


**Mount Carmel College of Teacher Education for Women, Kottayam**  
**Faculty Profile Form**

Name of the Staff Member	Dr.Suma Joseph
Designation	Associate Professor
Address	Plathottam House Kanjikuzhy P.O. Kottayam : 686004 Kerala.
Academic Qualification	B.Sc., B.PEd., M.PEd, M.Phil., Ph.D., UGC NET
Professional Qualification	B.PEd., M.PEd, M.Phil., Ph.D., UGC NET.
Date of Birth	16.05.1971
Date of appointment	08.12.1997
Nature of appointment	Permanent
Whether Approved by the Affiliating University/Body	Yes
Pay Scale or Consolidated Amount	37400-67000+9000(AGP)
Areas of Interest	Methods of Physical Education Health &Physical Education Physiological Effects Due to Exercise
Specialization	Test and Measurement Exercise Physiology Basketball
Teaching Experience	16 years
Photograph	
Email	sumajoseph2004@yahoo.co.in
Ph. No	9447242200

### ***Awards & Scholarships***

- Teacher Fellowship Award for doing (Ph. D) under Faculty Improvement Programme of U.G.C. 11<sup>th</sup> Plan from 01.10.2009 to 30.09.2011.
- Best Player Award in the 7<sup>th</sup> Marvels Inter- Collegiate Basketball Tournament held at T-Nagar, Chennai in the year 1994.
- Best Player Award in the Inter Tamil Nadu State Basketball Tournament held at Palayamkottai, Thirunelveli in the year 1994.
- Best All Rounder in the Senior State Championship held at Manjeri in the year 1992.
- Best Player Award in the Marthoma Trophy organized by Titus II Teachers Training College, Thiruvalla in the year 1991.
- Received Merit Sports Scholarship Award of Rs. 3600/- for the outstanding performance in Basketball for the years 1990-1991, 1991-1992, 1992-1993, 1993-1994 and Rs. 6000/- for the year 1994-1995 from Netaji Subash National Institute of Sports, Patiala, Punjab.
- Received Merit Sports Scholarship Award of Rs. 4000/- for the outstanding performance in Basketball for the years 1988-1989, 1989-1990, 1990-1991, 1991-1992, 1992-1993 from Mahatma Gandhi University, Kottayam.
- Received Merit Sports Scholarship Award of Rs. 300/- for the outstanding performance in Basketball for the years 1989-1990, 1990-1991, 1991-1992 from Government of Kerala, Thiruvanthapuram.

### ***Positions Held***

- Subject Expert in Selection Committee for the appointment of Teachers in UCTE 2013, Mahatma Gandhi University, Kottayam.
- Chief Examiner in Physical Education, B. Ed Course 2013, M.G University, Kottayam.
- Question Item Setter for the eQuestion Bank of Staff Selection Commission in 2009 Govt. of India, Bangalore.
- Team Manager of the Mahatma Gandhi University Women's Basketball Team for the years 1998-1999, 2008-2009 & 2009-2010, Kottayam.
- Member of the Sports Medicine Team for Hockey in the VII South Asian Federation Games

held at Chennai in 1995.

### ***Additional Informationís***

#### ***Academic Merit Positions Held***

- Secured **1<sup>st</sup> Rank** in the B. PED Degree Examination from University of Madras in 1995.
- Secured **1<sup>st</sup> Rank** in the M. PED Degree Examination from University of Madras in 1996.
- Secured **2<sup>nd</sup> Rank** in the M. Phil Degree Examination from University of Madras in 1997.
- Passed U.G.C **National Eligibility Test (NET)** for lectureship in December 1996.

#### ***Papers Published in Books & Journals with ISBN &ISSN Numbers***

- i. A paper 'Relationship of Physical Fitness Components, Skills of the Game and Physiological Variables towards Basketball Ability' presented in the **International Conference on Sports & Nutrition 2012**. Book Published by Macmillan Publishers India Ltd; **ISBN 935-059-339-4**.
- ii. A paper 'Effect of Selected Yogic Exercises and Physical Exercises on Health Related Physical Fitness Components among the Higher Secondary School Girls in Chennai City' presented in the Seminar and it is published in the Book **Educational Renaissance for a New Generation 2012**; **ISBN978-93-82359-41-8**.
- iii. A paper 'Awareness of Life Style Changes that Helps to Prevent Breast Cancer' presented in **Carmel Graphics**, an International Journal of Education in February 2013; **ISSN 2320-7299**.

#### ***International Achievements in Sports and Games***

- Represented **India in the 5<sup>th</sup> World Korfball Championship** held at New Delhi in 1995.
- Attended the **Junior Indian Basketball Coaching Camp** in Mysore prior to Junior Asian Basketball Championship held at Nagoya, Japan.

#### ***National Achievements in Sports and Games***

##### ***Basketball***

- Represented the Kerala State Team **15 times** in Nationals (including Youth, Junior South Zone, Junior, Senior South Zone and Senior).
- Represented the Mahatma Gandhi University Team, Kottayam, **four times** and also captained the University Team.
- Represented the Kerala State Team and **Secured First Place** in the **XI Federation Cup National Basketball Championship** (Men & Women) held at Sivakasi, Tamil Nadu from 4<sup>th</sup> to 11<sup>th</sup> June 1994.

- Represented the Kerala State Team and **Secured Second Place** in the **IX Federation Cup National Basketball Championship** (Men & Women) held at Tirupur, Tamil Nadu from 21<sup>st</sup> to 28<sup>th</sup> June 1992.
- Represented the Kerala State Team and **Secured Third Place** in the **Pre- Asian Basketball Championship** held at Bangalore, Karnataka from 11<sup>th</sup> to 15<sup>th</sup> January 1992.
- Represented the Kerala State Team and **Secured Third Place** in the **42<sup>nd</sup> National Basketball Championship** held at Trivandrum, Kerala from 18<sup>th</sup> to 25<sup>th</sup> January 1992.
- Represented the Kerala State Team and **Secured First Place** in the **VIII Federation Cup National Basketball Championship** for Men & Women held at Trichur, Kerala from 4<sup>th</sup> to 11<sup>th</sup> May 1990.
- Captained the Kerala State Team and **Secured Second Place** in the **XLI National Basketball Championship for Junior Boys & Girls** held at Indore, Madhya Pradesh from 20<sup>th</sup> to 26<sup>th</sup> May 1990.
- Represented the Kerala State Team and **Secured First Place** in the **Senior South Zone Basketball Championship** for Men & Women held at Jipmer, Pondicherry from 19<sup>th</sup> to 22<sup>nd</sup> August 1993. Represented the Kerala State Team and **Secured First Place** in the **22<sup>nd</sup> Senior South Zone Basketball Championship** for Men & Women held at Hyderabad, Andhra Pradesh from 2<sup>nd</sup> to 5<sup>th</sup> August 1992.
- Captained the Kerala State Team and **Secured First Place** in the **VI South Zone National Basketball Championship for Junior Boys & Girls** held at Udyogamandal, Kerala from 1<sup>st</sup> to 4<sup>th</sup> September 1990.
- Represented the Kerala State Team in the **National Sports Championship for Women** held at Cuttack, Orissa from 18<sup>th</sup> to 16<sup>th</sup> March 1990.
- Represented the Kerala State Team in the **40<sup>th</sup> National Basketball Championship for Junior Boys & Girls** held at Solapur, from 28<sup>th</sup> May to 4<sup>th</sup> June May 1989.
- Represented the Kerala State Team in the **39<sup>th</sup> National Basketball Championship for Junior Boys & Girls** held at Bhilwara, Rajasthan from 10<sup>th</sup> to 16<sup>th</sup> June 1989.
- Represented Mahatma Gandhi University Team in the **All India Inter University Basketball Championship** held at Gulburga in 1991-1992.
- Represented Mahatma Gandhi University Team in the **All India Inter University Basketball Championship** held at Madras in 1990-1991.

- Represented Mahatma Gandhi University Team in the **All India Inter University Basketball Championship** held at Delhi in 1989-1990.
- Represented Mahatma Gandhi University Team in the **All India Inter University Basketball Championship** held at Benasthali, Rajasthan in 1988-1989.

### *Korfball*

- Represented the Tamil Nadu State Team **Secured Third Place** in **IV Federation Cup Korfball National Championship** held at Madras from 22<sup>nd</sup> to 24<sup>th</sup> June 1997.
- Represented the Tamil Nadu State Team **Secured First Place** in **XI Korfball National Championship** held at Madras from 7<sup>th</sup> to 11<sup>th</sup> February 1996.
- Represented the Tamil Nadu State Team **Secured Fourth Place** in **X Korfball National Championship** held at Hissar from 18<sup>th</sup> to 25<sup>th</sup> January 1995.

### *Handball*

- Represented the Tamil State Team **Secured Second Place** in the **Senior South Zone National Handball Championship for men and women** held at Chennai from 11<sup>th</sup> to 25<sup>th</sup> March 1997.
- Represented the Pondicherry State Team in the **Senior National Handball Championship for men and women** held at Chennai from 11<sup>th</sup> to 25<sup>th</sup> March 1995.

### *Shuttle Badminton*

- Represented the Mount Carmel B. Ed College Shuttle Badminton Team and **Secured First Place** in the **All Kerala Shuttle Badminton Tournament for College Staff** organized by K. G. College Pampady in the year 2009-2010.
- Represented the Y.M.C.A College of Physical Education Shuttle Badminton Team and **Secured First Place** in the **Tamil Nadu Inter Physical Education Tournament** held at Annamalai University, Chidambaram in 1994-1995.
- Represented the Y.M.C.A College of Physical Education Shuttle Badminton Team and **Secured First Place** in the **Tamil Nadu Inter Physical Education Tournament** held at Annamalai University, Chidambaram in 1995-1996.
- Represented the Y.M.C.A College of Physical Education Shuttle Badminton Team and **Secured First Place** in the **Tamil Nadu Inter Physical Education Tournament** held at Alagappa University, Chidambaram in 1996-1997.

- Represented the Kottayam District Shuttle Badminton Team in the **State School Games** held at Thrissur in 1986.
- Represented the Mount Carmel G. H. School Shuttle Badminton Team and **Secured Second Place** in the **Kottayam District Open Tournament** held at Kottayam Club in 1986.