

Prof. Praveen Kr. Singh

Head/ Professor, Department of Physical Education, K.N.I.P.S.S., Sultanpur U.P.

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MEMBER OF UNIVERSITY LEVEL COMMITTEE

- Convenor Board of Study/RDC : Physical Education (Dr. R.M.L.A.U. Ayodhya) since 2021
- Member of Board of Study : Physical Education (Siddhrath University, Kapilvastu, Shidharth Nagar) 21 Oct 2015 to contd.
- Sports Secretry, Dr. RMLAU Faizabad (Dr. R.M.L.A.U. Ayodhya) November 2012 to 14-07-2016
- Member of Board of Study : Physical Education (Dr. R.M.L.A.U. Ayodhya) 23rd Jan., 2015 to contd.
- Member of Advisory Board for National Conference on Physical Education (Sitapur Shiksha Sansthan) 29 to 30 March, 2014
- Member of sports Advisory Board (Dr. R.M.L.A.U. Ayodhya) 2007-2008
- Member of sports Technical Committee (Dr. R.M.L.A.U. Ayodhya) 2007-2008
- Member of Sport council (Dr. R.M.L.A.U. Ayodhya) 2004 to till date.

MEMBERSHIP OF SPORTS ASSOCIATIONS :

- ✓ Life time Member of Sports Psychology Association of India since 23 December 2009.
- ✓ Member of physical education foundation of India (PEFI)
- ✓ U.P. Football Associations registered at No. AS/MN/608, grade-II on official list of U.P. Football Association on dated 20-01-2015.
- ✓ U.P. Hockey Associations registered at no. MN 608 on official list of U.P. Hockey Association on dated 22-10-1994.
- ✓ Qualified Kabaddi Officiating Examination of Madhya Pradesh Amateur Kabaddi Association on dated 21-06-1998.
- ✓ Vice President & Founder Member of Sultanpur Cricket Association Sultanpur since 15 October 2010.
- ✓ Vice President of Sultanpur Taekwando Association Sultanpur since 01 July 2014 to 2017.
- ✓ Vice President football Association of Sultanpur.
- ✓ Patron of U.P. Rural Sports Association since 14 August 2016,.
- ✓ Provided services as **Sports Secretary** of Dr. R.M.L.A. university, Faizabad (U.P.) as nominated by Hon'ble V.C. of Dr. R.M.L.A.University, Faizabad.

EDITOR :-

- **Editor in Chief** of “International Journal of Sports Sciences and Allied Sciences” (Scoop).
- **Co-Editor** of Research Scholars Journal, Kolhapur, Maharashtra, India.
- **Member of Editorial Board and pannel of referees** for International Journal of Human movements, sports & allied sciences (IJHMSAS).
- **Member of National Scientific Advisory Board** for International Journal of Sports Sciences, Fitness and Leisure Industry. (IJSSFLI)

LIST OF PUBLICATION :-

Books :-

- Book entitled – “**Organization & Administration in Physical Edu.**” Published by Sports Publication New Delhi in the year 2010.(ISBN: 978-81-7879-540-9)
- Book Entitled – “**Hand Book of Soccer Coaching**”, Published by R. P. publication, New Delhi. (ISBN: 978-81-946186-2-1)
- Book entitled “**Yoga & Yogasana**” Published by Axis publication, New Delhi in the year 2013.(ISBN: 978-933-82835-42-4)
- Book Entitled – “**Physical Education &Yoga**”, as per NEP 2020 Published by R. P. publication, New Delhi. (ISBN: 978-93-91580-13-1)
- Book Entitled – “**Methods in Physical Education, Statistics & Test & Measurement**”, Published by Axis publication, New Delhi. .(ISBN: 978-93-82835-55)
- Book Entitled – “ **Leadership Behaviour** ”, Published by Lambert Academic Publication, New Delhi. .(ISBN: 620-2-67091-3)

E Content Development

1. Nutrition for Athletes

<https://drive.google.com/file/d/1I3ukKREDTftQaESjEy8Nqs9TYvnBV52a/view?usp=drivesdk>

2. E Content Journal

<https://drive.google.com/file/d/1SY73KGYnrBHKXIATBZ7uhawCuUD5d4x4/view?usp=drivesdk>

3. Fitness & Exercises Myths Vs Facts

<https://drive.google.com/file/d/1cxn6LNjiVEQv6IWxDJeAEuXgQQglaHlg/view?usp=drivesdk>

Paper Published

- Paper entitled – Effect of selected yogic Practices on the recovery of low back pain among male students of L.N.I.P.E. Gwalior (M.P.) Published in Samajik Sahyog: National Quarterly research Journal. Vol-32. Oct – Dec. 99.
- Paper Entitled “Leadership styles of Head’s of Physical Education Institution in West Zone” published in Samajik Sahyog: National Quarterly Research Journal. Vol 52-53 Oct-Dec. 2004.
- Paper entitled – “Effect of kapal Bhati on Vital capacity & breath holding capacity” published in Samajik Sahyog: National Quarterly Research Journal. Vol. 52-53 Oct.-Dec. 2004.
- Paper entitled – “Current Trends in Direct Neural Interface and Action Potential: Motor Learning and Human Performance” published in Samajik Sahyog: National Quarterly Research Journal. Vol. 64 Oct – Dec. 2007.

- Paper entitled – “Comparison of Somatic Tension, Cognitive Worry and self confidence among North Zone Inter University & National Level Soccer Players” published in Journal of health, Physical Education and Recreation. Vol. 7 Jan. – March 2008.
- Paper Entitled – “Comparison of Leadership Behaviour Among Players Of Individual and Team Sports” Published in International Multidisciplinary Research Journal: RIPPLES: Vol.-2.2 & 3.1 Issue 1 March 2008 – Feb. 2009.
- Paper Entitled – “Study of Perception of Coaching behaviour Among Coaches & Athletes Published in International Multidisciplinary Research Journal: RIPPLES: Vol.-2.2 & 3.1 Issue 1 March 2008 – Feb. 2009.
- Paper Entitled – “Realities of Higher Education & Employment Published in International Multidisciplinary Research Journal: RIPPLES: Vol.-2.2 & 3.1 Issue 1 March 2008 – Feb. 2009.
- Article entitled “Technological Advancement In Cricket” published in International Journal of Physical Edu. Vol.-3 No.-1 & 2 October 2010 : 81 – 84.
- Research paper entitled “Survey of Postural Characteristics among selected age group of different school children” published in PAN – ASIAN Journal of sports & Physical Education, South Korea, Vol. 3 No.-1, March 2011.
- Research paper entitled comparative study of Physical Fitness components of Table Tennis and Badminton Male Players From Maharishi Markendeshwar University published in International Journal of Sports Sciences & Fitness, Vol.-2(1) 2012.
- Research paper entitled An analysis of Anthropometric and Motor Fitness Profile of Football Goalkeepers Published in International Journal “Ripples”, Vol.-4 Issue 1 Sep-Feb 2010.
- Research paper entitled Analysis of family status among state level Volleyball players of Madhya Pradesh Published in Journal ‘AMASS’ Vol.-1. No.-2 Nov.-Dec. 2009.
- Research Paper entitled “Study of Preferred Leadership Behaviour Among coaches” published in shodh Sangam in International Research Journal of Physical Education. Sports and Allied Sciences, Vol No.-2 Jan.-April 2012.
- Research Paper entitled Comparison of Motivation & Anxiety among Sports men Non Sportsmen published in Horizon Palestra an International Journal of Health, Sports & Physical Education, Vol. No.-1 July, 2012.
- Research Paper entitled Comparison study of somatic tension & self confidence among state & national level hockey players published in International journal “RIPPLES”, Vol. 7, Issue 01, Feb. 2013.
- Research Paper entitled Family status profile of state level soccer players of Uttar Pradesh published in International journal “RIPPLES”, Vol. 3, Issue 01, Jan.-Feb. 2013.
- Research Paper entitled Comparison study of somatic tension & self confidence among state & national level Cricket players published in “Shodh Sangam”- An International Research Journal of Physical Education sports and allied sciences, Vol. 2, No. 1, June 2013.
- Research Paper entitled ‘Study of morality among players of individual and combative sports’ published in Golden Research Thoughts- Monthly Multidisciplinary research journal Vol. 3, Issue 3, Sept. 2013.
- Research Paper “Comparison of coordination abilities among offensive & Defensive soccer players” polished in International Journal of Human Movements, Sports & Allied Sciences, Vol-1 No.1 October 2013.

- Research Paper “Comparative effect of Training & Break in Training on the selected physical fitness components” Published in International Journal of Sports Sciences & Allied Sciences (SCOOP), Vol-1 No.1 June 2014.
- Research Paper entitled “Comparison of coordination abilities among offensive & Defensive Hockey players” published International Journal of Sports Sciences, Fitness and Leisure Industry. (IJSSFLI) Human Movements, Sports & Allied Sciences. Vol I – Issue II June 2014.
- Article – “Path for Sustainable Development” –Published in International journal of sports sciences & Leisure Industry (IJSSFLI) Human Movements, Sports & Allied sciences vol. 1 issue III 2015.
- Article - “ICT : A BOON TO PHYSICAL EDUCATION” Published in International journal of sports sciences & Leisure Industry (IJSSFLI) Human Movements, Sports & Allied sciences vol. 1 Issue IV, April 2015.
- Research Paper entitle "Comparative Effect of Self Concept of Individual, Combative And Team Games at University Level." Published in International journal of sports sciences & Leisure Industry (IJSSFLI) Human Movements, Sports & Allied sciences vol. I issue II 2014. ISSN No. 2347-4262.
- Research Paper entitle "Relationship between self confidence & sports achievement of post Graduate students of KNIPSS, Sultanpur (U.P.)." Published in International journal of sports sciences & Leisure Industry (IJSSFLI) Human Movements, Sports & Allied sciences vol. I issue II 2014. ISSN No. 2347-4262.
- Article - "Sports & Stress in Technological Age" Published in International journal of sports sciences & Leisure Industry (IJSSFLI) Human Movements, Sports & Allied sciences vol. 1 Issue V-II, September 2015.
- “Comparative Effect of Mental Hardness Among Male Players of Team Sports And Individual Sports”, Published in International Inventive Multidisciplinary Journal (Impact factor 0.317) ISSN: 2348-7135

Seminar/Conferences

- Attended National Symposium on statistics – cum Special presentation organized by Lakshmbai National Institute of Physical Education, Gwalior on dated Jan. 5-6, 2000.
- Attended Symposium on stress Management (Sports Medicine) organized by L.N.I.P.E. Gwalior (MP) on dated 23rd Dec. 1999.
- Attended & presented a paper entitled “21st century & Sports leadership” in National Seminar on Sports Sciences in The New Millennium organized by A.M.U. Aligarh on dated Feb. 27-28, 2000.
- Attended & presented papers entitled :
 - खेलों में राजनीतिक एवं आर्थिक तत्व (ii)Leadership & Team Building
 - (iii) Yoga & Mental health in National conference on new dimensions in Physical Education & Sports on dated Jan. 23-25, 2005 organized by B.H.U. Varanasi.
- Presented paper entitled – Women & Education “in National Seminar organized by UGC academic Staff College, LNIPE, Gwalior (MP) on dated Feb. 03-04, 2003.
- Presented paper Entitled – Management principles Applied To Sports Management in National Seminar organized by U.G.C. Academic Staff college, L.N.I.P.E., Gwalior (MP) on dated March 02-03, 2006.

- Presented Paper entitled – “Higher Education & Information Technology” in Raashtriya Shaikshik Sangoshthi Organised By IGPG College, Gauriganj Sultanpur (U.P.) on dated Feb. 27th& 28th 2007.
- Presented Paper Entitled – “उच्च शिक्षा: प्रबन्धन एवं चुनौतिया” in Raahtriya Shaikshik Sangoshti Orgnised by IGPG College, Gauriganj Sultanpur (U.P.) on dated Feb. 27th& 28th 2007.
- Presented Paper entitled – “Yoga & Stress Management” in National seminar organized by U.G.C. Academic Staff College, L.N.I.P.E. Gwalior (MP) on dated 26-27 March 2007.
- Presented Paper entitled – “Value Based Education: Quality Assurance in National seminar organized by KNIPSS, Sultanpur on dated Sept. 13-14, 2008.
- Presented paper entitled – “Higher Education Present Scenario in National seminar organized by KNIPSS, Sultanpur on dated Sept. 13-14, 2008.
- Presented a paper entitled “Relationship of group cohesion with the performance in selected semi contact and non contact sports in International conference organized by LNUPE, Gwalior in Dec. 2009.
- Presented a paper entitled Comparison of somatic tension, cognitive worry and self confidence among north zone Inter University & National level Soccer players in International Conference on sports organized by BHU-Varanasi on dated Jan. 16-17, 2010.
- Presented a Paper entitled Needs & future of games & sports in Rural Environment of India in National Seminar on Need & Future of Games & Sports in Rural Environment of India organized by M.M.P.G. College, Kalakankar, Pratapgarh (U.P.) on dated 5th March 2011.
- Presented a paper entitled Sports and Spirituality in spiritual World conference 2012 organised by higher Edu. Department Govt. of Haryana & Indian Foundation for Vedic Science in Govt. college Bahadurgarh. Haryana on dated March 14-16, 2012.
- Presented a Paper entitled comparative study of morality among players of individual & team sports in National seminar organized by AMU Aligarh on dated 28-29 Jan. 2013.
- Attended National conference on physical education as a **RESOURCE PERSON** on dated 29-30 March 2014 organized by Sitapur Shiksha Sansthan Group of Institutions Sitapur Shiksha Sansthan and Presented a Paper entitled ICT and its Impact.
- Invited as Resource person for National seminar on Health & fitness organised by Aryavart Institute of Higher Education. on dated 11-12 Jan. 2015 & presented a paper entitled “Modern Illnesses” of Modernization.
- Paper entitled "Challenges & opportunities in open & distance learning systems" presented in National Seminar organized by U.P. R.T.U., Allahabad on dated 28- 29 March, 2015.
- Paper Presented in Inter National Congress of Sports Psychology (ICSP-2015) on topic entitled "Comparative study of somatic tension and self confidence among university and national level shooting players" in BHU varanasi on dated 29-12-2015.
- Paper Presented in national seminar on topic entitled "Women Empowerment in India" in DAV College Lucknow on dated 29 Feb. 2016.
- Delivered a lecture as a resource person on Basis in Res. Methodology and statistical analysis in 7 days national workshop organized by A.K. (P.G.) College, Shikohabad.
- Participated as co-chairperson in National Conference and presented a paper entitled Yoga For Wellness organized by B. B. Ambedkar University on dated 29th Aug 2016

- Participated as Lead Speaker in NATIONAL WORKSHOP and presented a paper Yoga Education- The need of the hour organized by B. B. Ambedkar University on dated 27th-28th Aug 2016.
- Sports Management and MARKETING AGENCIES in Seminar organized by Lucknow University on dated 23th Oct 2016.
- Paper entitled “The effect of Selected Yogic practices on blood sugar and urine sugar levels of diabetic patients” presented in National seminar organized by R.S Government Degree College Shiv Rajpur on dated 10th-11th Feb 2016.
- Paper entitled “Stress management during Covid-19 ” presented in International webinar organized by R.R. P.G College , Amethi on dated 23th-24th May 2020.
- Paper entitled “Stress management during Covid-19 ” presented in International webinar organized by R.R. P.G College , Amethi on dated 23th-24th May 2020.
- Paper entitled “Covid-19 & Physical Education ” presented in International webinar organized by KNIPSS, Sultanpur on 6th May 2020.

Workshop :-

- Attended Pre Congress Workshop in the India International Congress in sports Psychology, Gwalior from 19-20. Dec. 2009.
- Attended National workshop on Relevance of Yoga & Physiotherapy in stress an Injuries Management in AMU, Aligarh from Sep. 22-23, 2010.
- Attended National Workshop on Emerging Trends and Application of Rules in Athletics in BHU Varanasi from 20-22 Jan. 2011.
- Attended workshop on Research Proposal Writing : Recent Methodological Issues in Dr. R.M.L.A University, Fzd. on dated 25 Oct., 2013.
- Attended workshop of of 15 days duration on Research Methodology & Issues organized by Maharashi Dayanand University Lucknow during the session 2014-15.
- Attended workshop of one week duration (Essential in Teaching Learning) organized by KNIT, Sultanpur during the session 2014-15.
- Attended 7 Days National Workshop on Basics in Research Methodology and Statistics Analysis organized by A.K. (PG) College Shikohabad (U.P.) as a resource person and delivered lecture upon "Guide Lines for Research Report" during the session 2015-16.
- Attended Training on Faculty Development program (Workshop) organized by Centre of Technology and Entrepreneurship Development (CTED) From 30.05.2017 To 12.06.2017.

SPORTS/ OTHER ACHIEVEMENTS :-

- Certificate of Recognition form physical education foundation of India for services as speaker during Covid – 19 Global pandemic Crisis.
- Organized pefi-fit India freedom run from 29Aug-08 September 2020.
- Organized online quiz on immunity booster diet and exercise during covie19 pandemic.
- Acted as a judge for yoga sutra program organized by Navyug Kanya Mahavidyalaya Lucknow during lock down.
- Co-convenor in the national webinar on impact of covid -19 0pendemic on helth and education jointly organized by KGMU Lucknow, SGPGI Lucknow and KNIPP Sultanpur.

- Assisted Physically Challenged children during lock down period of Covid-19.
- Online assistance to near by and needy friends during lock down period of Covid-19.
- Participated in international webinar on theme stress management during Covid-19 on 18 May 2020. organized by saraswati PG College Hathrus.
- Participated in general survey on sports during lock down on 15 May 2020. organized by Dr. Ambedkar college, Nagpur. PG College Hathrus.
- Participated in online fitness survey during lock down on 11 May 2020. organized by Dr. Bhimrao Ambedkar University, Agra.
- Participated in All India Intersivity Yogasana championship held in Varanasi (U.P.)
- Participated in South West Zone Kho-Kho Intersivity Championship held in Ujjain (M.P.)
- Participated in State Football Championship held in Gazipur (U.P.)
- Participated in Regional Championship of Football held in Agra (U.P.)
- Participated in District Hockey Championship held in Aligarh (U.P.)
- Participated in Fit Test 2000 Organized by LNIPE Gwalior (M.P.)
- Participated in District Football Championship in the year 1990-91 and 1991-92.



The Journey Continues...

Prof. Praveen Kr. Singh