Mr. K Murali Mohan

Physical Education Teacher

B.P.Ed

8 Years of Experience in Physical Education and Sports Training

I am currently working as a Physical Education Instructor at the T. John Institute of Technology. I am a dedicated and passionate physical education professional with the ability to manage multiple tasks and programs simultaneously. I have experience in both academic and extracurricular sports environments, with expertise in physical fitness training, sports coaching, and organizing intercollegiate tournaments. My primary responsibility is to promote physical well-being and healthy lifestyle practices among students by designing and implementing fitness programs, conducting regular physical assessments, and providing individual guidance. I also support students in developing discipline, teamwork, and leadership through structured sports and physical activities.

AREA OF INTEREST:

Sports Psychology, Physical Fitness Training, Health & Wellness Education, Sports Coaching, Kinesiology, Yoga and Meditation Practices, Athletic Performance Evaluation, and Event Management in Sports.

PUBLICATIONS:

1. “The Impact of Daily Physical Activity on Academic Performance Among Engineering Students”

2. “Integrating Yoga into the Physical Education Curriculum: A Case Study”