

## MARIA MARTIN JOSEPH

Associate Professor of Physical Education, Mary Matha Arts & Science College

Mananthavady, Wayanad, Kerala – 670645, South India

E-mail: mariamartin6@gmail.com

Tel: 04935-244309 (Res.) 9447277990

---

---

### QUALIFICATIONS

Qualifications	Institution	University	Year of Passing
NET	UGC		1993
P h D	Kannur University	Kannur	2009
M P E	LNCPE, Gwalior	Jiwaji	1992
B P E	LNCPE, Gwalior	Jiwaji	1990

---

### TEACHING EXPERIENCE

- 23 Years at Mary Matha Arts and Science College, Mananthavady (Since August 1995)
- 3 Years at Tolani College of Commerce, Mumbai (1992-1995)

---

### PROFESSIONAL DUTIES & RESPONSIBILITIES UNDERTAKEN

- IQAC Co-ordinator
- Nodal Officer, RUSA since 2017
- Research guide in Kannur University since 2015
- Nodal Officer, AISHE since 2010
- Co-ordinator of the Certificate Course in Yoga
- Member of the College Governing Body since 2004
- Member of the College Council since 1995

---

### MEMBERSHIP IN ACADEMIC BODIES

- Chairman, Board of Examiners, Physical Education (U G, Open Course)
- Former Member, Board of Studies, Physical Education (U G), Kannur University
- Former Member, Board of Studies, Physical Education (PG), University of Calicut University
- Member of the Board of Question Setters for Physical Education (P G), University of Kerala
- Member of External Examiners, School of Physical Education and Sports Science, Kannur University

---

## TRAINING, SEMINARS, COURSES

- Faculty development programme in quality assurance in higher education conducted by ICT academy of Kerala in association with FLAIR (fostering linkages in academic innovation and research) from 24/10/2016 to 25/10/2016 at Loyola College of social sciences, Thiruvananthapuram.
  - Orientation programme on anti- plagiarism organized by Kannur university on 22<sup>nd</sup> June, 2016.
  - Six months certificate course on organic farming conducted by department of zoology, Mary Matha Arts and Science College, Mananthavady during the academic year 2011 -12.
  - Seminar on Grading at the Under Graduate Level at Mary Matha College on 08 August 2008.
  - Workshop on Sustenance and Enhancement of Internal Quality in Mary Matha Arts and Science College, Mananthavady, on 20-21 June 2006.
  - Refresher Course at ASC, University of Calicut from 12-01-2006 to 01-02-2006
  - Refresher Course at ASC, University of Calicut from 20-06-2002 to 11-07-2002.
  - Refresher Course at Goa University from 07.03.2002 to 27.03. 2002
  - Orientation Programme at ASC, Gorakhpur University from 27.03 .2199 to 23.04.1999
- 

## PAPER PRESENTED AND PUBLISHED

- Published a paper on “Relationship of emotions to performance of University level archers” in *International Journal of Physical Education, Sports and Health* (Vol.5, issue.5, pp.35-36. 2018).
- Published a paper on “ Imagery: its effects and benefits on sports performance and psychological variables: a review study ” in *International Journal of Physiology, Nutrition and Physical Education*. (Vol.3, issue.2, pp.190-193.2018).
- Published a paper on “Comparison of emotional intelligence and mental toughness among exercising and non exercising youth” in the proceedings of *International Conference on Focus on Mindfulness: Glimpses of Neuroscience Education,* organized by Department of Physical Education, Alagappa University, Karaikudi on 7<sup>th</sup> & 8<sup>th</sup> December 2017 ( ISBN No: 978-81- 928690-8-7).
- Published a paper on “Walking and Cycling on Glycemic control among Type II Diabetic Patients” in *Voice of Sports*, a research Journal on Physical Education and Sports (India) (V - 7: 39 – 47.2012)
- Published a paper on “ Effect of walking on health related physical fitness among Type II Diabetic Patients” in *Biochemical and Cellular Archives*, ( Vol.11, No., pp. 269-274,2011).
- Presented a paper on “ Diabetics and Exercise” in the National Seminar on *Physical Education for Excellence in Sports*, organised by the Department of Physical Education, University of Calicut on 1 Feb 2006.
- Presented a paper titled “ Ayurvedic Massage: An Emerging Sports Therapy Alternative” in the UGC sponsored National Seminar on *The Role of Physical Education in Health and Wellness*, organised by the Department of Physical Education, St Pius X College, Rajapuram and on 20<sup>th</sup> and 21<sup>st</sup> July 2006

---

## MAJOR SEMINARS / WORKSHOPS ATTENDED/ CONDUCTED

- **Organized** induction and orientation programme 2018-19 by the IQAC, Mary Matha Arts and Science College, Mananthavady on 30<sup>th</sup> – 31<sup>st</sup> July, 2018.
- **Organized** a national workshop on “Research methods and data analysis with statistical packages” from 7/05/2018 to 13/05/2018 at Mary Matha Arts and Science College, Mananthavady.
- **Participated** in International conference on “Engineering athletic performance, safety and adjudication”, organized by the Birla Institute of Technology & Science, Pilani in association with International Sports Engineering Association under the auspices of Ministry of Youth Affairs and Sports, New Delhi on 23<sup>rd</sup> - 25<sup>th</sup> October 2017.
- **Organized** UGC sponsored state level workshop on “Competence building in office administration” by IQAC, Mary Matha Arts and Science College, Mananthavady on 23<sup>rd</sup> September 2017.
- **Organized** workshop for teachers on “Enhancing the effectiveness of teaching” and a workshop for students on “Academic enrichment” by the IQAC, Mary Matha Arts and Science College, Mananthavady on 23<sup>rd</sup> -25<sup>th</sup> march 2017.
- **Resource person** of a workshop on “Students role in quality assurance in higher education and e-learning” in Mary Matha Arts and Science College, Mananthavady from 23/03/2017 to 25/03/2017.
- **Participated** in National seminar on “Quality sustenance and enhancement in higher education” organized by IQAC of Malabar Christian College on 18<sup>th</sup> February 2017.
- **Participated** in the three day “Yoga training camp” organized by department of physical education, Kannur University from 06<sup>th</sup> to 08<sup>th</sup> June 2016.
- **Participated** in the three day conference on “Catholic higher education in India: Rethinking purpose and context” organized by Christ University, Bengaluru from 10<sup>th</sup> to 12<sup>th</sup> may 2016.
- **Participated** in the workshop on “Human values development programme” conducted by All India Association for Christian Higher Education, New Delhi with the cooperation of St. Mary’s college Sulthan Bathery on 8<sup>th</sup> August 2015.
- **Participated** and **Chaired** UGC sponsored national seminar on “Emerging trends in sports sciences”, organized by the Government College of Physical Education, Calicut, Kerala on 27<sup>th</sup> and 28<sup>th</sup> November 2014.
- **Participated** in the six months certificate course on “Organic farming” conducted by Department of Zoology, Mary Matha Arts and Science College, Mananthavady, during the academic year 2011 -12.
- **Participated** in UGC the sponsored National Seminar on Applied Sports and Exercise Physiology, organised by the School of Physical Education and Sports Sciences, ,Kannur University on 22 and 23 June 2012.

- **Participated** in International workshop on “Strength and Conditioning”, organised by Sports Authority of India and Lakshmi Bai National College of Physical Education, Thiruvananthapuram on May 24-26, 2012.
- **Participated** in Asia Pacific Quality Network Conference from 2 to 4, March 2011, at Bangalore. organized by NAAC India’
- **Organized** “ Regional Workshop on Informatics”, sponsored by The Kerala State Higher Education Council, Thiruvananthapuram ( Order No. 59/KSHEC/SW&T/2008 dtd.26.08.10) at Mary Matha Arts and Science College, Mananthavady, on 28-30 October 2010
- **Participated** in the one day workshop on “Choice based Credit and Semester system” on 25<sup>th</sup> Sept 2009 at Govt. College, Mananthavady.
- **Participated** in UGC sponsored National Seminar on “Assimilation, Personality Development and Sociological Aspects of Physical Education”, organised by the Department of Physical Education, Govt. College of Teacher Education, Thalassery, Kannur on 19<sup>th</sup> and 20<sup>th</sup> March 2009.
- **Participated** in the one day Seminar on “ Grading at the Undergraduate level” organized by IQAC, Mary Matha Arts and Science College, Mananthavady and sponsored by the Kerala State Higher Education Council on 8<sup>th</sup> August 2008.
- **Coordinated** the Second Indo US lecture series jointly sponsored by DST, Govt. of India, New Delhi & International Society for Mathematical Chemistry, organized by Mary Matha Arts & Science College, Mananthavady, India and Natural Resources Research Institute (NRRI), University of Minnesota, USA from 20-25, 2007.
- **Participated** in the NAAC sponsored state level workshop on ‘Sustenance and Enhancement of Internal Quality’ organised by IQAC, Mary Matha Arts & Science College on 20<sup>th</sup> and 21<sup>st</sup> of June 2006.
- **Participated** in UGC sponsored National Seminar on “The Role of Physical Education in Health and Wellness” organised by the Department of Physical Education, St Pius X College, Rajapuram on 20<sup>th</sup> and 21<sup>st</sup> July 2006.
- **Participated** in National Seminar on Physical Education for Excellence in Sports, organised by the Department of Physical Education, University of Calicut and presented a paper on Diabetics and Exercise on 1 Feb 2006.

---

## RESEARCH PROJECTS

- UGC Minor Research Project I: Effect of Aerobic Exercises on Glycemic Control and Health Related Physical Fitness among Type II Diabetic Patients.
- UGC Minor Research Project II: Estimation of Total Effect of Aerobic Exercise on Glycemic Control and Health Related Physical Fitness of the Type II Diabetes Patients.

---

**ADMINISTRATIVE /SUPERVISORY EXPERIENCE:**

- President, Teaching Staff Association
- Returning officer to the Students' Union
- Advisor to Students' Union
- Chief Superintendent of University Examinations
- Member of the Following Statutory Committees - College Council, Committee for the Prevention of Ragging and Campus Violence (Coordinator), Library Advisory Committee
- Additional Chief Superintendent of University Examinations in other colleges
- Executive Member of Diana Sports and Arts Club, Mananthavady
- President, Sunnex Cricket Club, Mananthavady
- Vice President, District Basketball Association
- Vice president of District Judo Association
- Nodal Officer, Admissions 2015-16
- Kannur University Team Selector for the Following Games: Basketball ( M&W), Handball, Archery, Yogasana, Athletics etc
- Kannur University Team Manager/ Coach for the Following Games: Softball, Handball, Archery, Yogasana, Athletics , Chess, Cross Country, etc
- Physical measurement and physical efficiency test board member in connection with the selection for the post of civil police officer and civil excise officer (SR for ST only) in the police and excise departments at GVHSS, Mananthavady from 11/12/2017 to 16/12/2017.
- Physical efficiency test board member in connection with the physical efficiency test for selection to the post of beat forest officer in the forest department held at government higher secondary school, Panamaram from 21/11/2016 to 29/11/2016.
- Technical official in the 35<sup>th</sup> national games 2015
- Controller of Examinations in the College: 2007-08, 2008-09
- NAAC Coordinator 2004-05 and 2005-06 (Coordinated the Accreditation Process)
- Founder Secretary of College Cooperative Society (1997-2005)
- Sports Council Nominee for the Basketball Association 1997 to 2000

---

**LINGUISTIC ABILITIES**

- To speak, read & write: English and Malayalam
- To speak : Hindi

---

**PERSONAL DETAILS**

Father's Name : A K Joseph (Late)  
DOB & Age : 10-04-1968, 50 years  
Sex : Male  
Marital status : Married

---

**PERMANENT ADDRESS**

Elavunkal House  
Vemom P O  
Mananthavady, Wayanad (Dt)  
Kerala-670646

---

**Declaration**

I hereby declare that the information furnished above is true and correct.



Dr. Maria Martin Joseph  
Associate Professor  
Head Dept. of Physical Education  
Mary Matha Arts & Science College  
Mananthavady - 670645

Dr Maria Martin Joseph