


Dr. FLOSSY RAYAPPAN

Retd. Associate Professor and Head, Department of Physical Education

PERSONAL DETAILS

Date of Birth: September 29, 1956

Email ID: flossy289@gmail.com

CONTACT ADDRESS	
Retd. Associate Professor and Head, Department of Physical Education. 11/763, Bishop Victors Road Attavar, Mangalore Mob.9901324308 Resi: 0824-2436933	
Contact Number:9844634138(Mobile)	

ACADEMIC PROFILE

INSTITUTION	COURSE	YEAR	CLASS
Tamilnadu Physical Education & Sports University, Chennai	Ph.D	2015	-
Alagappa University, Karaikudi, Tamilnadu	M.P.Ed	1997	First class

• **RESEARCH DISSERTATION :**

“Isolated and Combined Effect of Yogic and Pranayama Practices on Selected Physiological, Psychological, Immunological Variables among HIV Infected Persons”

WORK EXPERIENCE

- Department of Physical Education, School of Social Work, Roshni Nilaya, Mangalore from July 13, 1981 till date.
- Presently Associate Professor and Head of Department of Physical Education.

AWARDS & REWARDS

- Received Ph.D on 14th December 2015 at Tamilnadu Physical Education & Sports University, Chennai.

REGIONAL WORKSHOPS ATTENDED

DATE	STATE LEVEL	TITLE	VENUE
17 th August 2014	One day Seminar	Health Issues and Services	School of Social Work, Roshni Nilaya, Mangalore

NATIONAL/ STATE WORKSHOPS ATTENDED

DATE	STATE LEVEL	TITLE	VENUE
3 rd January 2014	National Workshop	Role of Youth in Transforming India – Challenges and Responsibilities	School of Social Work, Roshni Nilaya, Mangalore
23 rd April 2010	State Workshop	Emerging Trends in Sports	Govt. First Grade College, Kavour, Mangalore

INTERNATIONAL / NATIONAL / STATE CONFERENCES / SEMINARS / TRAINING PARTICIPATED

DATE	LEVEL	TITLE	VENUE
9 th Sept. 2015	National Seminar	Fitness & Wellness Through Yoga Practice	Cauvery College, Gonikoppa, Kodagu
3 rd to 5 th February 2015	International Workshop And Conference	Yoga Therapy For Stress Disorders	Mangalore University, D.K.
22 nd & 23 rd December 2014	National Seminar	Effective Implementation of Sports and Games in Educational Institutions	Shri Dhavala College, Moodbidri, D.K.
18 th 19 th September 2014	National Conference	Broad Base Sports And Physical Education Structure at Universities	University College of Arts, Tumkur
22 nd , 23 rd August 2014	International Seminar	Health Related Physical Fitness & Wellness	Poornaprajna College Udupi.
July 26 th to	National	Relevance Of Physical	University of

27 Feb 2014.	Conference	Education In The Present Day Curriculum Scenario- An Indian Perspective	Mysore
22 nd and 23 rd of February, 2014	International Conference	Physiotherapy in Physical Education and Sports Sciences	Govt. College (Autonomous) Mandya
14 th September 2012	State Level Seminar	Cyber Crime	School of Social Work Roshni Nilaya, Mangalore.
18 th and 19 th March 2012	National Seminar	The Importance of Research for the Development of Physical Education, Sports and Yoga	Cauvery College, Virajpet, South Kodagu,
2 nd and 3 rd March 2012	National Seminar	Sports Injuries and Rehabilitation	St. Mary's College, Shirva,
25 th & 27 th February 2011	International conference	Physical Education & Sports Sciences	NIO Centre, Panjim, Goa
17 th , and 18 th January 2012	International Conference	Better life, better world through Yoga with Allied Sport Science	Tamil Nadu Physical Education and sports University Chennai
28 th , 29 th and 30 th October 2010	International Conference	Women and Mental Health	School of Social Work Roshni Nilaya, Mangalore.

PAPER PRESENTED:

1. International conference on Physical Education & Sports Sciences held on 25th & 27th February 2011 at NIO Centre, Panjim, Goa. Topic on “**Sports Psychology**”.
2. International Conference on Better life, better world through Yoga with Allied Sport Science at Tamil Nadu Physical Education and sports University Chennai held on 16th, 17th, and 18th January 2012. Topic on “**Sports Psychology**”.
3. National Seminar on Sports Injuries and Rehabilitation on 2nd and 3rd March 2012 at Shirva. Sponsored by UGC. Topic on “**Low back Pain and sports.**”

4. UGC Sponsored two day International Conference on Physiotherapy in Physical Education and Sports Sciences' ICPDESC-2014 held at Mandya on 22nd and 23rd of February, 2014 and Topic on **“Yoga as a Therapy”**.
5. Two days UGC Sponsored National Seminar on **“The Importance of Research for the Development of Physical Education, Sports and Yoga”** on 18th and 19th March 2012 at Cauvery College, Virajpet, South Kodagu, Karnataka. (Sports Psychology).
6. UGC Sponsored National conference on **"Relevance Of Physical Education In The Present Day Curriculum Scenario-An Indian Perspective"** by the technical committee to be held at Sri Nalwadikrishnarajawodeyar Auditorium (Senate Bhavan) University of Mysore, Karnataka, India, from July 26th to 27 Feb 2014.
7. UGC Sponsored International Seminar on Health Related Physical Fitness & Wellness held on 22nd, 23rd August 2014 at Poornaprajna College Udupi. Topic on **“Components of Physical Fitness & Wellness”**.
8. UGC Sponsored Two days National Conference on **“Broad Base Sports and Physical Education Structure at Universities”** held at University College of Arts, Tumkur on 18th 19th September 2014 on Topic **"Sports Policy for Universities"**.
9. UGC Sponsored two days National Seminar on Effective Implementation of Sports and Games in Educational Institutions held on 22nd & 23rd December 2014 at Shri Dhavala College, Moodbidri and Topic is **“Influence of Sports and Games on Lifestyle.”**
10. International Workshop and Conference on **Yoga Therapy For Stress Disorders** held on 3rd to 5th February 2015 at Mangalore University, Yogic Science Department and Topic on **Lifestyle - Wellness And Fitness Through Yoga Practice.**
11. National Seminar held on 9th Sept. 2015 at Cauvery College, Gonikoppa, Kodagu on the Theme **"Fitness & Wellness through Yoga Practice"**

PUBLICATIONS

- Flossy Rayappan, 2012, Sports Psychology, NAPCESS – Journal of Physical Education and Sports Sciences. ISSN 2229-7049, pp – 144.
- Flossy Rayappan, 2014, Yoga as a Therapy, UGC– Journal of Physiotherapy in Physical Education and Sports Sciences. ICPPEESC Pp - 300.
- Flossy Rayappan, 2014, Sports Policy for Universities – Journal of Broad Base Sports and Physical Education Structure at Universities, pp – 1 to 7

MEMBERSHIP – Academic

- Member of Mangalore University and College Physical Education Teachers Association, Karnataka Executive Committee for the year 2010-2013.
- Member of Selection committee Mangalore University, All India Inter University Yogasana Men & Women team for the year 2014-15 & 2015-16.
- NSS officer for 8 years (1981-1989).
- Student Welfare Officer for 3 years. (2006-2009)
- Student Welfare Officer for 3 years (2010-2013)
- Finance Officer, School of Social Work, Roshni Nilaya, Mangalore for the year 2014-2016.