

## RESUME

### **VIVEK KUMAR SINGH**

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Smt. Usha Singh

Date of Birth: 14<sup>th</sup> September 1984

Marital Status: Married

Sex: Male

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Known Languages: Hindi & English

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### **ACADEMIC QUALIFICATIONS**

<b>Examination</b>	<b>Board/University</b>	<b>Year</b>	<b>Subject</b>
12 <sup>th</sup>	Bihar Board	2003	Math
BPE	BHU	2008	Physical Education
MPed	BHU	2010	Physical Education
NET	UGC	2009	Physical Education
SRF	UGC - BHU	2012	Physical Education
Ph. D	BHU	2014	Physical Education

### **PROFESSIONAL EXPERIENCE**

- Worked as an official in 36<sup>th</sup> Athletic meet organized by Institute of Technology in 2006-07 at Banaras Hindu University.
- Worked as a Cricket official in Annual Games & Sports Organized by Faculty of Science in 2008-09 and 2011-12 at Banaras Hindu University.
- Worked as a member of organizing committee in national workshop on “Training Methods and Orientation of Trends of Different Games” organized by Department of Physical Education, BHU, Varanasi from 01/11/2011 to 07/11/2011.
- Worked as a member of organizing committee in International Seminar ISPERYS organized by Department of Physical Education BHU, January 2012.
- Worked as Assistant Coach for Junior Cricket in Institute of Technology from 2<sup>nd</sup> May – 20<sup>th</sup> June 2011.

### **PAPER PRESENTED**

- Presented paper on *Awareness for Blood Donation in Physical Education Students of Varanasi* in National Seminar on Physical Education and Recent Trends. Organized by Nandini Nagar Physical Education College, December 2011.

- Presented paper on *Effect of Two Week leadership Training Camp on Coping Abilities of BPE<sub>d</sub> Students of BHU* in International Seminar ISPERYS. Organized by Department of Physical Education BHU, January 2012.
- Presented paper on *Comparison of Different Training Methods on Performance of Rural and Urban Boys* UGC Sponsored National Seminar on Recent Trends in Physical Education and Sports: An Overlook. Organized by Post Graduate Department of Physical Education and Sports, SGGS, Khalsa College, Mahilpur, Punjab, 27-28 February 2012.
- Presented paper on *A Comparison of Cardiovascular Efficiency of Hockey and Basketball Men Players* in National Seminar on Education, Physical Education and Society. Organized by Sant Baba Hari Singh Memorial Khalsa College of Education, Mahilpur, Hoshiarpur (Punjab), 26 March 2012.
- Presented paper on *Physiology of Fatigue and its Model* in International Conference on Sports Economics and Vision of London Olympics. Organized by Sports Counsel Delhi University, April 2012.
- Presented paper on *A Comparative Study on Effect of Autogenic Training and Meditation on Coping Ability of University Players* in 6<sup>th</sup> International Conference of Yoga & Psychotherapy Association of India. Organized by JNU, WCP, AFP and YPAI September 2012.
- Presented paper on *Waist Circumference as a Predictor of BMI for Old Age Persons* in UGC Sponsored National Seminar on Recent Researches in Physical Education Sports Naturopathy Yoga Event, Sports Law Ayurveda and Yoga. Organized in BHU at 2-3 November 2012.
- Presented paper on *A Comparative Study on Effect of Progressive Relaxation Technique and Meditation on Coping Ability of University Players* in International Conference on Globalized Scientific Scenario for Yogic Health and Social Transformation. Organized by Narayan Yog Ashram Trust, Rishikesh at 22-23 November-2012.
- Presented paper on *Relationship of Waist Circumference with Blood Pressure of the Peoples of Varanasi* in National Conference on Health, Physical Activity and Sports: Recent Trends & Challenges. Organized by Akal College of Physical Education, Mastuana Sahib, Sangrur, (Punjab) on 20-21 December-2012.
- Presented paper on *The Concept of Malaviya in Physical Exercise* in International BHU Alumni Meet and Seminar on Mahamana's Vision of Nation Building. Organized by BHU Alumni Cell, Varanasi on 23-24 December-2012.
- Presented paper on *A Comparative Study on Effect of Pranayama and Progressive Relaxation on Anxiety of University Players* in International Conference Futuristic Trends in Physical Education (ICFTPE) UGC Sponsored on 24-26 January-2013.
- Presented paper on *A Comparative Study on Effect of Progressive Relaxation and Pranayama on Coping Ability of University Players* in International Conference on Geriatric Health Care through Yoga & Annual Assembly of Indian Academy of Yoga. Organized by The Indian Academy of Yoga & Deptt. of Swasthavritta and Yoga, Faculty of Ayurveda, Institute of Medical Sciences, BHU on 16-17 March, 2013.

**PAPER PUBLISHED**

- Published research paper *Effect of Two week leadership Training Camp on Coping Abilities of BPEd Students of BHU* in Proceeding Akash released by **ISPERYS**. 2012, Vivek Kumar Singh, Sarvesh Tiwari & Santosh Kumar
- Published research paper *Comparative study of Selected Physiological and Psychological Variables of Athlete and Non Athlete Students of BHU*. **AMASS**. 2012, 4(1), Vivek Kumar Singh
- Published research paper *A Comparative study of Locus of Control among Individual, Combative and Team Game Players of Indian Army*. **CAPITAL**. 2012, 1(1), Vivek Kumar Singh & Vivek Kumar Singh.
- Published research paper *Waist Circumference as a Predictor of Body Mass Index*. **IJMEES**. 2012, II, Vivek Kumar Singh & Sarvesh Tiwari.
- Published research paper *A Survey on Awareness for Blood Donation in Physical Education Students of Varanasi*. **JPEY**. 2012, 3(1), Vivek Kumar Singh & Sarvesh Tiwari.
- Published research paper *Comparative Study on Effect of Progressive Relaxation Technique and Meditation on Coping Ability of University Players*. **AKASH**. 2012, 1(2), Vivek Kumar Singh, Prof. B. C. Kapri, & Vaibhav Rai.
- Published research paper *Comparative study of Two Types of Mental training on the Shooting Ability of Basketball Players*. **AMASS**. 2012, 4(2), Mahendra Kumar Batham, Dr. R. N. Rai & Vivek Kumar Singh.
- Published research paper *Comparative Study on Effect of Autogenic Training and Meditation on Coping Ability of University Players*. **Shodh Sangam**. 2012, 3(1), Dr. Bhashkar Shukla & Vivek Kumar Singh.
- Published research paper *Comparative Study on Effect of Pranayama and Progressive Relaxation on Anxiety of University Players* in **Proceeding of International Seminar on Futuristic Trends in Physical Education** Vol. 1. 2013, Vivek Kumar Singh, Dr. Lakhwinder Singh & Amritjot Singh.
- Published research paper *Prediction of Judokas Performance on Basis of Physical and Anthropometric Variables*. **JPESS**. 2013, 1(1), Dr. Lakhwinder Singh & Vivek Kumar Singh.
- Published research paper *Development of Regression Equation for Prediction of BP on Basis of Selected Obesity Measures*. **JPESS**. 2013, 1(1), Vivek Kumar Singh.
- Published research paper *Comparison of Blood Pressure among Different Professionals of Varanasi*. **CAPITAL**. 2(1), 2012, Vivek Kumar Singh.

#### WORKSHOP PARTICIPATED

- Attend one week National Workshop on **Training Methods and Orientation of Trends in Different Games** Organized by Department of Physical Education, Banaras Hindu University, Varanasi from 15<sup>th</sup> to 22<sup>nd</sup> November 2013.
- Attend one week Workshop on **Research Methodology Area Studies**, Organized by Centre for the Study of Nepal, Faculty of Social Sciences, BHU, Varanasi from 5<sup>th</sup> to 11<sup>th</sup> March 2013.
- Attend two week Workshop on **Research Methods and Data Analysis using SPSS** Organized by Faculty of Management Studies and DST Centre for Interdisciplinary Mathematical Sciences, BHU, Varanasi from 2<sup>nd</sup> to 15<sup>th</sup> June 2012.

- Attend Workshop on **Yoga and Shatkarma** in the International Seminar on Physical Education, Recreation and Yogic Sciences held at Department of Physical Education, BHU, on 20<sup>th</sup> & 21<sup>st</sup> January 2012.
- Attend one week National Workshop on **Training Methods and Orientation of Trends in Different Games** Organized by Department of Physical Education, Banaras Hindu University, Varanasi from 1<sup>st</sup> to 7<sup>th</sup> November 2011.
- Attend 2<sup>nd</sup> Workshop on **Research Methods and Applied Statistics** Organized by Department of Physical Education, Banaras Hindu University, Varanasi from 22<sup>nd</sup> to 23<sup>rd</sup> October 2009.
- One month certificate course in **Yoga for Better Living** from Malviya Yog Sadhana Kendra, BHU, Varanasi.

#### **SPORTS ACHIEVEMENT**

- Participated in East Zone Inter University Cricket Tournament 2006-2007.
- Participated in 10<sup>th</sup> State Level Rural Games held at Motihari 2001

#### **TEACHING EXPERIENCE**

- Worked as Assistant Professor in Department of Physical Education, Shakti Smarak Sansthan, Balrampur, UP.
- Working as Assistant Professor in Department of Physical Education, Lovely Professional University, Phagwara, Punjab.

Place: Varanasi

Date: 30/07/2014

**(Vivek Kumar Singh)**