

राजीव गाँधी विश्वविद्यालय  
(केन्द्रीय विश्वविद्यालय)  
रोनो हिल्स, दोईमुख - ७९१११२  
अरुणाचल प्रदेश, भारत  
शक्ति प्रशिक्षण और अनुकूलन विभाग



Rajiv Gandhi University  
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Department of Strength Training  
and Conditioning

SS/STC/Dissertation/2022

Date: 06.06.2022

### Minutes of the Department Research Committee

A Department Research Committee (DRC) of Department of Strength Training and Conditioning was held on 6<sup>th</sup> June, 2022 at 3.30 PM in the chamber of the Coordinator Sports Sciences. The following members were present:

1. Prof. T. Lhungdim : Chairman (Dean, Faculty of Physical Education and Sports Sciences)
2. Dr. Sambhu Prasad : Member
3. Dr. Tadang Minu : Member
4. Dr. K. Rojeet Singh : Member
5. Dr. Vivek Kumar Singh : Member
6. Dr. Anil Mili : Convenor (Coordinator, Sports Sciences)

The following dissertations were discussed at length and committee members approved the dissertation for submission and award of the Degree of Masters of Science in Strength Training and Conditioning of National Centre for Sports Science Research (NCSSR) MYA&S, GoI, Rajiv Gandhi University for the academic session 2020-22.

Sl. No.	Roll. No.	Name of the Student	Supervisor	Title of the Dissertation
1.	STC20-02	Mr. Balen Ngadong	Dr. Vivek Kumar Singh	Effect of Combination of Drop Jump Training with Soccer Training Program on Physical Capabilities of Soccer Players
2.	STC20-03	Miss. Gerik Ete		Effects of Grid Training on Physical Fitness of Inter-College Football Players
3.	STC20-05	Mr. Kago Lampung		Effect of different Warm-up Protocols on Speed Ability of Inter-District Football Players
4.	STC20-06	Mr. Nabam Gautam		Effect of Six Week Tabata Training Protocol on Body Fat Percentage, VO <sub>2</sub> max and Resting Heart Rate of State Level Combat Athletes

6.6.2022

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