



MES M.K MACKAR PILLAY COLLEGE

FOR ADVANCED STUDIES, EDATHALA

Affiliated to Mahatma Gandhi University | Approved by AICTE | Recognized by Govt. of Kerala

FACULTY PROFILE

PERSONAL	
NAME	Adone Elohim Kurian
DEPARTMENT	Physical Education
DESIGNATION	Assistant Professor
MAIL ID	
PHONE NUMBER	8943583317
AREA OF SPECIALIZATION	Kabaddi, Fitness Training

ACADEMICS			
SLNO	QUALIFICATION	YEAR	INSTITUTION
1	MPES		SPESS, MG UNIVERSITY, KOTTAYAM
2	BPED		ST. JOSEPHS ACADEMY OG HIGHER EDUCATION AND RESERCHERS

EXPERIENCE				
SLNO	TEACHING/INDUSTRY	DESIGNATION	INSTITUTION DETAILS	PERIOD
1	TEACHING	PHYSICAL EDUCATION TEACHER	AL AMEEN PUBLIC SCHOOL, CHANDIROOR, ALAPPUZHA, KERALA	2 YEARS
2	FITNESS TRAINING	TITNESS TRAINER	AESTHETICS GYM, PERUMBAVOOR	2 YEARS
3	COACHING	KABADI COACHING	GHSS KALLIL, METHALA	3 YEARS

4	COACHING	KABADDI COACHING	PRUMBAVOOR SUB-DISTRICT KABADDI TEAM	2 YEARS
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AWARDS/ACHIEVEMENTS/RECOGNITIONS	
SLNO	DETAILS
1	QUALIFIED UGC NET
2	REPRESENTED MG UNIVERSITY KABADDI TEAM AT THE SOUTH ZONE INTER-UNIVERSITY CHAMPIONSHIP

TRAINING(S)/CERTIFICATION(S)			
SLNO	TITLE OF TRAINING/CERTIFICATION	DATE	CONDUCTING/CERTIFYING AGENCY
1	UGC NET (Physical Education)	June 2025	National Testing Agency (NTA)
2	National Seminar on “Towards a Healthier India: Harnessing Scientific Innovations for Antimicrobial Resistance and Stewardship (THAMIRS 2025)” – Poster Presentation	20-21 Nov 2025	Bishop Kurialancherry College for Women, Kottayam & KSCSTE

AFFILIATIONS TO UNIVERSITY/EXTERNAL ORGANIZATION	
SLNO	PARTICULARS

PROJECTS			
SLNO	TITLE OF PROJECT	DURATION	FUNDING AGENCY
1	EFFECT OF YOGIC PRACTICES ON ANXIETY AND DEPRESSION AMONG TRANSGENDER INDIVIDUALS	6 WEEKS	THE FINDINGS OF THE STUDY REVEALED THAT REGULAR YOGA PRACTICE WAS EFFECTIVE IN REDUCING ANXIETY AND DEPRESSION AMONG TRANSGENDER INDIVIDUALS
ADMINISTRATIVE ROLES			
SLNO	PARTICULARS	ROLE	DURATION
1	SPORTS CLUB	CONVENOR	2026-27
2	HEALTH AND YOGA CLUB	CONVENOR	2026-27
3	ANTI-DRUG/ ANTI-NARCOTIC CELL	MEMBER	2026-27
4	I T CELL	SOCIAL MEDIA	2026-27

PARTICIPATION IN WORKSHOPS/CONFERENCES/FDPs					
SLNO	TITLE	NATIONAL/INTERNATIONAL	DATE(S)	VENUE	ORGANIZER

PAPER(S) PUBLISHED IN JOURNAL (NATIONAL/INTERNATIONAL)

TITLE OF PAPER	NAME OF JOURNAL	VOL. NO.	ISBN NO.	ISSN NO.	DATE	IMPACT FACTOR

PARTICIPATION IN SEMINARS/WEBINARS

SLNO	WEBINAR/SEMINAR TITLE	NATIONAL/INTERNATIONAL	DATE(S)	VENUE	ORGANIZER
1	National Seminar on “Towards a Healthier India: Harnessing Scientific Innovations for Antimicrobial Resistance and Stewardship (THAMIRS 2025)” - Poster Presentation	NATIONAL	20, 21 Nov 2025	Bishop Kurialancherry College for Women, Kottayam	Bishop Kurialancherry College for Women, Kottayam & KSCSTE