

## **CURRICULUM VITAE**

Dr. Kapil Mishra  
(Ph.D., M.Phil., M.P.Ed., D.Y.Ed.)  
Asst. Professor (Physical Education)  
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### **Professional Experience**

Working as an assistant professor since 2004 in Gurukul Kangri University.

### **Professional Education**

Ph. D in physical Education from C.D.L. University, Sirsa

M. Phil In physical Education from kurukshetra university, Kurukshetra.

Masters in physical Education from Jiwaji university, Gwalior.

Bachelor physical Education from Amravati university, Amravati.

### **Additional Education**

Diploma in Yoga Education from Jiwaji university, Gwalior.

Certificate course in physiotherapy from Birla Institute of Medical Research, Gwalior.

Advance Knowledge of Computers: MS Office, page maker & Internet.

### **Special Features**

Active member of UKSSSC since 2017. Worked as Paper setter, Moderator and member of BOS.

Member of Board of Studies in Uttaranchal Technical University, Dehradun.

### **Lecture's delivered**

Presented a paper as a resource person in national conference at CGNPG College, Gola Gokernath, on Bioenergetics from 15.02.2019 to 17.02.2019.

Presented a paper as a resource person in academic development program at University of Patanjali, Haridwar, on Bioenergetics and Track & field events on 18.03.2019.

Presented a paper as a resource person in academic development program at Jawahar Navodaya Vidyalaya, Haridwar, on tournaments and Sports nutrition on 28.12.2018.

### **Academic Achievement – International**

Presented a paper entitled “A Theory of Entrepreneurship and Sports Management” in ICMI, 3<sup>rd</sup> International Conference on Management Innovations, Organized by Faculty of Management Studies, Gurukul Kangri University from 10-12<sup>th</sup> Feb 2014 at Haridwar.

Presented a paper entitled “A comparative study of will to win among team games and individual games players at University level” in the International Conference on “Global innovations, strategies & policies in Physical Education and Sports”, organized by Department of Physical Education and Sports , Gurukul Kangri University from 24-26 February 2012 at Haridwar.

Presented a paper entitled “21<sup>st</sup> Century & Application of Research in Sports Biomechanics” in the International Symposium on Global Trends of Physical Education & Sports in 21<sup>st</sup> Century” organized by Department of Physical Education, from 2-3 April, 2011 at N.C.P.E., Noida.

Presented a paper entitled “Conditioning of Mind Through Yoga” in the International Conference on Yoga & Health Awareness In Modern Scenario, organized by Department of Human Consciousness & Yogic Science, Gurukul Kangri University from 23-25 March 2007 at Haridwar.

### **Academic Achievement – National**

Presented a Paper entitled “The positive approach for holistic health through yoga” in National Seminar, On Yogic Management on Life Style Disorders, organized by Department of Human Consciousness & Yogic Sciences, Gurukul Kangri University from 30-31 March, 2015 at Haridwar.

Presented a Paper entitled “The effect of ten weeks yogic practice on +ve breath holding time of school boys” in National Conference, On Present Innovative Approaches & new Paradigm in Physical Education, organized by Department of Physical Education & Sports, Gurukul Kangri University on 29<sup>th</sup> August, 2014 at Haridwar.

Presented a Paper entitled “Remedial approaches for Mental Health through Physical Education and Sports” in National Seminar On Mental Health

Challenges & Remedial Approaches, sponsored by ICSSR(NIS), New Delhi, organized by Department of Psychology, Gurukul Kangri University on 15-16 February, 2014 at Haridwar.

Presented a Paper entitled “Entertainment, Media and Advertising in Mega Sports Events” in 6<sup>th</sup> National Conference On Business and Social Science, organized by Faculty of Management studies, Gurukul Kangri University on 27 April, 2014 at Haridwar.

Presented a Paper in National Seminar and workshop, On ‘Maanvadhikaar sanrakshan’, organized by Faculty of Management studies, Gurukul Kangri University on 15-17 February, 2013 at Haridwar.

Presented a Paper entitled “Effect of positive thinking in sports” in National Sport Seminar, On Philosophical approach in positive thinking, organized by Department of Philosophy, Gurukul Kangri University on 26 March, 2012 at Haridwar.

Presented a Paper entitled “Comparison of Vo<sub>2</sub>max of University Level Basketball & Football Players” in National Conference, On Modern Trends & Directions of Physical Education & Sports, organized by Department of Physical Education & Sports, Gurukul Kangri University from 9-11 December, 2010 at Haridwar.

Presented a Paper entitled “Comparison of Muscular Endurance between Football & Hockey Players” in National Conference & Exhibition on Recent Trends in Physical Education, Health Education & Sports, organized by Department of Physical Education, from 5-7 February, 2010 at N.C.P.E., Noida.

Presented a Paper entitled “Comparison of Will to Winn Between Hockey & Football Players” in National Seminar, On Mental Health and Current Scenario, organized by Department of Psychology, Gurukul Kangri University 20-21 March, 2009 at Haridwar.

Presented a Paper entitled “Comparison of Skin fold Measurements & Body Composition Variables of Male Participants of Badminton & Table Tennis Games of Different Universities” in National Conference, On Professional & Scientific Approach of Physical Education & Sports in 21<sup>st</sup> Century, organized by Department of Physical Education & Sports, Gurukul Kangri University from 1-2 February, 2008 at Haridwar.

Presented a Paper entitled “Need of Physical Education & Sports in School Education” in National Sport Conference, On Physical Education & Sports, organized by Department of Physical Education & Sports, Gurukul Kangri University on 29 August, 2004 at Haridwar.

### **International Publication; Book-**

A Book entitled “The Complete reference book of yoga and exercises with international I.S.B.N.-978-93-88269-36-0, in the year 2019.

### **International Publication**

A Paper entitled “Comparative study on Will to Win among Male Football and Badminton players at University level in UGC Approved Journal No-46964 Named Online International Interdisciplinary Research Journal, Volume-9, Special issue -04, Jan. 2019, ISSN 2249-9598, With **Impact factor 5.818**, page number 174-177(oijr.org).

A Paper entitled “The effect of Yogic practice and Exercises on Vital capacity of School Boys” Published in Horizon Palaestra, Volume -2, issue -2, Jan. 2014, ISSN 2319-6459, print ISSN: 2278-2982(International journal of Health, Sports and Physical Education).

A Paper entitled “Comparison of skin fold measurement and body composition variables among male Badminton players” Published in Horizon Palaestra, Volume -2, issue -1, July 2013, ISSN 2319-6459, print ISSN: 2278-2982(International journal of Health, Sports and Physical Education).

A Paper entitled “Comparative study on will to win among individual and team game male players at university level” Published in Horizon Palaestra, Volume -1, issue -2, January 2013, ISSN 2319-6459, print ISSN: 2278-2982(International journal of Health, Sports and Physical Education).

A Paper entitled “Comparison of Vo2 max of University level Basketball and Football players” Published in Gurukul Patrika, April- June 2011, ISSN 0976-8017(International Research journal of Indology).

A Paper entitled “Ancient sports history is a mystery” Published in Gurukul Patrika, April- June 2011, ISSN 0976-8017(International Research journal of Indology).

### **National Publication**

A Paper entitled “Comparison of Muscular Endurance between Football & Hockey Players” published in journal of physical education and yoga, volume 1, no. 2 July 2010 ISSN 0975-9301- published by deptt. Of physical education N.C.P.E., Noida.

A Paper entitled “Comparison of Skin fold Measurements & Body Composition Variables of Male Participants of Badminton & Table Tennis Games of Different Universities” Published in Gurukul Patrika (special issue of 3<sup>rd</sup> national conference), Professional and scientific approach of physical education and sports in 21<sup>st</sup> century.

### **Workshop & Participation**

Participated in national workshop on “Patent & Intellectual Property Rights, 7<sup>th</sup> February 2015 G.K.U., Haridwar.

Participated in national workshop on “Harnessing Intellectual Property & its Management for Growth and Prosperity, 17<sup>th</sup> May 2014 G.K.U., Haridwar.

Participated in national workshop on “yoga and Alternative Therapies”, March 2014 G.K.U., Haridwar.

Participated in national workshop on “Relevance of yoga and physiotherapy in stress and injuries management”, September 2010 A.M.U., Aligarh.

Participated in national conference on “Physical education, Sports, Physiotherapy and Yoga”, November 2009, Doon P.G. college of Education.

### **Area of special interest**

Teaching, Coaching, Officiating in Badminton and Volleyball.

Kinesiology, Biomechanics, Sports Nutrition, Anatomy and Physiology, Computer Application in Physical Education and all subjects related to physical education, sport and Yoga.

### **Sports achievements**

Participated in west zone inter university Badminton championship.

Winner of Jiwaji university inter collegiate Distt. And Div championship.

Participated in uttaranchal tryathlon championship.