

## Kumaun University, Nainital

### Curriculum Vitae

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Name : Dr. Santosh Kumar  
 Designation : Assistant Professor  
 Department : Physical Education  
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#### Educational Qualification

Degree	University	Subjects	Year
High School / 10th	UA board	Science	2001
Intermediate / 12th	UA Board	Science	2003
U.G. (B.Sc.)	Kumaun University	PMS	2006
U.G. (B.P.Ed)	Lucknow University	Physical Education	2007
P.G. (M.P.Ed)	Lucknow University	Physical Education	2009
UGC NET		Physical Education	2008
Ph D	Lucknow University	Physical Education	2017

#### Work Experience (add row if required)

Position	Department	University/Organization	Year
Assistant Professor	Physical Education	Kumaun University	2011 to Present

#### Administrative Responsibilities (add row if required)

Position	Nature of responsibility	University/Organization	Year
Assistant Warden	Hostel	Kumaun University	2019 to present
Examination Superintendent	Examination	Kumaun University	2022 to present
Convenor (Physical Education)	Subject	Kumaun University	2019 to present
Member of Department Purchase Committee	Purchase	Kumaun University	2011 to present
Member of proctor board	Proctor	Kumaun University	2017 to present

**Research Interests**

Exercise Physiology, Cardiovascular Exercise Physiology, Respiratory Exercise Physiology, Environmental Exercise Physiology

**Publications (start from recent publications)**

## a) Research Papers (add row if required)

S. No.	Title with page nos.	Journal	ISSN/ ISBN No.	Whether peer reviewed. Impact factor, if any	No. of co-authors	Whether you are main author
1.	COMPARISON OF BODY FAT PERCENTAGE AMONG THE STUDENTS OF DIFFERENT SOCIOECONOMIC STATUS	Refereed Journal: VOLUME:10, ISSUE:6(6), June:2021 Online Copy of Article Publication Available: <a href="http://www.ijmer.in">www.ijmer.in</a> Digital certificate of publication: <a href="http://ijmer.in/pdf/e-Certificate%20of%20Publication-IJMER.pdf">http://ijmer.in/pdf/e-Certificate%20of%20Publication-IJMER.pdf</a> Scopus Review ID: A2B96D3ACF3FEA2A Article Received: 10th June - Publication Date:30th June 2021	2277-7881	Peer reviewed IMPACT FACTOR :7.816	02	Yes
2.	"A comparative study of Cardiovascular efficiency on sedentary people, Regular walker and Yoga practitioners"	Dogo Rangsang Research Journal, Indexed in UGC-Care list Volume 11, Issue. 08, No.. 03, Aug 2021 176-178	ISSN: 2347-7180	Peer reviewed	02	No
3.	A COMPARATIVE STUDY OF AEROBIC/CARDIOR ESPIRATORY FITNESS LEVEL	International Journal of Emerging Technologies and Innovative Research ( <a href="http://www.jetir.org">www.jetir.org</a>   UGC and	<b>2349-5162</b>	Peer reviewed <b>Impa</b>	02	Yes

	AMONG THE STUDENTS OF DIFFERENT SOCIO-ECONOMIC STATUS	issn Approved), ISSN:2349-5162, Vol.8, Issue 9, page no. ppb769- b775, September-2021, Available at : <a href="http://www.jetir.org/papers/JETIR2109195.pdf">http://www.jetir.org/papers/JETIR2109195.pdf</a>		<b>ct facto r 7.95</b>		
4.	A Comparative Study of Aggression Between the Players of DSB Campus Nainital and MB PG College Haldwani Affiliated from Kumaun University Nainital India.	Global Journal of Current Research (ISSN: 2320-2920) CIF: 3.269 A Quarterly Peer Reviewed Journal Vol. 8. No. 4. 2021 <a href="http://www.crdeepjournal.org">www.crdeepjournal.org</a>	ISSN: 2320-2920	Peer Reviewed	01	Yes
5.	A Comparative Study of Lower Back Flexibility among the Students of Different Socioeconomic Status	<a href="http://www.crdeepjournal.org">www.crdeepjournal.org</a> International Journal of Social Sciences Arts & Humanities (ISSN: 2321-4147)(CIF: 3.625) A Quarterly Peer Reviewed Journal Vol. 8. No. 4. 2021	ISSN: 2321-4147	Peer Reviewed Journal	01	Yes
6.	A Comparative Study of Cardio-vascular Endurance among Adolescent Girls of Plain & Hilly Region of Uttarakhand	NeuroQuantology   January 2022   Volume 20   Issue 1   Page 205-209   doi: 10.14704/nq.2022.20.1.NQ22075 SCOPUS	eISSN 1303-5150	Peer reviewed	02	NO
7.	Relationship of Emotional Intelligence and Mental Health between Yogic and Non-Yogic Female students	Worldwide International Inter-Disciplinary Research Journal (A Peer Reviewed referred) Volume -I, Issue-XXXIX, SJIF Impact Factor: 6.91 November 2021, Page No 08-15	ISSN: 2454-7905	Peer reviewed	03	NO

8.	A Comparative Study of Upper Body Muscular Strength among the Students of Different Socioeconomic Status	www.crdeepjournal.org Global Journal of Current Research (ISSN: 2320-2920) CIF: 3.269 A Quarterly Peer Reviewed Journal June 2022, Page No 65-68	ISSN: 2320-2920	Peer reviewed	01	Yes
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b) Patents (start from recent publications) **(add row if required)**

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Authors name	Title of the patent	Patent no (Granted or filed)	Year

c) Books (start from recent publications) **(add row if required)**

Authors name	Title of the book	Publisher	ISBN	Year

d) Book chapters (start from recent publications) **(add row if required)**

Authors name	Title of the book	Publisher	ISBN	Year

e) Conference Publications/Proceedings (start from recent publications) **(add row if required)**

S. No.	Title of the paper presented	Title of conference/ seminar etc.	Organized by	Whether international/ national/state /regional/college or university level
1.	National Conference	Role of Psychology in Spots	Department of Physical Education Dr. Babasaheb Ambedkar Marathwada University Aurangabad India	National
2.	Invited Lecture	“खेल-कुद में लगने वाली चोंटे	L.S.M P.G. College Pithoragarh on	College

			15.01.2017	
3.	Invited Lecture	ट्रेक इवेंट	L.S.M P.G. College Pithoragarh on 10.06.2017	College
4.	Conference	Human Right- Role of Intellectuals	All India Conference of Intellectuals 25 June 2017	National
5.	Seminar	Gurudev Ravindranath in Contemporary Perspective	Shantiniketan Trust for Himalaya in association with Kumaun University, Nainital 6 <sup>th</sup> 60 7 <sup>th</sup> May 2018	National
6.	Invited Lecture	"फिल्ड इवेंट इन ट्रेक एण्ड फिल्ड"	L.S.M P.G. College Pithoragarh on 20.01.2018	College
7.	Invited Lecture	"परिसंचरण तंत्र"	L.S.M P.G. College Pithoragarh on 16.06.2018	College
8.	Prospects of Employment Generation through Yoga	Migration from Indian Himalayan Region: Challenges and Strategies	Department of Commerce DSB Campus & IPSDR Kumaun University in H.E.R.D.S 19-20 November 2018	National
9.	Invited Lecture	" वसन तंत्र"	L.S.M P.G. College Pithoragarh on 12.01.2019	College
10.	योग शिक्षा का व्यक्तित्व विकास में योगदान	राष्ट्रीय व्यक्तित्व विकास संगोष्ठी	रामकृष्ण कुटीर विवेकानंद कार्गर अल्मोड़ा उत्तराखंड एवं स्वामी विवेकानन्द पीठ कुमाऊं यूनिवर्सिटी नैनीताल 30 September 2019	राष्ट्रीय
11.	Workshop	Self-Awakening Through Yogic Practice	Department of Physical Education Swami Vivekanand Subharti University, Meerut. U.P. February 22-23, 2019	National

12.	Workshop	Research Methodology & Statistical Application in Humanities	Department of Physical Education Swami Vivekanand Subharti University, Meerut. U.P. February 28-01 March, 2020	National
13.	Invited lecture	“मैनेजमेंट इन फिजिकल एजुके िन”	L.S.M P.G. College Pithoragarh on 20.01.2021	College
14.	Comparison of Emotional Intelligence between Yogic and Non-Yogic Female students	Role of Yoga Peace ICT and Environmental Education for Sustainable Development	College of Teacher Education (CTE) & Department of B.Ed March 23 &24, 2021	International Conference
15.	Workshop	New dimensions of Training Exercise and health for modern Day's Lifestyles	Hemvati Nandan Bahuguna Garwal University, Srinagar Garwal Uttrakhand 08-09 March 2021	International
16.	Invited lecture:	Olympic peace and friendship with no discrimination in race and gender	Department of Physical Education ssjdvsss Govt. P.G. College Ranikhet Uttrakhand 23 June 2021	National
17.	Invited lecture:	Basic Principles of Sports Training	L.S.M P.G. College Pithoragarh on 20.01.2021	College
18.	Relian Foundation Youth Sports AIFC Workshop	Coaches online workshop	RFYS-AIFC Coaches Online Workshops 12 to 14 July 2021	National
19.	Invited lecture:	National Sports Day	Harsh Vidya Mandir P.G. College Raysi Haridwar Uttrakhand 29/8/21	National
20.	Invited lecture:	Test & Management in Physical Education”	L.S.M P.G. College Pithoragarh on 21.01.2022	College
21.	National Seminar	Assisting Women in Identifying Abusive	Department of Home Science	National

		Relationships and Awareness Generation Among Them on Provisions for Protection against Violence	D.S.B. Campus Nainital 8 March 2022	
22.	Workshop	Research Methodology & Applied Statistics	Department of Physical Education, Faculty of Education & IQAC Swami Vivekanand Subharti 7,8 November 2022	National
24.	National Seminar	Bharat: Vishva Guru in Yoga Education	Department of Teacher and Non-Formal Education Jamia Millia Islamia, NEW Delhi February 11-12, 2023	National
23.	International Conference	Futuristic Trends in Education, Research, and Development in Global Scenario”	Department of Education Swami Vivekanand Subharti University, Meerut. U.P. April 27-28, 2023	International Conference
24.	International Seminar	Role of Sports in women empowerment	Department of History, LSM P.G. College, Pithoragar, Uttarakhand July 8-9, 2023	International Seminar
25.	National Seminar	Homestay tourism in the Uttarakhand available Possibilities and Challenges	Faculty of Commerce, Kumaun University, Nainital 9-10 October 2023	National Seminar
26.	International Seminar	Yoga and its impact on the mental health of women	Department of Yogic Science, D.S.B. Campus, Kumaun University, Nainital, 21-22 November 2023	International Seminar

**Projects (add row if required)**

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Title of the project	Funding agency		Amount (Rs)	Year

**Teaching details (add row if required)**

Name of the course/paper	Department	University	Year
Physical Education	Physical Education	Kumaun University	2011 to present

**Professional Memberships (add row if required)**

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Organization	Position	Year

**Honours and Awards (add row if required)**

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Award	Awarding Organization	Year