

# CURRICULUM VITAE



1. Name of the applicant : **Dr.P.P. Satya Paul Kumar**
2. Date of Birth : 01.07.1967
3. Present Designation & Department : Assistant Professor  
University College of Physical Education & Sports  
Sciences
4. Qualifications Ph.D./ M.Phil./PG. /NET/SLET : MPhil, PhD.
5. Date of Award of Ph.D./NET : MPhil- 2004, PhD-2009.
6. Research Experience : M.Phil Program: Progress – 04  
Ph.D Program : Progress : 08,  
Awarded – 16, Submitted - 03

## **7. Research Adjudicator - MPhil & PhD Programs**

1. Andhra University, Visakhapatnam
2. Sri Krishnadevaraya University, Anantapur
3. Osmania University, Hyderabad
4. Dravid University, Kuppam
5. Karnatak University for Women, Bijapur
6. Karpagam University, Karpagam
7. Tamilnadu University of Physical Education & Sports Sciences, Chennai

## **8. Professional Membership:**

1. National Association of Physical Education and Sports Sciences since 2007
2. Indian federation of Computer science in Sports ,Affiliated to International Association of Computer science in Sports since 2009

## **9. Attended UGC Courses: 03**

1. Inter disciplinary Refreshers course in Environmental Sciences” (3 weeks) from 06.07.09 to 26.07.09 at UGC Academic Staff college, Andhra University, Visakhapatnam.
2. “Refreshers course in Physical Education” (3 weeks) from 20.02.12 to 10 .03.12 at UGC Academic Staff college, Andhra University, Visakhapatnam.
3. “Orientation Course” (4 weeks) from 12.02.08 to 10.03.08 at UGC Academic Staff college, Andhra University, Visakhapatnam

## **10. As Resource Person Delivered Lectures – 04**

## 11. Chairperson / Co-Chairperson in the Conferences / Seminars – 16

1. Chairperson in the UGC National Seminar on Emerging trends in Physical Education & Sports Sciences and their role in improving the performance of Sportsmen conducted by department of Physical Education, Sri Padmavathi Mahila Visvavidyalayam (Women's University), Tirupathi, Andhra Pradesh on 5 - 6 March, 2012.
2. Chairperson in the UGC Sponsored National Conference for Life Style and Health Management, organized by Department of Physical Education, held at The Bapatla College of Arts & Sciences, Bapatla – 13<sup>th</sup> and 14<sup>th</sup> July, 2012.
3. Chairperson in the 2<sup>nd</sup> International Workshop on “Modern Trends in Sports Training” organized by University College of Engineering , JNTUK, Vizianagarm on 14<sup>th</sup> December, 2012.
4. Chairperson in the UGC Sponsored 21<sup>st</sup> National Conference of Sports Psychology, organized by the University College of Physical Education & Sports Sciences conducted by Acharya Nagarjuna University, Guntur, Andhra Pradesh from 7 - 9 February, 2011
5. Chairperson in the UGC Sponsored National Seminar on Issues and Themes in Physical Education & Sports Contemporary Situation Organised by Mahatma Gandhi Mahavidhyalaya Ahmadpur, Lathur(d.t) from 28<sup>th</sup> January to 30<sup>th</sup> January, 2011
6. Chairperson in the UGC National Conference on Physical Education & Sports Sciences is organize at M.S.M. College of Physical Education, Khadkeswar, Aurangabad from 31<sup>st</sup> January to 1<sup>st</sup> February, 2011.
- 7 Chairperson in the International Conference on Better Life Style Sports Performance Management through Physical Education and Sports Science – 25<sup>th</sup> to 26<sup>th</sup> April- 2014 at JNTUK, University College of Engineering, Vijayanagarm
- 8 Chairperson in the International Conference on Physical Education and Sports Science – 8<sup>th</sup> to 11<sup>th</sup> January- 2014 at Manipal University, Manipal
- 9 Chairperson in the 25<sup>th</sup> Pan Asian Conference of Sports & Physical Education – 2014- 8<sup>th</sup> to 10<sup>th</sup> August, 2014 at Osmania University, Hyderabad
- 10 Chairperson in the UGC Sponsored National Conference on Role of Latest Gadgets in Improving Sports and Games Performance held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 19<sup>th</sup> to 20<sup>th</sup> Mar-2014
- 11 Chairperson in the National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5<sup>th</sup> to 6<sup>th</sup> Oct-2014
- 12 Chairperson in the UGC Sponsored National Conference on Current Fitness Trends held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 26<sup>th</sup> to 27<sup>th</sup> Feb-2015
- 13 Chairperson in the Two Day National Conference on Physical Education on Health and Sports Sciences held at S.K.S.D. Mahila Kalasala (UG & PG), Tanuku from 29<sup>th</sup> to 30<sup>th</sup> Mar-2015
- 14 Chairperson in the National Seminar on Fitness & Wellness through Sports held at Sri Krishnadeveraya University, Anathapur from 7<sup>th</sup> to 8<sup>th</sup> November, 2015
- 15 Chairperson in the National Seminar on Fitness- A Way of Life held at S.V.D. Govt. Degree College, Nidadavole, from 3<sup>rd</sup> & 4<sup>th</sup> February, 2016
- 16 Chairperson in the International Conference on Health Indicators for Physical and Cognitive Fitness Education-26<sup>th</sup> & 27<sup>th</sup> February, 2016 at Alagappa university, Karaikudi

## 12. Book Publications: 03

S.No.	Title of the Article	Name of the Publisher (National/ International)	Name (s) of the Author (s)	Total Pages
1	“Development of Selection norms for senior volleyball Players”	<a href="http://www.lulu.com">www.lulu.com</a> - International -ISSN No:978-1-304-60374-6	Dr.P.P.S.Paul Kumar	

2	Emerging Trends in Physical Education & Sports Sciences	National Association of Physical Education & Sports Sciences (NAPESS) ISSN No. 2229-7049- National	Dr.P.P.S.Paul Kumar	
3	Effect of Structured Resistance Training and Varied Intensities of Weight Training on Selected Motor Fitness and Physiological Variables among Athletes	<a href="http://www.lulu.com">www.lulu.com</a> - International -ISSN No:978-1-365-20870-6	Dr. S. Raju, Dr.P.P.S.Paul Kumar	73

### 13. Received Awards: 01

Best Research Paper Award received from Acharya Nagarjuna University in its Foundation Day Celebrations in the year 2013-14.

### 14. Presented Research Papers in the International Conference – 31

S.No	Name (s) of the Author (s)	Title of the Article	Name of the Journal and Year of the Publication	Vol. & Issue No	Page No
1	Dr. P.P.S. Paul Kumar	Anthropometric and Nutritional Profile of Selected Volleyball Players	International Conference on Physical Education and Sports Science – 25th to 27 <sup>th</sup> February-2011 at Mapusa, Goa		
2	Dr. P.P.S. Paul Kumar	Effects of Combination of Assisted and Re Assisted Sprint Training on Agility among Male Football Players	International Conference on Better Life Style Sports Performance Management through Physical Education and Sports Science – 25th to 26 <sup>th</sup> April- 2014 at JNTUK, University College of Engineering, Vijayanagarm		
3	Dr. P.P.S. Paul Kumar	Yogasananas – A Cure for Psychological and Physical Ill-Health	International Conference on Better Life Style Sports Performance Management through Physical Education and Sports Science – 25th to 26 <sup>th</sup> April- 2014 at JNTUK, University College of Engineering, Vijayanagarm		
4	Dr. P.P.S. Paul Kumar	Effect of Circuit training on cardiovascular endurance of High School Boys	International Conference on Physical Education and Sports Science – 8 <sup>th</sup> to 11 <sup>th</sup> January-2014 at Manipal University, Manipal		721-723
5	Dr. P.P.S. Paul Kumar	Sports Nutrition and Physical Fitness	international Conference on Physiotherapy in Physical Education & Sports Sciences -22 <sup>nd</sup> to 23 <sup>rd</sup> February, 2014 at Government College, Mandya		260-262
6	Dr.P.P.S. Paul Kumar Sudhakara Babu. Mande	Study on Sports Psychology	international Conference on Physiotherapy in Physical Education & Sports Sciences -26 <sup>nd</sup> to 23 <sup>rd</sup> February, 2014 at Government College, Mandya		448-450
7	Dr. P.P.S.Paul Kumar	Physical and Mental Prowess for better living	Pre World Military Games Scientific Conference – 12 <sup>th</sup> to 13 <sup>th</sup> October- 2007 at Hyderabad		

8	Dr. P.P.S.Paul Kumar	Development of Selection norms for senior volleyball Players	14 <sup>th</sup> Commonwealth International Sports Science Congress – 2010- 27 <sup>th</sup> to 30 <sup>th</sup> September, 2010 at Manava Rachna International University, Faridabad		
9	Dr. P.P.S.Paul Kumar	Appreciation and Participation as a Technical Volunteer	XIX Commonwealth Games 2010, Delhi -3 <sup>rd</sup> to 14 <sup>th</sup> October, 2010		
10	Dr.P.P.S.Paul Kumar	Participated as Delegate	Two Day International Workshop on Sports Science, Technology Medicine & Fitness – 26 <sup>th</sup> -27 <sup>th</sup> July, 2011 at JNT University, Kakinada		
11	Dr.P.P.S.Paul Kumar	Perception of Group Cohesion and its Facts among Youth Male and Female Hockey Players of Different Ages	International Conference on Better Life Better World through Yoga with Allied Sports Sciences – 16 <sup>th</sup> to 18 <sup>th</sup> February, 1012 at TNPES University, Chennai		
12	Dr.P.P.S.Paul Kumar	A Study: Physical Education and Yoga	25 <sup>th</sup> Pan Asian Conference of Sports & Physical Education – 2014- 8 <sup>th</sup> to 10 <sup>th</sup> August,2014 at Osmania University, Hyderabad		
13	Dr.P.P.S.Paul Kumar	Effect of Aerobic and Anaerobic Interval Training Combined with Yogic Practices on Selected Physical and Physiological Variables of High School Male Kabaddi Players	International Conference on Physical Education & Sports Sciences Theme of Global Excellence in Fitness and Sports Science held at JECRC University, Jaipur from 6 <sup>th</sup> to 7 <sup>th</sup> January,2015.		380-386
14	Dr. P.P.S.Paul Kumar, G. Raju & S.Raju	Effect of Polymetric Training with and Without Mental Practices on Motor Fitness Physiological and Performance of Long Jumpers	International Conference on Physical Education & Sports Sciences Theme of Global Excellence in Fitness and Sports Science held at JECRC University, Jaipur from 6 <sup>th</sup> to 7 <sup>th</sup> January,2015.		374-379
15	Dr.P.P.S.Paul Kumar, D. Suresh, K.Subba Rao	Effect of PNF Stretching and Own Body Exercise on Selected Bio Motor Ability and Cordiorespiratory Fitness of Softball Players	International Conference on Physical Education & Sports Sciences Theme of Global Excellence in Fitness and Sports Science held at JECRC University, Jaipur from 6 <sup>th</sup> to 7 <sup>th</sup> January,2015.		387-392
16	Dr.P.P.S.Paul Kumar Sudhakara Babu. Mande	Effect of Continuous Running Fartlek and Interval Training on Speed and Coordination among Male Soccer Players	International Conference on Physical Education & Sports Sciences Theme of Global Excellence in Fitness and Sports Science held at JECRC University, Jaipur from 6 <sup>th</sup> to 7 <sup>th</sup> January,2015.		248-252
17	Dr.P.P.S.Paul Kumar	Effect of Yogic Training and Brisk Walking on Selected Physiological Variable (Mean Arterial Blood Pressure) among Diabetic Patients.	International Conference on Health Indicators for Physical and Cognitive Fitness Education-26 <sup>th</sup> & 27 <sup>th</sup> February, 2016 at Alagappa university, Karaikudi		
18	Dr.P.P.S.Paul Kumar Sudhakara Babu. Mande	Effect of Continuous Running Fartlek and Interval Training on Speed and Coordination among Male Soccer Players	International Conference on Health Indicators for Physical and Cognitive Fitness Education-26 <sup>th</sup> & 27 <sup>th</sup> February, 2016 at Alagappa university, Karaikudi		
19	Dr.P.P.S.Paul kumar,	The Effect of Aerobic and Anaerobic Interval Training	International Conference on Health Indicators for Physical		

	D.Suresh	Combined with Yogic Practices on Selected Physical and Physiological Variables of High School Male Kabaddi Players	and Cognitive Fitness Education-26 <sup>th</sup> & 27 <sup>th</sup> February, 2016 at Alagappa university, Karaikudi		
20	Dr.P.P.S.Paul Kumar	The Effect of Different Packages on Selected Motor Fitness Components and Psychological Variables Among Adolescent Boys.	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		227-235
21	Dr.P.P.S.Paul Kumar, Dr.K.V.Prasada Rao	Effect of Complex Training with Yogic Practice on Selected Motor Fitness Variables and Playing Ability Among the Kabaddi Men Players	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		93-102
22	Dr.P.P.S.Paul Kumar Dr. Sudhakara Babu. Mande	Effect of Continuous Running Fartlek and Interval Training on Speed and Coordination among Male Football Players	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		215-226
23	Dr.P.P.S.Paul Kumar Dr.T. Suseelamma	Effects of Varied Aerobic Exercises on Selected Biochemical Variables of Obese Engineering College Men Students	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		236-244
24	Dr.P.P.S.Paul Kumar G. Syamala, D. Bala Krishna	Comparative Study on Selected Anthropometric Variable among University Men Sprinters, Throwers, Jumpers and Long Distance Runners	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		274-282
25	Dr.P.P.S.Paul Kumar J. Prem Kumar	Effect of Stair Climbing and Sand Dune Running on Selected Strength and Endurance Variables of School Boys.	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		298-307
26	Dr.P.P.S.Paul Kumar K. Durga Rao	Association of Selected Physiological variables with Playing Ability of Badminton Players	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora		308-318

			Caculo College of Commerce & Management Studies, Mapusa, Goa.		
27	Dr.P.P.S.Paul Kumar Dr. N.David	Effect of Isolated and Combined Training of Weight and Plyometric Training on Selected Physical And Physiological Variables among College Men.	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		336-342
28	Dr.P.P.S.Paul Kumar G. Raju, P.S.Sudhakar	Effect of Play and Movement Education approach on selected Physical Fitness Variable of Elementary Children	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		354-364
29	Dr.P.P.S.Paul Kumar T.Ravikumar	Effect Of Low, Medium And High Intensity Polymeric Training On Selected Physiological Variables On College Men Students	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		395-406
30	Dr.P.P.S.Paul Kumar Y. Ram Babu	The Relationship Between Selected Motor Fitness, Psychological, Anthropometric Parameters with Playing Ability of Softball Players.	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		418-425
31	Dr.P.P.S.Paul Kumar, Y. Uday Bhaskar	Effects of Skill Training and Plyometric Training on selected Physiological and skill performance variables among school Volleyball Players	International Conference on Physical Education and Sports Science- 2 <sup>nd</sup> to 4 <sup>th</sup> June- 2016 at Kala Academy, Panaji, Goa organized by S.V's Sridora Caculo College of Commerce & Management Studies, Mapusa, Goa.		426-435

### 15. Presented Research Papers in the National Conferences / Seminars: 51

S.No	Name (s) of the Author (s)	Title of the Article	Name of the Journal and Year of the Publication	ISSN No	Page No
1.	Dr.P.P.S.Paul Kumar	Implementation of Physical Education as Compulsory Subject in Curriculum	National Conference of Latest Trends & Technologies in Physical education & Sports Organised by Department of Physical Education , Nizam		

			College, Osmania University, Hyderabad from 7 <sup>th</sup> & 8 <sup>th</sup> June -2007		
2.	Dr.P.P.S.Paul Kumar	Understanding Psychology for Performance Enhancement in officiating	XIX national Conference of Sports Psychology Organised by Nizam institute of Engineering & Technology and Dept of Psychology , Osmania University, Hyderabad from 18 <sup>th</sup> to 20 <sup>th</sup> January- 2007		
3.	Dr.P.P.S.Paul Kumar	“Sports Nutrition – Energy Requirement for Activity”	UGC National Seminar on Enhancement of Sports Performance Organised by K.M.C. College , Khopoli, from 25 <sup>th</sup> & 26 <sup>th</sup> February-2010.		
4.	Dr.P.P.S.Paul Kumar	Development of Selected Norms for Senior Volleyball Players in Andhra Pradesh	UGC Sponsored National Conference on Latest Research and Development in Physical Education and Sports at Local and Global Level held at M.S.M’s College of Physical Education, Aurangabad from 31 <sup>st</sup> Jan to 1 <sup>st</sup> Feb-2011		62-65
5.	Dr.P.P.S.Paul Kumar	Comparison of Strength Endurance Agility and Flexibility between Hockey and Football Players of Krishna District	UGC Sponsored National Conference on Emerging Trends in Physical Education, Sports Sciences and their Role in Improving the Performance of Sportsmen held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 5 <sup>th</sup> to 6 <sup>th</sup> Mar-2012		20-22
6.	Dr.P.P.S.Paul Kumar	Effect of Continuous Running Fartlek and Interval Training on Speed and Coordination among Male Soccer Players	UGC Sponsored National Conference on Role of Latest Gadgets in Improving Sports and Games Performance held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 19 <sup>th</sup> to 20 <sup>th</sup> Mar-2014		57-60
7.	Dr.P.P.S.Paul Kumar	Effect of Selected Polymetric Exercises on Vertical Jump Among Senior Volleyball Players	UGC Sponsored National Conference on Role of Latest Gadgets in Improving Sports and Games Performance held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 19 <sup>th</sup> to 20 <sup>th</sup> Mar-2014		102-103
8.	Dr.P.P.S.Paul Kumar	Physical Development through Physical Education	UGC Sponsored National Conference on Role of Latest Gadgets in Improving Sports		241-242

			and Games Performance held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 19 <sup>th</sup> to 20 <sup>th</sup> Mar-2014		
9.	Dr.P.P.S.Paul Kumar	Effect of Different Packages of Yogic Practice on Selected Motor Fitness Components and Psychological Variables among Adolescent Boys	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	24-28
10.	Dr.P.P.S.Paul Kumar	Effect of Varied Aerobic Training on Selected Physical Fitness, Physiological, Biochemical and Psychological Variables Obese Engineering College Students	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	150-158
11.	Dr.P.P.S.Paul Kumar	Effect of Polymetric Training with and Without Mental Practices on Motor Fitness Physiological and Performance of Long Jumpers	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	165-170
12.	Dr.P.P.S.Paul Kumar	Effect of Structured Resistance Training and Varied Intensities of Weight Training on Selected Motor Fitness and Physiological Variables among Athletes	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	171-175
13.	Dr.P.P.S.Paul Kumar	Effect of Plyometric with Pilates Exercise on Selected Motor Ability Physiological and Skill Related Performance Variables among Volleyball Players	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	275-280
14.	Dr.P.P.S.Paul Kumar	Effect of Aerobic and Anaerobic Interval Training Combined with Yogic Practices on Selected Physical and Physiological Variables of High School Male Kabaddi Players	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	281-289
15.	Dr.P.P.S.Paul Kumar	Effect of Continuous Running Fartlek and Interval Training on Speed and Coordination	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College,	2229-7049	356-360



		among Male Football Players	Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014		
16.	Dr.P.P.S.Paul Kumar	Effect of PNF Stretching and Own Body Exercise on Selected Bio Motor Ability and Cordiorespiratory Fitness of Softball Players	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	363-368
17.	Dr.P.P.S.Paul Kumar	Effect of Yogic Training and Brisk Walking and Selected Physiological and Biochemical Variables among Diabetic Patients	National Conference on Physical Education and Allied Sciences held at Kakatiya Medical College, Warangal from 5 <sup>th</sup> to 6 <sup>th</sup> Oct-2014	2229-7049	369-378
18.	Dr.P.P.S.Paul Kumar	Effect of Aerobic and Anaerobic Interval Training Combined with Yogic Practices on Selected Physical and Physiological Variables of High School Male Kabaddi Players	UGC Sponsored National Conference on Current Fitness Trends held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 26 <sup>th</sup> to 27 <sup>th</sup> Feb-2015	978-93-80528-25-0	40-42
19.	Dr.P.P.S.Paul Kumar	Effect of Continuous Running Fartlek and Interval Training on Speed and Coordination among Male Football Players	UGC Sponsored National Conference on Current Fitness Trends held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 26 <sup>th</sup> to 27 <sup>th</sup> Feb-2015	978-93-80528-25-0	51-54
20.	Dr.P.P.S.Paul Kumar	Effect of Structured Resistance Training and Varied Intensities of Weight Training on Selected Speed and Resting Pulse Rate among Athletes	UGC Sponsored National Conference on Current Fitness Trends held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 26 <sup>th</sup> to 27 <sup>th</sup> Feb-2015	978-93-80528-25-0	91-94
21.	Dr.P.P.S.Paul Kumar	Effect of Yogic Training and Brisk Walking and Selected Physiological Variables among Diabetic Patients	UGC Sponsored National Conference on Current Fitness Trends held at Sri Padmavathi Mahila Visvavidyalayam, Tirupati from 26 <sup>th</sup> to 27 <sup>th</sup> Feb-2015	978-93-80528-25-0	188-191
22.	Dr.P.P.S.Paul Kumar	Effect of Stair Climbing and Sand Dune Running on Selected Strength Variables of School Boys	Two Day National Conference on Physical Education on Health and Sports Sciences held at S.K.S.D. Mahila Kalasala (UG & PG), Tanuku from 29 <sup>th</sup> to 30 <sup>th</sup> Mar-2015	2231-3265	59-62
23.	Dr.P.P.S.Paul Kumar	The Relationship Between Selected Motor Fitness Variables with Playing Ability of	Two Day National Conference on Physical Education on Health and Sports Sciences held at	2231-3265	63-67

		Softball Players	S.K.S.D. Mahila Kalasala (UG & PG), Tanuku from 29 <sup>th</sup> to 30 <sup>th</sup> Mar-2015		
24.	Dr.P.P.S.Paul Kumar	Effect of Varied Aerobic Exercises on Selected Psychological Variables (Self Confidence) of Obeis Engineering College Men Students	UGC National Seminar on Personality Development through Sports held at P.B. Siddhartha College of Arts & Sciences, Vijayawada from 3 <sup>rd</sup> to 4 <sup>th</sup> July-2015	2229-7049	61-65
25.	Dr.P.P.S.Paul Kumar	Effect of Selected Floor Aerobics And Step Aerobic Exercises On Selected Motor (Coordination) Variables Among Andhra State Volleyball Players	UGC National Seminar on Personality Development through Sports held at P.B. Siddhartha College of Arts & Sciences, Vijayawada from 3 <sup>rd</sup> to 4 <sup>th</sup> July-2015	2229-7049	76-79
26.	Dr.P.P.S.Paul Kumar	Nutrition for Better Performance in Sports	UGC National Seminar on Personality Development through Sports held at P.B. Siddhartha College of Arts & Sciences, Vijayawada from 3 <sup>rd</sup> to 4 <sup>th</sup> July-2015	2229-7049	107-109
27.	Dr.P.P.S.Paul Kumar	Comparative Study On Selected Anthropometric Variable Among University Men Sprinters, Throwers, Jumpers And Long Distance Runners	UGC National Seminar on Personality Development through Sports held at P.B. Siddhartha College of Arts & Sciences, Vijayawada from 3 <sup>rd</sup> to 4 <sup>th</sup> July-2015	2229-7049	129-132
28.	Dr.P.P.S.Paul Kumar	Effect of Structured Resistance Training and Varied Intensities of Weight Training on Flexibility and Resting Pulse Rate among Athletes	UGC National Seminar on Personality Development through Sports held at P.B. Siddhartha College of Arts & Sciences, Vijayawada from 3 <sup>rd</sup> to 4 <sup>th</sup> July-2015	2229-7049	140-141
29.	Dr.P.P.S.Paul Kumar	Effect of Continuous Running Fartlek Training and Interval Training on Selected Motor Ability Variables among Male Football Players	UGC National Seminar on Personality Development through Sports held at P.B. Siddhartha College of Arts & Sciences, Vijayawada from 3 <sup>rd</sup> to 4 <sup>th</sup> July-2015	2229-7049	161-162
30.	Dr.P.P.S.Paul Kumar	Effect of Complex Training with Yogic Practice on Selected Motor Fitness Variables and Playing Ability Among the Kabaddi Men Players	National Seminar on New Challenges of Physical Education and Sports Science in the 21 <sup>st</sup> Centure held at Manipur University, Imphal from 29 <sup>th</sup> to 31 <sup>st</sup> Oct-2015	2229-7049	159-164
31.	Dr.P.P.S.Paul Kumar	Effect of Isolated and Combined Training of Weight and Plyometric	National Seminar on New Challenges of Physical Education and Sports	2229-7049	165-170

		Training on Selected Physiological Variables among College Men.	Science in the 21 <sup>st</sup> Century held at Manipur University, Imphal from 29 <sup>th</sup> to 31 <sup>st</sup> Oct-2015		
32.	Dr.P.P.S.Paul Kumar	Effect of Different Packages of Yogic Practice on Selected Motor Fitness Components and Psychological Variables among Adolescent Boys	National Seminar on New Challenges of Physical Education and Sports Science in the 21 <sup>st</sup> Century held at Manipur University, Imphal from 29 <sup>th</sup> to 31 <sup>st</sup> Oct-2015	2229-7049	177-181
33.	Dr.P.P.S.Paul Kumar	Effect of Structured Resistance Training and Varied Intensities of Weight Training on Cardiovascular Endurance and Resting Pulse Rate among Athletes	National Seminar on New Challenges of Physical Education and Sports Science in the 21 <sup>st</sup> Century held at Manipur University, Imphal from 29 <sup>th</sup> to 31 <sup>st</sup> Oct-2015	2229-7049	183-188
34.	Dr.P.P.S.Paul Kumar	Effect of Selected Floor Aerobics and Step Aerobic Exercises On Selected Bio Chemical Variables Among Andhra State Volleyball Players	National Seminar on New Challenges of Physical Education and Sports Science in the 21 <sup>st</sup> Century held at Manipur University, Imphal from 29 <sup>th</sup> to 31 <sup>st</sup> Oct-2015	2229-7049	205-210
35.	Dr.P.P.S.Paul Kumar	Effect of Varied Aerobic Training on Selected Physical fitness Variables of Obese Engineering College Men Students	National Seminar on New Challenges of Physical Education and Sports Science in the 21 <sup>st</sup> Century held at Manipur University, Imphal from 29 <sup>th</sup> to 31 <sup>st</sup> Oct-2015	2229-7049	211-215
36.	Dr.P.P.S.Paul Kumar	Effect of Continuous Running Fartlek and Interval Training on Selected Motor Abilities Physiological Skill related Performance Variables among Male Football Players	National Seminar on New Challenges of Physical Education and Sports Science in the 21 <sup>st</sup> Century held at Manipur University, Imphal from 29 <sup>th</sup> to 31 <sup>st</sup> Oct-2015	2229-7049	227-233
37.	Dr.P.P.S.Paul Kumar	The Relationship Between Selected Motor Fitness Variables with Playing Ability of Softball Players	UGC Sponsored National Seminar on Fitness and Wellness Through Sports held at Department of Physical Education & sports, Sri Krishnadeveraya University, Anathapuram from 7 <sup>th</sup> & 8 <sup>th</sup> November, 2015		88-93
38.	Dr.P.P.S.Paul Kumar Md.Azmith, S. Gaffor	Effect of Play and Movement Education approach on selected	UGC Sponsored National Seminar on Fitness and Wellness Through Sports		94-99

		Physical Fitness Variable of Elementary Children	held at Department of Physical Education & sports, Sri Krishnadeveraya University, Anathapuram from 7 <sup>th</sup> & 8 <sup>th</sup> November, 2015		
39.	Dr.P.P.S.Paul Kumar Md.Sattar Khan, G. Raju	Association of Selected Physiological variables with Playing Ability of Badminton Players	UGC Sponsored National Seminar on Fitness and Wellness Through Sports held at Department of Physical Education & sports, Sri Krishnadeveraya University, Anathapuram from 7 <sup>th</sup> & 8 <sup>th</sup> November, 2015		103-109
40.	Dr.P.P.S.Paul Kumar D.Bala Krishna, M. Sudhakar Babu	Effect of Continuous Running Fartlek Training and Interval Training on Selected Motor Ability Variables among Male Football Players	UGC Sponsored National Seminar on Fitness and Wellness Through Sports held at Department of Physical Education & sports, Sri Krishnadeveraya University, Anathapuram from 7 <sup>th</sup> & 8 <sup>th</sup> November, 2015		110-117
41.	Dr.P.P.S.Paul Kumar T. Ravi Kumar K. Aruna Sujatha	Effect Of Low, Medium And High Intensity Polymeric Training On Selected Physiological Variables On College Men Students	UGC Sponsored National Seminar on Fitness and Wellness Through Sports held at Department of Physical Education & sports, Sri Krishnadeveraya University, Anathapuram from 7 <sup>th</sup> & 8 <sup>th</sup> November, 2015		165-170
42.	Dr.P.P.S.Paul Kumar C. Salmon Sudheer, D. Suresh	Effect of Swiss ball and Core Board Training on Selected Physiological Variables (Resting Plus Rate) of Batsmen of Cricket	UGC Sponsored National Seminar on Fitness and Wellness Through Sports held at Department of Physical Education & sports, Sri Krishnadeveraya University, Anathapuram from 7 <sup>th</sup> & 8 <sup>th</sup> November, 2015		171-176
43.	Dr.P.P.S.Paul Kumar Md.Sattar Khan, P. Gouri Sankar	Association of Selected Physiological variables with Playing Ability of Badminton Players	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		36-42
44.	Dr.P.P.S.Paul Kumar P.Srinivas, Dr.A. Nagamani	Compare Selected Speed and Strength Parameters Between Offensive and Defensive Volleyball	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD.		51-55

		Players	Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		
45.	Dr.P.P.S.Paul Kumar M. Sudhakar Babu	Effect of Continuous Running Fartlek Training and Interval Training on Selected Motor Ability Variables among Male Football Players	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		61- 64
46.	Dr.P.P.S.Paul Kumar Dr.Y. Poli Reddy, D. Suresh	Effect of Low, Medium And High Intensity Polymeric Training On Selected Physiological Variables On College Men Students	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		69- 73
47.	Dr.P.P.S.Paul Kumar G. Raju S. Gafoor	Effect of Play and Movement Education approach on selected Physical Fitness Variable of Elementary Children	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		74- 77
48.	Dr.P.P.S.Paul Kumar K.Usha Rani Dr.S.Raju Dr.(Smt)U.Lawrence	Effect of Plyometric Training and Weight Training on Selected Stride Frequency and Muscular Endurance of Basketball Players	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		78- 82
49.	Dr.P.P.S.Paul Kumar D.Bala Krishna Dr.P.Madhu	Effect of Stair Climbing and Sand Dune Running on Selected Strength Variables of School Boys	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		89- 92
50.	Dr.P.P.S.Paul Kumar C. Salmom Sudheer E.Kishore	Effect of Swiss ball and Core Board Training on Selected Physiological Variables (Resting Plus Rate) of Batsmen of Cricket	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		93- 96
51.	Dr.P.P.S.Paul Kumar Dr. T.Suseelamma M. Koteswara Rao	Effect of Yogic Training and Brisk Walking and Selected Physiological Variables among Diabetic Patients	UGC National Seminar on Fitness – A Way of Life held at Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole from 3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016		104- 108

**16. International Workshop / Clinic: Attended – 05**

**17. National Workshop / Clinic: Attended – 06**

**18. Seminars / Conferences / Workshops: Attended / Organised: 22**

S.No	Title of the Seminar/ Conference/ Workshop	Dates	Place Held	Name of the Funding Agency	Name of the Director	Position the Teacher in the Organization
1	XIX National Conference of Sports Psychology	18 – 20 January, 2007	Nizam Institute of Engineering & Technology and Dept. of Psychology, Osmania University, Hyderabad			
2	National Conference on Latest Trends & Technologies in Physical Education & Sports	7 <sup>th</sup> & 8 <sup>th</sup> June 2007	Department of Physical Education, Nizam College, Hyderabad			
3	UGC Sponsored National Seminar on Enhancement of Sports Performance	25 <sup>th</sup> & 26 <sup>th</sup> February, 2010	K.M.C. College, Khopoli, Maharashtra			
4	National Conference on Issues and Themes in Physical Education & sports: Contemporary Situation	28-30 <sup>th</sup> January, 2011	Mahatma Gandhi Mahavidyala, Ahmedpur, Maharashtra			
5	UGC Sponsored National Seminar on Latest Research and Development in Physical Education and Sports at Local and Global Level	31 <sup>st</sup> January and 1 <sup>st</sup> February, 2011	M.S.M. College of Physical Education, Aurangabad, Maharashtra			
6	21 <sup>st</sup> National Conference of Sports Psychology	7 <sup>th</sup> to 9 <sup>th</sup> February, 2011	University College of Physical Education & Sports Sciences, Acharya Nagarjuna University			
7	National Seminar on Prevention of	9 <sup>th</sup> & 10 <sup>th</sup> June, 2011	Department of Physical Education, Andhra University,			

	Sports Injuries and Rehabilitation		Visakhapatnam			
8	UGC Sponsored National Seminar on Emerging Trends in Physical Education and Sports Sciences and Their role in improving the Performance of Sportsmen	5 <sup>th</sup> & 6 <sup>th</sup> March, 2012	Department of Physical Education, Sri Padmavathi Mahila Visvavidyalayam, Tirupathi			
9	UGC Sponsored National Seminar on Life Style and Health Management	13 <sup>th</sup> & 14 <sup>th</sup> Jult, 2102	Department of Physical Education, The Bapatla College of Arts & Sciences, Bapatla			
10	5 <sup>th</sup> A.P.Science Congress-2012	14 <sup>th</sup> to 16 <sup>th</sup> November,2012	A.P. Akademi of Sciences and Acharya Nagarjuna University			
11	<b>UGC Sponsored on Emerging Trends in Physical Education &amp; Sports Sciences</b>	<b>11<sup>th</sup> &amp; 12<sup>th</sup> February, 2014</b>	<b>University College of Physical Education &amp; Sports Sciences, Acharya Nagarjuna University</b>	<b>U.G.C. Sponsored</b>	<b>Dr. P. P. S. Paul Kumar</b>	
12	UGC Sponsored National Workshop on E-Content Development	14 <sup>th</sup> & 15 <sup>th</sup> February, 2014	Dept. of Commerce and Business Administration and Centre for Distance Education, Acharya Nagarjuna University			
13	UGC Sponsored National Seminar on Role of Latest Gadgets in Improving Sports and Games Performance	19 <sup>th</sup> and 20 <sup>th</sup> March, 2014	Department of Physical Education, Sri Padmavathi Mahila Visvavidyalayam, Tirupathi			
14	National Conference on Better Life Style Sports Performance Management through Physical Education and Sports Sciences	25 <sup>th</sup> and 26 <sup>th</sup> April, 2014	Department of Physical Education, JNTUK, University College of Engineering, Vizianagaram			
15	National Conference on Physical Education &	5 <sup>th</sup> & 6 <sup>th</sup> October, 2014	Department of Physical Education, Kakatiya Medical College, Warangal			

	Allied Sciences					
16	UGC Sponsored National Seminar on Current Fitness Trends	26 <sup>th</sup> and 27 <sup>th</sup> February, 2015	Department of Physical Education, Sri Padmavathi Mahila Visvavidyalayam, Tirupathi			
17	UGC Sponsored Two Day National Seminar on Physical Education on Health and Sports Sciences	29 <sup>th</sup> & 30 <sup>th</sup> March, 2015	Department of Physical Education, S.K.S.D. Mahila Kalasala (UG & PG), Tanuku			
18	UGC Sponsored National Seminar on Personality Development Through Sports	3 <sup>rd</sup> & 4 <sup>th</sup> July 2015	Department of Physical Education, P.B. Siddhartha College of Arts & Science, Vijayawada			
19	3-Day National Seminar on New Challenges of Physical Education and Sports Sciences in the 21 <sup>st</sup> Century	29 <sup>th</sup> to 31 <sup>st</sup> October, 2015	Department of Physical Education, Manipur University, Imphal			
20	UGC Sponsored National Seminar on Fitness and Wellness Through Sports	7 <sup>th</sup> & 8 <sup>th</sup> November, 2015	Department of Physical Education & sports, Sri Krishnadeveraya University, Anathapuramu			
21	National Workshop of Physical Education, Yoga & Sports Management-2015	27 <sup>th</sup> & 28 <sup>th</sup> , December, 2015	Osmania University, Hyderabad			
22	UGC National Seminar on Fitness – A Way of Life	3 <sup>rd</sup> & 4 <sup>th</sup> February, 2016	Department of Physical Education & Sports, SVD. Govt. Degree College, Nidadavole			

#### 19. University Academic and Administrative services:

1.	Coordinator for NSS Cell, ANU and Students Affairs, Acharya Nagarjuna University, from 21.03.2016 to till today
2.	Deputy Director, Centre for Distance Education, Acharya Nagarjuna University from 18.12.2014 to 20.06.2016.
3.	Principal, University college of Physical education & Sports sciences, Acharya Nagarjuna University, Guntur from 07.02.2013 to 10.02.2015
4.	Vice-Principal, University college of Physical education & Sports sciences, Acharya Nagarjuna University, Guntur from June 2010 to 06.02.2013.



5.	Chief warden – Physical Education Boys & Girls Hostel since 27th January, 2012 to 30.09.2013.
6.	Director of Physical Education i/c, Department of Physical Education & Sports from 29.07.-2012 to 02.01.2013
7	Secretary, Sports Board i/c, Department of Physical Education & Sports from 29.07.-2012 to 02.01.2013.
8	Organising Secretary, South Zone Inter University Volleyball (Women) Tournament held at ANU, 2012.
9	Organising Secretary, South Zone Inter University Kho-Kho (Men) Tournament held at ANU, 2012-13.
10	Sports In-Charge – University Colleges, Acharya Nagarjuna University Since July, 2000 to August, 2012.
11	Intramurals In charge, ANU Colleges, from July, 2000 to August, 2012.
12	Asst.Co-ordinator- Acharya Nagarjuna University Youth Festivals for the year 2011.
13	Inspecting Committee Member - Affiliated BED and Degree colleges.
14	Selection Committee Member of Several Inter Collegiate Tournaments since 2000 to till today.
15	Acted as Manager & Coach for so many ANU Inter University Teams from 2000 to 2013.
16	University Nominee for the Selection of Teaching staff applied for MPhil / PhD part time programs under UGC Plan Faculty Development Program.
17	Editorial Board Member - Acharya Nagarjuna University Journal of Education and Physical Education.
18	Associate Member – In the Acharya Nagarjuna University official Programs.
19	Member – Acharya Nagarjuna University Anti-Ragging committee
20	Member P.G. Board of Studies Since 2006 to till date.

## 20. Andhra Pradesh State Services

- 1 Assistant Convener, PECET for the years 2008 to 2012.
- 2 Convener, PECET-2012 Admissions
3. Convener, PECET-2013 Tests & Admissions.

Place: Nagarjuna Nagar, Guntur

**Signature**