

## *Curriculum-vitae*

**Dr. KRISHNAKANT**

*Assistant Professor*

Department of Physical Education

Banaras Hindu University, Varanasi 221005

Uttar Pradesh

Mobile: 91-9838887008(India)

91-9557523267(India)

E-mail:

[krishnakant.yadav@gmail.com](mailto:krishnakant.yadav@gmail.com);

[krishnakant@bhu.ac.in](mailto:krishnakant@bhu.ac.in)

**DOB– 21<sup>st</sup> April, 1983**

### **Educational Qualifications:**

| Degree           | University/Institution                | Year | Discipline                                         | division |
|------------------|---------------------------------------|------|----------------------------------------------------|----------|
| PhD              | University of Lucknow, Lucknow (U.P.) | 2014 | Physical Education                                 | NA       |
| NET              | University Grant Commission           | 2007 | Physical Education                                 | NA       |
| M.Phil.          | TNPESU, Chennai (T.N.)                | 2006 | Physical Education                                 | First    |
| MPE              | BHU, Varanasi (U.P.)                  | 2005 | Physical Education                                 | First    |
| BPE              | BHU, Varanasi (U.P.)                  | 2003 | Physical Education                                 | First    |
| 12 <sup>TH</sup> | KV, Mughal Sarai                      | 2000 | Economics, Account, Business study, Hindi, English | Second   |
| 10 <sup>TH</sup> | KV, Mughal Sarai                      | 1998 | English, Hindi, Math, Science, SSt                 | Second   |

### **Experience: 17 Years +**

| Employer Organization                                | Position Held/ Designation | From                  | To         | Total Period     | Nature of Experience                                                                         |
|------------------------------------------------------|----------------------------|-----------------------|------------|------------------|----------------------------------------------------------------------------------------------|
| Banaras Hindu University, Varanasi                   | Assistant Professor        | 04/10/2017 (forenoon) | Till date  | NA               | Teaching & Research                                                                          |
| Hemvati Nandan Bahuguna Garhwal University, Srinagar | Assistant Professor        | 07/06/2013            | 03/10/2017 | 4 Years 3 month  | 1. Teaching, Research & Coaching<br>2. In-charge Department of Physical Education<br>3. ADSW |
| CSJMU, Kanpur                                        | Lecturer                   | 6/02/2010             | 31/05/2012 | 2 years 3 month  | 1. Teaching                                                                                  |
| LCDC, Lucknow                                        | Lecturer                   | 1/11/2008             | 6/02/2010  | 1 Years 3 Months | Teaching                                                                                     |
| MSDPG, College, Farukhabad                           | Lecturer                   | 02/07/2007            | 31/10/2008 | 1 Years 3 Months | Teaching                                                                                     |

## Domain of Interest

- ❖ Physical Education
- ❖ Sports Psychology and Emotional Management
- ❖ Science of Sports Training
- ❖ Research Methodology and Statistics in Physical Education.

## Professional Statistics

| Publications           | Number completed | Under review |
|------------------------|------------------|--------------|
| Publications           | 49               |              |
| Book                   | 2                |              |
| Training Participation | 4                | -            |
| Paper presentation     | 12               | -            |
| Invited Talk           | 8                |              |

## List of Publications

### Research Paper published–

1. Paper titled “Effect of selected yogic practice on anxiety level of table tennis players” was published in Journal of Movement Education and Sports Vol-II, July 2010, p.79-82 (978-81908949-5-1)
2. Paper titled “Psychological Profile of Pace Academy Cricketers” was published in Human Kinetics, vol. 2, No. 1, January –April 2011. p.21-23 (0976-5688)
3. Paper titled “Effect of Mental Training on Bowling Ability of Medium Pace Bowler” was published in Wellness Journal of Health, Physical Education, and Sports. Vol 3; No 1. Jan-June 2011. p.23-27 (0975-136X)
4. Paper titled “Relationship of Strength variables to the fundamental Skill of Basketball Players” was published in PERSIST Vol: 2, No. 1, Aug 2010 Jan 2011, p. 14-20 (0975-7414)
5. Paper titled “Combined Effect of Plyometric training and wall pulley exercises on speed, agility and explosive power of upper and lower limbs of medium pace bowlers” was published in PERSIST Vol: 1, No. 1, Aug 2009-Jan 2010, p.64-73 (0975-7414)
6. Paper titled “Bowling Machine: A Bone or bane in cricket science” was published in VSRD-TNTJ Vol. 1(2) 2010, p.87-95 (0976-7967)
7. Paper titled “Comparison of Balance ability among Football, Volleyball and Cricket Players” was published in SHODH PRERAK Vol 1 No 2, P. 74-76 (2231-413X)
8. Paper titled “Comparison of orientation ability among Football, Volleyball and Cricket Players” was published in ANUSILANA Vol XXXVII, p.45-48 (0973-8762)
9. Paper titled “Survey of physical and physiological variables of rural male athletes of Chandauli” was published in IJPESYS Vol 1 No 4, p 12-14 (2249-8575)
10. Paper titled “Comparison of Competition Anxiety between Male and Female Basketball Players” was published in OIIRJ Vol.III No.III p. 122-124 (2249-9598)”
11. Paper titled “Effect of Brisk Walking on Flexibility of Sedentary College Students” was published in IISTE, Journal of Education and Practice. Vol.4 No.7 (2222-288X)
12. Paper titled “Effect of Brisk Walking on Body Fat Percentage of Sedentary College Students” was published in IISTE, Journal of Biology, Agriculture and Healthcare Vol 3 No.6, p. 164-170 (2225-093X)
13. Paper titled “Biomechanical analysis of Head Load impact on the posture of the forest dependent people of Uttarakhand state” was published in SODHA PRAVAHA Vol. III No.3, p.146-151 (2231-4113)
14. Paper titled “Impact of Brisk Walking Programme on Blood Pressure of Sedentary college students” was published in SODHA PRERAK Vol.III No I, p. 286-293 (2231-413X)
15. Paper titled “Comparison of Motor fitness component between Basketball and Volleyball Female Players of North-Zone Inter University” was published in VAICHARIKI Vol.III No. I, p. 335-339 (2249-8907)
16. Paper titled “Effect of Plyometric Training on Explosive Strength of Young Sportsmen” was published in LOKAVISHKAR Vol.II No.III p. 129-133 (2277-727X)
17. Paper titled “Analysis of memory and attention between single and Multi-Technique Sports” was published in PEFI Vol 03, issue 01, p 123-125 (2279-0306)
18. Paper titled “The Effect of Six Weeks of Brisk Walking on Aerobic/Cardiovascular Function of Sedentary College Students” was published in IJAR Vol.IV No. IX p. 480-482 (2249-555X)
19. Paper titled “Motor fitness among players of different games of Physical Education Students” was published in Sodha Pravaha Vol. 4, issue 3&4, p. 210-212 (2231-4113)
20. Paper titled “Relationship of selected motor variables to the high jump and shot-put performance” was published in Vaichariki Vol.III, Issue 4, p. 260-262 (2249-8907)

21. Paper titled "Comparison of reaction time between male and female basketball players" was published in Sodha Prerek Vol.IV, issue I, p. 349-351 (2231-413X)
22. Paper titled "A comparative study on flexibility of physical education male and female students of HNB Garhwal University", Sodha Pravaha Vol.IV, issue 3, p. 1-3 (2231-4113)
23. Paper titled "Comparison of selected motor variables between Batsmen and Medium Pace Bowlers in cricket" was published in NJPEES VOL.I.NO.2 Sept.2014, p. 23-25 (2348-4713)
24. Paper titled "Comparison of Health-Related Physical Fitness of BPED Students Pre and Post Course" was published in Persist Vol. V. No. II, p. 6-9 (0975-7414)
25. Paper titled "Impact of Pranayama on Positive and Negative Breath Holding Capacity of Physical Education of Physical Education Students was published in Vaichariki Volume V Issue 2, June 2015, p.19-21 (2249-8907)
26. Paper titled "Yogic Exercises during Pregnancy" was published in Jigyasa Vol VIII No. I, p.148-151(0974-7648)
27. Paper titled "Relationship of Selected Anthropometric measurements to performance Handball Players" was published in Sodha Pravaha, Vol. V, Issue 2, p. 48-50 (2231-4113)
28. Paper titled "Comparison of Vital Capacity between Basketball and Handball Players" was published in Lokavishkar Vol-04, Issue-03, p 9-12 (2277-727X)
29. Paper titled "The Effect of Six Weeks of Brisk Walking on Respiratory Rate of Sedentary College Students" was published in OIIRJ Vol-V, Special Issue, p.351-357 (2249-9598)
30. Paper titled "Relationship of selected Physical Variables with the Performance of Cricket Players" was published in VAICHARIKI Vol.VI, Issue 1, p. 101-104 (2249-8907)
31. Paper titled "Significance of Brisk walking for sedentary People" was published in SOGHA PRERAK Vol VI, Issue 1, p. 150-153(2231-413X)
32. Paper titled "A Comparative study on aggression between cricketers and Basket ballers" was published in conference proceedings ISPERYS January 2012.p.180 (ISSN:2250-1398)
33. Paper titled "Comparison of Mental Toughness Ability Among Semi-Finalist Teams of Interuniversity Female Cricket Tournament" was published in AIIRJ Vol.-VII, Issue IX, IF-6293, Page No. 55-57(2349-638x)
34. Paper titled "Lifestyle assessment of Basketball players of Banaras Hindu University" was published in IJPESH Vol 9, Page No. 293-296(239-1685)
35. Paper titled "Effect of Twelve weeks of yoga and walking programme on body mass index of Diabetic type-2 Patients" was published in Sodha Sanchar bulletin Vol-11, Page no 258-263 (2229-3620)
36. Paper titled "Effect of Suryabhedan and Chandrabhedan Pranayam practices on blood lipids profiles and PH Value of middle-aged sedentary Male" was published in Kala Sarovar Vol-24, Page 53-57 (0975-4520)
37. Paper titled "Comparison of Physical fitness Variables of Inter-University Cricket Players" was published in Kala Sarovar Vol-24, Page No. 58-66 (0975-4520)
38. Paper titled "Effect of Twelve-weeks of yoga and walking programme on waist hip Ratio of Diabetic Type-2 Patients" was published in Shodh Sarita, Vol-8 Page No-1-6(2348-2397)
39. Paper titled "Effect of Bhastika paranayam on Resting Heart rate in Male Physical Education Students" was published in Shodh Sarita, Vol-8 Page No-46-49 (2348-2397)
40. Paper titled "Flexibility Profile in different games and sports" was published in Shodh Sarita, Vol-8 Page No.62-65 (2348-2397)
41. Paper titled "Comparison of Sports achievement level between urban and rural schools students of Varanasi districts" was published in IJPNE, Vol-7, Page No. 517-520(2456-0057)
42. Paper titled "Impact of 12-weeks of yoga and walking programme on quality of life of diabetic type-2 patients" was published in IJPESH, Vol-8, Page No. 211-214 (2394-1685)
43. Paper Titled "Pre-competition Anxiety between Male and Female Handball players: A Comparative study" was published in Innovation the research Concept, Vol-7, Page No. E99-E102 (2456-5474)
44. Paper titled "Relationship of General Motor Ability with Handball Playing Ability" was published in Anthology The Research Vol-VII, Page No. (2456-4397)
45. Paper Titled "Comparison of Psychological Characteristics between Athletes and Non-Athletes" was Published in PERSIST Vol- VII, Page No. 235-242(0975-7414)
46. Paper Titled "A Study on Sleep Quality of Male Swimmers of Delhi" was Published in PERSIST Vol- VII, Page No. 296-299 (0975-7414)
47. Paper Titled "Life Enjoyment Status in the participants with Indigenous Group Activities: A Factor Analysis" was Published in PERSIST Vol- VII, Page No. 451-454 (0975-7414)
48. Paper titled "A Study on sleep quality index of male and female Cricket Players of national Level: A comparative study" was published in Shodh Prerak, Vol. 14, Issue I, Page No. 60-65 (2231-413X)
49. Paper titled "Comparative study on sleep Quality of Male and female Basketball Players" was published in Vol. 17, No. I, Page No. 180-187 (0974- 7648)

50. Paper titled “Comparative study of Carbon Dioxide (CO<sub>2</sub>) Production and Oxygen (O<sub>2</sub>) Consumption between male Cricketers and Weightlifters” was published in INSPA Journal of Applied and School Psychology. Vol. VI, Special Issue, October 2024, Page No. 187-191 (3048-698X)
51. Paper titled “A Study on Physiological Aspects in Female archers with Varying Proficiency levels” was published in INSPA Journal of Applied and School Psychology. Vol. VI, Special Issue, October 2024, Page No. 163-167 (3048-698X)
52. Paper titled “A Survey of Common Sports Injuries Among the Male Handball Players of Indian Universities” was published in Afr.J.Biomed.Res.Vol.27, No.3(November)2024, Page No. 1655-1663(1119-5096)
53. Paper titled “Comparative Efficacy of Sauna, Steam and Whirlpool Baths on Physiological and Psychological Recovery in Para-Athletes: A Randomized Controlled Trial” was published in SEEJPH Vol. XXVI, S2(2025) Page No. 1635-1641 (2197-5248)
54. Paper titled “Sleep Quality Index of Male and Female Wrestlers of National Level” was published in Journal of the Indian Academy of Applied Psychology, Vol. 51, Special Issue, Page No. 187-192(3048-698X)

#### Orientation Programme/Refresher Course/Workshop Attended

- 1) Participated in the Orientation Programme from January 06, 2015, to Feb 02, 2015 and obtained Grade “A” from UGC Academic Staff College, BHU, Varanasi.
- 2) Participated in the Refresher Course in Physical Education from February 09, 2016 to Feb 29, 2016 and obtained Grade A from UGC- HRDC LNIPE, Gwalior.
- 3) Participated in the training & Capacity Building Programme on “Ethics and Values in Public Governance” Organised by IQAC, HNBGU, Srinagar, Uttarakhand from 28-29 March 2017.
- 4) Attended Nine days work shop “Discovering Statistics by MS-Excel and SPSS from 27<sup>th</sup> May 2013 to 4<sup>th</sup> June 2013 organized by DST-centre for Interdisciplinary Mathematical Sciences, BHU Varanasi.
- 5) Participated in Faculty Development Programme “Effective Ways to Develop E-content For Teaching-Learning” from 21 May to 30 May 2020 and completed successfully UGC-HRDC from SPP University, Pune.
- 6) Participated in Refresher Course in Physical Education from 12/01/2021 to 25/01/2021 and obtained Grade “A” from UGC HRDC LNIPE, Gwalior.
- 7) Attended the Seven Days National workshop on Discovering Statistics Using SPSS&R from March 20<sup>th</sup> to 26<sup>th</sup>, 2021, organised by the Department of Physical Education, Banaras Hindu University, Varanasi.
- 8) Participated in FDP (Faculty Development Programme), organised by MVP Samaj, KRT Arts, BH Commerce and AM Science (KTHM) college, Nashik, in Association with UGC-HRDC, Savitribai Phule Pune University, Pune, from 21<sup>st</sup> May 2020 to 30<sup>th</sup> May 2020.
- 9) Participated in an online two-week Interdisciplinary Refresher course in “Advanced Statistics Methodology” from February 25 to 9th March 2024, and obtained grade A+.

#### Invited Talk as a Resource Person

- Delivered a talk as a resource person on “Physical Education and Health” at PG College, Chakiya, Chandauli.
- Delivered a talk as a resource person on “Relevance of Emotion for sports performance” at Dr. RML, Avadh University, Ayodhya.
- Delivered a talk as a resource person on “sports and its importance for students” at KVS, DDU, Chandauli.
- Delivered a talk as a resource person on “Training Methods and orientation of new trends of sports coaching in sports psychology” at the Department of Physical Education & Sports Science, University of Patanjali.
- Delivered a talk as a resource person on “Immune system and sports” at PG College, Chakiya, Chandauli.
- Delivered a talk as a resource person on “incorrect coaching strategies that increase anxiety and guidelines for managing anxiety” at CSJM University, Kanpur.
- Delivered a talk as a resource person on “Entrepreneurship & Innovation in higher Education” at the Govt. College Patan, Jabalpur.
- Delivered a talk as a resource person on “Promoting Mental Health and Well-being for all and anger management” at KVS, Regional office, BHU, Varanasi.
- Invited Lecture: Psychological Characteristics of Peak Performance” at the National Conference on Impacts of Digital Technology on Indian Society: Prospects and Challenges, organised by the Department of Sociology, Sakaldiha P.G. College, Sakaldiha, Chandauli, Uttar Pradesh (2024)
- Delivered a Lecture:” Incorrect Coaching Strategies that increase Anxiety and Guidelines for Managing Anxiety” at ICSSR International Conference on Integrating Youth Development, Religion, Culture and Sports: A Transdisciplinary Approach organised by Deptt. Of Physical Education, Government Girls Degree College, DLW, Varanasi, India (2025)
- Delivered a Lecture: “Relevance of Emotion in Sports Performance” In the 102<sup>nd</sup> Refresher Course

- (Physical Education) at UGC, HRDC, LNIPE, Gwalior. (M.P.) (2023)
- Delivered a Lecture: “Relevance of Emotion in Sports Performance” In the 106<sup>th</sup> Refresher Course (Physical Education) at UGC, HRDC, LNIPE, Gwalior. (M.P.) (2025)
- Delivered a Lecture: “Understanding Physical Health and Mentoring students for well-Being” In the Faculty Induction (Guru Dakshita) Program organised by Under the Malaviya Mission Teacher Training Program of UGC, organised by Malaviya Mission Teacher Training Centre, HNB, Garhwal University, Srinagar (Garhwal), Uttarakhand (2025)

#### **Seminar/Conference/Attended**

1. Presented paper titled “Yoga for Well Being” at the National Seminar on Yoga for Holistic Health, organised by Tamil Nadu Physical Education and Sports University, Chennai.
2. Presented paper titled “Combined Effect of Plyometric training and wall pulley exercises on speed, agility, and explosive power of medium pace bowler”, National conference on Physical education, sports, and yogic science in the present millennium, Organised by Deptt. of Physical Education, Banaras Hindu University, Varanasi.
3. Presented paper titled “Relaxation through meditation techniques” Sponsored national conference on current status and challenges in Pharmacy and health care, CSJMU, Kanpur, March 28, 2010.
4. Presented paper titled “Significance of nutrition for sportsman” at the National seminar Awareness towards wellness through educational physical activities, organised by CSJMU, Kanpur
5. Presented paper titled “Effect of selected Yogic Practices on Anxiety level of table tennis Players” at the 3rd National Conference on Opportunities and Challenges, organised by the Department of Physical Education, Punjabi University, Patiala.
6. Presented paper titled “Significance of Nutritional Value for elite Sportsmen” National Seminar on Impact of Exercise Physiology, Anthropometry and Sports Nutrition on Sports Performance Organised by Department of Physical Education, Rani Durgavati Vishwavidyalaya, Jabalpur (M.P)
7. Presented paper titled “Impact of Six Weeks of Brisk Walking Programme on Vital Capacity of Sedentary College Students”, International Conference on Globalised Scientific Scenario for Yogic Health and Social Transformation, Organised by Department of Yogic Science, Uttarakhand Sanskrit University, Haridwar
8. Presented paper titled “Effect of Brisk Walking on Pulse Rate of Sedentary College Students” at the National Conference on Sarvdharm Sambhaav Hetu Shiksha Ki Bhumika: Ek Vivechan, organised by Prof H.N. Mishra College of Education, Arya Nagar, Kanpur
9. Presented paper titled “Role of NCTE in achieving excellence in teacher education institutions in India”, Best Practices in Achieving Institutional Excellence in Higher Education, Organised by Department of Education, HNBGU, Srinagar
10. Presented paper titled “Efficacy of yoga on speed of HNB Garhwal University Students”, Yoga and Holistic Health, organised by Indian Association of Yoga, New Delhi.
11. Presented paper titled “Yoga for Personality Development”, Various aspects of Physical Education, Yogic and Allied Sciences, Organised by Mahatma Gandhi Kashi Vidyapith, Varanasi.
12. Presented paper titled “Yoga for stress Management”, Yoga, Naturopathy & Holistic Health, Organised by Haldwani, Uttarakhand.
13. Paper presented titled “Use of Digital Technology for Health and Well-Being” in the National Conference Impacts of Digital Technology on Indian Society: Prospects and Challenges, organised by the Department of Sociology, Sakaldiha P.G. College, Sakaldiha, Chandauli, Uttar Pradesh (2024)
14. Paper presented titled “Exploring the role of Psycho-Social factors affecting the recovery process of a Sportsperson Inquiry” in the 2nd International Conference of Indian Society of Sports and Exercise Medicine: ISSEMCN-2024, organised by Department of Physiology, IMS, Banaras Hindu University, Varanasi. (2024)

#### **Members of the Professional Body**

- 1) Executive Member of the Sports Psychology Association of India.
- 2) Life member of the Sports Psychology Association of India.

#### **Professional Experience**

- Acted as Coordinator of Intramural Competition of the Department of Physical Education, BHU, Varanasi for the session 2018-19.
- Acting as Co-coordinator for the Intramural Competition of the Department of Physical Education, BHU, Varanasi, from the session 2019-20 till date.
- Acted as the in-charge of the Department of Physical Education, HNB Garhwal University, Srinagar from 29<sup>th</sup> August 2016 to 27<sup>th</sup> September 2017.
- Acted as an ADWS in HNG Garhwal University, Srinagar from 1st March 2016 to 27<sup>th</sup> September 2017.
- Acted as an external expert in BPed, MPed and PGDSC examinations at LNIPE, Gwalior.

- Paper setter of BPED and MPED, MG Kashi Vidyapith, Varanasi, 2014 till date.
- Paper setter for various universities, including BPED, MPED, M. Phil, and PhD.

### **Sports Achievement**

- Represented Banaras Hindu University, Varanasi, in cricket for the East Zone Inter-University tournament held at T.M. Bhagalpur University in the year 2001.
- Attended U-19 Uttar Pradesh Camp for Cooch Behar Trophy in the year 2001.
- Represented Banaras Hindu University, Varanasi in cricket for the East zone Intervarsity tournament held at Kolkatta University in the year 2002.
- Represented Banaras Hindu University, Varanasi in cricket for the East zone Intervarsity tournament held at Pandit Ravi Sankar University, Raipur in the year 2003.
- Represented Banaras Hindu University, Varanasi, in cricket as a Captain for the East zone Intervarsity tournament held at Kalyani University, Kolkata, in the year 2004.
- Represented Banaras Hindu University and was the **Winner of the East Zone Intervarsity Tournament in the year 2005.**
- Represented Banaras Hindu University, Varanasi in cricket for **Rohinton Baria Trophy (All India Intervarsity)** tournament held at Jiwaji University, Gwalior in the year 2006.
- Represented **East Zone Vizzy Trophy Cricket team as a Captain and Secured Runner-up** in the tournament held at the University of Bombay in the year 2006.
- Attended **NCA Camp (National Cricket Academy)** from 6<sup>th</sup> March to 21<sup>st</sup> March 2006.
- Represented **the Combined Indian University Cricket team for the** Colonel Hemu Adhikari Trophy in the year 2006.

### **Declaration**

I hereby declare that the facts stated above in the CV are true and correct to the best of my knowledge and belief.



Dr. Krishnakant