

DEPARTMENT OF PHYSICAL EDUCATION
"Toe the Scratch : Enhancing Health and Sports Performance"

Programme Schedule	
24/01/2023, 10 AM	
Technical Session 1	
Resource Person	Dr. M. Elayaraja (Professor, Pondicherry University, Pondicherry) <i>Topic- Health and Wellness in the Post Pandemic Era</i>
Chair	Dr. Dilshith Azeezul Kabeer KI (Assistant Professor, Pondicherry University, Pondicherry)
Paper Presentation	
1	Effect of Small-Sided Game Training and Soccer Specific Circuit Training on Skill Performance among Youth Women Soccer Players <i>Dr. P. Kulothungan, Arun P.J, Rahul Raveendran</i>
2	An Experimental Study on the Impact of Mental Training on the Resilience of Amateur Badminton Players <i>Lisa Rachel Saji & Akhil Thomas</i>
3	Effect of Piyo Training on Flexibility and Core Strength among Obese College Women <i>Arun P.J. & Jintu Jacob</i>
4	A Comparative Study of Selected Psychological Variables among National Level Sprinters and Long-Distance Runners <i>Athul G Sivan & Dileep. P. A</i>
5	Social Work Perspective in Youth Development and Personality Growth of Children through Sports: A study of Football Trainings in Kerala- India <i>Muhammed Nafih K M, Muhammed Fayis M, Athira MC</i>
6	Physical Wellness through Physical Activity <i>S Chitra-, Dr. N.C. Jesus Rajkumar, P Bharathi</i>
7	Contrastive Analysis on Salubrity Fitness Components on Middle Aged Kho-Kho and Kabaddi Players <i>Deepak Siby, Dr. N. C. Jesus Raj Kumar, Mariya Fernandez</i>
8	Analysis of the Assisted and Resisted Sprint Training on Anaerobic Power among Football Players <i>Dr. P. Kulothungan, Shibindeev T, Arun P J</i>

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24/01/2023, 2 PM

Technical Session 2

Resource Person	Dr. Sakeer Hussain VP (Director, Department of Physical Education, University of Calicut)
	<i>Topic- Physical Literacy in College Education</i>
Chair	Mr. Muhammed Ali T (Assistant Professor, Department of Physical Education, Malabar College of Advanced Studies, Vengara)
Paper Presentation	
1	Assessment of Aerobic Training with and without Pranayama Practice Induced Adaptation on Maximum Oxygen Consumption among Trained and Untrained Men <i>Dr. Y. Wise Blessed Singh & S. Sarath</i>
2	Anxiety Management to Return Sports After Covid-19 Pandemic Crisis <i>Ganesh R, Dr. R. Mohanakrishnan, Muthumanickam</i>
3	Effect of Structured Physical Activity Programme on Selected Physical Fitness Variables of Orphanage Inmates' <i>Mohammed Sadique K, Fuad Sharaf VC, Mohammed Sameer C, Dr. D. Sultana</i>
4	Analysis of Health-Related Physical Efficiency among Tribal and Non-Tribal School Students in Wayanad District <i>Sooryajith KV, Dr. M. Senthil Kumar, Maneesha Abraham, Bineesh Baby</i>
5	Effect of Selected Yogasanas with and without Nutritional Supplementation on Emotional Maturity of Arts and Science College Women Students <i>S. Usha & Dr. S. Suganya</i>
6	Personality Factors of Physical Education Teachers and Other Subject Teachers- A Comparative Study <i>Waseem Ahmad Bhat & Rahul Raveendran</i>
7	Influence of Physical Activity and Sports in Different Facets of Life <i>Xavier Sany & Nafih Cherappurath</i>
8	Intellectual Capital Disclosure in Sports Industry: Evidence from Indian Super League <i>Yusaf Harun K, Dr Dilshith Azeezul Kabeer KI, Mohammed Sameer C, Mohamed Ali Kuniparambil, Nafih Cherappurath</i>

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24/01/2023, 4 PM	
Technical Session 3	
Resource Person	Mr. Akbar K (Assistant Professor, Department of Physical Education, MES Ponnani College)
	<i>Topic- Returning to Sports and Physical Activity After COVID-19</i>
Chair	Dr. Dilshith Azeezul Kabeer KI (Assistant Professor, Pondicherry University, Pondicherry)
Paper Presentation	
1	Nutrient Composition of Genetically Modified Crops and its Influence in Sports Persons <i>Irshadali Pazheri</i>
2	Aggression Between Juniors and Seniors – An Investigation on Men Football Players of St. Thomas College Thrissur <i>Dr. Sreejith Raj, Jinsha Jayaprakash P, Dr. Toy C. T</i>
3	Effect of Moderate Intensity vs Low Intensity Aerobic Dance Routine on Body Composition in Overweight Adulthood Women <i>Dr. Chewang Doma Bhutia</i>
4	Play-Practice-Play: An Efficient Coaching Management Session for Grassroots-Level Football Players <i>Salil B. S, Dr. A. Praveen</i>
5	Role of NGOs in Empowering Street Children by Using Sports and Games: A Social Work Perspective <i>Athira MC, Muhammed Fayis M</i>
6	Impact of Multiple Sports Participation in Adolescents: A Holistic Approach <i>Fuad Sharaf VC, Mohammed Sadique K, Mohammed Ameen V, Dr. D. Sultana, Dr. Dilshith Azeelul Kabeer KI</i>
7	Sedentary Women Employees and Self-Esteem - An Experimental Study with Respect to Low Impact Aerobic Dance <i>Dr. K.P Prashobhith, Dr. Rajesh. C. B, Dr. Nafih Cherappurath, Rajesh C, Dr. Jino Sebastian, Dr. Augustine George</i>
8	Knowledge Assessment Test on Men’s University Football Players – A Survey <i>Sagar M. P, Dr. K. Murali Rajan</i>