



Dr.SHALINI MENON

Centre/School/Special Centre – School of Education.

Department – Dept. of Physical Education.

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Personal Webpage Link

Qualifications :

- M.P.Ed (Exercise Physiology), 2010, Lakshmibai National College of Physical Education, Sports Authority of India, Trivandrum, Kerala, India.
- Ph.D (Physical Education), 2019, Department of Physical Education, Guru Ghasidas Vishwavidyalaya, (Central University), Chhattisgarh – 495001.

Area of Interest/Specialization

- Exercise Physiology, Sports Nutrition, Badminton, Fitness & Wellness for women, Adventure Sports, Aerobics, Sports for All, Female weight training, Quality of Life of Menopausal Women.

Experience

- 11 years of teaching experience in the post of Assistant Professor since 2011 in Dept. of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur, C.G. – 495009.

Awards and Honors:-

- UGC-NET JRF in the year 2010.
- Awarded Sundaramuthil Gold Medal for first rank in B.P.E (2008).
- Awarded Academic Merit Scholarship for appreciable Academic achievement at LNCPE (2006-07 & 2008-09).
- Honored scholarship under PM's Scholarship Scheme 2009-10.
- Awarded Teaching Assistantship in Badminton & Allied Activities for the year 2008-09 & 2009-10.

Research Projects

- One (01) Major research project approved on Effect of Aerobics on selected physiological, psychological parameters and quality of life among women funding by CSR of amount Rs.30,12,348/-

Best Peer Reviewed Publication (up-to 10)

Published more than 25 research papers in National & International Publishers.

Recent Books/Book Chapters/Monographs etc.

Book Chapters

- *Journey to Quality of Life*, Dr.Shalini Menon, "Health Related Quality of Life & Lifestyle Behaviour", 2022, ISBN 978-93-93781-01-7,(Sports Publication, New Delhi).
- *Queen of Indian Sports (Women Warriors: The Arjunas)*,Dr.Shalini Menon, "Gold and Glitter : Pusarla Venkata Sindhu",2020, ISBN 978-93-90461-26-4,(Khel Sahitya Kendra, New Delhi).
- *Silent Scars (Scars that don't bleed)*, Dr.Shalini Menon "Transcendental Meditation for relief from emotional burden",ISBN 9789394213012,(Alter Notes Press, New Delhi).

Books

- Menon Shalini (2022). *Journey to Quality of Life*, Sports Publication, ISBN 978-93-93781-01-7.

Administrative Responsibilities

1. Coordinator for skill development cell, School of Education, GGV from the year 2020 till date.
2. Member of New Education Policy Task Force in the year 2021 till date.
3. In charge of Departmental Human Performance Lab from 2011 till date.
4. Member of Board of Studies (BOS) of Department of P.E from 2016 -2019.
5. Organizing Secretary for conducting University Health Profile in the year 2017.
6. Intramural Secretary for the academic session 2018-19.
7. Member of Academic Council, G.G.V from 2015-2018.
8. Member of curriculum design for "Six Week Certificate Course in Yog", which was introduced in the
9. Department on 08/3/2017.
10. Coach & manager for various Inter-university teams (East Zone & All India level).
11. Worked as Cultural Co-coordinator of SOS in Arts.
12. Was the warden of GGV girls hostel.

13. Worked as Assistant Superintendent of UTD Examinations.
14. Department of Physical Education Girls Mentor.
15. Class Teacher for different Classes in different Semesters from 2011-2018.

Additional Information

- Represented University of Kerala thrice in South Zone Inter-Varsity Badminton Tournament.
- Captain, Inter-Varsity Badminton team, 2008-09.
- Participated All India Inter University Tennis Championship, 2007.
- Participated in Workshop on Multivariate Techniques in Sports Research at L.N.U.P.E, Gwalior, and M.P.
- Completed TAFISA Certified Leadership Course in Sports for All (in collaboration with IOC) Amravati, Maharashtra.
- Successfully participated in workshop entitled "Preparing and Sharing Guidelines for making Pre-service Teacher Training Degree Programs Inclusive in the light of recent developments" at CIET, NCERT, New Delhi.
- Successfully completed Short term course on Qualitative Analysis in Social Science Research.
- Completed UGC Sponsored 5th Orientation programme, at UGC-Academic Staff college, GGV, Bilaspur, C.G.
- Completed UGC Sponsored Refresher Course in Changes in Indian Society (ID), at GGV, Bilaspur.
- Completed online UGC Sponsored Refresher Course in Sports, Physical Education and Yoga (Physical Education, Sports and Allied Subjects), 2020 organized by UGC-HRDC, Bhagat Phool Singh Mahila Vishwavidyalaya, Khanpur Kalan (Sonipat).
- Completed two week FDP on "Managing Online Classes and Co-creating MOOCS 3.0", 2020 organized by Teaching Learning Centre, Ramanujan College, University of Delhi.

