

CURRICULUM VITAE



Khumukcham Rakesh Singh

PROFILE:

PROFESSIONAL QUALIFICATION:

- ❖ **4yr. Degree: (BPed Integrated), L.N.I.P.E Gwalior (M.P.)**
- ❖ **Master Degree: (MPed), D.C.P.E Amravati (Maharashtra).**
- ❖ **UGC NET (Physical Education)**
- ❖ **Certification at NSNIS Bangalore (Badminton)**
- ❖ **Basic Coaching Course in badminton, MALAYSIA**
(Setia Badminton Academy by COACH HENJIAN, 1985 World Champion)
- ❖ **E-Certification in “Coach Education Programme” under the National Chief Coach P. Gopichand (Dronacharya Awardee- Badminton) conducted by National Testing Agency (NTA).**
- ❖ **Three month Certificate Course in Yoga**
- ❖ **E-Diploma in Sports Nutrition (Internationally Accredited (IAOTH) Fab Academy, California, United States via Udemy.**
- ❖ **E-Certification in Basics & Fundamental of Computer from European Open University**
- ❖ **Qualified Asian Council for English Proficiency Test with 75.76%**
- ❖ **Certification in Data Entry Operation, National Skill Development Corporation (Skill India)**
- ❖ **Ph.D Pursuing**

AREA OF SPECIALIZATION:

BADMINTON & ANATOMY & EXERCISE PHYSIOLOGY & SPORTS NUTRITION

AREA OF SPECIAL INTEREST:

- ❖ Coaching and Officiating.
- ❖ Teaching
- ❖ Organizing Competition.
- ❖ Organizing Intramural and Extramural Activity.
- ❖ Organizing Annual Sports Day.

Proficiency in other games and sports

- ❖ Badminton, Football, Basketball, Handball, Lawn-Tennis, Squash.

WORKSHOPS:

- ❖ Attended 12 Hours (2 days) workshop on “Research Paper Writing” via Commacad, held on 24th-25th July 2021.
- ❖ Attended One Week State Level E-Workshop on Yoga for Health & Fitness from 16th to 21st June 2021.
- ❖ Attended workshop on “Data-Analysis with JAMOVI” via Commacad, held on August 2021.
- ❖ Attended 7 days’ workshop on “SPORTS MANAGEMENT” with Hyderabad League director as session instruction.
- ❖) Attended National level Workshop on “OPTIMAL PEAK PERFORMANCE: ULTIMATE DIET AND ASHTANGA KRIYAS” from 18th - 25th Sept.2017.
- ❖ One Day Awareness Program on Employment and Self Employment.

AWARDS/ APPOINTMENTS/ ACHIEVEMENT:

- ❖ Awarded Rajguru Trophy for 1st Merit in MPed 2016-2018 batch DCPE Amravati, Maharashtra.
- ❖ Got Best Single Player Award in Amravati Badminton Premiere League 2018.
- ❖ 2 times Championship medal in intercollegiate Badminton Tournament under SGBA University

- ❖ **Appointed as Yavatmal District Badminton Association Coach to train their Badminton Players for State Open Tournament in 2018.**
- ❖ **Appointed as Team COACH Cum MANAGER of 37th Inter District Team and State Open Badminton Championship, Manipur 2018 and Secured Team Winner Trophy in the Tournament.**
- ❖ **Appointed as Internal examiner for BPED Practical Course & Teaching Practices Practical Examination from 04th to 08th December 2018 at D.C.P.E Amravati (Mah.)**
- ❖ **Appointed for BPED Paper Evaluation from 15th to 21st December 2018 for the subject *Physiology of Exercise* of D.C.P.E, Amravati (Mah.)**
- ❖ **Appointed for BPES Paper Evaluation from 28th to 31st January 2018 for the subject *Sports Training* of D.C.P.E, Amravati (Mah.)**
- ❖ **Appointed as an official for BPED field test in MHCET on 22nd & 23rd May 2019.**
- ❖ **Appointed as an official for the MPED field test in MHCET on 25th May 2019.**
- ❖ **Internal Examiner of BPED Practical Course & Teaching Practices Practical Examination from 10th to 16th April 2019 at D.C.P.E Amravati (Mah.)**
- ❖ **Internal Examiner of BPED Practical Course & Teaching Practices Practical Examination from 09th to 11th April 2021 at Dibrugarh University (CSPES) Assam.**
- ❖ **Played 53rd & 68th senior & veteran M.P State Open Badminton Championship from 25th to 29th September 2013.**
- ❖ **Participated Maharashtra State Open Badminton Championship 2019.**
- ❖ **Worked as a Badminton Main Coach at Jaypee Sport Complex, Greater Noida (UP).**
- ❖ **5th month experienced as a physical Education Teacher at Jaypee Public School, Greater Noida (UP)**
- ❖ **Established self-Coaching Centre at Kakching District, Manipur and produced State no.1 player. (2015)**

PROFESSIONAL EXPERIENCE:

- ❖ Working as an Assistant Professor in Centre for Studies in Physical Education and Sports, Dibrugarh University (Assam)
- ❖ Worked as Assistant Professor at Lovely Professional University(2019-20), Punjab
- ❖ Delegated as Assistant Professor at D.C.P.E Amravati (2018-19), Maharashtra.
- ❖ Trained S.G.B.A University Amravati Girls Badminton Team for All India West Zone University in 2018.
- ❖ Attended 45 Days Internship Program as a Physical Education Teacher from 01 July to 15th August 2013 at Jawaharlal Navodaya Vidyalaya, Umathel, Thoubal District, Manipur
- ❖ Attended Summer Camp as a Badminton Coach organized by LNIPE Gwalior from 7th may to 20th June 2014.
- ❖ 15 Days Internship program in Girijan Sharirik Shikshan Mahavidyalaya, Amravati Institute, Chikaldhara, Maharashtra.
- ❖ Attended 1 week internship Program as a Physical Education Teacher at Edify World School, Amravati.
- ❖ Organized intercollegiate Athletic Meet two times under SGBA University, (2017 and 2018).
- ❖ Organized intercollegiate Badminton tournament under SGBA University (2017).
- ❖ Organized intercollegiate Football tournament under SGBA University, two times (2017 and 2018).
- ❖ Prepared the students of RKVM, Gwalior, for Mass Demonstration and March-Past Program held at L.N.I.P.E Gwalior on 9th February 2013.
- ❖ Official in West Zone and Inter Zonal *Indian Audit and Account Department* Badminton tournament held at Gwalior in the year 2013.
- ❖ Official in West Zone and Inter Zonal Inter University Badminton Tournament held at LNIPE, Gwalior, 2015-16

CONFERENCE/SEMINAR/PUBLICATION:

- ❖ Published a paper in SCOPUS INDEXED JOURNAL “European Journal of Molecular & Clinical Medicine” with ISSN 2515-8260, Volume 07, Issue 07, 2020 on the topic “*Comparative Study of Selected Physiological and Physical Fitness Parameters between Short Distance Swimmers and Sprinters*”.
- ❖ Presented a paper at SGBA University International Conference at Amravati on “*Effect of Conditioning on Selected Motor Fitness Component and Playing Abilities of Badminton Players*”.
- ❖ Presented a paper at National Conference, R.D.I.K & N.K.D. College, Badnera on “*Effect of Meditation on Mental Toughness and Sports Competitive Anxiety among Badminton Players*”.
- ❖ Attended 28th national Conference of Sports Psychology held at Mumbai, 2017.
- ❖ Published a paper on 6th Nov 2019 at History Research Journal on the topic “*Swimming Training and its Effect on Cardio-pulmonary Index of intercollegiate Badminton Players.*”
- ❖ Published a paper on Oct. 2019 at History Research Journal on the topic “*Perceived Behavior of Sports Aggression among the women players of Combative Sports and Team Game.*”
- ❖ Presented a paper at *International Conference on Enhancing Skills in Physical Education and Sports Science 2020 held at Osmania University, Hyderabad*
- ❖ Presented a paper at *International E-Conference on future road map for health, Fitness & Wellness, 30th to 31st July 2020 (Research Nebula), International referred peer reviewed.*
- ❖ Published a paper on the VYAYAM – VIDNYAN of SHREE HANUMAN VYAYAM PRASARAK MANDAL AMRAVATI – PUBLICATION (ISSN 0975-8895) on the topic “*Effect of Fitness Training and Meditation on Selected Physical, Psychological and Motor Variables among Tennis Players.*”

ADVENTURE SPORTS:

- ❖ Attended Leadership Training Camp held at Panchmarhi (M.P) from 4th to 13th Feb. 2012