



Lt. Anu D. Alappat, M.P.Ed, NET
H O D , Physical Education

Date of Birth

14 November 1981

Official Address

Asst. Professor
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Specialisation

Basketball

Academic Qualifications

Course	Year of passing	University	Class/Rank
BPE	2003	LNCPE	I class
MPEd	2005	Calicut University	I Rank
NET	2004	Calicut University	

Positions

1	ANO of St.Mary's College NCC Unit (7 (K)Girls Bt. Ncc. Thrissur). 2012 onwards
2.	Care Taker of St.Mary's College NCC Unit (7 (K)Girls Bt. Ncc. Thrissur).-2009-2012
3.	Executive Member-Calicut University College Physical Education Teachers' Association-2012-13
4.	Vice President-Thrissur District Tug-Of-War Association 2013-14
5	Convener- Calicut university Inter Collegiate Hockey Championship2013-14
6	Joint Secretary - Thrissur District Athletic Association 2013-14
7	Manager of Calicut University Basketball team (W) for All India Inter University South West Zone Championship at Cannanore-2011-12
8	Manager of Calicut University Power Lifting team (W) for All India Inter University Championship at Udaipur, Rajasthan-2012-14
9	Manager of Calicut University Hockey team for All India Inter University Championship at Koorg-2013-14
10	Executive Member-Calicut University College Physical Education Teachers' Association-2013-14

Competitions Conducted

1.	Calicut University Inter Collegiate Hockey Championship -2013-14
2.	Calicut University Inter Collegiate Kabaddi Championship -2011-12
3	Calicut University Inter Collegiate Cycling Championship-2011-12
4	Simultaneous Chess Competition by Shri. Johnson V.A .against 25 students - Dec.2013

Publications

1	Osteoporosis, Annals of Basic & Applied Sciences, St.Mary's College, Thrissur
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Improvement of Professional Competance

1	Attended three months PRCN course at OTA, Gwalior from 06.08.2012- 03.11.2012.
2	Attended Orientation Programme at UGC-ASC Calicut University from 27.07.2011-23.08.2011

Paper Presentations in Seminars/Conferences

1.	Presented a paper on "FRAILITY THY NAME IS WOMEN HEART" in the national seminar on exercise physiology at St.josephs college,Irinjalakkuda
2.	Presented a paper on "HARVEST SPORTS-AN OVERVIEW" in the UGC sponsored national seminar at St.mary's College,Thrissur
3.	Presented a paper on "Lifestyle Diseases" in the International Seminar conducted by Sahithya Accademy at Thrissur.
4.	Participated in the UGC sponsored national seminar on "Nutrition & self care for healthy Ageing" at Bhisop College,Athirampuzha.
5.	Participated in the UGC sponsored national seminar on 'The effect of Physical Activities of College Students'.
6.	Attended a workshop in Physical Education Curriculum

7.	Attended Master Trainer – training programme conducted at Collectorate, Thrissur from 18 th March -20 th March 2010 by District Census Officer.
8.	Attended PDLs, TOT at Naval Base ,Kozhikode
9.	Attended “Training in Life Skills & Personality Development” organized by RGNIYD, Ministry of Youth Affairs & Sports, Gov. of India , Tamil Nadu from 26 th – 29 th Sep.2012 at OTA Gwalior.

Seminars Conducted

1.	Member, Organizing Committee Interdisciplinary National Seminar- Thrissur A Kaleidoscopic View at St Mary’s College Thrissur ,2012
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