

**School of Studies in Education Department: Physical Education Phone-8962009710**

[**Email-kunvarsinghggv@gmail.com**](mailto:Email-kunvarsinghggv@gmail.com)

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

Area of Interest/Specialization: Sports Biomechanics/Athletics

Experience: 7 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 |
|  | Comparison of Aggression level between Throwers and Jumpers | Golden Research Thoughts | 2231-5063 | 2014 | Vol.4, Issue-5 | 1-3 | 2.205 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | 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 |
|  | A Study of Mental Health in Hypertensive Adults | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2018 | Vol.15  Issue-4 | 36-38 |  |
|  | An association of speed, agility and flexibility with the playing ability of kho-kho players | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2018 | Vol.15  Issue-3 | 82-85 |  |
|  | Comparative Study of Speed and Leg Strength of Running and Jumping Events Players | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2018 | Vol.15  Issue-3 | 16-18 |  |
|  | Difference between kho-kho and football players in relation to aggression | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2018 | Vol.15  Issue-3 | 36-38 |  |
|  | Relationship of Speed, Agility and Strength with the Playing Ability of Male Basketball Players | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2018 | Vol.15  Issue-4 | 32-35 |  |
|  | Effect of six weeks Training of Standing Yogic Asana on Leg Strength, Back Strength and Flexibility of Cricket Players | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2018 | Vol.15  Issue-2 | 41-44 |  |
|  | A Study on Cognitive, Emotional and Psychological Correlates of Volleyball Playing Ability | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2018 | Vol.15  Issue-2 | 47-50 |  |
|  | Psychological Profiling of Intercollegiate Male Cricket Players of Mumbai | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2019 | Vol. 16 Issue 1 | 24-29 |  |
|  | 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 |
|  | 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 |
|  | Assessment of Bowling Skills of Junior National Cricket Players Based on Motor Skill Learning Aptitude | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2022 | Vol. 19 Issue 1 | 86-89 |  |
|  | Assessment of Motor Skill Learning Aptitude in Junior National Male Cricket Players | Chhattisgarh Journal of Science and Technology | 0973-7219 | 2022 | Vol. 19 Issue 2 | 132-135 |  |
|  | 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 |
|  | An Association of speed, agility and flexibility with the performance of Kabaddi Players | The Academia (A Multidisciplinary Peer-Reviewed Research Journal) | 2583-8830 | 2023 | Vol. 1 Issue I | 21-25 |  |
|  | Benefits of Yoga for Enhancing Confidence Concentration and Resilience of Cricket Players | SRF (A monthly Journal of Multidisciplinary Research International Peer Reviewed , Refereed, Indexing) | 2394-3580 | 2023 | Vol. 10 Issue- 11 | 01-05 | 5.2 |
|  | Linkage Of Selected Motor Fitness Components With Explosive Power Of Fast Bowlers | International Journal of Creative Research Thoughts | 2320-2882 | 2024 | Vol. 12 Issue- 11 | 748-754 | 7.97 |
|  | Comparative Analysis of Aggression between Team Game Volleyball and Handball Players | The Academia  (A Multidisciplinary Peer-Reviewed Research Journal) | 2583-8830 | 2024 | Vol. 02 Issue- II | 07-11 |  |
|  | From Flexibility to Focus: How Yoga Elevates Cricket Performance Across Genders | The Academia  (A Multidisciplinary Peer-Reviewed Research Journal) | 2583-8830 | 2024 | Vol. 02 Issue- II | 34-37 |  |
|  | The Role Of Yoga In Modern Cricket: Physical And Psychological Benefits For Men And Women Players | International Journal of Physical Education and Sports | 2456-2963 | 2025 | Special Issue | 83-87 | 3.125 |
|  | Relationship of height, leg length, upper leg girth and lower leg girth with speed of the cricket players | The Academia  (A Multidisciplinary Peer-Reviewed Research Journal) | 2583-8830 | 2025 | Vol. 03 Issue- I | 01-05 |  |
|  | Significations of Yoga for Cricket players | The Academia  (A Multidisciplinary Peer-Reviewed Research Journal) | 2583-8830 | 2025 | Vol. 03 Issue- I | 37-39 |  |
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**BOOK PUBLICATION**

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| --- | --- | --- | --- | --- | --- |
| Sr. No. | Title of the Book | Author Name | Publisher Name | ISBN | Year |
| 1 | Success Mirror | Dr. Kunvar Singh  &  Dr. Ajay Kumar Pandey | Insignia Publications  New Delhi-110 036 (India) | 978-93-94045 | 2023 |
| 2 | Physical Education  (A complete preparation for success) | Dr. Ajay Kumar Pandey  &  Dr. Kunvar Singh | Khel Sahitya Kendra  7/26, Basement, Ansari Road, Darya Ganj,  New Delhi – 110 002 | 978-93-5877-897-7 | 2023 |
| 3 | Organization & Administration in Physical Education & Sports | Dr. Kunvar Singh  &  Dr. Ajay Kumar Pandey | Khel Sahitya Kendra  7/26, Basement, Ansari Road, Darya Ganj,  New Delhi – 110 002 | 978-93-5877-509-9 | 2024 |
| 4 | Kinesiology and Biomechanics | Prof. Ratnesh Singh  &  Dr. Kunvar Singh | Friends Publications  101,4787/23, Ansari Road Daryagang, New Delhi | 978-93-5978-561-5 | 2024 |

**CHAPTERS PUBLISHED IN EDITED BOOKS**

|  |  |  |  |
| --- | --- | --- | --- |
| **S. No.** | **Title with page nos.** | **Book Title, editor & publisher** | **ISBN no.** |
| 1 | Health and health education for complete wellbeing | Health issues: an anthropometric & biosocial perspective  Dr. Subal Das, Manish Grit Lahre, Prof. Seema Rai  Poddar Publication | 978-93-8487137-4 |
| 2 | Impact of mother’s health and education on children health | Health issues: an anthropometric & biosocial perspective  Dr. Subal Das, Manish Grit Lahre, Prof. Seema Rai  Poddar Publication | 978-93-8487137-4 |
| 3 | Mind over match: Psychological edge of Yoga in Modern Cricket | Physical Education and its applications | 978-93-85886-21-8 |

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

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sr. No. | Title of the Paper Presented | Title of the Conference/Seminar | Level of Conference, Seminar, etc. | Invited/Organized by | Date of the Event |
| 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  of 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 | 12 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 | Netaji Subhas 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 | Dr. 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 GhasidasVishwavidyalaya Bilaspur | 15th-17th  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 | 11&12 Feb. 2017 |
| 18 | Healthy Society Trough 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 GhasidasVishwavidyalaya 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 | 10 & 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 | 21st & 22nd  July 2018 |
| 22 | Gender Equality Through Physical Education and Sports | International Conference on Quality Enhancement of Higher Education in India & Changing Pardigm | 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 | Pt. SSOU Bilaspur, GGV Bialspur and Dr. CV Raman University Kota Bilaspur | 29 &30 March 2018 |
| 25 | खेलो के विकास मे संसाधनो की उपयोगिता | संसाधनएवंप्रादेशिकविकास | National | D Dr. C.V. Raman University Kota, Bilaspur | 22nd and 23rd 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.) | 11th 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, Deioria | 1 &2 Feb.  2020 |
| 28 | Shatkarma Yogic  purifying kriyas | One day National Seminar on the Occasion of National Sports Day, Sports & Human Development  (Inclusivity Perpective) | National | University sports Board, Indira Gandhi National Tribal University, Amarakantak, Madhya Pradesh | 29th August 2022 |

**REFRESHER COURSES/INDUCTION PROGRAME/WORK SHOP**

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| **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 |
| 03 | 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.) |
| 04 | Ten- Day Research Methodology Workshop-I (Research Designing & Academic Writing) | 10 days | 30/03/2016 to 08/04/2016 | Department of Education GGV Bilaspur |
| 05 | Revised Framework of NAAC accreditation: an awareness program | 1 day | 26/11/2021 | Internal Quality Assurance Cell (IQAC), G.G.V. Bilaspur |
| 06 | UGC Sponsored “Guru Dakshata” Faculty Induction Programme | 30 days | 01/02/2021 to  01/03/2021 | UGC-HRDC, G.G.V., Bilaspur (C.G.) |
| 07 | 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.) |
| 08 | Workshop on NEP 2020: Academic Bank of Credit (ABC) | 1 day | 27/06/2022 | UGC-HRDC, G.G.V., Bilaspur (C.G.) |
| 09 | Workshop on NEP 2020: Multidisciplinary | 1 day | 28/06/2022 | UGC-HRDC, G.G.V., Bilaspur (C.G.) |
| 10 | Workshop on NEP 2020: Internationalization of Higher Education | 1 day | 30/06/2022 | UGC-HRDC, G.G.V., Bilaspur (C.G.) |
| 11 | Workshop on NEP 2020: Academic Research Practices/Academic Research Integrity | 1 day | 30/06/2022 | UGC-HRDC, G.G.V., Bilaspur (C.G.) |
| 12 | Refresher course on Natural Resource Management | 13 days | 13/02/2023 to 25/02/2023 | UGC-HRDC, G.G.V., Bilaspur (C.G.) |
| 13 | NEP 2020 Orientation & Sensitization Programme | 10 days | 13/03/2024 to 22/03/2024 | UGC-MMTTC, G. G. V., Bilaspur (C.G.) |

ADMINISTRATIVE RESPONSIBILITIES

1. University N.C.C. Coordinator
2. Joint Secretory 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.

DATE: 10/04/2024 KUNVAR SINGH

Place: Bilaspur