

# Dr. Jai Bhagwan Singh Goun

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## Office:

Maharana Pratap Government P.G. Degree College, Hardoi, U.P. Pin 241001

## Residence:

h.no. 116, Bhupender Puri, Modi Nagar, Distt. Ghaziabad, (U.P)

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## Qualifications:

- ❖ M.PED, UGC NET (Physical Education ), Ph.D. ( Physical Education) from Swami Ramanand Teerth Marathwada University Nanded.

## Teaching Experience:-

- ❖ Worked as an assistant professor in department of Higher Education, shri Gandhi P.G. College Sidhauri, Sitapur (U.P.) since 13 November 2006 to 31 July 2009.
- ❖ Worked as an assistant professor in department of Physical Education, government degree college Indupur Gauri Bazar Deoria (U.P.) since 15<sup>th</sup> May 2014 to 10 February 2017.
- ❖ Working as an assistant Professor in department of physical education , Maharana Pratap Govt. P.G. College since ..... To till date.

## Area of Specialization:-

- ❖ Inter University Soft Ball Player.
- ❖ Fundamental of physical education .
- ❖ History of physical education .
- ❖ Anatomy and physiology of exercise.
- ❖ Fitness wellness and life style
- ❖ Health education .
- ❖ Psychological foundation of physical education.
- ❖ Teaching method and organisation of physical education.
- ❖ Kinesiology of physical education.

- ❖ Posture, athletic care and rehabilitation.
- ❖ Statistics and computer application in physical education.
- ❖ Yogic science in physical education.

## **Responsibilities**

### ❖ *Academic*

- Teaching in B.Sc and B.Com classes.
- Training in various games to college students.
- Team participation in university games.
- On line classes .
- Organizing remedial classes for B.SC and B.Com students.
- Judo training for college girls of Maharana Pratap Govt. P.G.College, Hardoi.
- Marshal Art training for college girls of Maharana Pratap Govt. P.G. College, Hardoi.

### ❖ *Administrative*

- Nodal officer of "Mission Shakti" of Maharana Pratap Government Postgraduate Degree College, Hardoi in 2022.
- Admission committee of Maharana Pratap Government Postgraduate Degree College, Hardoi.
- Member of proctorial board of Maharana Pratap Government Postgraduate Degree College, Hardoi.
- Member of anti-ragging committee of Maharana Pratap Government Postgraduate Degree College, Hardoi.
- Member in students welfare committee.
- Work on environment protection, campus development committee
- Member of Online Education and LMS Cell committee of Maharana Pratap Government Postgraduate Degree College, Hardoi.
- Member of International Student cell committee of Maharana Pratap Government Postgraduate Degree College, Hardoi.

## **Research Work:-**

- ❖ Ph.D. in Physical Education on the topic “*A Study of Health Outcomes Academic Stress, Coping And Self Efficacy Of Physical Education Students*” from the

School of Educational sciences, Swami Ramanand Teerth Marathwada University, Nanded (M.H.).

### **Invited Lectures**

- ❖ Delivered a lecture on topic “

### **Participation in Faculty development programs**

- ❖ Participated in UGC, HRDC Orientation Course from university of Lucknow from 01-6-2012 to 29-6-2012.
- ❖ Participated in UGC, HRDC Refresher Programme from LNUPE Gwalior from 20-9-2012 To 10-10-2012.
- ❖ Participated in UGC, HRDC, Summer Course from Pt. Ravi Shankar Shukla University, Raipur, Chhattisgarh, Dated 20-07-2015 to 09-8-2015.
- ❖ Participated in UGC, HRDC, SHORT TERM COURSE from LNUPE Gwalior , Dated - 14-10-2016 to 20-10-2016.
- ❖ Participated in UGC, HRDC, Interdisciplinary Refresher Course from LNUPE Gwalior, Dated- 08-9-2017 to 28-9-2017.
- ❖ Participated in UGC, HRDC, Refresher Course from LNUPE Gwalior Dated 16-01-2020 to 29-01-2020.
- ❖ Participated in UGC, HRDC, Refresher Course from LNUPE Gwalior Dated 07-10-2022 to 20-10-2022.

### **Publication**

#### **A. Published Books**

1. *"Organization and Administration in Physical Education"*(2016) published by khel sahitya kendra, New Delhi, India, ISBN 978-81-7524-802-1
2. *"Health Education And Environmental Studies"* (2016) published by khel sahitya kendra, New Delhi India, ISBN : 978-81-7524-809-0.

#### **B. Other Publications**

1. A research paper titled "role of hat yoga for batter performance in games and sports". Research discourse, ISSN 2277-2014, January- March 2017.

2. A research paper titled “ *Modern concept and effect of doping on performance*” in Sodha Mimamsa, ISSN 2348-4624, January- March 2017.
3. A research paper titled "ShouryaPradershanSe PichedtaRastrawaad" in ShodhRityu, ISSN 2454-6283, April-June 2017.
4. A research paper titled “ A research on the benefits of regular yogic and physical exercises in sports” published by international journal of physical education and sports sciences vol. 13, issue no. 07, October-2018, ISSN 2231-3745.
5. A research paper titled “An assessment of dietary intake and food patterns in soccer players: A systematic review” published by International journal of physical education and sports sciences vol. 13 issue no. 01, January 2018, ISSN 2231-3745.
6. A research paper titled “Indian Competition Low In Sports” published by Aayushi International Interdisciplinary Research Journal (AIIRJ), UGC Approved, S. no. 64259, vol.5, Issue-1, January 2018, ISSN 2349-638x, impact factor 4.574.
7. A research paper titled “An analysis on the impact of yoga therapy and balance diet in the infertility: some challenges” published by international journal of physical education and sports sciences vol. 13, issue no. 03, June-2018, ISSN 2231-3745.
8. A research paper titled “Impact of physical inactivity on health”published by Aayushi International Interdisciplinary Research Journal (AIIRJ) UGC approved Sr no. 64259, vol. 5, Issue-1, January-2018, ISSN 2349-638x, Impact Factor 4.574.
9. A research paper titled “Exercise for fitness and sound health” published by Studies in Indian Place Names (UGC Care Journal), ISSN: 2394-3114, Vol-40, Issue-71, March-2020.
10. A research paper titled ”TheImpact of Immunity System And NovelCorona Virus-2019(Covid-19)” published by Tathapi, UGC (Care Journal), ISSN2320-0693, Vol. 19, Issue-25, June-2020.
11. A research paper titled ”Stresses in physical education and non physical education students” published by international advanced research journal in science, engineering and technology, vol. 8, issue 8, august 2021.

12. A research paper titled “Comparison of mental health between sportsman and non sportsman” published by international journal for innovative research in multidisciplinary field, ISSN 2455-0620, special issue:17july-2020.
13. A research paper titled “health outcomes between physical and non physical education students” published by international journal of innovative research in electronics, instrumentation and control engineering, vol 9, issue 8, august 2021,

**Presentation/ Participation in Seminars/ webinars/ symposiums:-**

1. Participated and presented a paper titled “*Relevance of yoga*” in “*National Conference On: 'Physical Education And Yoga: A Biggest Necessity For Public Health'Organized By the school of educational sciences,(Under UGC Merged Scheme) SRTM university Nanded (Maharashtra). March 29<sup>th</sup> to 31<sup>st</sup>, 2010.*
2. Participated and presented a papertitled “*physical health and growth of children in rural india: AStudy*” organized by DAV College Kanpur on November 27-29, 2010.
3. Participated and presented a paper titled“*Global Recession And Indian Sports*”organized by the department of economics, Shiv Harsh Kshan Post Graduate College, civil Line Basti (UP), held on December 11-12,2010.
4. Participated and presented a paper titled“*uchhshiksha me sudhar :chunotiyanevmsambhavnaein*”. Organized by Mahamaya Govt, Dgree College, Mahona, Lucknow. 7-8 April 2012.
5. Participated and presented a papertitled“*semester system for professional upliftment*” organized by *LNUPE Gwalior*(M.P.), held on 20-9-2012 to 10-10-2012.
6. Participated and presented a paper on national seminar titled“*Centres of physical exercise and training and therapies as an important urban entrepreneurial development*” organized by *Buddha P.G.College Kushinagar, November 05-06, 2012.*
7. Presented a paper on national seminar titled“*physical education and personality development: A conceptual understanding*” organized by

*indraghandhirajkiyamaheelamahavidyalyaraibaerali (U.P.) on 15 &16<sup>th</sup> February, 2014.*

8. Presented a paper on national seminar titled "*Environmental pollution & Swachh Bharat Abhiyan*" organized by Indra Gandhi Rajkiya Maheela Mahavisyalaya, Raebareli, on 24<sup>th</sup> & 25<sup>th</sup> February, 2015'
9. Presented a paper on national seminar titled "*kaamkajimahilaonkesaathdurvavhaar*" organized by govt. girls P.G. College Bindki, Fatehpur, U.P. Dated, 20<sup>th</sup>- 21<sup>th</sup> September 2015.
10. Presented a paper on National Seminar titled "*vaishvikarankeyug me mahilaon per soshalmidiya ka durupyog- Ek Natic Samiksha*" organized by D.J. College Baraut (Bhagpat) U.P. Dated, 01<sup>st</sup> to 2<sup>nd</sup> November, 2015.
11. Presented a paper on National seminar titled "*vyaktikjagrukta, sanyuktsamajikjimmedarin hi sawachhbharat ki neevhai*" organized by Govt. Girls P.G. College Bindki Fatehpur (U.P.). Dated- 4<sup>th</sup> to 5<sup>th</sup> January 2016.
12. Presented a paper on national seminar titled "*socialmidia our samajikmudde*" organized by D.J. College Baraut (Bagpat), Dated- 30<sup>th</sup>-31<sup>st</sup> January 2016.
13. Presented a paper on National Seminar titled "*Krishi shetra me jalsambharanprabandhan Krishi keliyevardanhai*" organized by G.D.C. Pihani. Hardoi. U.P. Dated- 19<sup>th</sup>- 20<sup>th</sup> February 2016.
14. Presented a paper on national seminar titled "Quality Policy In The Education Organization" organized by D.J. College Baraut, (Bagpat) U.P. Dated- 1<sup>st</sup>-2<sup>nd</sup> March 2016.
15. Presented a paper on national seminar titled "Yoga And Fitness" Organized by ShriMuktanand College, Gangapur, Aurangabad M.H. Dated- 26<sup>th</sup> – 27<sup>th</sup> September 2016.
16. Presented a paper on national seminar titled "Kaushal Vikash ke rath ko aage le jatiskaratmakyojnaein" organized by S.G.N. Govt. College Muhammdabad Gohna, Mau, U.P. Dated 10<sup>th</sup>- 11<sup>th</sup> 2016.

17. Presented a paper on national seminar titled "Ahinsadwara hi pryavaransanrashnasambhav" organized by Dr. B.R.A.Govt.Girls.P.G. college, Fatehpur U.P. dated – 19<sup>th</sup> – 20<sup>th</sup> January 2017.
18. Presented a paper on national seminar titled " pryavanevmswasthkepratijagruktakiaavsykta" organized by Govt, Girl P.G. College Bindki, Fatehpur, (UP) Dated- 21-22, January 2017.
19. Presented a paper on national seminar titled " Yoga AndMentalHealth" Organized by U.P. Rajshri Tandan Open University, Allahabad. Dated, 8,9, November 2017.
20. Participated in 2<sup>nd</sup> national conference on Empowering India with Health Through Physical Education & Sports Sciences on 29th August 2014. In Delhi.
21. Presented a paper on national seminar titled " Interrelation And Interdependence Between Physiology And Physical Education" organized by Mulund College Of Commerce, Mumbai, Dated - 8-10 January 2015.
22. Participated in 4<sup>th</sup> national conference on physical education and sports sciences on 9-10 feb. 2018, at convocation center, NDMC, Sansad Marg, New Delhi.
23. Participated in national seminar titled "rural development and women education" organized by DRA Govt. Post Graduate College, Bisauli (Badaun) UP.
24. Participated in national conference on anti doping organized by NADA and PEFI, dated 30-31 january 2019, at Dr Ambedkar International Center, New Delhi.
25. Participated in national seminar on yoga for wellness and positive health, titled " yoga for harmony and self conduct" organized by Indra Gandhi rajkiyamaheelamahavidyalya Raebareli (UP).

**Award :- SikshakDiwas Per Samman kiyaGya on05, September 2021.**

#### **Membership:-**

- ❖ Lifetime Membership of "*Physical Education Foundation Of India* ", affiliated by government of India.

#### **Co-curricular activities**

- ❖ Organized several co-curricular activities and social awareness programs viz. NukkadNataks, plantation, health and hygiene programs in nearby villages, tie and die, making useful things from waste material, science exhibition, quiz, personality development programs etc.
- ❖ Conducted several programs under "MISSION SHAKTI",
- ❖ Conducted several programs under "EK BHARAT SHREST BHARAT" Theme.
- ❖ Conducted "Annual Sports Programs" every year,

**Date: -**

**(Jai Bhagwan Singh Goun )**