

PERSONAL DETAILS	
Full Name	Dr. YASIR K
Religion	Islam
Date of Birth/ Age	11-03-1984, Age-41
Mail Id	yasirkodinhi@gmail.com
Mobile No	9895370282



GENDER	BLOODGROUP	MARITAL STATUS	LANGUAGE KNOWN
Male	O ⁺ Ve	Married	English, Malayalam, Tamil, and Hindi

NATIONALITY	STATE	DISTRICT	PANCHAYAT
Indian	Kerala	Malappuram	Nannambra

FATHER' S NAME	MOTHER' S NAME	PERMANENT ADDRESS	ADDRESS FOR COMMUNICATION
Mr. Mohammed Kutty K	Mrs. Rukiya P	Kuniyil House, Al-Ameen Nagar, Kodinhi Post, Malapuram, Kerala-676309	Kuniyil House, Al-Ameen Nagar, Kodinhi Post, Malapuram, Kerala-676309

ACADEMIC QUALIFICATIONS					
Examination	Name of Degree	Subject(S)	Overall Percentage*	Year	University/Institute
Bachelor's Degree	B.Com	Finance	57.93%	2004	University of Calicut/ PSMO College Tirurangadi
Post Graduate	B.P.Ed	Physical Education	66.32%	2009	SPE&SS, Kannur University

Master's Degree		M.P.Ed	Physical Education	66.67%	2011	SPE&SS, Kannur University	
Master's Degree		M.Com	Finance	52.45	2012	University of Calicut/SDE	
RESEARCH DEGREES							
Degree	Date of Registration	Date of Submission	Date of Award	Dissertation Title		University /Institute	Overall Percentage
M.Phil	October 2011	November 2012	November, 2012	Effect of imagery training on short service accuracy of badminton players		Kannur University/ School of Physical Education and Sports Sciences,	68.83%
Ph.D	26 th November, 2016	31st March 2021	20 th December, 2021	Effect of psychological skills training on performance and mental skills of badminton players		Kannur University, School of Physical Education and Sports Sciences,	-

COMPETITIVE EXAMINATIONS			
UGC-CSIR NET	Subject	Year	Roll No
National Eligibility Test	Physical Education	2012	13470075
National Eligibility Test	Physical Education	2014	13470133

TEACHING EXPERIENCES						
Name of University/ College	Designation	Status	Subject	Start From	End Date	No. of Years
SPE&SS, Kannur University	Assistant Profes	On Contract	Physical Education	21.11.2012	05.04.2023	10 Years&6 Months

	sor					
PMST College Kundoor	Assist ant Profes sor	On Contract	Physical Education	13.09.2023	07.03.2024	6 Months
DPE, University of Calicut	Associ ate Profes sor	On Contract	Physical Education	11.03.2024	31.05.2025	1 Year&2 Months

Details of Published Works

Sl No	Title of Publication	National / Internation al	ISSN/ISBN	UGC Care/Listed/ Peer Reviewed/In dexed
1	“Effect of psychological skill training on selected skill performance of badminton players” .	Internation al	ISSN: 2456-5067	Indexed
2	“Effect of Specific Football Drills on Selected Skill Performance of Football Players” .	Internation al	ISSN: 0474-9030,	Ugc Care
3	“Harmful effects of obesity on self-esteem” .	Internation al	ISSN: 0474-9030,	Ugc Care
4	Impact of SAQ Training on selected Bio Motor Variables of Football Players”	Internation al	ISSN: 0886-9367	Ugc Care
5	Educational Technology and Methods of Teaching in Physical Education, Akinik Publications, New Delhi,	National	ISBN: 978-93-9153 8-09-5	Books
6	What Sports Tell Us	National	ISBN: 978-93-8987	Books

			5-33-1	
7	Effect of team building games on psychomotor abilities of high school students	National	ISBN: 978-81-928066-1-7	-
8	Imagery Training in Sports	National	ISBN: 978-93-5087-014-3	-
9	Effect of Imagery training on Short serve accuracy in Badminton	National	ISBN: 978-81-927948-0-8	-
10	Various position wise analysis on selected physiological variables and performance ability among female handball players	International	ISBN: 978-93-85446-45-0	-

Details of Paper Presentation of Seminars and Conferences

SlNo	Title of Paper	National / International	Organised
1	<i>"Effective delineation of Sports and Exercise to Psychological well Being"</i>	International	All Saints College Trivandrum, Kerala, on November 19 th and 20 th 2015
2	<i>Various Position wise analysis of selected physiological Variables and performance ability among handball Players"</i>	International	Punjabi University, Patiala, from February 18 th to 20 th , 2016.
3	<i>"Wellness through Aqua dance"</i>	International	Tamil Nadu Physical Education and Sports University, Chennai, March 5 th to 7 th 2019.
4	<i>"Effect of Psychological skills training on Mental skills of Badminton Players"</i> ,	International	Punjabi University, Patiala, from November 28 th to 30 th , 2019.

5	<i>"Influence of Sports and Performing Arts on a Professional Student' s Life".</i>	International	NSS Training College Ottapalam, Palakkad on February 27 th , 28 th , and 29 th , 2020.
6	<i>"The Power of Subconscious Mind in Sports"</i>	International	Pondicherry University on March 11 th and 12 th 2020.
7	<i>"Planning Life Style for Optimal Health and Wellness" .</i>	National	Department of Physical Education, Calicut University on March 11 th and 12 th 2009
8	<i>"Modern Sports and Social Influences"</i>	National	Government College of Teacher Education, Thalasseri, on March 19 th and 20 th 2009.
9	<i>"Importance of water exercise in preventing injuries</i>	National	Keyi Sahib Training College, Taliparamba, Kannur on January 24 th and 25 th 2012.
10	<i>"Exercise During Pregnancy"</i>	National	MES Mampad College, on March 12 th and 13 th , 2012.
11	<i>"Use of Imagery in Sports"</i>	National	School of Physical Education and Sports Sciences, Kannur University, on June 22 nd and 23 rd , 2012.
12	<i>"Effect of Imagery training on Short Serve Accuracy of Badminton</i>	National	<i>S.N Training College, Nedunganda, Trivandrum</i> on August 23 rd and 24 th 2013.
13	<i>"Effect of team building games on psychomotor abilities of High School Students"</i>	National	Keyi Sahib Training College, Taliparamba, Kannur on February 25 th and 26 th 2014.
14	<i>"Mental Imagery Technique in Sports Performance"</i>	National	<i>Government College of Physical Education, East Hill, Calicut</i> , on March 25 th and 26 th 2014.
14	<i>"Imagery of Injury Rehabilitation in Sports</i>	National	<i>Baselius College, Kottayam</i> , on February 25 th and 26 th , 2015.

15	<i>"Sports and Media" in the National Seminar on Lifelong Physical Fitness and Wellness.</i>	National	<i>Government Arts and Sciences College, Calicut from January 10th to 12th, 2017</i>
16	<i>"Video analysis in Sports"</i>	National	<i>School of Physical Education and Sports Sciences, Kannur University on March 14th to 16th, 2017.</i>
17	<i>"Video analysis in Sports"</i>	National	<i>School of Physical Education and Sports Sciences, Kannur University on March 14th 16th, 2017.</i>
18	<i>"Innovations in Badminton Technology"</i>	National	<i>School of Physical Education and Sports Sciences, Kannur University, from February 7th to 9th, 2019.</i>
19	<i>"Effect of Psychological Skills Training on Skill Performance of Badminton Players"</i>	National	<i>Government College, Kasaragod from February 28th to 2nd March 2019.</i>

SlNo	ADMINISTRATIVE EXPERIENCES
1	Appointed as the Coordinator to the Director of Physical Education and Sports to conduct Inter Collegiate tournaments, university team selection trials, and conduct coaching camps for various Inter University tournaments from 19-11-2019 to 15-10-2020.
2	Appointed as a Kannur University Contingent Manager for the First Khelo India University Games Held at KIIT Bhubaneswar from 22 nd February to 1 st March 2020
3	Appointed as a Technical Committee Member of the South Zone Inter University Kabaddi Women Championship for the year 2014-15 was organised under the auspicious of Kannur University from 1 st to 5 th November 2014.
4	Appointed as a Technical Committee Member of the South Zone and All India Inter University Volleyball Women Championship for the year 2017-18 was organised under the auspicious of Kannur University from 20 th to 31 st October 2017.
5	Appointed as an organizing Secretary for Kannur University B zone and Inter Zone, Inter Collegiate Football Men Championship for the year 2015-16, 2016-17, 2018-19

	& 2019-20.
6	Appointed as an organizing Secretary for Kannur University B zone and Inter zone, Inter Collegiate Cricket, Men Championship for the year 2016-17 and 2018-19.
7	Appointed as an organizing Secretary for Kannur University Inter Collegiate football women Championship for the year 2017-18, 2018-19.
8	Appointed as an organizing Secretary for Kannur University Inter Collegiate Swimming Men and women Championship for the year 2018-19, 2019-20, 2020-21 & 2021-22.
9	Appointed as an organizing Secretary for Kannur University Inter Collegiate Volleyball women Championship for the year 2021-22.

Sl No	COACHING EXPERIENCES
1	Worked as an Manager for Kannur University Fencing Men and Women Teams for All India Inter University Championship in the Year 2013-14 held at Punjabi University Patiala. Kannur University Women Team Won All India Inter University Championship.
2	Worked as an Assistant Coach of Kannur University Volleyball Women' s Team for South Zone and All India Inter University Championship. The team won the south zone inter University volleyball championship held at university of Calicut and second runner up of All India inter university Volleyball championship held at VBS Puruvanchal University Jaunpur during the year 2016-17.
3	Worked as an Assistant Coach for Kannur University Football Men Team which secured Second Place in south zone and Third Place in All India Inter University Football Tournament Held at University of Calicut during 2017-18.
4	Worked as an Assistant Coach for Kannur University Football Men Team, which secured Third Place in south zone Held at Pondicherry University and Third Place in All India Inter University Football Tournament Held at University of Mumbai during 2018-19.
5	Worked as an Assistant Coach for Kannur University Football Men Team, which secured Second Place in south zone Held at VIT University Vellore and Fifth Place in All India Inter University Football Tournament Held at SBBS University Jalandhar during 2019-20.
6	Worked as an Coach for Kannur University Badminton Men Team which participated in south zone Inter University Championship held at SRM University, Chennai in the Year 2018-19.

7	Worked as a Manager for Calicut University Football Men Team which participated in All India Inter University Championship held at SBBS University Jalandhar and secured Gold Medal in Khelo India University Games held at Aizwal during the year 2023-24
8	Worked as a Manager for Calicut University Football Men Team which participated in All India Inter University Championship held at CSJM University Kanpur and secured Second place during the year 2024-25

Sl No	PROFESSIONAL ACHIEVEMENTS
1.	Participated senior state Badminton championships on 2005, 2006, 2007 and 2009.
2.	Qualified AIFF D Coaching Certificate Course (No. D/2014/Ker/25)
3.	Class 3 Referee of Kerala Football Association

FIELDS OF SPECIALIZATION UNDER THE SUBJECT/DISCIPLINE: PHYSICAL EDUCATION	
Subjects Theory	Practical
Sports Biomechanics	Football
Research Methodology and Advanced Statistics	Shuttle Badminton
Methods And Management	Cricket
Health Education	Tennis

REFERENCES	
1.	Dr. P T Joseph Former Director &Head Department of Physical Education, Kannur University Contact no: 9447635863
2	Dr. Sakeer Hussain V P Director, Department of Physical Education, University of Calicut

Declaration

I, Dr. Yasir K, declare that all the statements and entries made above are true, complete, and correct to the best of my knowledge, belief, and understanding.

Dr. Yasir K

