Personal Profile



Dr. Hemantajit Gogoi
Head (i/c), Department of Sports Biomechanics
Assistant Professor, Department of Physical Education
Rajiv Gandhi University, Rono Hills, Doimukh
Arunachal Pradesh-791112

Email : hemantajit.gogoi@rgu.ac.in
gogoihemantajit@gmail.com
Phone No. : +91-7828768076

Educational Profile

Ph.D.	: Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh, India Subject: Physical Education Topic: Gait Kinematics: A Predictor for Lower Limb Injury Among Sportsperson
M.Sc.	: Andhra University, Visakhapatnam, Andhra Pradesh Subject: Psychology
M.P.Ed.	: Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh, India Subject: Physical Education Specialization: Sports Biomechanics & Badminton
B.P.Ed.	: Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh, India Subject: Physical Education Specialization: Badminton
D.S.A.	: Lakshmibai National Institute of Physical Education, Gwalior, Madhya Pradesh, India Subject: Sports Analytics

Professional Experience

1. **Assistant Professor**, Department of Physical Education, Rajiv Gandhi University, Arunachal Pradesh, from 29/03/2023 onward.
2. **Faculty** (on attachment), Sri Sri Aniruddhadeva Sports University, Chabua, Dibrugarh, Assam from 28/10/2020 till 27/03/2023.
3. **Lecturer** (P.S.T.E., Physical Education), DIET, Dhubri, Assam from 04-12-2019 to 28/03/2023.
4. **Section Editor** of "Indonesian Journal of Physical Education and Sport Science."

5. **Editorial Board Member** of "Journal of Advances in Physical Education and Health Science."
6. **Associate Editorial Board Member** of the journal "Current Public Health."
7. **Reviewer** for multiple journals indexed in Scopus and Web of Science.
8. **Course-Coordinator** of Open Elective Course offered by Department of Physical Education of Rajiv Gandhi University, Arunachal Pradesh.
9. **Evaluator** of answer script of various semester examinations different courses related to Physical Education and Sports Sciences of Rajiv Gandhi University, Arunachal Pradesh.
10. **Paper Setters** of different courses for various semester examinations related to Physical Education and Sports Sciences of Rajiv Gandhi University, Arunachal Pradesh.
11. **Moderators** of different papers for various semester examinations related to Physical Education and Sports Sciences of Rajiv Gandhi University, Arunachal Pradesh.
12. **Member** of Expert Committee for finalization of tools for research study 'Exploratory Study of Integration of Indigenous Sports & Games as Pedagogical Strategies'.
13. **Coach cum Manager** of Rajiv Gandhi University women badminton team for the year 2024.
14. **External Practical Examiner** in Practical Paper for BPEd program at CSPES, Dibrugarh University.

Administrative Experience

1. **Head I/C**, Department of Sports Biomechanics, Rajiv Gandhi University, Arunachal Pradesh.
2. Controller of Examination in charge of Sri Sri Aniruddhadeva Sports University, Assam
3. I.Q.A.C. in charge of Sri Sri Aniruddhadeva Sports University, Assam
4. Laboratory in charge of Sri Sri Aniruddhadeva Sports University, Assam
5. Head of N.A.D. cell of Sri Sri Aniruddhadeva Sports University, Assam
6. Head I/C, Department of Undergraduate, School of Human Kinetics and Health of Sri Sri Aniruddhadeva Sports University, Assam
7. Coordinator:
   a) Library advisory committee of Sri Sri Aniruddhadeva Sports University, Assam
   b) Committee for preparing the draft PhD regulation of Sri Sri Aniruddhadeva Sports University, Assam
   c) Research forum of Sri Sri Aniruddhadeva Sports University, Assam
   d) Admission Committee for Entrance and Admission of Sri Sri Aniruddhadeva Sports University, Assam
   e) Academic collaboration cell of Sri Sri Aniruddhadeva Sports University, Assam
   f) Media committee of Sri Sri Aniruddhadeva Sports University, Assam
8. Deputy Coordinator
   a) End Semester Examination 2023, Department of Sports Science, Rajiv Gandhi University, Arunachal Pradesh
   b) End Semester Activity/ Practical Examination 2023, Department of Physical Education, Rajiv Gandhi University, Arunachal Pradesh
9. Convenor:

a) Selection Committee for the selection trial of Rajiv Gandhi University Badminton (Men and Women) team for the year 2023 and 2024.
b) Ground Maintenance and Marking committee of the Annual Sports Meet 2023 of Rajiv Gandhi University, Arunachal Pradesh
c) Draft committee for revising PhD regulation of Sri Sri Aniruddhadeva Sports University, Assam
d) Media centre of Sri Sri Aniruddhadeva Sports University, Assam

10. Deputy Centre Superintendent
    a) For End Semester Examination of Department of Physical Education.
11. Member:
    a) Games and Sports Committee of UNIFEST 2025 of Rajiv Gandhi University.
    b) Festival and Sports Committee of Rajiv Gandhi University for the year 2025.
    c) Library Advisory Committee of Rajiv Gandhi University for the year 2025.
    d) Verification Committee of ABC (Academic Bank of Credits) IDs of students of Department of Physical Education.
    e) Board of Studies (BoS) of Department of Sports Biomechanics of Rajiv Gandhi University.
    f) Research Advisory Committee (RAC) of various research scholars of Rajiv Ganh University, Arunachal Pradesh.
    g) Committee to celebrate Akhil Bhartiya Shiksha Samagam by Rajiv Gandhi University, Arunachal Pradesh
    h) Sub Committees and Event Coordination Committee to organize the Annual Sports Meet: 2023 of Rajiv Gandhi University, Arunachal Pradesh
    i) Report Compiling and Press Release Committee during celebration of Arunachal Panorama (2023) of Rajiv Gandhi University, Arunachal Pradesh
    j) Academic council of Sri Sri Aniruddhadeva Sports University, Assam
    k) Board of Studies of Sri Sri Aniruddhadeva Sports University, Assam
    l) Board of Sports Studies of Sri Sri Aniruddhadeva Sports University, Assam
    m) Committee to prepare academic and examination regulations of Sri Sri Aniruddhadeva Sports University, Assam
    n) Library committee of Sri Sri Aniruddhadeva Sports University, Assam
    o) Screening committee for shortlisting candidates for non-teaching positions of Sri Sri Aniruddhadeva Sports University, Assam
    p) Selection committee for selection of non-teaching positions of Sri Sri Aniruddhadeva Sports University, Assam
    q) Committee for preparation of annual report 2021-22 of Sri Sri Aniruddhadeva Sports University, Assam
    r) Committee to frame standard operating procedure (S.O.P.) for academic and examination matters of Sri Sri Aniruddhadeva Sports University, Assam
    s) Tender committee for procurement of books for Sri Sri Aniruddhadeva Sports University, Assam
    t) Information Technology (I.T.) committee of Sri Sri Aniruddhadeva Sports University, Assam.

12. Mentor for students of PGDYTE and BPEd program under Department of Physical Education.

Awards & Honours

- Qualified UGC NET with **J.R.F.**
- Research Excellence Award in Virtual Conference on Physiotherapy Physical Rehabilitation and Sports Medicine, 2023

Membership of Professional Bodies

1. Lifetime Member of the Physical Education Foundation of India (P.E.F.I.).

Research Interests

- Physical Education
- Yoga
- Sports Science

Research Publications

1. Badri, K., Subbulakshmi, V., Bangari, D., Rawat, B., Kumasi, B., Elayaraja, M., Bharti, R., **Gogoi, H.,** Prasad, S., Yashpal, Setiawan, E., & Govindasamy, K. (2024). Effects of yoga therapy on the 6-minute walk test in middle-aged men with varicose veins: A randomized controlled trial. *Fizjoterapia Polska*, *24*(3), 311–316. https://doi.org/10.56984/8ZG020AAJ8
2. Badri, K., Subbulakshmi, V., Elayaraja, M., **Gogoi, H.,** & Govindasamy, K. (2024). Impact of Yoga Therapy on D-dimer Level in Asymptomatic Varicose Vein Disease -a Randomized Controlled Trial. *Physical Rehabilitation and Recreational Health Technologies*, *9*, 212–223. https://doi.org/10.15391/prrht.2024-9(4).02
3. Borah, P., Gogoi, L., **Gogoi, H.,** Karuppasamy, G., Prasad, S., Minu, T., Parpa, K., & Abderrahman, A. (2023). Changes in Counter Movement Jump Height, Take-off Force and Maximum Concentric Power of Collegiate Athletes After Two Sessions Per Week Plyometric Training on Different Training Surfaces. *Слобожанський Науково-Спортивний Вісник*, *27*(1), 34–41. https://doi.org/10.15391/snsv.2023-1.005
4. Borah, P., Hussain, I., **G**ogoi, L., Karuppasamy, G., Sarkar, S., Elayaraja, M., Ethiraj, B., & **Gogoi, H.** (2024). Effect of Mat Pilates Training Program on Functional Fitness in Older Adults. *Pedagogy of Physical Culture and Sports*, *28*(1), 16–25. http://dx.doi.org/10.15561/26649837.2024.0102
5. **Gogoi, H.,** Rajpoot, Y., & Sajwan, A. (2020). Sports Specific Injury Pattern of Sportspersons. *International Journal of Human Movement and Sports Sciences*, *8*(5), 199–210. https://doi.org/10.13189/saj.2020.080507

6. **Gogoi, H.,** Borah, P., Gogoi, L., Rajpoot, Y., Minu, T., Singh, J., & Baro, M. (2021). A Statistical Model for Prediction of Lower Limb Injury of Active Sportsperson. *International Journal of Human Movement and Sports Sciences*, *9*(6), 1219–1229. https://doi.org/10.13189/saj.2021.090616
7. **Gogoi, H.,** Rajpoot, Y., & Borah, P. (2021). A Prospective Cohort Study to Predict Running-Related Lower Limb Sports Injuries Using Gait Kinematic Parameters. *Teorìâ Ta Metodika Fìzičnogo Vihovannâ*, *21*(1), 69–76. https://doi.org/10.17309/tmfv.2021.1.09
8. Gogoi, L., Mili, A., Borah, P., Minu, T., Govindasamy, K., & **Gogoi, H.** (2024). The Role of Perception-action Coupling in Badminton-specific Vision Training: A Narrative Review. *Polish Journal of Physiotherapy*, *24*(1), 66–72. https://doi.org/10.56984/8ZG2EF8EF8
9. Govindasamy, K., **Gogoi, H.,** Jebabli, N., Bediri, S. M., Aljahni, M., Parpa, K., Clark, C. C. T., Granacher, U., & Zouhal, H. (2024). The effects of kettlebell training versus resistance training using the own body mass on physical fitness and physiological adaptations in obese adults: A randomized controlled trial. *BMC Sports Science, Medicine and Rehabilitation*, *16*(1), 106. https://doi.org/10.1186/s13102-024-00894-6
10. Govindasamy, K., Zouhal, H., Kaur, D., Dhiman, A., Singh, V., Chaware, U., Kumar, R., Salian, P., Baro, M., **Gogoi, H.,** Borah, P., Gogoi, L., Parpa, K., & Abderrahman, A. B. (2023). Yoga and Physical Exercises as Immunogenic Fortifiers for Coronavirus Vaccine Responses. *International Journal of Human Movement and Sports Sciences*, *11*(2), 463–469. https://doi.org/10.13189/saj.2023.110225
11. Jumareng, H., Ram, J., Karuppasamy, G., **Gogoi, H.,** Borah, P., Elayaraja, M., Setiawan, E., & Gogoi, L. (2023). Notational Analysis of Pro Kabaddi League in the Perspective of the Teams' Achievement. *Revista Iberoamericana de Psicologia Del Ejercicio y El Deporte*, *18*, 607–611.
12. Karlekar, S., Chandrasekar, S., Elayaraja, M., **Gogoi, H.,** & Karuppasamy, G. (2024). Effect of Yoga Practice on Pulmonary Function in Healthy Young Adults with Intellectual Disability. *Physical Rehabilitation and Recreational Health Technologies*, *9*(1), 36–42. https://doi.org/10.15391/prrht.2024-9(1).05
13. Karlekar, S., Jayasingh Albert Chandrasekar, S., Pramanik, M., Elayaraja, M., Prasad, S., Pramanik, T., Marwah, K., Mehta, V., **Gogoi, H.,** & Govindasamy, K. (2024). Effect of yoga practice on heart rate variability in healthy young adults with intellectual disability. *Polish Journal of Physiotherapy*, *24*, 183–189. https://doi.org/10.56984/8ZG5608LW1
14. Karmakar, D., Saha, S., Elayaraja, M., Das, A., Sharma, Borah, P., Gogoi, L., **Gogoi, H.,** & Govindasamy, K. (2024). Uncovering Determinants of Victory and Defeat in Men's UEFA Champions League: An Analytical Exploration Using Logistic Regression. *Studia Sportiva*, *18*, 51–62. https://doi.org/10.5817/StS2024-2-5
15. Kaur, D., Gill, G., Singh, J., Karmakar, D., Elayaraja, M., Yashpal, Prasad, S., Setiawan, E., **Gogoi, H.,** & Govindasamy, K. (2024). Comparative analysis of selected variables in the haematological profiling of elite medalists, non-medalists, and non-sports individuals. *Fizjoterapia Polska*, *24*(3), 190–196. https://doi.org/10.56984/8ZG020AQYC

16. Kavitha, K., Elayaraja, M., Kuppusamy, M., Kumar, S., Pathak, A., Dhiman, A., Kumar, R., Thanalakshmi, J., Kamaldeen, D., Kaur, D., Marwah, K., Bharti, R., **Gogoi, H.,** & Govindasamy, K. (2024). Exploring cardiovascular risk: The significance of neck circumference in predicting upper body obesity and metabolic health. *Polish Journal of Physiotherapy*, *24*, 266–270. https://doi.org/10.56984/8ZG5608RY0
17. Koranga, H., Dhauta, R., & **Gogoi, H.** (2024). Factors Influencing Youth Sports Participation in India: A Narrative Review. *Polish Journal of Physiotherapy*, *24*, 244–251. https://doi.org/10.56984/8ZG01A8Y4Z3
18. Krishnan S, H., Mathunny, J., Devaraj, A., **Gogoi, H.,** Govindasamy, K., & Karthik, V. (2025). Can BlazePose Accurately Assess Joint Angles in Outdoor Running Environments? *Biomedical Human Kinetics*, *17*. https://doi.org/10.2478/bhk-2025-0002
19. Kumar, S., Ramirez-Campillo, R., Singh, J., Kumar, S., & Gogoi, H. (2022). Effect of Different Jab Techniques on Peak Activation of Upper-Body Muscles in Youth Boxers. *Теорія Та Методика Фізичного Виховання*, *22*(4), 583–588. https://doi.org/10.17309/tmfv.2022.4.18
20. Mahalingam, M., Saibya, S., Pandey, G., Karmakar, D., Rajpoot, Y., Elayaraja, M., Prasad, S., Lachungpa, P., Govindasamy, K., **& Gogoi, H.** (2024). Effectiveness of High-Intensity Circuit Training on Physical Fitness Among Athletes: A Systematic Review of Randomized-Controlled and Non-Controlled Trials. *Fizjoterapia Polska*, *24*(3), 145–157. https://doi.org/10.56984/8ZG020AWUR
21. Meto, H., Mili, A., Rajpoot, Y., Singh, K., Tsering, S., Ramchiary, S., Govindasamy, K., & **Gogoi, H.** (2024). The role of Withania somnifera (ashwagandha) supplementation in modulating physical and physiological performance responses to regular football training. *Polish Journal of Physiotherapy*, *24*, 115–123. https://doi.org/10.56984/8ZG56082YM
22. Minu, T., Mili, A., Basumatary, D., Singh, V., Borah, P., & Gogoi, H. (2021). Health-Related Physical Fitness of School Going Girls in Indian Himalayan Region: An Analytical Survey. *Universal Journal of Public Health*, *9*, 436–444. https://doi.org/10.13189/ujph.2021.090611
23. Noufal, I., Vasanthi, G., Elayaraja, M., Murugesan, R., Rajpoot, Y., Govindasamy, K., & **Gogoi, H.** (2024). Impact of french contrast training on field hockey player's biomotor and physiological parameters: A pretest-posttest study. *Retos*, *58*, 1097–1105. https://doi.org/10.47197/retos.v58.106974
24. Okilanda, A., Suganda, M., Chaeroni, A., Rozi, M., Saputra, M., Nugroho, S., Bhosle, J., Mishra, R., Singh, J., Govindasamy, K., Elayaraja, M., & **Gogoi, H.** (2024). Comparative Analysis of Ground-Based and Elevated Pushup Exercises for Pectoralis Major Muscle Activation. *Retos*, *57*, 747–752. https://doi.org/10.47197/retos.v57.107264
25. Pramanik, M., Rajkumar, N., Elayaraja, M., **Gogoi, H.,** & Karuppasamy, G. (2023a). Effects of a 12-Week Yoga Training Intervention on Blood Pressure and Body Composition in Obese Female Adolescents: A Randomized Controlled Pilot Study. *Physical Rehabilitation and Recreational Health Technologies*, *8*, 162–171. https://doi.org/10.15391/prrht.2023-8(3).05

26. Pramanik, M., Rajkumar, N., Elayaraja, M., **Gogoi, H.,** & Karuppasamy, G. (2023b). Exploring the Effects of Yogic Practice and Diet Intervention on Body Composition in Obese Female Adolescents. *Universal Journal of Public Health*, *11*, 627–635. https://doi.org/10.13189/ujph.2023.110511
27. Ram, J., Singh, J., Singh, B., **Gogoi, H.,** & Rather, N. M. (2022). Relationship of Selected Physical and Angular Kinematical Variables with the Performance of Toe-Touch Skill in Kabaddi. *Теорія Та Методика Фізичного Виховання*, *22*(4), 516–521. https://doi.org/10.17309/tmfv.2022.4.09
28. S, N., Singh, R., Kaur, D., Astuti, Y., Chaeroni, A., Elayaraja, M., Orhan, B., Singh, Y., Kumasi, B., Ethiraj, B., Setiawan, E., **Gogoi, H.,** & Govindasamy, K. (2024). Effects of Bulgarian Bag Training on Bio-Motor Fitness, Physiological, Haematological, and Performance in Young Adult Male Kabaddi Players. *Retos*, *61*, 868–877. https://doi.org/10.47197/retos.v61.108952
29. Saibya, S., Pandey, G., Jadhav, A., Rajpoot, Y., Govindasamy, K., Sarkar, S., & **Gogoi, H.** (2024). Impact of Circuit Training on Physical Fitness Among Team Sports Athletes: A Systematic Review. *Polish Journal of Physiotherapy*, *24*, 244–257. https://doi.org/10.56984/8ZG2EF82sK
30. Saniah, S., Sukamti, E. R., Chaeroni, A., Prayoga, H. D., Prabowo, T. A., Suganda, M. A., Suryadi, D., Abdullah, N. M. B., **Gogoi, H.,** Poralan, P. S., Maulana, A., Habibie, M., Amalia, B., Kasanrawali, A., & Abdhi, M. I. (2024). An analysis of Indonesian student-level boxing athletes: What Effect Does Competition Anxiety Have on Self-Efficacy? *Retos*, *55*, 1030–1037. https://doi.org/10.47197/retos.v55.106784
31. Singh, D., Jhajharia, B., Karuppasamy, G., & **Gogoi, H.** (2023). Functional Ipsilateral and Bilateral Strength Ratios in Young Elite Athletes Across Multiple Sports Disciplines. *Physical Rehabilitation and Recreational Health Technologies*, *8*, 188–195. https://doi.org/10.15391/prrht.2023-8(4).03
32. Thanalakshmi, J., Elayaraja, M., Lakshmi, K., Kuppusamy, M., Umar, N., Pramanik, M., Kumar, R., Dhiman, A., Bharati, R., Kaur, D., **Gogoi, H.,** & Govindasamy, K. (2024). Life style changes during lockdown period of COVID 19 outbreaks in Tamil Nadu, India: A web-based survey. *Polish Journal of Physiotherapy*, *24*, 331–336. https://doi.org/10.56984/8ZG56089LA
33. Vignesh, C., Rajkumar, J., Elayaraja, M., **Gogoi, H.,** & Govindasamy, K. (2024). Effect of Selected Yoga Interventions on Psycho- Physiological Function in IT Professionals with Chronic Back Pain -A Randomized Controlled Trial. *Physical Rehabilitation and Recreational Health Technologies*, *9*, 256–268. https://doi.org/10.15391/prrht.2024-9(4).06

Patent

1. Dhiman, A., **Gogoi, H.**, Govindasamy, K., Kaur, D., Kumar, R., Kumar, S., Malhotra, K., Pal, Y., Singh, J. P., & Singh, V. (2023). *Interaktives Sportsimulationssystem mit physiologischer Wahrnehmung und psychologischer Konditionierung* (Bundesrepublik Deutschland Patent).

2. Govindasamy, K., Elayaraja, M., Balaji, E., **Gogoi, H.**, Saravanan, E., Karmakar, D., & Sreemathi, A. (2024). *Advanced Goalkeeping Gloves* (The Patent Office, Government of India Patent Nos. 423019–001).
3. Kadhiravan, V., Lakshmi, P. Y., Saroja, S., Kumaravelu, P., Govindasamy, K., Pramanik, M., Kaur, D., **Gogoi, H.**, Borah, P., Parpa, K., & Abderrahman, A. (n.d.). *Ai Based Yoga Mat with Attachable Markers*.

Book/Book Chapter published

1. Gogoi, L., Mili, A., Bhowmik, S. S., Borah, P., & Karuppasamy, G. (2023). The Mind-Body Connection: Understanding the Psychological and Physical Demands of Badminton. In *Current Advances in Physical Education and Sports Science* (Vol. 1). AkiNik Publications. http://dx.doi.org/10.22271/ed.book.2350
2. Kaur, D., Karuppasamy, G., Jayasingh Albert Chandrasekar, S., & Gogoi, H. (2023). *The Basics of Sports Nutrition*. Sports Publication
3. Gogoi, H. (2019). The use of I.C.T. in Sports and Physical Education. In *Advances in Physical Education and Sports Sciences* (Vol. 1, pp. 99–115). AkiNik Publications. http://dx.doi.org/10.22271/ed.book.445

Research Guidance

Ph.D. scholar :

Awarded : One (1)

Ongoing : Three (4)

Course/Conference/Workshop etc. attended

1. Presented paper at the International Conference on Issues & New Ideas in Sports Management on the title “Influence of grip strength on badminton stroke accuracy”, organized by L.N.I.P.E Gwalior at Vishwa Yuvak Kendra, New Delhi in the year 2018.
2. Presented paper at the International Congress on Sports Science and Yoga on the title “Badminton smash jump, an effect of knee extension”, organized by L.N.I.P.E Gwalior at Vigyan Bhawan, New Delhi, in the year 2017.
3. Presented paper at the National Conference on Scientific Innovations in Sports Biomechanics on the title “Kinematic study of badminton forehand smash among beginner and collegiate level player”, organized by L.N.I.P.E Gwalior, in the year 2016.
4. Presented paper at U.G.C. sponsored national conference on Fitness, Health and Sports Science on the title “Lower extremity kinematics of barefoot treadmill runner”, organized by Jiwaji University, Gwalior, in the year 2019.
5. Presented paper at the National Seminar on Anti-Doping, Physical Education, Sports Injuries and Orthopaedic Treatment in Sports on the title “Lower extremity kinematics is

changed when running speed changed: An analysis using a single inertial sensor-based device", organized by Auro University, Surat, in the year 2019

6. Participated at UGC-Sponsored Short-Term Course held on 12th to 18th January 2017 organized by Human Resource Development centre; L.N.I.P.E. Gwalior.
7. Participated at the National Workshop on Nutrition for Sports, Exercise & Weight Management held on 5th to 11th February 2018, organized by the Department of Sports Management and Coaching; L.N.I.P.E. Gwalior.
8. Participated in Adapted Physical Education course held on 2nd to 8th January 2018 at L.N.I.P.E. Gwalior.
9. Participated at National Workshop on Recent Trends in Sports Physiotherapy held on 13th to 19th March 2018, organized by the Department of Health Education; L.N.I.P.E Gwalior.
10. Participated at National Workshop on Applications of Contemporary Equipment in The Field of Sports Science held on 10th and 11th October 2014, organized by the Department of Exercise Physiology; L.N.I.P.E. Gwalior.
11. Participated at National Workshop on Instrumentation in Sports Sciences & Physical Education held on 14th to 20th December, organized by the Department of Exercise Physiology; L.N.I.P.E. Gwalior.
12. Participated at the National Workshop on Research Methodology in Sports and Exercise Psychology held from 16th to 22nd January 2019, organized by National Sports University, Imphal.
13. Participated at the National Seminar for The Development of University Sport in India held at Vigyan Bhawan, New Delhi, organized by L.N.I.P.E. Gwalior in the year 2016.
14. Participated at the Online National Workshop on Contemporary Advancement in Different Games & Sports held on 1st-7th June 2020, organized by the Department of Physical Education Rani Durgavati Vishwavidyalaya, Jabalpur (M.P.).
15. Participated in One Week National Level Online Faculty Development Programme on "The Challenges and Strategies in Teaching/Coaching Physical Education" held on 18th – 24th June 2020, organized by Government First Grade College, Hungund, Karnataka and obtained grade "A".
16. Participated at One Week Webinar Cum Lecture Series on "Post Corona Health: Issues & Challenges" held on 25th- 31st May 2020, organized by the Society of Movement Education and Research.
17. Participated in the Faculty Induction Programme-18 (FIP-18) organized by the UGC-Human Resource Development Centre, Kumaun University, Nainital as per UGC-HRDC rules and regulations from 19th June to 19th July, 2023.
18. Contributed as a resource person in the Two-week Certificate Course on Community Sports held from 13th to 25th March 2023, organized by Sri Sri Aniruddhadeva Sports University, Chabua, Assam.
19. Contributed as a resource person in a One-week Immersion Program on Sports Biomechanics, organized by the Department of Sports Science and Yoga, Ramakrishna Mission Vivekananda Educational and Research Institute, Belur Math, West Bengal from 28th November to 3rd December 2022.
20. Delivered lecture as a resource person in the Refresher Course for Physical Education Teacher, organized by the Department of Secondary Education, Government of Arunachal

Pradesh, in collaboration with the Department of Physical Education, Rajiv Gandhi University, Doimukh, from 24th to 30th July 2023.

21. Delivered lectures in P.G. Diploma in Strength and Conditioning Programme 2023-24 conducted by Netaji Subhash National Institute of Sports, Patiala.

Sponsored Project

1. Recipient of a **Major Research Project** of INR 1670000/- (Rupees Sixteen Lakh Seventy Thousand Only) for 2024-25 from ICSSR, titled "A Study of Physical Culture as a part of Rituals, Festivals and Ceremonies among Tani Tribes of Arunachal Pradesh."
2. Recipient of a **Minor Research Project** of INR 1200000/- (Rupees Twelve Lakh Only) for 2025-26 from ICSSR, titled "Indigenous Games and Bharatiya Khel as Catalysts for Cultural Identity and Holistic Development: A Study in Arunachal Pradesh."