

## Personal Profile

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**Dr. Vivek Kumar Singh**  
**Assistant Professor, Department of Physical Education**  
**Rajiv Gandhi University, Rono Hills, Doimukh**  
**Arunachal Pradesh-791112**

**Email:** [vivek.singh@rgu.ac.in](mailto:vivek.singh@rgu.ac.in)

**Phone No.:** +91 7005438841

## Educational Profile

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Ph.D.	Banaras Hindu University, Varanasi, UP; 2013 Supervisor: Prof. B. C. Kapri
M.Phil.	--
M.Sc./M.Tech/	--
M.Com./M.A./	--
M.P.Ed	Specialization: Physical Education
B.Sc./B.Tech/	---
BPE	Subject: Physical Education

## Professional Experience

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<b>Assistant Professor</b> , Department of Physical Education, Rajiv Gandhi University, Arunachal Pradesh, India	7/10/2015 to till date
<b>Assistant Professor</b> , Department of Physical Education Lovely Professional University, Panjab, India	04 Months
<b>Assistant Professor</b> , Department of Physical Education Shakti Smarak Sansthan, Balrampur, UP, India	03 Months
Post-doctoral Fellow, University of XXXXXXXX, 2xxx-2xxx Supervisor: XXXXXXXXXX	---
Post-doctoral Fellow, University of XXXXXXXX, 2xxx-2xxx Supervisor: XXXXXXXXXX	---

## **Administrative Experience**

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<b>In-charge, Department of Strength Training and Conditioning, RGU, Arunachal Pradesh, India</b>	--8/01/2021 to till date
<b>Warden, Bichom Halls of Residence, RGU, Arunachal Pradesh, India</b>	-- 8/10/2020 to till date
<b>Head of Department, Department of Xxxxxxx, Xxxxxxx University, State, Country</b>	--- -----
<b>Convener, Registration Committee of East Zone Football Tournament, 2017</b>	27/11/2017- 03/12/2017

## **Awards & Honours**

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1. Qualified UGC-NET and JRF in December, 2009

## **Membership of Professional Bodies**

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## **Research Interests**

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- Sports Training and Cricket
- Exercise Physiology

## **Research Publications**

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1. *Comparative study on effect of progressive relaxation technique and meditation on coping ability of university players: Singh, V. K., Kapri, B. C. and Rai, V.; AKASH, 2012, 1(2), 84-89.*
2. *Comparative study of two types of mental training on the shooting ability of basketball players: Singh, Btham, M. K., Rai, R. N., Singh, V. K.; AKASH, 2012, 4(2), 49-54.*
3. *Physical, physiological, psychological and anthropometric variables as predictors for speed of sub-junior athletes: Singh, V. K., Singh. R.; AKASH, 2014, 3(8), 01-04.*
4. *Hydration in sports: Singh, V. K., Singh. R.; PERSIST, 2014, 4(3), 44-47.*
5. *Effect of yog nidra and bhramari pranayama on social adjustment of school children's: Singh, V. K., Singh. R.; Academic Sports Scholars, 2016, 5(3), 01-05.*

6. *Identification of physical and psychological variables to predict the volleyball playing ability: Singh, V. K., Singh. R.; International Journal of Physical Education, Sports and Health, 2016, 3(6), 152-156.*
7. *Identification of psychological skills to predict the volleyball playing ability: Singh, V. K., Singh. R.; International Journal of Physical Education and Sports, 2017, 2(10), 07-10.*
8. *Identification of Obesity Measures to Predict Blood Pressure of Farmers: Singh, V. K., Minu. T., Mili, A., Singh, K. R.; International Journal of Physical Education and Sports, 2020, 5(11), 01-04.*
9. *A Study of Archers and Shooters on Sports Motivation Scale: Singh, K. R., Mili, A., Singh, V. K., Minu. T.; Multidisciplinary Scientific Reviewer, 2020, 7(2), 59-66.*

## **Patent**

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## **Book/Book Chapter published**

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## **Research Guidance**

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### **Post-doc fellow**

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### **Ph.D Scholar**

#### **Ongoing**

1. Full name of the Scholar: Satya Changmai

Topic of research: Effect of Different Duration of Surya Namaskar on Selected Physical and Health related Variables of School Students

Year of PhD degree: Ongoing

2. Full name of the Scholar: Sumit Kumar Thapa

Topic of research: Effect of the Interactive Physical Fitness Program on Selected Health-Related Physical Fitness, Cognitive Abilities, And Psychomotor Abilities of Secondary School Students

Year of PhD degree: Ongoing

## **Course/Conference/Workshop Organized**

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1. Webinar on National Education Policy 2020: A Discourse in Respect with Respect to Physical Education and Sports by Department of Physical Education and Sports Sciences, RGU, Arunachal Pradesh, India  
Duration: One Day (07/082021)  
Role: Convener
2. Workshop on Assessment and Management of Strength by Department of Physical Education and Sports Sciences, RGU, Arunachal Pradesh, India

Duration: Seven Days (18/06/2021 – 24/06/2021)

Role: Convener

3. Six Day Refresher Course for Coaches and Instructors of SAA and Directorate of Sports by Department of Physical Education University, RGU, Arunachal Pradesh, India

Duration: Six Days (31/08/2020-05/09/2020)

Role: Coordinator

4. FDP on Health Interventions for Fit and Prosperous India by Department of Physical Education, RGU, Arunachal Pradesh, India

Duration: Seven Days (17/08/2020 – 21/08/2020)

Role: Coordinator

### **Course/Conference/Workshop etc. attended**

1. Delivered an oral presentation in 'International Conference on Recent Trends in Yoga, Nutrition and Fitness Management' held at Abasaheb Garware College, Pune, India, during 21 September-22 September, 2021.

Title of the presentation: Carbohydrate for Sports Performance

2. Delivered an oral presentation in 'Special E-Lecture' held at Department of Physical Education, Allahabad University' held at Allahabad, India, during 13 March, 2021.

Title of the presentation: Test of Significance: Independent and Dependent "t" test, Chi Square Test and ANOVA

3. Delivered an oral presentation in 'Six Day Refresher Course for Coaches and Instructors of SAA and Directorate of Sports' held at Department of Physical Education and Sports Sciences, Rajiv Gandhi University, Doimukh, India, during 31 August-05 September, 2020.

Title of the presentation: Psychological Interventions for High Performance

4. Delivered an oral presentation in 'One Day National Webinar on Stress Management in Context to Covid-19 Pandemic' held at Yeshwantrao Chavan Arts, Commerce, and Science College, Ambajogai, Maharashtra, India, during 15 July, 2020.

Title of the presentation: Stress Management in Context to Covid-19 Pandemic

5. Delivered an oral presentation in 'Induction Training for National Youth Volunteer" held at Don Bosco Youth Centre, Itanagar, India, during 29 January-12 February, 2020.

Title of the presentation: Physical Fitness and Youth

6. Delivered an oral presentation in 'UGC National Seminar on Application of Statistics and Computer in Physical Education Sports and Yoga" held at CHC Athletic Association, BHU, Varanasi, India, during 01 January-02 January, 2020.

Title of the presentation: Factor Analysis a Tool for Talent Identification

7. Delivered an oral presentation in ‘UGC International Conference on Physical Education and Yoga” held at CHC Athletic Association, BHU, Varanasi, India, during 02 January-03 January, 2019.

Title of the presentation: Yogic Intervention for Hypokinetic Diseases

8. Delivered an oral presentation in ‘UGC National Seminar on Yoga Physical Education in Modern Life” held at CHC Athletic Association, BHU, Varanasi, India, during 07 Novemebr-08 November, 2014.

Title of the presentation: Yogic Intervention for Hypokinetic Diseases

9. Delivered an oral presentation in ‘International Conference on Futuristic Trend in Physical Education’ held at Punjabi University, Patiala, Punjab, India, during 24 January-26 January, 2013.

Title of the presentation: Physiology of Fatigue and its Model

10. Delivered an oral presentation in ‘International Conference on Sports Economics and Vision of London Olympic 2012” held at Delhi University Sports Council, Delhi, India, during 17 April-19 April, 2012.

Title of the presentation: Physiology of Fatigue and its Model

## **Sponsored Project**

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