

Personal Profile



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Educational Profile

Ph.D.	LNIFE, Gwalior, Madhya Pradesh; 2011 Supervisor: Prof. A. S. Sajwan
M.P.E	LNIFE, Gwalior, Madhya Pradesh; 2007 Subject: Physical Education Specialization: Sports Biomechanics and Track & Field
B.P.E	LNIFE, Gwalior, Madhya Pradesh; 2005 Subject: Physical Education
One year Diploma Program in Pedagogical Science	Institute of Pedagogical Sciences, Mekelle University, Ethiopia, 2015

Professional Experience

Associate Professor , Department of Physical Education, Rajiv Gandhi University, Arunachal Pradesh, India	September, 2021-till date
Assistant Professor , Department of Physical Education Rajiv Gandhi University, Arunachal Pradesh, India	July, 2015- September 2021
Assistant Professor , Department of Sports Science, Mekelle University, Ethiopia, Africa	October, 2013- July 2015
Assistant Professor , College of Physical Education, Bharati Vidyapeeth University, Pune, Maharashtra, India	September, 2010- September, 2013
Lecturer , LNIFE, Gwalior, Madhya Pradesh, India	July 2010- August 2010
Lecturer , Department of Physical Education, CCS University, Meerut, Utter Pradesh, India	July, 2007 – July 2010

Administrative Experience

Coordinator , Department of Sports Biomechanics, Rajiv Gandhi University, Arunachal Pradesh, India	Month, 2020-till date
Member , IQAC, Rajiv Gandhi University, Arunachal Pradesh, India	February, 2019- till date
Member , NIRF Committee, Rajiv Gandhi University, Arunachal Pradesh, India	February, 2019- till date
Convener , SSR Committee, NAAC, Rajiv Gandhi University, Arunachal Pradesh, India	January, 2020- till date
Nodal Officer , EK Bharat Shreshtha Bharat, Rajiv Gandhi University, Arunachal Pradesh	July, 2019- till date
Hostel Warden , Rajiv Gandhi University, Arunachal Pradesh, India	October, 2020- till date
Convener , Task Force Monitoring Committee, Rajiv Gandhi University, Arunachal Pradesh, India	April, 2021- till date
Coordinator , PGDYTE (Yoga Diploma), Rajiv Gandhi University, Arunachal Pradesh	August, 2016- August 2019
Member , Board of Studies, Ph.D, PG & UG courses in Physical Education & Sports Sciences, Rajiv Gandhi University, Arunachal Pradesh	February, 2018- till date
Coordinator , Research and Community Services, Department of Sports Science, Mekelle University, Mekelle, Ethiopia, Africa	December, 2014 – June 2015
Member , Research Council, College of Natural and Computational Sciences, Mekelle University, Mekelle, Ethiopia,	December, 2014- June 2015
Head , Department of Research and Advanced Studies, College of physical Education in Bharati Vidyapeeth University, Pune, India	November, 2011- September, 2013

Awards & Honours

1. Qualified UGC- NET in December, 2006.
2. Represented L.N.I.P.E. Athletic team and won **Gold** medal in 4x100 m relay in M.P. State Athletics Championship in the year 2006.
3. Representing Jharkhand State Athletic team and won **Gold** medal in 100 m and **Silver** medal in 4x100m relay in 13th East Zone Junior Athletic Meet held at Patna, Bihar in 2001.
4. Representing Jharkhand State Athletic team and won **Silver** medal in 4x100 m relay in All India Inter-zonal junior Athletic Championship held at Kanpur in the year 2001.

Membership of Professional Bodies

1. Joint Secretary & Life Member, Sports Engineering Association of India, Pilani, Rajasthan, Membership no. L/2020/11/16/10018
2. Life Member of International Journal of Physical Education, Sports & Yogic Sciences, DAVV, Indore (MP) Reg.No.72/2012.
3. Life Member of National Association of Physical Education and Sports Sciences. Hyderabad (AP) Reg.No.745/2011.
4. Life Member, Sports Psychology Association of India
5. National Advisory Board of Reviewer's , Indian Journal of Physical Education, Sports and Applied Sciences (IJPEAS) <http://sportsScientistsViews.com/for-reviewers/>

Research Interests

- Sports Biomechanics
- Track & Field

Research Publications

A. (International)

1. Role of yoga in school education, Prasad, S.; *Quarterly International Journal of Physical Education Sports Management and Yogic Sciences*, **2021**, 11(2), 37-40
2. (2019) Comparison of aggression of army and NCC sportsmen belongs to Jamshedpur, Prasad S.; *Online International Interdisciplinary Research Journal*, **2019**, 9 (4), 261-264
3. Efficacy of yogic practices on mental health in elderly, Prasad S.; *International Journal of Physical Education, Health and Social Science (IJPEHSS)*, **2018**, 7 (2)
4. A Study of Comparison of Mental Toughness of Army and NCC Sportsmen of Jamshedpur, Prasad S.; *International Journal of Physical Education, Health and Social Science (IJPEHSS)*, **2018**, 7 (1)
5. Effect of rope skipping and step-up on body mass index and Vo2 max on secondary school girls, Prasad S.; *National Seminar on awareness of Physical Education & Sports among the Backward Communities in Rural Areas, Saltora Netaji Centenary College, Saltora, Bankura, W.B, 2018*
6. Youth Sports: Stress and Anxiety, Coach-Parent Relationship, Proceedings, Prasad S.; *International Congress on Global Innovation and Research in Education, Sports sciences and Yoga, Mahishadal Girls College, Purba Mednipur, W.B, 2017*
7. The relationship between anxiety and performance: A cognitive behavioral perspective, Prasad S.; *Proceedings, International Congress on Global Innovation and Research in Education, Sports sciences and Yoga, Mahishadal Girls College, Purba Mednipur, W.B, 2017*
8. Associations of Sole Morphology with Body Mass Index of Soccer Players, Prasad S.; *International Journal of Science and Research (IJSR), Raipur, Chhattisgarh, India, 2017,*
9. Relationship between sole morphology with speed of soccer players, Prasad S.; *proceeding, National Conference on Scientific Innovations in sports Biomechanics, LNIPE, Gwalior, India, 2016,*

10. Personality Profile of male Soccer Players in different Playing Positions, Prasad S.; *proceeding, International Congress of Sports Psychology, BHU, Varanasi, India, 2016*
11. A Comparison on Study Habit between Sports Science and other Sciences Students of Mekelle University Ethiopia, Prasad S.; Legesse K.; *International Journal of Current Research, 2015, Vol.7, IV.*
12. A Comparative Study on Social Adjustment between Students of Different Departments of Mekelle University, Prasad S; Gebretensay M.; Yohannes F.; *International Interdisciplinary Research Journal, 2015, 5, 47-51*
13. A study on investigation of the recovery pattern of long distance runners in relation to blood lactate, Yadav H.; Pandey V.; & Prasad S.; *proceedings, International Congress on Sports Psychology ICSP-2014, IGIPSS, New Delhi, India, 2014, 118*
14. A survey of minimum muscular strength on school children in Pune district, Prasad S.; *International Journal of Movement Education and Social Science (IJMESS), 2013, 2 (2), 60-62*
15. Comparative study of emotional intelligence between coaches of selected Sports, Prasad S; and Yadav H.; *International Journal of Physical Education, Health and Social Science (IJPEHSS), 2013, 2, (2)*
16. Maximum Oxygen Consumption and Lactate Dehydrogenase (ldh) Response of Long Distance Runners. Yadav H.; Pandey V.; & Prasad S.; *Proceedings, International Seminar on Phy.Edu. & Yogic Sciences, B.H.U., Varanasi, 2012, 99-106.*
17. Physiological Responses of Long Distance Runners under Simulated Competition Demands. Yadav H., Pandey V., & Prasad S., & Yadav S. *Proceedings, International Conference on Physical Activities & Sports for Global Peace & Development, IGIPSS, New Delhi, 2011, 466-468.*
18. Relationship of Hamstring Group of Muscles with the Performance in Long Jump. Prasad S., Singh A.P., Yadav H., & Pant G., *Proceedings, International Conference on Physical Activities & Sports for Global Peace & Development, 2011, 466-468*

B. (National)

1. A Study on Physiological and Biochemical Responses of Long Distance Runners, Yadav H., Pandey V., & Prasad S.; *National Journal of Physical Education and Sports Sciences, Vol. 2, Issue 2, Gwahati, India, 2014, 42*
2. Effect of Physical Education Program on Motor fitness of College Men. Prasad S.; *Journal of Physical Education Sports and Yogic Sciences, Gautam Budh Nagar, 2012, 1(2), 20-22*
3. Relationship of explosive leg strength and speed endurance with physical fitness. Choudhary A., **Prasad S.**, & Mandal A.; *Scientific J. in Sp. And Ex., New Delhi, 2010, 6 (2), 23-26.*
4. Relationship of Selected Anthropometric and Biomechanical Variables to the Performance in Race Walking. Yadav H., Tripathi M.S., Sajwan A.S., & Prasad S., & Dixit S.K., *Indian J. of Phy. Edu. Sp. Med. & Ex. Sci., LNIPE, Gwalior, 2009, 9 (2), 51-56.*
5. Comparison of motor fitness components among different match practice groups, Prasad S., Yadav H., & Sajwan A.S.; *Indian J. of Phy. Edu., Sp. Med. & Ex. Sci., LNIPE, Gwalior, 2008, 8 (1)59-62.*
6. Comparison of Aerobic and Anaerobic Capacity of Sprinters, Jumpers and Throwers. Yadav H., Sajwan A.S., & Prasad, S.; *Indian J. of Phy. Edu., Sp. Med. & Ex. Sci., LNIPE, Gwalior, 2007, (1 & 2), 71-77.*

Book/Book Chapter published

1. Prasad S.; Sports training, Sports Publication, New Delhi, India, 2019
2. Prasad S.; Muscular behavior and force generation in long & triple jump, Akhand Publishing house, New Delhi, India, 2018

Research guidance

Ph.D Scholar

1. **(For ongoing scholars)**

Full name of the Scholar: Mr. Sonam Kumar Ramchiary

Topic of research: Effect of Isometric training on performance of youth Soccer Players

Year of PhD degree: Ongoing

2. Full name of the Scholar: Mr. Pranjit Boruah

Topic of Research: Relationship of selected anthropometric kinematic and motor fitness on badminton jump performance

Year of Ph.D degree: Ongoing

(For degree awarded scholars)

3. Full name of the Scholar: Ms. Sahil

Title of the thesis: A Comparative Study on Identification of Social Precursor Affecting Women Participation in Sports between Rural and Urban Area of Western Utter Pradesh

Year of PhD degree: 2019

Present occupation: Assistant Professor

Course/Conference/Workshop organized

1. A Webinar on Fulbright-Nehru and other Fulbright Fellowships organized by USIEF & IQAC, Rajiv Gandhi University, Arunachal Pradesh, India
Duration : 12th March 2021
Role : Coordinator
2. Five Day Capacity Building Programme on approaches for Quality Research Paper Writing in High Impact Journals IQAC, Rajiv Gandhi University, Arunachal Pradesh, India
Duration : 2nd Sept. to 6th Sept.2020
Role : Coordinator

3. One day International Webinar on “Yogic Intervention for Health and well being during the time of Covid-19 pandemic” organized by Department of Physical Education, Rajiv Gandhi University, Arunachal Pradesh, India
Duration : 20th June 2020
Role : Coordinator
4. Two Day International Webinar on Hindustani Classical Music and Covid-19 Pandemic organized by
Duration : 28th & 29th May, 2020
Role : Coordinator
5. Three Day Faculty Development Programme (FDP) on Teaching Learning through E-Learning Technologies’ organized by Rajiv Gandhi University, Arunachal Pradesh, India
Duration : 27th April to 29th April 2020
Role : Coordinator
6. Tigray Regional Workshop on ‘Mechanism of Organizing and Officiating in Track and Field’ organized by Department of Sport Science, CNCS, Mekelle University, Ethiopia
Duration : 17th May 2015
Role : Coordinator

Course/Conference/Workshop etc. attended

1. Delivered an lecture in UGC sponsored Online Refresher Course in Physical Education an National Refresher course organized by UGC-HRDC, Gujarat University, Ahmedabad, India on 7th Sept.2021
Title of the Presentation: Understanding Biomechanics
2. Delivered an lecture in UGC sponsored Online Refresher Course in Physical Education an National refresher course organized by UGC-HRDC, Gujarat University, Ahmedabad, India on 14th Sept.2021
Title of the Presentation: Biomechanics of Sprinting: Road to Success
3. Delivered an lecture in Ten Days online workshop on Scientific approach in coaching and training to improve sports performance an National workshop organized by Youth Affair and Sports, Government of Tripura, India on 14th July 2021
Title of the Presentation: Science of Sprinting Technique: Guide to Excellence
4. Delivered an lecture in National workshop on physical Education and Sports organized by College of Physical Education, BVDU, Pune,India on 7th April 2021
Title of the Presentation: Athletics Rules & Regulations
5. Delivered an lecture in Five Day E-Workshop on Research Ethics and Plagiarism an National workshop organized by Department of Physical Education, IIMT University, Meerut (U.P), India on 5th Dec 2020

Title of the Presentation: Research Ethics and Plagiarism in Report Writing

6. Delivered an lecture in International Webinar V on computer Application in sports organized by Sports Engineering association of India on 17th Oct 2020
Title of the Presentation: Biomechanical analysis for Physical Education teachers
7. Delivered an lecture in 6 Day Refresher course for Coaches and Instructors of SAI organized by Dept. of Physical Education, RGU & Sports Authority of Arunachal Pradesh, India on 1st Sept. 2020
Title of the Presentation: Philosophy of Coaching
8. Delivered an lecture in International Web Symposium on “डिजिटल मीडिया का उपयोग और मानसिक स्वास्थ्य” organized by Department of Hindi, Rajiv Gandhi University, Arunachal Pradesh, India on 25th June 2020
Title of the Presentation: Digital Media use and Mental Health
9. Delivered an lecture in National Webinar on Importance of yoga on health during Covid-19 organized by NSS Unit, Gargaon College, Simaluguri, Assam, India on 21st June 2020
Title of the Presentation: Importance of yoga on health during Covid-19
10. Delivered an lecture in National Webinar on Emerging Yogic Practices and Fitness Trends during Pandemic, COVID-19 organised by Department of Physical Education Govt. Degree College, Dharmanagar, North Tripura, India on 19th June, 2020
Title of the Presentation: Digital Addiction and total Health
11. Delivered an lecture in National level online fitness programme organized by Department of Physical Education Govt. Degree College, Dharmanagar, North Tripura, India on 25th May 2020
Title of the Presentation: A Framework for Integrated Technology into Physical Education
12. Delivered an lecture in National Webinar on Physical Education and Sports Sciences: Taking Physical Education from Field to Screen organized by Department of Physical Education, Guru Ghasidas Vishwavidyalaya, Bilaspur, India on 13th May 2020
Title of the Presentation: Open Education Resources
13. Delivered an lecture in International Seminar on Recent Trends and Experimental Approaches in Science, Technology Nature and Management organized by Society for Science and nature held at FDDI, Jodhpur, India on 23rd to 24th December 2018
Title of the Presentation: Preparing the body for Sports
14. National Symposium on Challenges and Problems in Teacher Education in India organized by Kadambini Women’s College of Education, Purba Medinipur (WB), India on Feb.02-03, 2018

Title of the Presentation: Challenges of Professional Preparation of the Teacher Educator

Sponsored Project

Title of the project	Funding agency	Year of sanction	Role
A study on effect of Backpack load on physical health of school children in papumpare district of Arunachal Pradesh	Seed Money, Rajiv Gandhi University, Arunachal Pradesh, India	2021	PI
Relationship between sole morphology, mood status and Performance of Junior Long distance runners of Tigray Region	College of Natural and Computational Science, Recurring Budget, Mekelle University, Ethiopia	2014	PI
Community service project on “Tigray Regional Workshop on Mechanism of organizing and officiating in track and field	College of Natural and Computational Science, Recurring Budget, Mekelle University, Ethiopia	2014	PI
