


<b>NAME</b>	<b>Dr. BINOY. K</b>	
<b>DESIGNATION</b>	Assistant Professor & Head of the Department of Physical Education	
<b>QUALIFICATION</b>	Ph.D, MPE ,NET, Diploma in coaching (Basketball)	
<b>EMAIL ID</b>	<a href="mailto:thanalbinu@gmail.com">thanalbinu@gmail.com</a>	
<b>Phone</b>	9447627249 & 9895248040	
<b>TOTAL YEARS OF SERVICE</b>	16 YERS	
<b>DATE OF JOINING TO THIS COLLEGE</b>	14-07-2022	
<b>ADDRESS</b>	<b>PANCHAVADI(H) Kuttoolangadi Farook College Via, AZHINHILAM (P O) MALAPPURAM (DIST) KERALA-673632</b>	

### TEACHING INTERESTS

Principles of coaching, General Theory and Methods of Training, Management of Sports & Physical Education

### RESEARCH AREAS

Exercise Physiology and Fitness

### ACADEMIC/PROFESSIONAL QUALIFICATIONS\*

NAME OF THE PROGRAMME	INSTITUTION/UNIVERSITY	YEAR OF PASSING
B P E	Lakshmibhai National College Of Physical Education (LNCPE) / University of Kerala	1999
MPE	Lakshmibhai National College Of Physical Education (LNCPE) / University of Kerala	2001
UGC NET	UGC New Delhi	2001
Diploma in Coaching ( Basketball)	Netaji Subhash National Institute of Sports (NSNIS) ,Patiala	2004

<b>FIBA LEVEL 1 Coaching Certification</b>	<b>FIBA- BFI Coaching Certification Course</b>	<b>2014(Dec)</b>
<b>Ph.D ( Physical Education)</b>	<b>Kannur University</b>	<b>2019</b>

\*PH.D,PG,UG,M.PHIL,B.ED,NET,ANY OTHER

### **CAREER HISTORY/TEACHING EXPERIENCE**

<b>DESIGNATION</b>	<b>INSTITUTION/UNIVERSITY</b>	<b>YEAR OF SERVICE</b>
<b>Physical Education Teacher</b>	<b>Rajagiri Higher Secondary School Kalamassery, Ernakulam</b>	<b>2001-2003</b>
<b>Physical Education Teacher</b>	<b>Govt. High School ,Mancode, Pathanamthitta</b>	<b>2004</b>
<b>Basketball Coach</b>	<b>GV Raja Sports School, Trivandrum</b>	<b>2004-2007</b>
<b>Assistant Professor of Physical Education</b>	<b>Thunjan Memorial Govt. (TMG) College, Tirur, Malappuram</b>	<b>2007-2008</b>
<b>Assistant Professor of Physical Education</b>	<b>Govt. Brennen College, Thalassery, Kannur</b>	<b>2008-2011</b>
<b>Assistant Professor of Physical Education</b>	<b>Govt. Arts &amp; Science College, Calicut, Kozhikode</b>	<b>2011-2018</b>
<b>Assistant Professor of Physical Education</b>	<b>Govt. Medical College, Kozhikode</b>	<b>2018-2021</b>
<b>Assistant Director of Physical Education</b>	<b>University of Calicut</b>	<b>2021-2022</b>
<b>Assistant Professor of Physical Education</b>	<b>Govt. Arts &amp; Science College, Calicut Kozhikode</b>	<b>2022-</b>

### **OWN MPHIL/PHD THESIS**

<b>SL.NO</b>	<b>TITLE</b>	<b>GUIDE NAME</b>	<b>INSTITUTION</b>	<b>MONTH/YEAR</b>
<b>1.</b>	<b>Ph.D-“Comparative Effect of Parcourse Training and Resistance Training on selected Physical and Physiological Variables of High School boys”</b>	<b>Dr. P T Joseph</b>	<b>Kannur University</b>	<b>June 2019</b>

## **AWARDS/ACHIEVEMENTS/OTHERS\***

<b>SL.NO.</b>	<b>NAME OF AWARDS/ ACHIEVEMENTS/OTHERS</b>	<b>DESCRIPTION</b>	<b>MONTH/ YEAR</b>
1.	PSC First Rank Holder	HSA Physical Education, Pathanamthitta	2003
2.	Third Rank Holder	BPE Kerala University	1999
3.	Third Rank Holder	MPE Kerala University	2001
4.	Recipient of the Academic Merit Scholarship Twice	For out standing performance. Lakshmibai National College of Physical Education Thiruvananthapuram	1998-99 2001-02
5.	Runner Up	All India Inter Varsity Basketball Championship, Annamali University Chidambaram	1997
6.	Bronze Medalist	Junior National Basketball Championship, Bhattinda (Punjab)	1996
7.	Assistant Coach of Kerala Girls Team ( Third Position)	Sub – Junior National Basketball Championship, Nougaoan , Assam	2003
8.	Chief Selector	Kerala State School Basketball Team	2007 onwards
9.	Winners ( Basketball)	Kerala State Civil Service Tournament . held at Thiruvananthapuram, Representing Kozhikode District	10-10-2012 & 2017
10.	SCERT Board Member	Curriculum Revision Committee of Physical Education in schools	2013
11.	Board Member	PSC Practical Examinations( Police Constable, IR Battalion Constable)	2011,2012
12.	External Examiner ( Practical)	Kerala university for BPE & MPE Examinations.	2012
13.	External Examiner ( Practical)	Govt. College of Physical Education Calicut	2014
14.	Board Member	PSC Practical Examinations( Police Constable)	2014
15.	Member of the Interview board	For selecting the swimming instructor for Calicut University Swimming Pool	01-09- 2021
16.	Member of the Interview board	For selecting the Assistant Professors in the Department of Physical Education.	02-09- 2021

17.	Organizing committee	Senior National Football (W) Tournament 2021 @Calicut University Stadium	November & December 2021
18.	Technical Committee Vice Chairman	Santhosh Trophy Football Tournament 2021-22	April & May 2022
19.	Organizing committee	National Federation cup Athletics Championship 2021-22. @Calicut University Stadium	April 2022
20.	University Contingent Manager(USM)	University of Calicut Badminton (M) team for the KheloIndia University Games 2021. ( Bangalore)	April 2022
21.	Joint Secretary	All India Inter University Waterpolo Tournament 2021-22 held at University of Calicut.	July 2022
22.	Joint Secretary	South Zone & All India Inter University Handball tournament 2021-22 held at University of Calicut.	March 2022
23.	Observer	for the University of Calicut Inter Collegiate Tournament 2021-22 (18 events)	2021-22
24.	Member of the Interview board	for selecting the Yoga Teacher at Centre for Physical Education	March 2021.
25.	Micro Observer	for the General Election to Kerala Legislative Assembly 2021 / Bye Election to Malappuram HPC	March 2021
26.	Subject expert	for the screening cum Evaluation committee for the placement Under Career Advancement Scheme (CAS) of Teachers of Govt. College Madappally.	09-03-2021
27.	Subject expert	for the screening committee for the placement Under Career Advancement Scheme (CAS) of Teachers of Govt. College of teacher Education Kozhikode	06-03-2021
28.	Member of the Interview board	Subject expert for the Interview for Sports Coach at Kendriya Vidyalaya No.1 Calicut..	25-02-2020

### INVITED TALKS/IN MEDIA/ANY OTHER

1. Delivered online keynote address on the occasion of National sports day celebration of Govt. Arts and Science College , Kozhikode on 29-08-2020

2. Delivered a talk on Importance of National Sports Day on 3rd

September 2021 at 9.30am at Kendriya Vidhyalaya No 2 Calicut

3. Expert Interaction Trainer for the Second year VHSE Students of G V Raja Sports School Trivandrum on 30-09-2022

4. Delivered a talk on Physical Literacy in Connection with the Induction Programme for the First year Engineering students of M Dasan Institute of Technology (M-DIT) Ulliyeri, Kozhikode on 19-10- 2022.

### **RESOURCE PERSON**

1. Resource person and handled a session on Basketball a game demands skills and moves in the Five day In service Training programme for High school Teachers at Govt. College of Teacher Education Kozhikode on 27/11/2019

2. Resource person for the Induction programme of NCC cadets of Govt. Arts & Science College Kozhikode on 22-10-2022.

3. Resource person and handled a session on Physical Literacy for the first year BEd & MEd Students of Govt. College of Teacher Education, Kozhikode on 16-11-2022.

### **RESEARCH EXPERIENCE**

**Acted as a Research Co Guide of Dr. Saran A.K Junior Resident, Department of Physiology Govt. Medical College Kozhikode for the fulfilment of degree of MD Physiology from Kerala University of Health Sciences.**

### **JOURNAL PUBLICATIONS**

SL.NO.	TITLE	NAME OF JOURNAL / VOL. NO / ISSUE NO / PAGE NOS	ISSN NO	MONTH / YEAR
1.	Yoga Practices, Weight training and iron yoga on strength endurance flexibility	Research Journal on Physical Education and Sports 5(2),31-37	0975-4687	March, 2011

	and vital capacity among college soft ball players			
2.	<b>Swami Vivekananda and Physical Education-a contemporary analysis vis-a vis Kerala</b>	<b>Govt. Arts &amp; Science College Research Journal</b> 5(1), 19-23	2277-4246	June, 2014
3.	Comparative Effect of Parcours, Fartlek and Continuous Training on Cardiovascular Endurance	International Journal of Physical Education sports Management and Health Sciences 1(1),61-69	2349-6703	December,2014
4.	Effect of Own Body Resistance Training on Selected Physical and Physiological Variables among School Children	Paripex- Indian Journal of Research 6 (6) 42-44	2250-1991	June ,2017
5	Do Digital Natives Aware on Digital Technology	Journal of Educational Research and Extension. 54(4), 40-47.	0973-6190	December, 2017
6	Common sports injuries and rehabilitation methods with complex training for Kabaddi players	International Journal . vol (2021)Page no.144-148 (Web of Science)	2295-5739	2021
7	The relationship between body fat, BMI and waist hip ratio of middle distance runners : a cross Sectional analysis by gender	Shodhsamhitha: International Journal & Comparative research Vol-9 Issue;2(1) Page 702-709 (UGC CARE)	2277-7067	July 2022
8	Psychological Factors Affecting the Mental Health: A Study on Elite Wushu Athletes	Indian Journal of Natural Sciences-International Bimonthly Vol.13 / Issue 75. Page 50613 - 50621 (Web of Science)	0976 – 0997	December 2022

## CONFERENCE PUBLICATIONS

SL.NO.	TITLE	NAME OF CONFERENCE	VENUE, MONTH / YEAR
1.	“Analysis of emotional intelligence of University level basketball, volleyball and football players”	<b>UGC sponsored National Seminar on Honing modern trends and promotion of education in Health sciences</b>	<b>St. Aloysius College Edathua. 14-16 December 2011</b>
2.	<b>Sensible Health education- Need of the Hour</b>	<b>UGC sponsored National Seminar on Educational Renaissance for a new generation</b>	<b>St. Thomas College of Teacher Education, Pala. 28-29 November 2012</b>
3.	“Do college students aware on yoga education”	<b>UGC Sponsored National seminar on Yoga: A Panacea for lifestyle Diseases</b>	<b>St. Thomas College of Teacher Education, Pala .23-24 January 2014</b>
4.	<b>Yoga: an antidote for stress and a tool for balanced living</b>	<b>UGC sponsored National Seminar on Positive Psychology-Exploring</b>	<b>NSS Training College, Changanacherry, 23-24 January</b>

		Cognitive, Emotional and social levels of well-being in learners,	2014
5.	Effective intervention of Parents to control Stress in children	UGC Sponsored National Seminar on Prevalence and Control of Lifestyle Diseases in Kerala	Deva Matha College Kuruvilngad 6-7 February 2014.
6.	Role of Effective Parenting and Proper Physical Training for Curing Hypo Kinetic Diseases	UGC Sponsored National Seminar on Hypo kinetic Disease and Wellness Among College Students	St. Marys College, Thrissur, 27-28 <sup>th</sup> of August 2014.
7.	“Impact of Environmental Pollution on Flora & Fauna”	KSCSTE Sponsored National Seminar on Environmental Issues: Challenges and Concern	Chair for Gandhian Studies and Research, Calicut University 26-27 <sup>th</sup> Of September 2014.
8.	A Perspective on the Sustainable Future of Western Ghats	UGC Sponsored National Seminar on Green Living for Sustainable Development	Government Brennen College Thalassery, 15-17 <sup>th</sup> of October 2014.
9.	Modern Technological Interventions in Cricket	UGC Sponsored National Seminar on “ Emerging Trends in Sports Sciences”	Government College of Physical Education , East Hill Calicut-5. 27-28 <sup>th</sup> of November 2014.
10.	Sports : Bounties and Benefits	UGC Sponsored National Seminar on Sports Culture and Society: Trends and Challenges	Government Brennen College of Teacher Education, Thalassery 17-18 <sup>th</sup> Of December 2014.
11.	Psychological Reinforcement of Injured Person : An Analysis	UGC Sponsored National Seminar on Prevalence and Control of Lifestyle Diseases in Kerala	Deva Matha College Kuruvilngad, 8-9 <sup>th</sup> of January 2015.
12	Does Classroom plays a major role in fostering healthy living	UGC Sponsored National Seminar on Physical Activity & dietary Habits for Healthy Living.	St. Joseph’s College for Women Irinjalakuda 12-13 <sup>th</sup> of March 2015.
13	Women’s strength training- An over view	International Conference on Prospective Approaches and Applications of Yoga and Physical Activity for better life	All Saint’s College Trivandrum on 19- 20 <sup>th</sup> of November 2015.
14	Digital Awareness among Digital Natives	Three day Inter National Conference on Standards and Benchmarks for Excellence in Learning, Teaching and Research	All India Association for Educational Research (AIAER) Dept. of Education, University of Kerala & Govt. College of Teacher Education Thiruvananthapuram on 26-28 <sup>th</sup> of November 2015.
15	A Survey of Technological Empowerment among Students	International Conference on Educational Management and Administration with focus on Managing quality in Education towards a knowledge Society	State Institute of Educational Management and Training (SIEMAT) Kerala. On 17-18 <sup>th</sup> of December 2015.
16	Quovadis our Adolescents vis-à-vis their Health Consciousness	National Conference on Prospects, Practices and Trends in Adolescence Edcation	Regional Institute of Education (RIE) Mysore on 24-26 <sup>th</sup> of February 2016.
17	An Analysis of Benedictions of Yoga and Meditation	International Seminar on Education for Global Citizenship: Learning to live Together	St. Joseph College Of Teacher Education Eranakulam on 2-4 <sup>th</sup> of March 2016.
18	Role of Classroom Environment in Effective Stress Management	UGC Sponsored National Seminar on Promoting Wellness and Fitness among Educators	Mount Carmel College of Teacher Education Kottayam on 10-11 <sup>th</sup> of March 2016.
19	Distress and Eustress	National Seminar on Life Long Physical Fitness and Wellness	Govt. Arts & Science College, Kozhikode on 10-12 Jan 2017

20	Effect of Hatha Yoga Practice on Selected Biomotor Variables of Junior women Handball Players	International Conference on Emerging Trends in Sports Medicine, Physical Education, Sports Science and yoga	Tamilnadu Physical education and Sports University, Chennai 18-19 <sup>th</sup> of Jan 2017
21	Do Physical Education Fraternities Aware on Application of ICT in Sports	UGC Sponsored International Conference on Innovative Trends in Teacher Education : Challenges and Strategies	Sri Venkateswara University , Tirupati 30-31 July 2017
22	A Functional Mobility Test Of Older Age Adults	Trends in “Healthy Aging” DCESponsored National Seminar	Govt. College of Physical Education, Kozhikode on 18 <sup>th</sup> & 19 <sup>th</sup> Feb 2020.

### **ORIENTATION/REFRESHER COURSES ATTENDED**

SL.NO	NAME OF THE PROGRAMME	NAME OF THE ORGANISER	MONTH/ YEAR
1	Refresher course in Physical Education	University of Kerala , Thiruvananthapuram	10 <sup>th</sup> -31 <sup>st</sup> May 2010
2	Orientation Programme	University of Calicut	June & July 2013
3	Refresher course	Kannur University	July 2018
4	. Four days Training Programme on Academic leadership	MES Keveeyam College Valanchery, Malappuaram (Kerala) (PMMMMNTT)	April 2019
5	Futuristic Approach & Professional Preparation In Physical Education - Fdp	Ymca College Of Physical Education Chennai	July 2020
6	Five Day Training Programme On “Pedagogical Approaches And Digital Tools For Effective Teaching-Learning”	Mes Keveeyam College Valanchery, Malappuaram (Kerala) (PMMMMNTT)	August 2020
7	“Short term course on skills development” ( multidisciplinary)	UGC HRDC University of Calicut	March 2021
8	Refresher course FDP One week online FDP course on “Promoting Excellence in Physical Education and Sports Through Innovation in Teaching And Learning , ICT & Professional Approach”	GAD Teaching Learning Centre, Under PMMMMNMTT, Ministry of Education, Govt. Of India	May 2021



9	<i>Faculty Development Programme “ Learning Management System (MOODLE) and Course Design” (online Mode)</i>	<i>Faculty development Centre Of KSHEC, Thiruvananthapuram</i>	July 2021
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### **SEMINARS/CONFERENCES/WORKSHOPS ATTENDED#**

SL.N O	NAME OF THE PROGRAMME	NAME OF THE ORGANISER& SPONSORING AGENCY	VENUE & DATE	LEVEL *
1.	Work shop on “Admininstration of Physical Education in colleges”	Dept of Phy. Edn Calicut University & Association of college Teachers in Phy. Edn under Calicut University	Calicut University 08-10-2007.	National
2.	Seminar on Restructuring Under graduate education	Kerala State Higher Education Council	PSMO College Thirurangadi. 6 <sup>th</sup> &7 <sup>th</sup> March2008	State
3.	Nano Technology and its application in Chemistry	Director of Collegiate Education	Govt. Brennen College Thalassery. 20-11-2008	National
4.	Workshop on Implementing Credit And Grace Grade For Sports Participation in the Restructured undergraduate curriculum.	Department of physical Education	Department of Physical Education, Kannur University	Regional
5.	National seminar on “Scope of biotechnology in medicine and agriculture”	Director of Collegiate Education	Govt. \$Brennen College Thalassery. 12-12-2008	National
6.	National seminar on “Health fitness well being and Physical education”	University grants commission	Calicut University (11 <sup>th</sup> & 12 <sup>th</sup> march 2009)	National
7.	National Seminar on “Assimilation personality development and sociological aspect of physical education”	University Grants commission	Govt. college of teacher education Thalassery(19 <sup>th</sup> &20 <sup>th</sup> march 2009)	National
8.	“Inflation, poverty and development in India: What matters? Monetary versus structural issues”	University Grants Commission	Govt.Brennen College Thalassery (25 <sup>th</sup> &26 <sup>th</sup> march 2009)	National
9.	Honing Modern Trends and Promotion of Education in Health Sciences	University Grants Commission	St. Aloysius College, Edathua (14- 16Dec,2011)	National
10.	Educational Renaissance For a New Generation	University Grants Commission	St. Thomas College of Teacher Education, Pala (28-29 Nov,2012)	National
11.	Inter National Conference on Kerala History	Directorate of Collegiate Education,Kerala. Higher Education Council, Kerala. Indian Council for Historical Research	Govt. Arts and Science College, Kozhikode 7-9 <sup>th</sup> of November2013.	Internatio nal
12.	Residential work shop For Writing Teacher Text Book For Classes I,III,V &VII	SCERT Trivandrum	RTTC Kaimanam, Thiruvananthapuram 29-30 <sup>th</sup> Of Nov 2013.	State Level

13.	National Seminar on “Higher Education policies-Prospects and Challenges”	Association of Kerala Govt. College Teachers( AKGCT)	Tagore Centenary Hall Kozhikode, 08-03-2013	National
14.	National Workshop on Research Methodology	University Grants Commission	University of Calicut(20 <sup>th</sup> -26 <sup>th</sup> March 2013)	National
15.	National Seminar On Yoga: A Panacea for Life Style Diseases	University Grants Commission	St. Thomas College of Teacher Education, Pala(23-24 Jan, 2014)	National
16.	National Seminar on Positive Psychology- Exploring Cognitive, Emotional and Social Level of Well Being in Learners	University Grants Commission	NSS Training College, Changanassery. (23-24, Jan, 2014)	National
17.	National Seminar on Prevalence and Control of Life Style Diseases in Kerala	University Grants Commission	Devamatha College, Kuruvillangad (6-7 Feb, 2014)	National
18.	National Seminar on Ethnographic Identity and Socio-Cultural Repercussions of Sports, Rituals and Exer-dances	University Grants Commission	Keyi Sahib Training College, Thaliparamba, Kannur (25-26, Feb 2014)	National
19.	National seminar on Changing Contours of Higher Education	Association of Kerala Govt. College Teachers (AKGCT)	Chithra Community Hall, Pattambi. 07-03-2014.	National
20	DOCTRINA-06	Sir Syed College, Taliparamba, Kannur	27-05-2020	International
21.	CONVERGENCE 2020	SES College, Sreekandapuram, Kannur	06-06-2020	National
22	Online Tools for Teachers and Teaching	Sri. Gayathri College of Education, Salem	09-06-2020	National
23	A Link Between Health Practices and Lifestyle Diseases	St. Mary’s College, Thrissur	10-06-2020	National
24	Futuristic Approach & Professional Preparation in Physical Education – FDP	YMCA College of Physical Education , Chennai	27 June to 03 July 2020	National
25	Online Tools for Teachers and Administrators	M. S. University, Tirunelveli	27-07-2020	National
26	Exercise for Betterment of Health	Holy Cross College, Nagercoil	06-07-2020	National
27	Yoga as a means of Healthier Lifestyle During Corona Virus Pandemic	University of Kalyani, West Bengal	22-07-2020	International
28	Engineering Principles in Sports	Anna University Tiruchirappalli	30-07-2020	National

29	Exercise: the Secret of Better Health	A.V.V.M. Sri. Pushpam College, Thanjavur	03-08-2020	National
30	Pedagogical Approaches and Digital Tools for Effective Teaching-Learning	M.E.S Keveyam College Valanchery	03 to 07 August 2020	National
31	“National Webinar on Athletics”	Manonmaniam Sundaranar University, Titunelveli Tamil Nadu	11 <sup>th</sup> & 12 <sup>th</sup> February 2021.	National
32	“Physical Culture and Social Well-Being”	Manonmaniam Sundaranar University, Titunelveli Tamil Nadu	17-04-2021	International
33	“Covid-21- Confront the Challenge”	Manonmaniam Sundaranar University, Titunelveli Tamil Nadu	30-04-2021	National
34	Physical Fitness & Psychological Well Being: Covid-19	Khel- Karnataka Physical education & Sports Association	12-06-2021	National
35	“Yogic Practices For Healthy Living”	YMCA College of Physical Education- Chennai	21-06-2021	International
36	“ Impact of Sport Psychology on Sports Performance and Mental Health”	Fathima Mata National College( Autonomous) Kollam	06-07-2021	International
37	“ Recent Trends in Lifestyle and Health Management”	Baburaoji Gholap College, Sangvi, Pune	23 <sup>rd</sup> & 24 <sup>th</sup> July 2021	International
38	“ Managerial Approach in Physical Education and Sports- MAPES 2021”	YMCA College of Physical Education , Chennai.	24-07-2021	International
39	“ The Sports Arena- Women Empowerment”	Abhya Yuwa Kalyan Kendra Arts Mahila Vidhyalaya, Dhule, Maharashtra	05-08-2021	National
40	“Holistic Approach of Health Science, Research, Sports Science and Yoga During 21st Century”	Sardar Patel Mahavidyalaya, Chndrapur & SAI LNCPE Kerala	06 <sup>th</sup> & 7 <sup>th</sup> August 2021	International
41	UGC Sponsored Webinar on “Climate Change”	UGC HRDC Bharathidasan University, Thiruchirappalli	11-08-2021	National

\*INSTITUTIONAL, REGIONAL, STATE, NATIONAL, INTERNATIONAL

## **PROFESSIONAL AFFILIATIONS/MEMBERSHIPS**

- President of Malappuram District Kick-Boxing Association 2007-2009
- Secretary of Malappuram District Fencing Association 2008 on wards
- Joint Secretary Kannur District Basketball Association 2009-2013
- Executive Member & Referees Board Member Of Kerala Basketball Association
- President of Kannur District Basketball Association 2022-26
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## **POSITIONS HELD IN COLLEGE**

- Member of College Council  
Convener of College Discipline Committee
- Member of Academic Committee (CUCBCSSUG)
- Member of Students Election Committee
- Member of College Planning Board.
- Member of Anti Narcotic Committee