

BIO-DATA

Dr. VIVEK KUMAR SINGH

S/o: Late Ishwar Dayal Singh,

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Date of Birth: 14th September 1984

Marital Status: Married

Sex: Male

Nationality: Indian

Known Languages: Hindi & English

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AL QUALIFICATION ACADEMIC QUALIFICATIONS

Examination	Board/University	Year	Subject
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 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 2nd May – 20th June 2011.

PAPER PRESENTED

- Presented paper on *Effect of Two Week leadership Training Camp on Coping Abilities of BPE_d Students of BHU* in International Seminar ISPERYS. Organized by Department of Physical Education BHU, January 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 6th International Conference of Yoga & Psychotherapy Association of India. Organized by JNU, WCP, AFP and YPAI September 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 *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.

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 *Waist Circumference as a Predictor of Body Mass Index*. **IJMEES**. 2012, II, 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 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 *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.
- Published research paper *Analysis of Obesity for Different Professional of Varanasi*. **Academic Sports Scholar**. 3(9), 2014, Vivek Kumar Singh.
- Published research paper *Relationship of Agility with Selected Psychological and Physical Variable of Multi Disciplinary University Players*. **Golden Research Thoughts**. 4(3), 2014, Vivek Kumar Singh.
- Published research paper *Yoga: A Medicine Pack for Happier Pregnancy*. **PERSIST**. 5(2), 2013, Dr. Vivek Kumar Singh & Richa Singh

TEACHING EXPERIENCE

- Worked as Assistant Professor in Department of Physical Education, Shakti Smarak Sansthan, Balrampur, UP.
- Worked as Assistant Professor in Department of Physical Education, Lovely Professional University, Phagwara, Punjab.
- Worked as TGT (P&HE) in KV No.2, Bolangir, Orissa.
- Working as Assistant Professor in Department of Physical Education, Rajiv Gandhi University, Rono Hills, Doimukh, Arunachal Pradesh.

Place: RGU, Doimukh

Date: 18/09/2017

(Dr.Vivek Kumar Singh)