



## School of Studies in Education

Department: Physical Education

Phone-8962009710

Email-kunvarsinghgv@gmail.com

**Qualifications:** B.P.ED/ M.P.ED/ NET/C.G. SET/ Ph.D.

**Area of Interest/Specialization:** Sports Biomechanics/Athletics

**Experience:** 5 years

**Awards and Honors:** Gold medalist in Master of Physical Education and Bachelor of Physical Education

### Best Peer Reviewed Publication

#### PAPER PUBLICATION/PRESENTATION/SEMINAR/WORKSHOP

#### Research Paper published in Refereed Journals

Sr. No.	Title	Journal	ISSN/ ISBN	Month / Year	Vol. / Issue	Page no.	Impact Factor
01	Comparison of Aggression level between Throwers and Jumpers	Golden Research Thoughts	2231-5063	2014	Vol.4, Issue-5	1-3	2.205
02	Effect of six weeks training of Suryanamaskar on flexibility and agility	Review of Research Journal	2249-894X	2015	Vol. 4, Issue. 4	1-4	3.14
03	A Compression of Eating Disorders Between Female Athletes And Non-Athletes of G.G.V Bilaspur	Academic Sports Scholar	2277-3665	2015	Vol.-4, Issue-4	1-5	2.1052
04	A comparative study of Aggression between football and hockey players of Bilaspur	International Journal of Physical Education, Sports and Health	2394-1693	2015	Vol.1, Issue.6	133-134	4.69
05	Relationship of selected anthropometric variables with throwing distance of Cricket ball in Cricket	Academic Sports Scholar	2277-3665	2015	Vol.4 Issue-8	1-6	2.105
06	Relationship of selected anthropometric variables with the velocity of ball in pace bowling in cricket	International journal of applied research	2394-5869	2015	Vol.1 Issue-10	613-616	5.2
07	Comparative study of eating disorders among different age group people of Bilaspur	International Journal of Physical Education, Sports and Health	2394-1685	2016	Vol.2 Issue-3	4-6	4.69
08	Effect of eight weeks training of Suryanamaskar on flexibility of cricket players	International journal of applied research	2394-5869	2016	Vol.2 Issue-4	665-667	5.2
09	An analysis of job satisfaction between physical education teachers of Chhattisgarh and CBSE board	International journal of advanced educational research	2455-6157	2016	Vol.1 Issue-2	01-03	5.22
10	Comparative study of health consciousness between rural and urban school girls of Bilaspur	International journal of physical education sports and health	2394-1693	2016	Vol.3 Issue-1	299-301	4.69
11	Comparative Study of Aggression among different Age Category Boys of Bilaspur	Inter National Journal of Physical Education, Sports and Health	2394-1693	2016	Vol.3 Issue-3	559-561	5.38
12	Selected Anthropometric Variables as Predictors of Fast Bowling Performance in Cricket	Academic Sports Scholar	2277-3665	2016	Vol.5 Issue-6	01-09	2.1052

13	Difference between batsman and fast bowlers in relation to grip strength, back strength, leg strength and flexibility in cricket	International Journal of Advanced Research and Development	2455-4030	2016	Vol.1 Issue-3	97-99	5.24
14	Correlation of physical fitness with Basketball playing ability of University players	International Journal of Advanced Educational Research	2455-6157	2016	Vol.1 Issue-3	24-26	5.22
15	A study of emotional intelligence and mental depression of physical education and engineering students	International Journal of Humanities and social Science Research	2455-2070	2016	Vol.2 Issue-8	54-56	5.22
16	Relationship of selected physical fitness variables with the performance of male Long Jumpers	International Journal of physical Education and Sports	2456-2963	2016	Vol.1 Issue-1	23-27	3.15
17	An association of cardiovascular endurance and abdomen strength with academic performance of the physical education students	International Journal of Physical Education and Sports	2456-2963	2016	Vol.1 Issue-5	37-40	1.175
18	Effect of four week pawanmuktasana yogic training on abdominal strength, back strength and flexibility of physical education students	International Journal of Physical Education and Sports	2456-2963	2016	Vol.1 Issue-2	32-38	1.175
19	Comparison Of Basketball And Kabaddi Players In Relation To Selected Anthropometric Variables	Indian Journal of Physical Education, Sports & Applied Sciences	4497-5451	2016	Vol.6 Issue-4	55-62	4.917
20	An association of anthropometric and physical fitness variables of cricket players with the performance of running between the wickets	International Journal of Physical Education, Sports and Health	2394-1693	2017	Vol.4 Issue-1	141-145	5.38
21	An Association of Selected Anthropometric Variables with the Performance of Fast Bowlers	International Journal of Physical Education and Sports	2456-2963	2017	Vol.2 Issue-7	47-53	1.175
22	Comparison of selected physical fitness components of badminton and basketball players	International Journal of Applied Research	2394-5869	2017	Vol.1 Issue-5	236-240	5.2
23	Relationship of Height of Centre of Gravity at Delivery Point with the Performance of Fast Bowlers in Cricket	International Journal of Physical Education and Sports	2456-2963	2017	Vol.2 Issue-6	44-47	1.175
24	Comparison of leg and back strength of office workers and manufacturing workers under applied ergonomics	International Journal of Multidisciplinary Education and Research	2455-4588	2017	Vol.2 Issue-2	84-86	5.12
25	An Association of Body Mass Index and Body Fat Percentage with Blood Lipid Profile of University Employee	International Journal of Physical Education and Sports	2456-2963	2018	Vol.3 Issue-4	07-14	3.125
26	Difference between Teaching and Non-Teaching University Employees In Relation To Obesity Indicators	International Journal of Physical Education and Sports	2456-2963	2020	Vol.5 Issue-9	08-14	3.125
27	An association of selected anthropometric and physical fitness variables with the performance of the javelin throwers	International Journal of Yoga, Physiotherapy and Physical Education	2456-5067	2022	Vol.7 Issue-4	11-15	RJIF 8.00
28	Effect of Eight Weeks Pranayama Practices on Pulse Rate, Body Mass Index And Breathe Holding Capacity of University Students	International Journal of Creative Research Thoughts	2320-2882	2022	Vol.10 Issue-11	516-522	7.97

#### **PAPERS PRESENTED IN CONFERENCES, SEMINARS, WORKSHOPS**

<b>Sr. No.</b>	<b>Title of the Paper Presented</b>	<b>Title of the Conference/Seminar</b>	<b>Level of Conference, Seminar, etc.</b>	<b>Invited/Organized by</b>	<b>Date of the Event</b>
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1	Yoga and Mental Health	National Seminar on Yoga for Health, Wealth and Fitness	National	Rajesh Pilot Govt. PG College	22 & 23 Dec. 2014
2	Comparison of Aggression level between Cricket and Football Players	National Seminar on Sports Psychology	National	Govt. Bilasa Girls PG College Bilaspur	08 & 09 Feb. 2015
3	Eating Disorder Between Sports person and Non -sports person	National Seminar on The Problems of Eating Disorder & its Effect on Health & Fitness	National	Deptt. of Physical Education Govt. Minimata Girls College Balodabazar- Bhatapara	20 & 21 Feb. 2015
4	A comparative study of Emotional intelligence between Team and Individual games players	National Seminar on Promoting Physical Activity and Healthy Eating for a healthier Nation	National	Deptt. of Physical Education The Aligarh Muslim University	21 & 22 Nov. 2015
5	A Comparative study of the mental depression between Govt. & Private school students of Bilaspur	ICSSR Sponsored National Seminar on Development and Deprivation: Relative Status of different Categories in the Post- Independence Period	National	Deptt. of Sociology, Mahatma Gandhi KashiVidyapith, Varanasi	28-29 Nov. 2015
6	Yogic Practices for Different Age Group People	International Seminar on Various Aspects of Physical Education, Yogic & Allied Sciences	International	Sponsored by UGC Organized by Deptt. Of Phy. Edu. MGKV Varanasi	27 & 28 Sep. 2016
7	Social harmony through Olympic movement	National Seminar on Cultural, Social and Technological Perspectives of Social Harmony	National	Pt. SSOU Bilaspur	13 to 14 Nov. 2016
8	Comparison of Male Kabaddi and Handball Players Respects to Social Adjustment	National Seminar-cum-Workshop on Education and Sport: Way to Improve Assertive Behaviour	National	NetajiSubhas College, Abhanpur, Raipur (C.G.) and Chhattisgarh Sports Psychology Association	03 to 05 Dec. 2016
9	Influence of Exercise on Childhood Girls	National Seminar on Women Empowerment and Sports	National	Deptt. of Sport Govt. Kamla Devi MahilaMahavidyalaya, Rajnandgaon	07 & 08 Jan. 2016
10	Women and Sports	National Seminar on Women Empowerment and Sports	National	Deptt. of Sport Govt. Kamla Devi MahilaMahavidyalaya, Rajnandgaon	07 & 08 Jan. 2016
11	Importance of coach for high performance players	National Conference on Integral Education	National	Dr. C.V. Raman University, Kota , Bilaspur	28 & 29 Jan. 2016
12	Health Education For Children	National Conference on Integral Education	National	C.V. Raman University, Kota , Bilaspur	28 & 29 Jan. 2016
13	Quality Assurance of Higher Education	National Seminar on Quality Assurance of Higher Education	National	LokRashtriya Degree College Jasrana (Firozabad)	17 & 18 March 2016
14	Bharat Rejuvenation	International Seminar on Bharat Rejuvenation	International	Organized by Guru Ghasidas Vishwavidyalaya Bilaspur	15 <sup>th</sup> -17 <sup>th</sup> Oct, 2017
15	Glory of Indian Sports	National Seminar on Shaswat Bharat	National	ICSSR Organized by PSSOU Bilaspur	18 to 20 Nov. 2017
16	Scope of Sports Tourism in Chhattisgarh	National Seminar on Development of Tourism Industry in India	National	Deptt. of Management Studies, Guru Ghasidas Vishwavidyalaya Bilaspur	16 & 17 Nov. 2017

17	Physical Activity and Health for Society	Nation, Culture and Identity	National	Pt. SSU Bilaspur	1&12 Feb. 2017
18	Healthy Society Through yoga	National Seminar Opportunities and Challenges in Physical Education Yoga and Health Sciences	National	Deptt. of Physical Education R. S. Govt. Degree College, Shivrajpur, Kanpur Nagar	10 & 11 Feb. 2017
19	The Contribution of Physical Activity & Sports to Women Empowerment	National Seminar on Challenges for Quality of life of Working Women contemporary India	National	Deptt. of Social Work, Guru Ghasidas Vishwavidyalaya Bilaspur	23 & 24 March 2017
20	Yoga and Mental Health	International Congress on Global Innovation and Research in Education Sports Science and Yoga	International	Department of Physical Education, Mahisadal Girls' College, Purba Medinipur, West Bengal	& 11 December, 2017
21	Role of Anthropometric and Biomechanical Variables in fast Bowling Performance	International Conference on Globalization of Teacher Education	International	Organized by: Department of Education, Dr. C.V. Raman University, Kota, Bilaspur	21 <sup>st</sup> & 22 <sup>nd</sup> July 2018
22	Gender Equality Through Physical Education and Sports	International Conference on Quality Enhancement of Higher Education in India & Changing Paradigm	International	Organized by Bilaspur University Bilaspur	4 & 5 Jan. 2018
23	Financial Management to Conduct Sports meet	National Seminar on Policy Framework of skill development in higher education in India	National	Deptt. of Physical Education Ram Sahai Govt. Degree College, Bairi, Shivrajpur, Kanpur Nagar	25 & 26 Feb. 2018
24	Importance of Water for Healthy Body	Water Conservation	National	SSOU Bilaspur, GGV Bilaspur and Dr. CV Raman University Kota Bilaspur	29 & 30 March 2018
25	खेलों के विकास में संसाधनों की उपयोगिता	संसाधन एवं प्रादेशिक विकास	National	Dr. C.V. Raman University Kota, Bilaspur	22 <sup>nd</sup> and 23 <sup>rd</sup> Jan.
26	Yoga a way of healthy life	National Seminar on Recent Trends in Yoga: Socioeconomic, Scientific & Global Perspective	National	IQAC & NAAC Committee, Government Pataleshwar College, Masturi, Bilaspur (C.G.)	1 <sup>st</sup> January 2020
27	Yoga as our Cultural Heritage	National Seminar on Recent Trends of Education Culture and Arts for the Development of Yoga and Physical Education	National	Department of Physical Education Deenanath Pandey Government Girls P.G. College, Deoria	1 & 2 Feb. 2020
28	Shatkarma Yogic purifying kriyas	One day National Seminar on the Occasion of National Sports Day, Sports & Human Development (Inclusivity Perspective)	National	University sports Board, Indira Gandhi National Tribal University, Amarakantak, Madhya Pradesh	29 <sup>th</sup> August 2022

#### REFRESHER COURSES/INDUCTION PROGRAMME/WORK SHOP

S. No.	Programme	Duration	Date	Organized by
01	UGC-Sponsored Short-Term Course	06days	13/10/2014 to 18/10/2014	UGC- ASC, G.G.V, Bilaspur
02	UGC-Sponsored Interaction Programme	21days	29/01/2015 to 18/02/2015	UGC- ASC, G.G.V, Bilaspur


<b>03</b>	Intellectual Property Rights, IP Commercialization and Prevention of Plagiarism	02 days	26/02/2016 to 27/02/2016	Chhattisgarh Council of Science & Technology, /Raipur (C.G.)
<b>04</b>	Ten- Day Research Methodology Workshop-I (Research Designing & Academic Writing)	10 days	30/03/2016 to 08/04/2016	Department of Education GGV Bilaspur
<b>05</b>	Revised Framework of NAAC accreditation: an awareness program	1 day	26/11/2021	Internal Quality Assurance Cell (IQAC), G.G.V. Bilaspur
<b>06</b>	Guru DakshataProgramme	30 days	01/02/2021 to 01/03/2021	UGC-HRDC, G.G.V., Bilaspur (C.G.)
<b>07</b>	Refresher course on Yoga: health, Fitness Wellness & First Aid	13 days	10/01/2022 to 22/01/2022	UGC-HRDC, G.G.V., Bilaspur (C.G.)
<b>08</b>	Workshop on NEP 2020: Academic Bank of Credit (ABC)	1 day	27/06/2022	UGC-HRDC, G.G.V., Bilaspur (C.G.)
<b>09</b>	Workshop on NEP 2020: Multidisciplinary	1 day	28/06/2022	UGC-HRDC, G.G.V., Bilaspur (C.G.)
<b>10</b>	Workshop on NEP 2020: Internationalization of Higher Education	1 day	30/06/2022	UGC-HRDC, G.G.V., Bilaspur (C.G.)
<b>11</b>	Workshop on NEP 2020: Academic Research Practices/Academic Research Integrity	1 day	30/06/2022	UGC-HRDC, G.G.V., Bilaspur (C.G.)

#### **ADMINISTRATIVE RESPONSIBILITIES**

1. University N.C.C. Coordinator
2. Joint Secretary of University fitness club

#### **ADDITIONAL INFORMATION**

1. Coordinator of departmental placement cell.
2. Secretary of Alumni Association.
3. Departmental Alumni In-charge.
4. NCTE in-charge.
5. Ground Sports Store In-charge.
6. B.P. Ed. Class Student's Mentor.
7. M.P.Ed. Class Teacher.
8. Intramural House In charge.
9. Member of sports selection Committee for various interuniversity tournaments.
10. Examiner of internal/external Exam.



**KUNVAR SINGH**

**DATE: 06/01/2023**

Place: Bilaspur