

Dr.Sarita Singh

Assistant Professor

Department of Physical Education

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Curriculum Vitae

About Me

I have completed my initial training in Physical Education from the University of Lucknow and then further did Masters in Physical Education from Mahatma Gandhi Kashi Vidyapeeth University, Varanasi with Gold Medal. I did Ph.D in Physical Education from the University of Lucknow. I have specialization in Sports Biomechanism and Exercise Physiology. As co-author I have published one book and several research papers in journals of National and International repute. I have been teaching papers on Anatomy and Physiology in Physical Education, Fitness Wellness and Lifestyle, Health Education, Psychological Foundation of Physical Education, Posture Athletic care and Rehabilitation, Kinesiology in Physical Education, Teaching Method and Organisation in Physical Education, Statistics and Computer in Physical Education, Yogic Science in Physical Education and supervising sports skills of various games under practical courses.

Research Interests

- Exercise Physiology
- Sports Biomechanics
- Women Health and Sports

Teaching Interests

- Anatomy and Physiology in Physical Education
- Fitness, Wellness and Lifestyle
- Health Education
- Psychological Foundation of Physical Education

- Posture, Athletic care and Rehabilitation
- Kinesiology in Physical Education
- Teaching Method and Organisation in Physical Education
- Statistics and Computer in Physical Education.
- Yogic Science in Physical Education
- Foundation of Physical Education.

Academic Qualifications

Ph.D. (Physical Education), University of Lucknow, Lucknow, Uttar Pradesh. 2016
 Masters in Physical Education, Mahatma Gandhi Khashi Vidyapeeth University, Varanasi, Uttar Pradesh. 2009
 UGC NET in Physical Education, 2008
 Bachelor in Physical , University of Lucknow, Lucknow. 2007
 M.A. (Economics), University of Lucknow, Lucknow, Uttar Pradesh. 2005
 B.A, University of Lucknow, Lucknow, 2003

Positions Held

Assistant Professor, Department of Physical Education, Avadh Girls' Degree Collegesince 2017
 Subject Expert, Department of Physical Education, University of Lucknow, Lucknow ,UP (2009-2011)
 Assistant Teacher, Physical Education, Government Girls' Inter-College (2011-2017)

Publications

A. Books:

Kumar S, Jain N, Patel Chandra H, Singh S. (2018). **An Outline of Physical Education, Pravalika Publication, Allahabad, (India).** ISBN -97-8-73-84-292-34-8

B. Papers:

- Singh S (2022). *Role of Sports in Social Cohesion in Conflict Prone Regions: An Overview*. Chapter in edited book “**Roadmap to Internal Security in India: Challenges and Dilemmas**” ISBN-978-93-83930-97-5.
- Singh S & Pandey G (2020). *Effect Of Anulom Vilom, Kapalbhathi And Bhastrika Pranayama On Vital Capacity Of Covid -19 Positive Patients*. Sodh Sarita. Approved UGC Care. vol. 7 (28). ISSN-2348-2397:193-196.
- Pandey G & Singh S (2020). *Psychological View of Sports Performance Enhancer Via Imagery And Cognition*. Sodh Sanchar Bulletin. Approved UGC Care. vol. 10 (40). ISSN- 2229 – 3620: 191-194.

- Singh S (2019). *An overview of Female Athlete Triad*. Vidyawarta: An Interdisciplinary Multilingual Refreed Journal. UGC Approved S.No.41012.ISSN-23199318:163-166.
- Singh S (2019). **Comparative Study of Body Composition between North Zone Inter-University Male Athletes of Track Events and Field Events**.Aangan: **Refereed proceedings of Physical Education and Sports Sciences**.ISBN: 978-93-82462-47-7:269-271
- Singh S (2015). *Analysis of Financial Schemes of UGC for the Development of Physical Education and Sports with Special Reference to U.P.*Golden Research Thought, International Multidisciplinary Research Journal. Volume 5(2). ISSN-2231-5063: 1-4
- Singh S & Dubey Kumar A (2012). *Comparative Study Of Cardiovascular Efficiency Between Badminton And Table Tennis Players*. Akash, Journal of Physical Education, Recreation and Sports in Science and Technology.Vol 2 (1). ISSN -2250- 1398:71-74
- Singh S (2012). *Comparison of selected physiological parameters between B.P.Ed and B.Ed students*. Proceedings of International Seminar on Physical Education, Recreation and Yogic Sciences. Akash Education Society. ISSN-2250-1398:364-366.
- Krishna G & Singh S (2011). *Comparative Study Of The Socio-Economical Status Of Physical Education And General Education Teachers Trainees Of Lucknow*.AICPE Human Kinetics: a Journal Of Physical Education and fitness, New Delhi (U.P.). UGC enlisted journal No. 48690. Vol.2 (1). ISSN-0976-6588:75-77.

Conferences/ Seminars/ Talks

Conference / Seminar / Workshop organised/ Attended

- Organised a **Seven Days Workshop on “Basic Skills of Cricket and Its Implication on Holistic Health”** from 06th – 13th June, 2022.
- Organised a **One Week Workshop on “Mission Shakti 3.0”** from 25th October – 01st November, 2021.
- Organised a **Seven Day Workshop on “Emotional and Physical Development Through Sports”** from 26th– 29th October, 2021.
- Organised **fitness program** for the college students under **Fit India Campaign** for the session 2021-2022.
- Organised lecture series on *International Yoga Day* wherein **Dr. Vivek Singh, Assistant Professor SMMTPG College, Ballia, Prof. Archana Chahal, Head**

Department of Physical Education, Allahabad University Prayagraj, Dr. Rakesh Tomar, Department of Physical Education, King FAHD University of Petroleum and Minerals Saudi Arabia and Mr. Mohit Singh Rathore Founder of Wellness Power Yoga delivered lectures on various topics related with **Yoga and COVID-19** in the month of June 2021.

- Organised **Webinar on Role of National Integration in Nation Building** on August 14th, 2021 by Lt. Swati Nigam, Gujarat Directorate.
- Organised **Workshop on Yoga for Mental Health and Better Oxygen Level** on June 21st, 2021 by Ms. Amrita Gupta a Certified Yoga Trainer And Co-Founder Of Yogaami
- Organized **Seven Days Online Workshop On Self Defense**, under mission Shakti Govt of U.P., from October 15th-21st, 2020 by Mr. Gaurav Human, Founder/Training Director of Kalki Arts of Self Defense, Human I am Foundation.
- Organised a lecture on **Significance Of Indian Life Style during pandemic: A Movement toward New Fit India**, on August 30th 2020 by Dr. Kundan Singh Associate Professor, Dept. Of Physical Education, Mahatma Gandhi Kashi Vidyapeeth Varanasi (UP).
- Organized **Two Days Workshop On Yoga For Boosting Immunity**, from June 20th - 21st, 2020.
- Organized **One Week Workshop on Yoga Means Of Healthy, Happy And Enriched Lifestyle** by Certified Yoga Trainer Mrs. Prabha Singh from September 16th -23rd , 2019
- Organised **Ten Days Sports Training Camp of Basket Ball, Throw Ball and Kho-Kho** from October 11th -20th, 2019.
- Organised **Seven Days Workshop On Basketball Techniques And Its Implication In Matches** from November 05th -12th, 2018.
- Organised **Ten days Sports And Fitness Camp** from December 04th -14th, 2018.
- Attended Online Workshop as **Student Development Officer (Entrepreneurship) on Rural Entrepreneurship Development-MGNCRE** University of Lucknow (U.P) from August 18th, 2020.
- Attended Workshop on **Track and Field Marking**, organised by Babu Banarasi Das University, Lucknow, (U.P.) from April 3rd -6th, 2018.

- Attended International Workshop on **Health, Physical Education and Computer Science in Sports** organised by Osmania University, Hyderabad, from August 11th - 12th, 2012.

Presentations:

- Singh S. *Significance of Physical and Mental Fitness during COVID-19 an Overview* at the **National Seminar on Physical Education and Sports: Current Status and Future Prospects** organised by Pandit DeenDayal Upadhyay Government Girls' PG College, Rajajipuram, Lucknow (UP) held on March 13th -14th 2021.
- Singh S. *Sports, Lifestyle and Society* at the International Seminar on **Global Environment and Human Existence: Changes and Challenges** organised by NavyugKanyaMahavidyalaya , Lucknow, (UP) held on September, 07th -08th, 2019.
- Singh S. *Changing Position Of Sports In Higher Education* at the National Seminar on **Changing Paradigm of Higher Education in India: Issues and Challenges with special Reference to Uttar Pradesh** organised by National P.G. College, Lucknow, (UP) in Association with LUACTA held on October 10th, 2018.
- Singh S. *Sports and Sustainable Development Goals* at the National Seminar on **Changing Dimension of Natural Resources and Sustainable Development** organised by Avadh Girls' Degree College, Lucknow (UP) held on March, 29th-30th, 2018.
- Singh S. *Effect of Anulom Vilom and Kapalbhathi Pranayam on Vital Capacity of Female Basket Ball Player* at the National Conference on **Yoga and Well-being: Awareness Benefits Opportunity and Challenges in the Contemporary Society** organised by Govt. Girls Degree College DLW, Varanasi, (UP) held on February 24th-25th, 2018.
- Singh S. *Comparative Study of Physical Fitness Differentials between Rural and Urban Male Players* at the National Seminar on **Empowerment Of India Through Physical Education** organised by Department of Physical Education, University Of Lucknow, Lucknow (UP) held on October 22rd -23rd, 2016.
- Pandey G & Singh S. *Pre Visualization among Athletes* at the National Conference on **Globalisation and Tribal Development: Current Challenges** organised by University Of Lucknow, Lucknow (UP) held on March 20th-22th, 2015.

Awards & Honors

- Received D.G.N.C.C. Plaque Award by Lieutenant General Tarun Kumar Aich, AVSM, Director General, N.C.C.
- Received an appreciation letter for outstanding performance in N.C.C. by Major Gen. Rakesh Rana, ADG, N.C.C Directorate (UP), 2021

- Received Certificate of Distinction from Commanding Officer, Col. Dinesh Kanojiya, 19 UP Girls Bn N.C.C. Lko., 2021
- Commissioned with Lieutenant Rank at Officer's Training Academy, Gwalior, 2020
- **Member, Scientific Committee** in an International Seminar organised by University of Lucknow, on Utility of Physical Education Fitness Wellness and Health in Present Scenario, 2019.
- Gold medallist, M.P.Ed, Mahatma Gandhi Kashi Vidhyapeeth, Varanasi, 2009

Association with Professional bodies

Member, Physical Education Foundation of India