

## Soraisham Sunilkumar Singh

Assistant Professor  
Dept. of Physical Education,  
Natal College (Autonomous), Tiruchirappali  
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### CAREER OBJECTIVE

To utilize my knowledge and skill in the area of Physical Education, for the development of Physical Education, Games, Sports and enhance the career revenue. And also want to attempt a challenging job to prove myself and want to become a unique example in the field of (Job) Physical Education and Sports.

### PROFESSIONAL QUALIFICATION

Course	Board/ University	Year of Passing	Div	Percentage
Doctor of Philosophy	National College (Autonomous) Tiruchirappalli	-	-	Submitted Thesis
Masters of Physical Education	S.G.B.A.UAMRAVATI	2017	1 <sup>st</sup>	78.10%
Bachelors of Physical Education (B.P.Ed)	S.G.B.A.UAMRAVATI	2015	1 <sup>st</sup>	78.53%

### ACADEMIC QUALIFICATION

Course	Board / University	Year of Passing	Division	Percentage
10 <sup>th</sup>	Board of Secondary Education, Manipur	2007	III	39.33%
12 <sup>th</sup>	Council of Higher Secondary Education, Manipur	2010	II	46.60%
B. Sc., (Zoology Hons.)	Manipur University	2013	I	60.05%

### TECHNICAL SKILL

- Area of Theoretical Specialization– Sports Training, Sports Nutrition
- Area of Game Specialization –FOOTBALL
- Advance Sports coaching in ATHLETICS, FOOTBALL
- Certificate in Career Oriented Course in Athletics
- Cleared All India Football Federation 'D' License Course for football coach
- NCC 'C' Certificate Holder

## TEACHING EXPERIENCE

- Assistant Professor at National College (Autonomous) Tiruchirappalli from 12 April to till date.
- PRT in Physical Education at Delhi Public School, Digboi, Assam from 1 Nov 2019 to 1 Jan 2021.
- PET Teacher at Jawahar Navodaya Vidyalaya,Banduar,Gomati Tripura as a contractual Physical Education Teacher From 1 January 2019 to 30 April 2019.
- PET Teacher at Jawahar Navodaya Vidyalaya,Banduar,Gomati Tripura as a contractual Physical Education Teacher From 8 Dec 2017 to 30 April 2018.

## COACHING EXPERIENCE

- As a football Coach at Rajam Krishnamurthy Public School (CBSE), Tiruchirappali, Tamil Nadu From 01 June 2022 to 31 March 2024.
- As a football Coach at National college, Tiruchirappali, Tamil Nadu From 15 Feb 2021 to till now
- Worked as a Head coach at Delhi Public School, Digboi, Assam from 1 Nov 2019 to 1 Jan 2021.
- Worked as a Head coach at 3 Battalion Garhwal Regiment Army from 10 jan 2020 to 10 june 2020
- Conducted 6 months football coaching camp at Social Union Nascent (SUN) Club Mongshangei, Manipur.

## SPORT PROFICIENCY

Competition	Year	Place	Position
5k CHARITY RUN	2018	Trichy, Tamil Nadu	Participation
All India Inter-University Football Tournament	2016-17	V.U, Midnapur West Bengal	Participation
West Zone Inter-University Football Tournament	2016-17	B.U,Bhopal	2 <sup>nd</sup> Position
University Inter-Collegiate Athletics In Event 4x100m Relay Race	2016-17	D.C.P.E Amravati	1 <sup>st</sup> Position
18 <sup>th</sup> Maharashtra State Inter- University Krida Mahotsav in Athletics 200m	2014-15	Dr.B.A.M University Aurangbad	Participation
University Inter-Collegiate Athletics in Event 200m	2014-15	D.C.P.E Amravati	2 <sup>nd</sup> Position
University Inter-Collegiate Athletics in Event 200m	2013-14	D.C.P.E Amravati	1 <sup>st</sup> Position
Amravati National Open Cross-Country Competition	2013	D.C.P.E Amravati	Participation
State Level Inter School Football Tournament	2007	KhumanLampak, Imphal	1 <sup>st</sup> Position
1 <sup>st</sup> A.Borchand Singh Memorial Under-13 Boys Inter-District Football Tournament, Manipur	2005	Khuman Lampak,Imphal	1 <sup>st</sup> Position

## PAPER PUBLICATION

1. Soraisham Sunilkumar Singh & Dr. D. Prasanna Balaji (2024), *Effect of Plyometric And SAQ Training on Selected Skill Related Variables Among College Men Soccer Players*" Third Concept, Volume 37, No.444, February 2024, P 103-105 ISSN 0970-7247 (UGC Care List (Multi-disciplinary))
2. Soraisham Sunilkumar Singh & Dr. D. Prasanna Balaji (2024), *"Influence of Plyometric And SAQ Training On Selected Motor Fitness Components Among The Soccer Players"* Third Concept, Volume 38, No.445, March 2024, PP 86 -89 ISSN 0970-7247 UGC Care List (Multi-disciplinary)
3. Soraisham Sunilkumar Singh & Dr. D. Prasanna Balaji (2023), *"Influence of Plyometric And SaQ Trainings On Selected Physiological Parameters"* JAC : A Journal Of Composition Theory , Volume XVI, Issue VII, JULY 2023 PP 32-40 ISSN:0731-6755 DOI:23.18001.AJCT.2023.V15I07.23.4104
4. Soraisham Sunilkumar Singh & Shernu (2021), *"Comparative study of selected psychological variables between the defenders and attackers in soccer"* International Journal of Health, Physical Education and Computer Sciences in Sports volume- 43 No.1 Quarterly July 2021 to September 2021 page no.294, ISSN: 2231-3265

## INTERNATIONAL CONFERENCE

1. Certificate of paper presented and published in titled of *Effects Of Yogic Practices And SaQ Training On Selected Physiological Parameters And Physical Fitness Components Among Bharathidasan University Men Soccer Players* in the International Congress on "Renaissance in Sports in Sports Strategies, Challenges and Choices", held at National College, Tiruchirapalli, from 7<sup>th</sup> to 11<sup>th</sup> Feb, 2024
2. Certificate of paper presented and published in titled of *Combined Effect Of Plyometric And Mobility Training On Selected Physical Variables Among College Women Players* in the International Congress on "Renaissance in Sports in Sports Strategies, Challenges and Choices", held at National College, Tiruchirapalli, from 7<sup>th</sup> to 11<sup>th</sup> Feb, 2024
3. Certificate of paper presented in titled of *"The Influence of SaQ Training On Selected Biomotor Abilities Among The Soccer Players Of Manipur"* in The Progress International Conference 2023 on the topic of " Multidisciplinary Research Local to Global Innovation" which took place on 15<sup>th</sup> July 2023 at Puducherry, India, Powered by The Progress (An initiative of Sri Aurobindo Yoga & Knowledge Foundation, India).
4. Certificate of participation on International Conference on Sports Technology organized by International Association of Physical Education and Sports (IAPES), Incorporated in collaboration with Physical Education Foundation of India, Sports Engineering Association. Gujarat Technological University, University of Makati and International Association of Innovative Technology, Inc. Given this day 22 of May 2022, via Zoom platform.
5. Certificate of paper presented and published in titled of *"The Important of Health, Fitness And Wellness"* in the International Conference on Three Day International Conference on "Emerging Trend of Physical Education and Sports Science" organized by Department of Physical Education and Sports Science Manipur University, Canchipur, Imphal, Manipur from 24<sup>th</sup> – 26<sup>th</sup> August 2022

6. Certificate of paper presented and published in titled of *"Effects Of Plyometric Training On Soccer Related Physical Fitness Variables Of Anna University Inter collegiate Female Soccer Players"* in the International Conference on Three Day International Conference on "Emerging Trend of Physical Education and Sports Science" organized by Department of Physical Education and Sports Science Manipur University, Canchipur, Imphal, Manipur from 24<sup>th</sup> – 26<sup>th</sup> August 2022
7. Certificate of participation on Two Days International Scientific E-Conference on "Physical Education, Sports Sciences, Health, Fitness, Physical Activity And Sports Competitions" 20 to 21 August 2021 organized by Chhatrapati Shivaji Kala Mahavidyalaya, Asegaon Purna, Dist. Amravati and Shripad Krushna Kolhatkar Mahavidyalaya, Jalgaon Jamod, Dist. Buldhana in Collaboration with International Federation of Physical Education, Fitness and Sports Science Association.
8. Certificate of paper presented and published in titled of *"Effect of Different Durations of Warming-Up on Selected Motor Fitness Components and Playing Ability of Soccer Players"* in the International Congress on "Renaissance in Sports in Sports Strategies, Challenges and Choices", held at National College, Tiruchirapalli, from 6<sup>th</sup> to 10<sup>th</sup> January, 2019.

#### **WORKSHOP, SEMINAR & OTHERS**

1. Certificate of participation One-Day International level Webinar on "Modern Trends in Physical Education & Sports Sciences" `organized by the Department of Physical Education, Mandsaur University on 26th July 2022.
2. Certificate of participation "Two Days National Webinar on Yoga for Healthy Lifestyle" on 7th International Day of Yoga from 20th to 21st June 2021 organized by Department of Physical Education, Mandsaur University
3. Certificate of participation in webinar on Career opportunities in Sports & Fitness Education- A Futuristic Perspective organized by Faculty of Sports & Faculty of Allied Health Sciences, Manav Rachna International Institute of Research and Studies in association with Sports, Physical Education, Fitness and Leisure Skills Council on 3 September 2021.
4. Certificate of participation in One Day National Level Online Seminar on Recent Trend in Sports Injuries, Their Preventions and Mangement held on 28 August 2021 Organised by ndira Gandhi Kala Mahavidyalaya, Ralegaon, Dist. Yavatmal (M.S.)Department of Physical Education & Sports and IQAC in collaboration with Government Degree College, Chatroo, Dist. Kishtwar (J&K)
5. Foundation Course for Sports Nutrition Comprehensive Virtual Program Organised by Department of Physical Education of AURO University, Surat, Gujarat.
6. International Certificate Course on Science of Coaching in Football Organised by International Association of Physical Education and Sports (IAPES), Incorporated in collaboration with Physical Education Foundation of India and Lakshmbai National Institutes of Physical Education.
7. ITI(Trade)=InformationTechnology&ElectronicsSystemofMaintenance2year Course
8. Certificate Course on Computer Application Conducted by Institute Of cooperative Management, Imphal.

9. Certificate of worked as Assistant Official for Amravati Half Marathon on 2<sup>nd</sup> October 2017. Amravati Half Marathon was state level event.
10. Certificate of participation in 6<sup>th</sup> National Seminar on Gandhi an thoughts under the theme of "Sustainability of Gandhiji's Thoughts: Present Context" (26 -27 Feb 2017).
11. Certificate of worked as Assistant Official for Amravati Half Marathon on 2<sup>nd</sup> October 2017. Amravati Half Marathon was state level event.
12. Certificate of participation in 45<sup>th</sup> ISTE Annual National Convention & International Conference on Challenges & Opportunities in Technical Education in the Era of Sustainable Development. (9 – 11 January 2016)
13. Certificate of participation in Convention Cum Workshop on Physical Education and Sports on 8<sup>th</sup> September 2015
14. Certificate of participation in 3 Days National Level Training Programme on Development Of Community Libraby Through NSS Certificate of Participation in NCC National Intergration Camp at Agartala 2010

## **PERSONAL DETAILS**

Father Name : Soraisham Gojen Singh  
Mother Name : Soraisham(O)Panthoi Devi  
Sex : Male  
Religion : Hindu  
Nationality : Indian  
Caste : OBC  
Language Known : Hindi, English, Tamil  
Permanent Address : Mongshangei Mayai Leikai  
Manipur University Post,  
Imphal West Manipur - 795003