



Panampilly Memorial Government College

Potta PO – 680722, Chalakudy, Thrissur Dt., Kerala,
0480.2701636/pmgcprincipal@gmail.com



A. Personal Information:				
Name	:	Dr Biju Lona K		
Permanent Residential Address	:	Kannampuzha House		
		Koratty South P.O.		
Emails.		Pin Code: 680308 District: Thrissur		
		Mob. No.: 9447725876		
	i	b i j u l o n a @ g m a i l . c o m		
	i i			
		Adhaar No.:642993471529		
		PEN No.: 597063		
		PAN: A K H P B 8 3 3 9 C		
Age and Date of Birth	:	51 20.03.1971		
Gender (Tick)	:	Male (*) Female () Others ()		
Height and Weight	:	(173 Cms.) (64 Kgs.)		
Religion and Caste & Community	:	Christian R C		
B. Educational Qualifications (attach Proof)				
Sl.No.	Qualifications	Board/University	Year	Class
i	SSLC	Kerala Board	1986	second
ii	Plus II/ PDC	Calicut University	1991	second
iii	UG :B.Sc.	Calicut University	1994	First Rank
iv	PG :MPES	Pondicherry University	1996	First Rank
v	M.Phil. Phy Edn	Kurukshetra University	2001	First Rank
vi	Ph.D. Phy Edn.	Calicut University	2007	
vii	NET/JRF	Lectureship	1996	



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C. C. Professional Details (attach proof*)					
C.1. Service Details:					
Sl. No.	Designation	Dept./Organisation	From	To	Duration
i	Asst. Prof.- Govt. Colleges	Collegiate Education	5.7.2007	Till date	15 Yrs
ii	Asst. Prof. – Aided Colleges	Collegiate Education	1.9.2005	4.7.2007	Y1-M6-D12

(* Only recognised employment need be entered)

C.2 .Service History with Govt. Colleges :				
Sl. No	Name of College	From	To	Y/M/D
1	Govt Engineering college Wayanad	5.9.2007	30.9.2009	Y2-D16
2	T M G College Thirur	1-10-2009	31.5.2010	M8
3	Govt Engineering college Thrissur	1-6-2010	2.6.2014	Y4D2
4	P M G College Chalakudy	3.6.2014	Till date	8Yrs

C.3. Orientation/Refresher/Short Term Courses attended:

C3.1} Orientation Courses attended :

Sl. No.	Organization	From	To	No. of Days
1	ASC KERALA UNIVERSITY (Orientation)	1-4-2008	28.4.2008	28

C3.2) Refresher Courses attended:

Sl. No.	Organization	From	To	No. of Days
1	ASC NAINITAL UNIVERSITY (Refresher Course)	17.2.2015	10.3.2015	21

C3.3) Short Term/ MOOC Courses attended:

Nil

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C3.4) Professional Enrichments:

a) Order Number of Research Guide ship awarded	:	1) U O No.722/2022/Admn Dated 11.1.2022 (ANU D) 2) U.O.No.21840/2022/Admn Dated 17.11.2022(SANIL P P) 3) U.O.No.22025/2022/Admn Dated 19.11.2022(HABEEBU REHMAN K P) 4) U.O.No.1924/2023/Admn Dated 3.2.2023 (SALI K S)
b) No. of Scholars Doing M.Phil Degree	:	Nil
c) No. of Scholars awarded with M.Phil Degree	:	Nil
d) No. of Scholars Pursuing Ph.D Degree	:	4
e) No. of Scholars awarded with Ph.D Degree	:	Nil
f) Patents/Copyright, Awards etc. acquired if any	:	Nil
g) Details of Minor Projects Undertaken (specify amount and funding agency)	1	Nil
h) Details of Major Projects Undertaken (specify amount and funding agency)	1	Nil
i) Details of Books/Chapters Published/Edited	1	Hand book for Athletics Rules &Records, Saga Publications, Calicut 2005
	2	Physical activity health and wellness',2015, Ever green publications Thrissur,'
	3	Editor of Journal 'Voice of Sports' ACPET2019
	4	'Insight to health and wellness "2017.(Co Author) Academic publications Thrissur
	5	'Health, Fitness and Yoga' 2020, Evergreen Publications Thrissur
j) Details of E Content generated with web link	1	NIL

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k) Details of Seminars/Workshops attended:

Sl. No.	Topic	Resource Person./Session Chair/Paper Presenter/Coordinator/Participant	National/International	No. of Days with dates
1	'Psychological preparation of sports person through sub conscious mind training for sports person' 11.1.2018	Resource person as Chair session	National	2 Days 11.2.2018
2	'Sports culture towards wellness' 14.12.2017	Resource person	National	2 days 14.12.2017
3	'Introduction to statistics' 19-12-2017	Resource Person	National	2 days 19.12.2017
4	'Insight to health,fitness and yoga for students and teachers' 22.8.17	Resource Person	National	2 days 22.8.2017
5	'Stress management and yoga' 2019 August 7	Resource Person	State	1 Day 7.8.2019
6	'Success through meditation and fitness' 16.1.2020	Resource Person	State	1 Day 16.1.2020
7	'The dimensions of sports law and physical education' 21-10-2019	Resource person	National	1 Day 21.10.2019
8	'Yogic defence against COVID 19', 21.6.2020	Resource person	National	1 Day 21.6.2020
9	'Resisting COVID 19 Through Yogic Stress Management', 21.6.2020	Resource person	National	1 Day 21.6.2020
10	'Walk back to move forward- A yogic perspective' 28-6-2020	Resource Person	National	5 Days 28.6.2020

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L. Details of Publications: (Specify CARE / SCOPUS Journals if any)					
Sl. No	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	
1	'Advanced development in yoga therapy -Yoga as a substitute for medication'	Journal of seminar papers on medical application of yoga titled Explorations	229-4783	National	Peer reviewed
2	'Yoga as a science of human engineering', Proceedings of UGC sponsored two day	'Prevalence and control of lifestyle diseases in Kerala' Explorations Vol	2229-4783	National	Peer reviewed
3	'Effect of cyclic meditation and yoga nidra on selected physiological variables	Voice of sports , Vol 10, Issue 1 Sep 2015 ,page 22-31	0975-4687	National	Peer reviewed
4	Study on scope of prophylactic and curative potentialities of yoga in	Scientia Sit Potentia Vol 1 Dec 2014		National	Peer reviewed
5	'Mastery over conscious mind through training on subconscious mind'	Proceedings of UGC sponsored two day national seminar titled Emerging	978-81-922109-1-9	National	Peer reviewed
6	'Pacing up with globalization and gearing up with health issues'	Recent Research 2016 page 33-35	978-81-926565-2-6	National	Peer reviewed
7	'A review study on effect of various pranayama techniques on cardiovascular	Voice of sports , Vol XII, Issue 2 Sep 2018	0975-4687	National	Peer reviewed
8	'Influencing sub conscious mind through Yoga Nidra-An innovative meditation	Voice of sports , Vol 13, Issue 1 March 2019	0975-4687	National	Peer Reviewed
9	'Effect of cyclic meditation and yoga nidra on selected psychological variables	Voice of sports , Vol 13, Issue 2 Sep 2019	0975-4687	National	Peer Reviewed
10	'Effect of different yogic meditation programme on	The new dimensions of sports law and physical education in the globalised	978-14563-3	National	Peer Reviewed

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Details of Publications: Contd.....					
Sl. No	Topic/Title	Publisher	ISBN/ISSN/Peer Reviewed	National/International	DOI
11	'Experiment study on effect of cyclic meditation on selected Physiological	Proteus Vol 11, Issue 8, August 2020, Page 187-192	0889-6348		1.25
12	'A study on effect of yoga and cyclic meditation on selected psychological	Journal of Shanghai Jiaotong University , Vol 16, Issue 9, Sep 2020 Page 489-	1007-1172		6.2
13	'Effect of different yogic meditation programme on selected psychological	IJRRAR, Vol 8, Issue 3, Sep 21 p143-147	2349-5138		7.17

