sri RamaKrishna Mission Vidyalaya Maruthi College of Physical Education, 2017. pp. 62-65. (ISBN: 81-9235734-8).
3. **Mary Varghese Kundukulam & George Abraham.** Learning Capability in Slow Learning. “International Conferences on Education for Slow Learners”. Department of Education, Annamalai University, Chidambaram, Tamilnadu, 2017, pp. 82-83. (ISBN: 978-93-81236-33-8).
4. **Mary Varghese Kundukulam & George Abraham.** Impact of Aerobics Training on Cardio Respiratory Endurance among Young Women. “International Congress on Renaissance in Sports Strategies Challenges and Choices”. Department of Physical Education, National College, Tiruchirappali, Tamil Nadu, 2017, pp. 414-416. (ISBN: 978-81-908942-0-3).
5. **Mary Varghese Kundukulam & George Abraham.** Comparative analysis of an aggression and achievement motivation among inter collegiate women football and

hockey players. *“Physical Activity and Dietary Habits for Healthy Living”*, Department of Physical Education, St. Joseph’s College, Irinjalakuda, Kerala, 2015, pp. 93-96. (ISBN: 978-81-925229-9-9).

#### **PRESENTATIONS IN NATIONAL SEMINARS INTERNATIONAL CONFERENCES**

1. **“Effects of Isotonic Training on Power Parameter among Young Female Student”**  
National Seminar on The Role of Women Participation in Sports for Women Empowerment, Department of Physical Education, Sri Padmavathi Mahila Visvavidyalayam, Women’s University, Andhra Pradesh, India, 22<sup>nd</sup> and 23<sup>rd</sup> Mar 2017.
2. **“Learning Capability in Slow Learners”**, International Conferences on Education for Slow Learners, Department of Education, Annamalai University, Tamil Nadu, 24<sup>th</sup> and 25<sup>th</sup> Feb, 2017.
3. **“Effect of Aerobics Training on Flexibility Among Young Female Students”**, National Seminar on Road Map To 2020 Olympics, Department of Maruthi College of Physical Education, Tamil Nadu Physical Education and Sports Sciences Chennai, TN, 23<sup>rd</sup> & 24<sup>th</sup> Feb 2017.
4. **“Impact of Aerobics Training on Cardio Respiratory Endurance among Young Female Student”**, International Congress on Renaissance in Sports Strategies , Challenges and Choices, Department of Physical Education & Sports Sciences, Tiruchirappalli, Tamil Nadu, India, 10<sup>th</sup> & 11<sup>th</sup> Feb, 2017.
5. **“Preterm Birth: A Public Health Initiation”**, International Conference on Society, Environment and Development, Department of Sociology, Annamalai University, TN, 2<sup>nd</sup> & 3<sup>rd</sup> Feb 2017.
6. **“Reconstructing Human Rights in the Digital Era: Challenges Ahead”**, National Colloquium, Department of Distance Education, Annamalai University, TN, 30<sup>th</sup> Jan 2017.
7. **“Effect of Strength Training on Explosive Strength among Novice Female College Students”**, National Seminar on Strategy to Strengthen Psycho, Physio and Sociological Bases and Researches in Physical Education, Department of Physical Education, Govt. of Kerala, Panampilly Memorial, Chalakuddy, 17<sup>th</sup> and 18<sup>th</sup> Jan, 2017.
8. **“Women Empowerment in India: Challenges and Will”**, National Seminar on Challenges of Human Development in India, Department of Economics Annamalai University, Tamil Nadu, 05<sup>th</sup> and 06<sup>th</sup> Oct, 2016.
9. **“Effect of Aerobics Training on Strength Endurance of Young Female Hostel Students”**, National Seminar on Need of Women Fitness in Modern Era, Department of Physical Education and Sports Science, Annamalai University, Tamil Nadu, 28<sup>th</sup> and 29<sup>th</sup> Mar, 2016.
10. **“Comparative Analysis of an Aggression and Achievement Motivation among Intercollegiate Women Football and Hockey Players”**, Department of Physical Education, St. Joseph’s College Irinjalakuda, Kerala, 12<sup>th</sup> and 13<sup>th</sup> Mar 2015.

#### **SYMPOSIUM/WORKSHOP/ IN NATIONAL LEVEL**

1. **“Physical Activity: A Panacea to Keep Away from Distress During Pandemic”**, Webinar Organized by St. Peter’s Training College, Kolenchery, Kerala, 14<sup>th</sup> September 2020.
2. **“International Conference on Exercise Physiology and Nutrition for Enhancing Health, Fitness and Sports Performance”**, Organized by Department of Exercise Physiology and Biomechanics, Tamil Nadu Physical Education and Sports University, Chennai, 5<sup>th</sup> to 7<sup>th</sup> March 2019

3. **“Global Strategies for an Embryonic India”**; Consequences in Manufacturing & Service Sectors, Organized by Department of Business Administration, Annamali University, Tamil Nadu, 04<sup>th</sup> October 2016.
4. **“Applying Psychology for Managing Personal and Professional Challenges”**, National Workshop, Organized by Science City, Department of Higher Education, Chennai, 22<sup>nd</sup> Jan 2013.
5. **“Workshop on Sports Related Injuries”**, Organized by Christian College, Alwaye, Ernakulum, Kerala, 21<sup>st</sup> March 2011.
6. **“Self Control and Personal Discipline towards a Health Society”**, Organized by Newman College, Thodupuzha, Kerala, 24<sup>th</sup> January 2011.
7. **“Nutrition and Self Care for Healthy Ageing”**, Organized by Department of Physical Education, Bishop Kurialacherry College for Women, 14<sup>th</sup> and 15<sup>th</sup> January 2010.