

Dr. Sanjeev Kumar working as Head & Assistant Professor in Department of Physical Education, Central University of Punjab, Bathinda, Punjab. He also worked for 10 years as Assistant Professor in Lakshmibai National Institute of Physical Education, Gwalior. He received the B.P.Ed (I), M.P.Ed degree from Lakshmibai National Institute of Physical Education (Deemed University), Gwalior & M.Phil (Master of Philosophy) from Ch.C.S. University Meerut and Ph.D (Doctor of Philosophy in Physical Education) from Jiwaji University, Gwalior. He received academic merit scholarship in B.P.Ed. He Qualified UGC-NET (National Eligibility Test) & JRF (Junior Research Fellowship) in December 2009. His areas of expertise in theory include Research Methodology, Fitness management & Wellness, Measurement & Evaluation and Sports Training. He also obtained sports specialization in Weight Lifting in graduation and post-graduation. He published more than thirty (35) research articles in the area of sports sciences in international and national refereed Journals and also a member of editorial board in many national and international journals. He participated in many International & National Seminars and also delivered invited lectures in seminars and during in-service courses.

DETAILED RESUME

Name : Dr. Sanjeev Kumar
Designation : Assistant Professor
Department : Physical Education
Date of Birth : 12th May 1985
Address/Institute : Department of Physical Education, School of Education, Central University of Punjab, Bathinda, Punjab.
Mobile No. : +919957964050
E-mail : sanjeev26mandair@gmail.com
Research Focus : Research Methodology, Fitness and Wellness, Test & Measurement and Science of Sports Training.



Teaching Experience

- ✓ Assistant Professor on Regular Basis in Central University of Punjab from 11th February, 2020 to till date.
- ✓ Assistant Professor on Regular Basis in LNIPE,NERC from 26 Sept. 2011 to 10th February, 2020.
- ✓ Assistant Professor in LNIPE from 15/07/2010 to 23/09/2011.

Educational Qualification

- ✓ Awarded Doctor of Philosophy (Ph.D) from Jiwaji University, Gwalior in 2013.
- ✓ M.Phil (Master of Philosophy) from Ch.C.S. University Meerut in 2010.
- ✓ Master of Physical Education (M.P.Ed, 2 YDC) from L.N.U.P.E Gwalior in 2009.
- ✓ Bachelor of Physical Education (B.P.Ed I, 4 YDC) from L.N.I.P.E. Gwalior in 2007.
- ✓ Higher secondary (Class-XII) with First Division from C.B.S.E in 2003.
- ✓ High school (Class- X) with First Division from C.B.S.E in 2000.
- ✓ Certificate course in computer-Microsoft Office &Excel and Power Point from Advance computer &career institute at Gwalior in 2007.

Area of Sports Specialization

- ✓ Weightlifting
- ✓ Fitness & Wellness
- ✓ Kabaddi

Research Project

- ✓ Completed Research Project on Gene Analysis, Physical, Physiological, Psychological, Anthropometric Profiling OF Young Swimmers for Talent IDENTIFICATION and Development approved by Ministry of Youth Affairs and Sports, Department of Sports, Government of India.

Organizing Secretary

- ✓ Organizing Secretary of National Workshop on Research Methodology and Statistical Analysis from 22 to 28 March, 2018.
- ✓ Organizing Secretary of National Seminar on New Trends in Sportswear for improving performance of Sports Person held on 27 June, 2017 at LNIPE Guwahati.
- ✓ Organizing Secretary of National Workshop on Fitness, Muscle Building, Muscle Definition Through Resistance Training Design and Diet Management held from 18th to 20th March, 2019 at LNIPE Guwahati.
- ✓ Joint Organizing Secretary of the national seminar on Fit and Healthy India – Vision 2020, A physical Education Perspective, ISBN 978-93-84869-243, held at LNIPE,NERC, Guwahati from 20th & 21st February 2015.

Research Articles Publication:

- ✓ Published a research paper entitled “Comparative Effect of Different Recovery Programmes on Blood Lactate” in International Journal of Physical Education & sports sciences ,an internationally indexed peer reviewed & refereed journal, Volume- 14, Issue- 1, ISSN: 2231-3745, pp. 54-58, 2019
- ✓ Published a article entitled “Effects of pranayama on selected physiological variables of college students” VSRD International Journal of Technical & Non-Technical Research, Vol. VIII Special Issue November 2017 / 87, e-ISSN: 0976-7967.
- ✓ Published a article entitled “A study on Sports Imagery of International Athletes. Indian Journal of Movement Education and Exercises Sciences (IJMEES), Bi-annual Refereed Journal Vol. VII No. 1 Jan.-June 2017 Online ISSN 2249-6246, Print ISSN 2249-5010.
- ✓ Published a article entitled “Effect of free play on neuropsychological ability of school children. International Journal of Multidisciplinary Research and Modern Education (IJMRME),ISSN 24546119,Volume II, Issue II, 2016.
- ✓ Published a article entitled “A study on goal orientation among athletes of individual sports. Proceeding of National seminar on new challenges of physical education and sports sciences in the 21st century, Organized by department of

physical education and sports science Manipur University, Imphal, ISSN-2229-7049,2015, pp. 217-220.

- ✓ Published a article entitled “ Effect of Mental Imagery on Penalty Shooting in Handball. International journal of Physical Education (Bi-annual) , India, ISSN 0974-2638,2015, Ref. No. :IJPE / 23/14 ,Volume 6, issue 3, pp.24-27.
- ✓ Published a article entitled “ A study on team cohesiveness among team players. Periodic Research Multidisciplinary International Research Journal, P: ISSN No. 2231-0045, 2015,vol.-iv, issue-i, pp. 100-104.
- ✓ Published a article entitled “ Effect of Mental Exhaustion on selected perceptual ability. Society for Research of Movement Education (SRME), ISBN: 978-81-923943-2-9, Volume 1, issue 1, 2016.
- ✓ Sanjeev Kumar et al. (2015). A study on psychological variables of army athletes and non army athletes. Published in proceedings of national seminar on Fit and Healthy India – Vision 2020, A physical Education Perspective, ISBN 978-93-84869-243, February 2015, pp 37-42.
- ✓ Sanjeev Kumar, Sujay Bisht & Vijay Chaudhary (2014). Effect of selected plyometric and akhada exercises on body composition. Published in International Journal of Movement Education and Social Science, India, ISSN 2278-0793, Volume -3, Issue -2.
- ✓ Sanjeev Kumar & J.P. Bhukar (2011). Comparative effects of different types of resistance training on body composition. International Journal of Physical Education, India, Ref.No. IJPE/27/11, volume-4, No.2, ISSN 0974-2638, pp. 127-131.[http://www.researchjournal.co.in/online/IJPE/IJPE%204\(2%20\)/4_A-127-131.pdf](http://www.researchjournal.co.in/online/IJPE/IJPE%204(2%20)/4_A-127-131.pdf)
- ✓ Verma, J. P., Bhukar, J. P.; Kumar, Sanjeev (2011). A study on stress stimuli among the students of Physical Education. Journal of Physical Education & Sport / Citius Altius Fortius;2011, Vol. 11 Issue 1, ISSN: 2333-9721 ,pp. 48 .
<http://www.oalib.com/paper/2862580>
- ✓ Verma J. P., ModakPintu, Bhukar, J. P.&Kumar Sanjeev (2012). A discriminant analysis of team cohesiveness among high – performance and low – performance elite Indian volleyball players. Studies in Physical Culture and Tourism, International Research Journal of Poland, ISSN 0867-1079,Volume 19, No 4,pp. 191-195.<http://connection.ebscohost.com/c/articles/84937951>
- ✓ Pradeep Kumar & Sanjeev Kumar (2015). Effect of including plyometric exercises in warm up protocol on selected fitness compoments. Published in proceedings of national seminar on Fit and Healthy India – Vision 2020, A physical Education Perspective, ISBN 978-93-84869-243, February 2015, pp 76-79.
- ✓ Sanjeev Kumar (2013).Effects of two modes of aerobic training on respiratory variables of sedentary people. International Journal of Movement Education and Social Science, India, ISSN 2278-0793, Volume -2, Issue -2 pp.41-44.
http://www.ijmess.org/Volume/Vol2_2/14.%20Dr.%20Sanjeev%20Kumar.pdf

- ✓ Sanjeev Kumar & J.P.Bhukar (2011). Relationship of waist-hip ratio & body mass index with hypertension of college students. Pan Asian Journal of Sports & Physical Education, South Korea, Volume 3, No.4, ISSN 2092-8203,pp. 45-50.
- ✓ Sanjeev Kumar & J. P. Bhukar (2011).Comparison of anxiety among university female athletes. Research Journal of Social Science and Life Sciences, ISSN 0973-3914, December 2011.
- ✓ Baljinder Singh Bal, Kanwaljeet Singh, Manu Sood and Sanjeev Kumar (2011) .Emotional intelligence and sporting performance: A comparison between open- and closed-skill athletes. Journal of Physical Education and Sports Management, Niger, Vol. 2(5), ISSN 1996-0794, pp. 45-52.
http://www.academicjournals.org/article/article1379416215_Bal%20et%20al.pdf
- ✓ Indu Bora & Sanjeev Kumar (2011). Internship program of LNUPE: An assessment of students. International Journal of Physical Education, India Ref.No. IJPE/28/11, volume-4, No.2, ISSN 0974-2638, pp.188-190.
[http://www.researchjournal.co.in/online/IJPE/IJPE%204\(2%20\)/4_A-188-190.pdf](http://www.researchjournal.co.in/online/IJPE/IJPE%204(2%20)/4_A-188-190.pdf)
- ✓ Sanjeev Kumar, J.P. Bhukar & Wilfred Vaz (2010). Effect of suryabedana pranayama on different respiratory parameters of smokers. Research Journal of Arts, Management & Social Science, India, ISSN-0975-4083, Vol.III, pp. 248-252.
- ✓ Sanjeev Kumar, J.P. Bhukar, B. Jhajharia &M.S. Rathore (2010). Comparison of anxiety between medalist & non-medalist male weight lifters. Amass Multilateral Research Journal, India,ISSN 0975-3966, Volume III, No.1, and Reg. No. UPBIL-2009-29672, pp. 52-56.
- ✓ Sanjeev Kumar, J.P. Bhukar & Wilfred Vaz (2010).A comparative study of stress among school children.Research Journal of Social Science and Life Sciences, India, Vol.IX, ISSN 0973-3914, pp. 215-222.
- ✓ J.P. Bhukar, Sanjeev Kumar and R. Malik (2010).A comparative study of motor performance level among categorized skilled hockey players.Research Journal of Arts, Management& Social Science,India, ISSN 0975-4083, Vol.III, pp. 235-241.
- ✓ Baljinder Singh Bal, Sanjeev & Davinder Singh (2014). Emotional Intelligence and Will to Win among Male Hockey Players. Advances in Physical Education, 4, 116-126. <http://dx.doi.org/10.4236/ape.2014.43016>.
- ✓ Sanjeev Kumar & Shailesh Kumar (2011).Comparison of physical fitness among basketball and volleyball players. International Journal of Physical Education & Sports Sciences, India, Volume 1, Issue II, ISSN 2231-3745, pp.1-8.
- ✓ Shailesh Kumar & Sanjeev Kumar (2011). Effect of physical fitness training programme on motor fitness components of sports person. International Journal of Physical Education & Sports Sciences, India, Volume 1, Issue I ,ISSN-2231-3745, pp.1-9.
- ✓ J.P.Bhukar & Sanjeev Kumar (2013). Effects of music on Psycho- Physical variables of male cross country athletes. International Journal of Physical Education (Bi-annual), India,ISSN 0974-2638, Volume 6, Issue 1,pp.2-7.

[http://www.researchjournal.co.in/online/IJPE/IJPE%206\(1\)/6_A-1-4.pdf](http://www.researchjournal.co.in/online/IJPE/IJPE%206(1)/6_A-1-4.pdf)

- ✓ Sanjeev Kumar, J.P. Bhukar, Rajender Singh, Wilfred Vaz (2014). Comparative effect of two forms of aerobic exercises on peak flow rate. Proceedings of National Conference on Physical Education and sports Sciences (NCPCESS-2014), ISBN 97881-7524-743-7, January 2014, pp. 58-62.
- ✓ Sanjeev Kumar & Shiv Kumar (2014). Role of information and communication technology in physical education. Published in proceedings of National Seminar on Role of Information & Communication Technology in Social Sciences, India, P.R. Govt. Girls P.G. College, Etawah.
- ✓ Sanjeev K., R. Singh, Wilfred V. & S. Bisht (2014). Comparative effects of Aerobic exercises on Red Blood Cells. Proceedings of National Seminar on Physical Education Interdisciplinary Approach, India, ISBN 978-93-83842-162, pp.18-21.
- ✓ Vijay Chaudhary, Sanjeev Kumar, Wilfred Vaz, J.P. Bhukar (2014). Comparative effect of resistance training on anthropometric variables. Proceedings of National Conference on Physical Education and sports Sciences (NCPCESS-2014), ISBN 97881-7524-743-7, January 2014, pp 192-196.
- ✓ Sanjeev Kumar & J.P. Bhukar (2013). Stress level and coping strategies of college students. Journal of Physical Education and Sports Management, Niger, ISSN 1996-0794, Vol. 4(1), pp. 5-11. Available online at <http://www.acadjourn.org/JPEM> , DOI: 10.5897/JPEM12.001
- ✓ Mazumdar ,Nagpal & Sanjeev Kumar (2012). Effects of the Pec India programe on cognitive development of primary school children. International Journal of Health , Physical Education & Computer Sciences in Sports ,India, Volume 7, No.1, ISSN 2231-3265, Quarterly ,July to September, pp. 49-52.
- ✓ Sanjeev Kumar & Harish Tiwari (2012). Changes in body composition of sedentary people under the influence of cardiac workout. Published in Refereed International journal of Physical Education (Bi-annual, India, ISSN 0974-2638, Volume 05, Issue 1, pp. 163-166.
- ✓ Ravindera, Harish T., Sanjeev K. & J.P. Bhukar (2012). Effect of yoga training on intelligence of college students. Research Journal of Social and Life Sciences, India, ISSN-0973-3914, Volume- XIII, pp. 235-239.
- ✓ Sanjeev Kumar, J.P. Bhukar, B. Denish & A. Sharma (2013). Effect of aerobic exercises on selected physiological Variables of Inactive Life style People. Proceedings of National Conference on Exercise Physiology and Sports Sciences, India , ISBN 978-81-7524-699-7, pp. 85-89
- ✓ J. P. Bhukar & Sanjeev Kumar (2013). Comparative Effect of Cardio Workout on Body Composition of Obese people. Proceedings of National Conference on Exercise Physiology and Sports Sciences, India, ISBN 978-81-7524-699-7, pp. 181-18.
- ✓ Gyan Prakash Arjaria and Sanjeev Kumar (2014). Effect of Mental Imagery on Penalty Shooting in Handball. Accepted for Publication in Refereed International journal of Physical Education (Bi-annual) , India, ISSN 0974-2638, Ref. No. :IJPE / 23/14 , Volume 6. Issue 3.

- ✓ Sanjeev Kumar, Sujay Bisht, Vijay Choudhary (2014).Effect of selected plyometric and akhada exercises on body composition. Accepted for Publication in International Journal of Movement Education and Social Science, India,ISSN 2278-0793,Volume -3, Issue -2 .

Paper Presented in Seminar and Conference:

- ✓ Presented a paper entitled “A study on relationship between age, waist-hip ratio and body mass index of school children” International Conference on Issues & New Ideas in Sports Management held at Vigyan Bhawan, New Delhi from 08 to 10 March, 2018, Organized by Lakshmibai National Institute of Physical Education, Gwalior.
- ✓ Presented a paper entitled “Comparison of Cognitive and Motivational Functions of Imagery between International Kho-Kho Players. International Congress on Sports Science and Yoga, 2-4 February,2017, Organized by Lakshmibai National Institute of Physical Education, Gwalior.
- ✓ Presented a paper entitled “Role of Modern Teaching Aids in Education. International Congress on Recent Innovations in Management, Engineering and Humanities, organized by Sunrise University, Alwar, Rajasthan on 16th & 17th December, 2016.
- ✓ Presented a paper entitled “Stress and its management through exercise” in International Congress of Stress Management from 20th to 22nd October 2008,held at Lakshmibai National University of Physical Education, Gwalior.
- ✓ Presented a paper entitled “Comparison of anxiety between medalist & non-medalist female Power lifters” in International Congress of Sports Psychology from 21st dec. to 24th dec 2010,held at Lakshmibai National University of Physical Education,Gwalior.
- ✓ Presented a paper entitled “Effect of suryabedana pranayama on different respiratory parameters of smokers” in International Conference on Physical Education & Sports Sciences from 25-27 Feb.2010, held at S.V’s Sridora Caculo College of Commerce & Management Studies, Goa.
- ✓ Presented a paper entitled “Effect of music on male college physical education students during a maximal treadmill test” in National Convention in Physical Education & Sports Sciences from 13-15 Jan. 2010, held at Lakshmibai National University of Physical Education, Gwalior.
- ✓ Presented a paper entitled “Comparison of stress among school children” in International Conference of AIAER on Learning Community for Global Education Reform held at IPS College from 18- 20 November 2011, Gwalior.
- ✓ Presented a paper entitled “Comparative effect of different time of cardiac workout on body composition” in 1st World Conference of Global Educational Research Association (GERA), Lovely Professional University, 6 – 8 April, 2012, Jalandhar.

- ✓ Presented a paper entitled “ Comparative effects of Aerobic exercises on Red Blood Cells” in National Seminar on Physical Education Interdisciplinary Approach organized by LNIPE,NERC Guwahati from 10 March to 11 March 2014.
- ✓ Presented a paper entitled “ Role of ICT in Innovative teaching” in National seminar on theme Information Communication Technology organized by LNIPE,Gwalior on 16/10/2013.
- ✓ Presented a paper entitle “A study on psychological variables of army athletes and non army athletes” in national seminar on Fit and Healthy India – Vision 2020, A physical Education Perspective, organized by LNIPE,NERC from 20th & 21st February 2015.

Participated in Orientation Course/ conference /Seminar/ Workshop:

- ✓ Attended National Workshop on Fitness, Muscle Building, Muscle Definition Through Resistance Training Design and Diet Management held from 18th to 20th March, 2019 at LNIPE Guwahati.
- ✓ Attended National Workshop on Recent Trends of Instrumentation in Exercise Physiology from 1st to 2nd February, 2019.
- ✓ Attended National Workshop on Research Methodology and Statistical Analysis from 22 to 28 march, 2018.
- ✓ Attended Refresher Course organized by UGC- HRDC Aligarh Muslim University, Aligarh from 28/9/2015 to 16/10/2015.
- ✓ Attended 35th orientation program organized by UGC – ASC LNIPE, Gwalior from 20/9/2013 to 17/10/2013.
- ✓ Attended seminar /Diploma on technical officials upgrading course on technical and competition rules of weight-lifting, New Delhi, 2009.
- ✓ Attended workshop on data analysis in physical education & sports at LNUPE, Gwalior, 2009.
- ✓ Attended orientation course on message (soft tissue mobilization) at LNUPE, Gwalior, 2007.
- ✓ Attended a seminar on weight management at LNUPE, Gwalior, 2008.
- ✓ Attended seminar on Sport Nutrition & traumatology at LNUPE, Gwalior, 2009.
- ✓ Attended one day National workshop on development of Audio-Visual material at NCPE, 2010.
- ✓ Attended National workshop on educational Research methodology and data analysis through SPSS at NCPE, 2010.
- ✓ Attended National conference and Exhibition on recent trends in physical education, health education and sports technology at NCPE, 2010.

Resource Person in Refresher & Certificate course/ Seminar/ Workshop:

- ✓ Delivered Lecture as Guest Speaker on the topic “Cassification of Research” in

Department of Physical Education, on 27 December, 2018 at Swami Vivekanand Subharti University Meerut.

- ✓ Delivered Lecture as Guest Speaker on the topic “Effectiveness of Weight Management Strategies for Community Health and Wellness” in National Seminar on Community Health through Physical Education and Yoga organized by SMPFF, PG College Madhavpuram, on 15 February, 2019, Meerut.
- ✓ Delivered Lecture during In-service Course of KVS, Physical Education Teachers at LNIPE, Guwahati.
- ✓ Delivered Lecture during In-service Course of Khelo India- Community Coaching Development Programme at LNIPE, Guwahati.
- ✓ Delivered Lecture as Guest Speaker on the topic “ An Analysis of Questionnaire Development” in National Conference on Physical Education and Yogic Sciences in relation to Social life” organized by Swami Vivekanand Subharti University Meerut, Uttar Pradesh from 11-12 November, 2017.
- ✓ Delivered Lecture on topic “One Way and Two Way ANOVA and their applications in research” at J.S.M. Academy, Salarpur Mawana Road, Meerut on dated 28th December, 2017.
- ✓ Delivered Lecture on topic “Data Collection and its Methods in research” at J.S.M. Academy, Salarpur Mawana Road, Meerut on dated 29th December, 2017.
- ✓ Delivered Lecture during In-service Course of KVS, Physical Education Teachers at LNIPE, Guwahati
- ✓ Resource person in refresher course conducted by UGC Academic staff college, LNUPE, Gwalior, 2010.
- ✓ Resource person in certificate course (Athletic care & Rehabilitation) in dept. of HS & Yoga at LNUPE, 2009.
- ✓ Resource person in refresher course conducted for Kendriya Vidyalaya Sangathan Physical Education Teachers, LNUPE, Gwalior 2010, 2011.
- ✓ Resource person in refresher course conducted by PYKKA, LNUPE, Gwalior, 2010 & 2011.
- ✓ Resource person in refresher course conducted for Kendriya Vidyalaya Sangathan Physical Education Teachers, LNIPE, NERC Guwahati, 2013 & 2014.
- ✓ Resource person in refresher course conducted for Kendriya Vidyalaya Sangathan Physical Education Teachers, LNIPE, NERC Guwahati, December 2014.
- ✓ Resource person in refresher course conducted for Physical Education Teachers of Assam Government School, LNIPE, NERC Guwahati 2012.

Research Guidance

- ✓ Supervisor of MPEd Thesis of three students at LNIPE, Guwahati for the session 2018-19.

Publication of Books & Member of Professional Bodies:

- ✓ Published a book entitled “ **A Test Book of Physical Education**” Published by Sports Publication, 2017.
- ✓ Editor for the proceedings of national seminar on Fit and Healthy India – Vision 2020, A physical Education Perspective, ISBN 978-93-84869-243, held at LNIPE,NERC, Guwahati from 20th & 21st February 2015.
- ✓ Member of Panel of Referees of International Journal of Movement Education and Sports Sciences, Online Journal (ISSN- 2321-7200)
- ✓ Member of International Journal of Eastern Sport & Physical Education (ISSN- 1738-0855), South Korea.
- ✓ Member of International Journal of Movement Education & Social Science (ISSN- 22780-793),India.
- ✓ Board Member Nomination of International Journal of Multidisciplinary Research and Modern Education,Modern Research Publication, Perambalur, Tamilnadu, India, 31 july 2015.
- ✓ Advisory Editor of National Journal of Physical Education & Sports Sciences (ISSN- 234-84713), India.
- ✓ Consultant Editor of International Journal of Physical Education & Applied Exercise Sciences (ISSN-2394-9953), India.
- ✓ Reviewer Board Member of International Journal of Multidisciplinary Research and Modern Education Published & Printed by R&D Modern Research Publication, Perambalur, Tamilnadu, ISSN: 2454 – 6119, India.
- ✓ Associate Editor of International Journal of Physical Education, Sports & Health (E-ISSN:2394-1693).
- ✓ Reviewer Board member of International Journal of Current Research & Modern Education (ISSN : 2455-5428).

International Program:

- ✓ Attended International Inspiration Physical education program presented (British Council) the youth sports trust LNUPE, Gwalior, 2008.
- ✓ Attended International Orientation course on sports medicine LNUPE, Gwalior, 2008.

Examination Work:

- ✓ Appointed External Examiner for Conducting the Practical Examination of BPED of 2nd & 4th and PGDYTE 2nd Semester on 2nd & 4th May, 2018 in Department of Physical Education, Rajiv Gandhi University.
- ✓ Appointed External Examiner for Physical Fitness Test of BPED Entrance Exam

test from 7th to 9th June, 2018 in department of Physical Education, Banaras Hindu University.

- ✓ Appointed External Examiner for Theory and Practical Exams of BPES & B. Sc I Semester examination from 19th to 22th July, 2018 in National Sports University, Manipur.
- ✓ Appointed External Examiner for Practical Exams of MPEd I Semester examination in December, 2018 in Department of Physical Education, Visva Bharti, Santiniketan.
- ✓ Appointed Paper Setter of Kinesiology & Sports Biomechanics For Post Graduate Diploma In Sports Coaching Swarnim Gujarat Sports University, Gandhinagar, Session 2018-2019.
- ✓ Paper setter for Sri Guru Granth Sahib World University, Fatehgarh Sahib in academic session 2013-2014.
- ✓ Internal Examiner for Practical (Skill Proficiency) & Lesson in Weight Lifting for BPEd IVth Year students at LNUPE, Gwalior, 2011.
- ✓ Internal Examiner for Practical (Weight Training Activity) for BPEd Ist Year students at LNUPE, Gwalior, 2011.
- ✓ Internal Examiner for Practical (Skill Proficiency) & Lesson in Weight Lifting for BPEd IVth Year students at LNIPE, Guwahati, 2012, 2013, 2014.
- ✓ Internal Examiner for Practical (Weight Training Activity) for BPEd Ist Year students at LNIPE, Guwahati, 2012, 2013, 2014.
- ✓ Internal Examiner for Kabaddi Activity Exam of B.P.Ed Ist Semester & Kho - Kho Activity Exam of B.P.Ed II Semester 2012,2013& 2014.
- ✓ Internal Examiner for Practical (Skill Proficiency) & Lesson in Weight Lifting for BPEd IVth Year students at LNIPE, Guwahati, 2015.

Administrative Work:

- ✓ Theory and Activity Coordinator for Under Graduate Course at LNIPE, Guwahati.
- ✓ Appointed Exam coordinator for Final Theory Teaching Ability exam of B.P.Ed IV Students.
- ✓ Appointed Coordinator for conducting selection test for physical instructors for the department of Sports & Youth Welfare, Govt.of Assam on 11th September, 2014.
- ✓ Appointed Coordinator for conducting selection test for sub- divisional sports Officer (SDSO) for the department of Sports & Youth Welfare, Govt.of Assam on 11th September, 2014.

- ✓ Appointed Coordinator for the In-service orientation course for the physical education teachers of KVS held at LNIPE, NERC from 23rd January to 12th February 2015.
- ✓ Appointed Convener for coordinator committee of national seminar on fit & healthy India – Vision 2020 organized by LNIPE, NERC Guwahati.
- ✓ Appointed unit director for the leadership training camp for the students of B.P.Ed III & IV year held at Shegaon, Arunachal Pradesh from 1st to 8th March, 2015.
- ✓ Theory Teaching Practice Coordinator of B.P.Ed IV students at LNIPE, Guwahati from 2012 till date.
- ✓ Technical Official and Sports Specific Volunteer (Weight-Lifting) in commonwealth games, New-Delhi, 2010.
- ✓ Technical Official for School State Championship under PYKKA, held at SAI Central Regional Centre, Bhopal, 2010.
- ✓ Referee in All India University of Weight-lifting, Power-lifting (M&W) & Best physique of men at LNUPE, Gwalior, 2007.
- ✓ Referee in KVS cluster Kabaddi meet at LNUPE, Gwalior.
- ✓ Referee in Madhya-Pradesh electricity board championship of Power-lifting & Best physique of men at LNUPE, Gwalior.
- ✓ Coach of LNUPE Weight Lifting and Power Lifting (M/W) Team, 2010-2011.
- ✓ Three month experience of life guard in Five Star Hotel (Intercontinental EROS) at Nehru Place, New-Delhi.
- ✓ Assistant Physiotherapist in LNUPE Health Centre, for academic session 2008-09.
- ✓ Assistant Physiotherapist for multitherapy summer camp at LNUPE, Gwalior, 2007.
- ✓ Served as Warden of Subhash Hostel in Lakshmibai National Institute of Physical Education, Guwahati, 2012,2013.
- ✓ Served as Warden of Lachit Barfukan Hostel in Lakshmibai National Institute of Physical Education, Guwahati, 2014-15
- ✓ Activity Exam coordinator for B.P.Ed I & II, III Semester for academic sessions 2012, 2013, 2014,2015.
- ✓ Exam coordinator for Final Theory Teaching Practice of B.P.Ed IV Students for academic sessions 2013, 2014,2015.
- ✓ Central superintend for Second Terminal exam of B.P.Ed course during session 2013-14.
- ✓ Convener for various committees for conducting different program time to time in LNIPE, Guwahati such as National Seminar on Physical Education

Interdisciplinary Approach , In-service course of KVS, organized by LNIPE,NERC Guwahati.

- ✓ Invigilator for Semester and final Examination of B.P.Ed students during academic session 2012,2013,2014,2015.
- ✓ Convener and member for evaluation committee of Internship Training Program of B.P.Ed IV students at LNIPE,NERC, 2013,2014,2015.
- ✓ Convener for the procuring the B.P.Ed I Semester students Uniform at LNIPE, NERC, 2013, 2014,2015.
- ✓ Member of Entrance test selection committee of B.P.Ed I Semester students.
- ✓ Member of selection committee for Inter University Selection trial of Various Sports at LNIPE,NERC from 2011 to 2014.
- ✓ Member of Selection committee for AIU Weight Lifting & Power Lifting (M&W) teams for the session 2014-15.
- ✓ Working as Mess Warden at LNIPE, Guwahati.
- ✓ Paper setter for M.P,Ed Entrance Exam.
- ✓ Member of orientation program of B.P.Ed I year students for the Academic Curriculum, Evaluation and Hostel Rules.
- ✓ Convener for In-service Course of KVS, Physical Education Teachers at LNIPE, Guwahati.

Short term/Continuing Education/Specialist Course:

- ✓ Conducted one month certificate course in athletic care and rehabilitation in the dept. of HS&Yoga, LNUPE, 2009.
- ✓ Conducted Annual Sports meet of Scholars Public School at Morena, Gwalior.
- ✓ Trained students of Scholar Public school for Mass display and March Past Inter-School Competition, LNUPE, Gwalior, 2005.

Sports Achievements & Extra Curricular activities:

- ✓ Three gold medal at NVS National Kabaddi Sports Championship, 1999, 2000, 2002.
- ✓ Represented All India Inter University of weight –Lifting, 2007, 2008.
- ✓ Represented All India Inter University of Power–Lifting, 2005, 2006.
- ✓ Represented All India Inter University West Zone of Kabaddi, 2004.
- ✓ Gold Medal in Bench Press Championship organized by Galav Gym at Gwalior, 2006.
- ✓ Attended ten days leadership training camp held at Pachmarhi M.P, 2005.
- ✓ Attended National Himalayan Trekking expedition camp at Kullu-Manali in Himachal Pradesh, 2007.
- ✓ Attended One month Kabaddi summer training camp held at Gwalior M.P, 2005.

