

## CURRICULAM-VITAE

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### **Career Objectives**

- To work in a challenging and creative environment and effectively contribute towards the goals of the organisation where I can put forward all my skill and abilities towards its growth.

### **Academic Qualification**

- **Doctor of Philosophy (Ph.D)** awarded on **10<sup>th</sup> of October, 2013** under the supervision of Prof. B. C. Kapri from Department of Physical Education, Banaras Hindu University in Varanasi, U.P. India.
- NET Qualified December 2008.
- Passed Master of Physical Education (M. P. Ed.) in the Year 2009 from BHU Varanasi with First division.
- Passed Bachelor of Physical Education (B.P.E.-4Yr.) in the Year 2007 from BHU Varanasi with First division.
- Senior Secondary School (10+2) passed in 2001 from UP Board with Second division.
- Passed High School In 1999 from Bihar Board with Second division.

### **Area of specialization**

- Bachelor of physical education (B.P.E.) : **Cricket**
- Master of physical education (M. P. Ed.) : **Cricket**
- Subject : **Physical Education**

## Research Experience

- Successfully Completed a **Dissertation** Work on “**A Survey Study of Different Professional Student’s Attitude towards the Profession of Physical Education**” for fulfilling the requirement of award of Master Degree Programmed in Physical Education.
- Successfully completed a **Thesis** Work on “**A Comparative Study of Lifestyle Assessment Among Different Levels of Cricket Players From Different States**” for fulfilling the requirement of award of **Doctor of Philosophy(Ph.D.)** in Physical Education

## Papers Published

- singh,A., Singh,P.K. (2011). “**A survey study of different professional student’s Attitude towards the profession of Physical Education**” Journal of Physical Education, Recreation and sports in sciences & technology. 11(2), 72-75. (ISSN: 0975-7414).
- singh,R., Singh,P.K., Singh,B. (2011). “**The Comparison of maximum oxygen consumption among the Hockey, Football and Handball Players**” Journal of AMASS Multilateral Research Journal.11(2), 38-40.(ISSN 0975-3966).
- Dureja,G.,Saini,S.,Singh,P.K., (2011). “**Competitive Anxiety: comparison between Wrestlers and Judokas**” Journal of Physical Education And Yoga 11(2), 53-57.(ISSN: 0975-9301).
- Singh,P.K., Jakhmola,A.,Singh,B.(2012). “**A Study of physical fitness of male Cricket Players of Rural and Urban Areas of MGKVP University**” Proceeding of International Seminar on Physical Education and Yogic Sciences. 12(1),286-288.(ISSN: 2250-1398).
- Singh,P.K.(2012). “**Relationship of body composition with playing ability of female basketball players**”Journal of AMASS Multilateral Research Journal. 12(1), 38-40.(ISSN: 0975-3966).
- Singh,P.K.(2012). “**The Comparative Study of Anthropometric Variables of University Level Sprinters and Long Jumpers**” Journal of CAPITAL Research Journal of Physical Education and Sports Sciences. 12(1), 73-76. (ISSN: 2277-8519).
- Singh,P.K., Das,P.K. (2012). “**The Comparative Study of Coordinative Abilities between Football and Hockey University levels Players**” Journal of Shodh Sangam Research Confluence an International Research Journal of Physical Education Sports and Allied Sciences. 12(2), 67-72. (ISSN: 2249-717X).
- Singh,A.K., Singh,P.K. (2012). “**Effect of Weight Training and Plyometric Training on Physiological Variables among College Men Students**” Journal of AKASH Journal of Physical Education Sports and Yoga Sciences. 12(2), 49-57. (ISSN: 2250-1398).
- Singh,P.K.,Singh,A.K.,Singh,A.K.(2012).“**Effect of Weight Training and Plyometric Training on Selected Motor Ability Components among College Men Students**” IndianJournal of Movement Education and Exercise Sciences (IJMEES). 12(2), 26-35. (ISSN- 2249-5010 Print, ISSN- 2249-6246 Online).
- Sharma,R.,Singh,P.K.(2012). “**A Comparative Study of Anthropometric Variables of BHU and MGKV University Cricket Players**” Journal of Shodh Sangam Research

Confluence an International Research Journal of Physical Education Sports and Allied Sciences. 12(3), 77-81. (ISSN: 2249-717X).

- Singh,P.K. (2013). “**A Comparison of lifestyle among All India University Male Cricket Players**” Proceeding of International Century Publications Futuristic Trends in Physical Education. 13(2), 286-288.(ISBN:978-93-80144-71-9).
- Singh,P.K.(2013). “**The Effect of Autogenic Training on the reduction of Anxiety and Stress in Cricket Players**”Journal of AMASS Multilateral Research Journal. 13(1).(ISSN: 0975-3966).

### **Presentation of Research and TheamaticalPapers in Seminars / Conferences& Workshops**

- Presented a research paper entitled “**A Comparison of lifestyle among All India University Male Cricket Players**” in the “International Conference on Futuristic Trends in Physical Education (ICFTPE) UGC Sponsored, Department of physical education, Punjabi University, Patiala (India) during January 24<sup>th</sup> to 26<sup>th</sup>, 2013.
- Presented a research paper entitled “**A Comparative study on effect of Surya Namaskar Aerobic Training on physical fitness of School Boys**” in the ‘International Conference on Globalized Scientific Scenario for Yogic Health and Social Transformation’ Organized by Yogic Science Utrakhand Sanskrit University, Haridwar, (India) during November 21<sup>st</sup> to 22<sup>nd</sup>, 2012.
- Presented a research paper entitled “**The Impact of Yoga on Anxiety reduction at work place : A challenge**” in the “UGC national conference on opportunities and challenges in physical education, sport science, Medicine, Naturopathy Yoga and Sports Low ” organized by C.H.C. Athletic Association B.H.U. Varanasi during July 26<sup>th</sup> -27<sup>st</sup>, 2012.
- Presented a research paper entitled “**Significance of yoga for sports**” in the“1<sup>st</sup> International Yoga Week/Workshop” organized by Department of Physical Education, Rosary College of Commerce & Arts (Affiliated to Goa University), Navelim, Salcete, Goa during February 13<sup>th</sup> -19<sup>th</sup>, 2012.
- Presented a research paper entitled “**A Study on physical fitness of male cricket players of rural & urban areas of MGKVP University**” in the “International Conference on Physical Education Recreation and Yogic Sciences” organized by Department of Physical Education, Banaras Hindu University, Varanasi during January 19<sup>th</sup> -21<sup>st</sup>, 2012.
- Presented a research paper entitled “**A survey study of different professional students Attitude towards the profession of physical education**” in the UGC Sponsored by National Conference on ‘Physical Education: The key for Holistic Inter- disciplinary collaboration’ organized by Post Graduate Government College, Sector-11, Chandigarh during March 11<sup>th</sup> -13<sup>th</sup>, 2011.
- Presented a research paper entitled “**Market of sportswear in India**” in the “National seminar on physical education as an Allied” organized by the Department of Physical Education, Nandini nagar post graduate collage Nawabganj Gonda, U.P. India during 04<sup>th</sup> Dec- 2011.
- Presented a research paper entitled “**Comparison of selected anthropometric measurement and body composition of state level sprinters and long distance**” in the

“International Symposium” organized by Noida College of Physical Education, from 2<sup>nd</sup> -3<sup>rd</sup> April 2011.

- Presented a research paper entitled “**Effect of Isolated and Combined effect of cricket resistance on selected physical and physiological variables among cricket players**” in the UGC Sponsored by National Seminar on ‘Physical Education & Sports : Current Status & Future Prospects’ organized by Department of Physical Education & Sports Jagatpur P.G. College, (Affiliated to Mahatma Gandhi Kashi Vidyapith) Varanasi, India. During February 14<sup>th</sup> -15<sup>th</sup>, 2011.
- Presented a research paper entitled “**Impact of physical activity, health & aging**” in the UGC Sponsored National Conference on ‘Global Trends in Physical Education and Sports’ organized by SKR College of Department of Physical Education, Bhagoo Majra, Kharar, SAS Nagar, Punjab during January 25<sup>th</sup> -26<sup>th</sup>, 2011.
- Presented a research paper entitled “**Sports Marketing and the media in new aspect**” in the “National Seminar on Recent Trends & future of physical education & sciences” Seminar organized by Department of Physical Education, Mahatma Gandhi Kashi Vidyapith, Varanasi during December 28<sup>th</sup> -29<sup>th</sup>, 2010.
- Presented a research paper entitled “**Higher education Development through sports knowledge**” in the “Seminar on Higher education and sustainable development: Emerging challenges and Mahamana’s Vision” organized by Alumni cell Banaras Hindu University during December 24 -25, 2010.
- Presented a research paper entitled “**Mental skills**” in the “4<sup>th</sup> National Conference on Multidisciplinary approach in physical education” organized by Department of physical education, Punjabi University, Patiala during February 1<sup>st</sup> -2<sup>nd</sup>, 2010.
- Presented a research paper entitled “**The Role of Media in sports Promotion**” in the “Seminar on Physical Education & sports sciences” organized by Department of physical education, faculty of arts, BHU, Varanasi during March 18<sup>th</sup>, 2008.

### **Training Courses and Workshops**

- Participated in the National Workshop on “**Training Method and Orientation of Trends in Different Games**” Organized by Department of Physical Education, Banaras Hindu University, Varanasi during November 1<sup>st</sup> -7<sup>th</sup>, 2011.
- Participated in the National Workshop on “**Emerging Trends and Application of Rules in Athletics**” Organized by Department of Physical Education, Banaras Hindu University, Varanasi during January 20<sup>th</sup> -22<sup>nd</sup>, 2011.
- Participated in the National Workshop on “**Workshop on E-Content Development**” Organized by Education department Chandigarh Administration, Chandigarh during March 10<sup>th</sup> -12<sup>th</sup>, 2010.

### Sports Achievements

<b>Sl. No</b>	<b>Name of the Tournament</b>	<b>Session</b>	<b>Own Team</b>	<b>Position</b>
1	East Zone Intersarsity Tournament(M) Cricket	2003-04	BHU, Varanasi	Participated
2	East Zone Intersarsity Tournament(M) Cricket	2004-05	BHU, Varanasi	Participated
3	East Zone Intersarsity Tournament(M) Cricket	2005-06	BHU, Varanasi	1 <sup>st</sup> Position
4	Inter Zonal Intersarsity Tournament(M) Cricket	2005-06	BHU, Varanasi	4 <sup>th</sup>
5	East Zone Intersarsity Tournament(M) Cricket( <b>Caption</b> )	2007-08	BHU, Varanasi	Participated
6	East Zone Intersarsity Tournament(M) Cricket	2008-09	BHU, Varanasi	Participated
7	East Zone Intersarsity Tournament(M) Cricket	2010-11	BHU, Varanasi	Participated

### Other Achievement

- Certificate Course in Yogic Practices from Yoga Sadhana Kendra BHU, Varanasi Year - 2008.
- Basic Computer Course from BHU Computer Centre, Varanasi.

- Coordinated “Education cum Leadership Training Camp” Held at Sat- Tal, Nainital, Uttrakhand Year 2011 & 2012.

### **Professional Experience**

- Worked as a post of Assist. Prof, (2009-10) Department Of Physical Education, Post Graduate Government College, Sector-11, Chandigarh, India
- Worked as a post of Assist. Prof, (2013-16) Department Of Physical Education, Post Graduate Government College, Sector-46, Chandigarh, India.
- Worked as a post of Physical Training Instructor, (Oct 2016-Feb 2017) Indian Institute of Technology, Patna, India.
- Worked as a post of Assistant Director of Physical Education, (March 2017-Till) Tripura University (A Central University), Agartala, Tripura, India.
- Acted as an Official in Inter Class Competition of Faculty of Science, Banaras Hindu University, Varanasi, UP.
- Inter College Cricket Tournament.
- Acted as an Official in CBSE Inter School Sports & Games Competition (2010-2011) Competition of CBSE East Zone Badminton Tournament organized by Dayawanti Punj Modle Schol- Sitamarhi, SantRavidasNager, Bhadihi, U.P.

### **Area of Special Interest**

- To teach Research Methodology and Sports Training, Sports Biomechanics
- To Coaching and Officiating Cricket, Basketball, Volleyball, Badminton, Football, Lawn Tennis and Table Tennis.
- Taking Great Interest in managing various sports meet.

### **Strength**

- Optimistic
- Will Power and Confidence
- A very eager learner

### **Hobbies**

- Vocabulary Building
- Reading Books
- Visiting New Places

### **Declaration**

I hereby declare that the above mentioned information furnished by me is true to the best of my knowledge.