



Dr. Deepak Kumar Singh

M.P.Ed, Ph.D
Assistant Professor
Department of Physical Education
Ramananda College, Bishnupur
Bankura, West Bengal, India
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AREAS OF INTEREST/SPECIALISATION

- Sports Training
- Track & Field
- NCC

ACADEMIC ACHIEVEMENTS

Doctor of Philosophy (Ph.D) in Physical Education

Topic: *“A comparative Study on Two Different Resistance Training Protocols on Muscular Strength and Strength Endurance Development among young Boys and Girls.”*

Institute: University of Kalyani

Awarded Date: 30/08/2012

Master of Physical Education (M.P.Ed)

Institute: University of Kalyani

Year of Passing: 2004

Bachelor of Physical Education (B.P.Ed)

Institute: University of Kalyani

Year of Passing: 2002

Bachelor of Art(B.A)

Institute: Hooghly Mohsin College

Year of Passing: 1999

OTHER QUALIFICATION:

1. Associate NCC Officers Training Course at Kamptee, Nagpur,2015
2. Certificate Course in Sports Coaching (Athletics) – 2010 at Kolkata.
3. Athletics Coaches Education Course-2002 at Kalyani University.

RESEARCH EXPERIENCE

| From | To | Name and Address of Company / Organization | Position held |
|-------------|-----------|---|----------------------|
| 2008 | 2012 | University of Kalyani | Research Scholar |

ACADEMIC EXPERIENCE

1. From 29/04/2014 Assistant Professor of Physical Education in Ramananda College Bishnupur, Bankura.
2. From 18/02/2011 to 82/04/2014 Physical Instructor in Kalyani University, Nadia.
3. From 12/04/2004 to 17/02/2011 Assistant Teacher of Physical Education.

ADMINISTRATIVE EXPERIENCE

1. Performing duty as an Associate NCC Officer from 17th Oct 2015 onward.
2. Performing duty as a Coordinator of Netaji Subhas Open University Study Centre (J-09) from April 2016.

PUBLICATIONS

(Journals/Proceedings/Chapter in Books)

2018

D.K Singh, S.P. Chakraborty," *Influence of selected yogasana and callisthenic practices on heart rate and blood pressure of college girls.*" International Journal of Yogic, Human Movement and Sports Sciences. Vol.-3, 2018, page 116-119.

2017

D.K.Singh.” *A Study on Motor Fitness Performance of Different Groups of athletics.*” International Conference on Global education, Physical Education and Sports, Research and technology for Sustainable development. 2017, page 37-41.

D.K.Singh. “*Nature of Last three Strides during running Broad Jump.*” National Conference on Awareness of Physical Education and sports among the Backward Communities in rural area.”

2014

D.K. Singh, “*Myths and Realities Regarding Common Fitness Development Activities.*” National Conference on Empowering India with Health through Physical Education & Sports Sciences, 29th August 2014

2013

D.K.Singh “*Influence of Resistance Training on Strength of Young Boys.*” HORIZON PALAESTRA International Journal of Health, Sports and Physical Education.Vol.1 No.2 2013. (60-65).

D.K.Singh “*Resistance Training on Young Girls- A Case Study*”. Pesy International Journal of Physical Education Sports Management and Yogic Science. Vol. 3 No.3, 2013.

D.K.Singh “*Nature of the Last three Strides During Running Broad Jump*”. AMASS, Multilateral research journal. Vol.5 No.1, 2013 (32-35)

D.K.Singh & S. S. Yadav “*A Study on Relationship between Strength and Playing Ability of Male Kabaddi Players*”. AMASS, Multilateral research journal Vol.5 No.1, 2013 (121-124)

D.K.Singh “*Role of Physical Education on Academic Performance of Children*”. Journal of Education and Development. Vol.3 No.5, 2013 (184-186)

D.K. Singh, “*Importance of Health and Fitness for Life*”, National Conference on Physical Education, 29th August 2013. Page 167-169.

D.K. Singh, “*Childhood Obesity and Physical Activity*”. National Seminar on Sustainable Development of Physical Education for Health, Active Life style and Well-being in 21st Century,2013, Page 122-126.

2012

D.K.Singh “*Effects of Resistance Training and Plyometric Training on Explosive Strength in Adolescent Male Taekwondo Players*”. International journal of Behavioural Social and Movement Sciences.Vol.1. Issue 02, 2012 (49-56)

D.K.Singh “*Effects of Combined Training Program on Explosive Strength in Male Taekwondo and Basket Ball Players*”. Global Journal of Applied Social, Political &Sports Science. On line international journal. Vol.1. Issue 1, 2012 (10-16)

D.K.Singh “*Strength Training for Preadolescent Children: Myths and Realities*” International journal of Physical Education Health & Sports Sciences. Vol. 1 Issue, 1. 2012 (31- 34)

2011

D.K.Singh “*Effect of Weight Training program on Strength Endurance in Preadolescent Girls*”. Indian journal of Yoga Exercise & Sport Science and Physical Education. Vol.V.No. 1&2 2011 (74-79)

D.K.Singh “Effects of Resistance Training and Plyometric Training on Explosive Strength in Adolescent Male Taekwondo Players”. International journal of Behavioural Social and Movement Sciences.Vol.1. Issue 02, 2012 (49-56)

2010

D.K.Singh & Prof. K. Banerjee “*A relative influence of the leg explosive strength and speed on long jump performance*” Indian journal of Physical Education Sports Medicine & Exercise Sciences Vol. 10,Dec. 2010 page 11-14

Book

2013

“Influence of Resistance Training on Boys and Girls” (Myths, Realities and Benefits of Resistance Training). Lambert Academic Publication, Germany. ISBN 978-3-659251474

2012

“The making of an Academic leader- Prof. Alok Kumar Banerjee.” Classic publication, Kolkata. ISBN- 81-87616-63-6

SEMINARS, CONFERENCE AND WORKSHOP ATTENDED & PAPER PRESENTATION

2019

“Sensitization programme on Quality Assurance for Academic administration of Learner Support Centres(LSC/Study Centres(SC).” Organised by NSOU, held at Regional Centre Durgapur on 27th November 2019.

2018

Sate Level “Seminar on Environmental Awareness.” Organized by Ramananda College NSS Unit on 20th December 2018 at Ramananda College, Bishnupur Bankura.

Celebration of the “Sampriti Saptaha” (11th – 17th September, 2018) on the auspicious occasion of 125th Anniversary of Chicago Speech delivered by Swami Vivekananda. Organized by Ramananda College ,Bishnupur Bankura.

2017

International Conference on “ Global Innovation and Research in Education, Sports Sciences and Yoga.” Organised by Department of Physical Education, Mahisadal Girls’ College on 10th -11th December 2017.

International Conference on “Global Education, Physical Education and Sports, Research and Technology for Sustainable Development.” Organized by Department of Physical Education, Seva Bharati Mahavidyalaya on 9th December 2017.

International Seminar on “Yoga in Life and Education: Its Relevance in the 21st Century.” Organized by department of Education, University of Gour Banga on 3rd – 4th June 2017

National Seminar on “ Awareness of Physical Education & Sports Among the Backward Communities in Rural Area.” Organized by Saltora Netaji Centenary College on 26th – 27th February 2017.

Workshop on On-line Renewal and Admission Modalities(PG & BDP). Organized by NSOU on 25th April 2017 at Kolkata.

2016

“Sensitization & Orientation of Academic Coordinators (M.A in Education) of NSOU study Centres” held on 24th June 2016, organized by School of Education.

National Seminar on “ Quality Assurance in Health, Fitness and Wellness” organized by NBSM Bishnupur Bankura on 20th -21st January 2016.

2014

International Conference on “Physical Education & Sports Science”- 9th – 11th January, 2014. Organised by Manipal University, Karnataka.

National Conference on “Empowering India with Health through Physical Education & Sports Sciences”- 29th August 2014. Organized by Physical Education Foundation of India. New Delhi.

2013

State level Seminar on “Role of Sports Administration on Sports Development”- 3rd Feb., 2013. West Bengal.

National Seminar on “Socioeconomic and Sociocultural Perspective of Physical Education”- 10th & 11th May, 2013. Organized by Dept. of Physical Education, Mugberia Gangadhar Mahavidyalaya. West Bengal.

National Conference on “Contributions of Physical Education to Public Health Fitness and Sports Promotion”- 29th August 2013. Organized by Physical Education Foundation of India. New Delhi.

National Seminar on “Sustainable Development of Physical Education for Health, Active Life Style and Well-Being in 21st Century”- 20th & 21st September, 2013. Organised by Union Christian Training College, Baharampur. West Bengal.

2012

National Seminar on “Physical for Fitness, Health & Well-being.”-August 2011.Organized by Dept. of Physical Education, Mugberia Gangadhar Mahavidyalaya. West Bengal.

State level Seminar on “Performance Profile of Young Athlete.”- January 2012. Organized by Dept. of Physical Education, University of Kalyani. West Bengal.

International Convention on “Science, education and Medicine in Sports” Glasgow. July 19th to 24th, 2012.

International Workshop on “Strength and Conditioning.” Organized by SAI and LNCPE Thiruvananthapuram, Kerala, 2012.

National Level workshop on “Modification of Teacher Education Curriculum”. Organized by University of Kalyani. 12th to 19th December, 2012.

2011

National seminar on “Role of Sports Science on sports performance and Fitness.” - January 2011. Organized by Dept. of Physical Education, University of Jadavpur. West Bengal.

2010

National conference on “Trends and practices in physical education”- 29th -30th January 2010. Organized by Dept. of Physical Education, Visva- Bharti University. West Bengal.

National seminar on “Modern trends in Physical Education and sports Science”- November 2010. Organized by Dept. of Physical Education, University of Kalyani. West Bengal.

National workshop on “Role of Sports Sciences and Coaching: Achieving Excellence in Common Wealth Games-2010”. Organized by Kolkata SAI.

RESOURCE PERSON

2019

Subject Expert for the selection of Guest Faculty on 28/08/2019 at Saldiha College
Subject Expert for the selection of Guest Faculty on 18/06/2019 at Bankura Christian College

2018.

Subject Expert for the selection of Guest Faculty on 06/12/2018 at Saltora Netaji Centenary College.
Invited Lecture at Saltora Netaji Centenary College on the Topic “Women in Sports” on 06/12/2018.

SPORTS ACHIEVEMENTS:

1. All India Inter University athletic Meet held at Gulbarga University in 2003.
2. All India Inter University athletic Meet held at Calicut University in 2002.
3. All India N.C.C. Athletic Meet held at Pune in 2001.
4. State Athletic Championship 1997, 3rd position in Long Jump.
5. W.B.C.I.P.E. Athletic Meet 2003, 1st position in Long Jump.
6. W.B.C.I.P.E. Athletic Meet 2002, 1st position in Long Jump.
7. Annual Athletic Meet of K.U. 2002-03, 1st position in Long Jump & Triple Jump, 2nd position in 100 m Run.
8. Annual Athletic Meet of K.U. 2001-02, 1st position in Long Jump & Triple Jump, 2nd position in 100 m Run.
9. Inter Govt. College Athletic Meet 1999, 2nd position in 100m Run, 3rd position in Long Jump & 200m Run.
10. Inter Govt. College Athletic Meet 1998, 3rd position in 100m Run & in Long Jump.
11. Annual Athletic Meet of B.U. 1997, 3rd position in Long Jump & 2nd position in 100m Run.
12. Hooghly District Athletic Championship 1997, 1st position in 100m Run & in Long Jump.
13. Hooghly District Athletic Championship 1996, 1st position in 100m Run, 2nd position in 200m Run and 3rd position in Long Jump.

OTHER PROFESSIONAL EXPERIENCES:

1. In organizing the East Zone Inter University Basket Ball (Men) tournament 2012.
2. In organizing the East Zone Inter University Kabaddi (Women) tournament 2012.
3. In organizing the All India Inter University Athletic Meet 2012. As a Technical Convener.
4. Manager of Kalyani University Cricket (M) Team 2011-12, 2012- 13 & 2013-14
5. Manager of Kalyani University Foot Ball (M) Team 2011-12 and 2013- 2014.

6. Coaching of Kalyani University Athletic Team 2011-12 and 2012-2013.
7. Manager of Kalyani University Kabaddi (Women) team 2013, 2014.
8. Coaching of Ramananda College Football Team from 2015.

PERSONAL DETAILS IN BRIEF

Date of Birth : 14/10/1978
Marital Status : Married
Nationality : Indian
Current Status : Assistant Professor
Address : Bandel Survey View Park
P.O.- Bandel
Dist- Hooghly
Pin Code – 722122
West Bengal