



**MANISH SINGH**

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**Permanent Address:**

J - 94 New Pandav Nagar Meerut,  
Uttar Pradesh, India

**Personal Profile:**

**Father's Name** : Mr. T.N. Singh

**Date of Birth** : 01/03/1990

**Sex** : Male

**Nationality** : Indian

**Marital Status** : Married

**Languages Known:** Hindi, Punjabi,  
English

**Leisure Pursuit** : Traveling,  
swimming, adventure sports.

## CURRICULAM VITAE

### Objectives

To work with an organization, would provide me with an opportunity to exhibit my potential by providing an environment of learning and professionally enhance me.

### Academic Qualification:

#### Master's Degree

##### M.Sc. (Sports Science)

University : Punjabi University, Patiala.

Duration : 2013-2015

Class/Percentage : First/69.01

#### B.Sc. (Exercise Physiology and Nutrition)

University : Tamil Nadu Physical  
Education and Sports-  
University, Chennai.

Duration : 2009-2012

Class/Percentage : First/71

Intermediate : N.I.O.S (National-  
Institute of Open  
School).

Duration : 2008

Class/Percentage : First/62

High School : U.P Board.

Duration : 2004

Class/Percentage : Second/50

### Professional Qualification:

Course : ANIT Software Engineering Diploma

College : NIIT, Delhi

Duration : 2009

Class/Percentage : First/60

Course : A.D.C.A (Computers Application)

College : B.I.M.T College, Meerut, U.P

Duration : 2005

Class/Percentage : First/64

- Six Week Certification Course in Sports Coaching (Basketball) from 17<sup>th</sup> May to 30<sup>th</sup> June 2010 organized by the Sports Development Authority of Tamil Nadu and conducted by Tamil Nadu-Physical Education and Sports University at S.D.A.T Indoor Stadium, Chennai.
- First Aid training course organized by ST.JOHN AMBULANCE, Chennai, Tamil Nadu on March 2010.

## Experience:

**Total Work Experience: 4 years 5 months**

Department	Joining Date	Resignation Date	Type of work	Designation/pay scale
Isportified Development foundation	03/11/2018	Till Date	Sports Science Research & Development (R&D), Physical Testing & Analysis	Head- Sports Sciences 40000/-+ HRA 48000/-

### Work Description :

1. Providing sports science backup for Rural/Unprivileged school kids.
2. Carrying out physical fitness assessment for schools kids,
3. Compilation of sports science assessment report with respect to emerging athletes in various schools.

Sports Authority of India, NS,NIS, Patiala, Punjab, India	24/10/2017	23/10/2018	Research & Development (R&D), Performance Analysis of National Camps	Young Professional ( Performance Analyst) 40000/- P.M.
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### Work Description :

1. Compilation of performance data with respect to emerging/proven athletes and coaches in various National and International camps in consultation with national sports federations.
2. Data Analysis with respect to International/National standards.
3. Ranking of players and coaches at National/International and World level.
4. Performance assessment of existing coaches at National/International level.
5. Identification of National/International level training institutions.
6. Regular monitoring of performance and progression of coaches covered under development group.
7. Preparation of annual training programme at National and International level.

Department	Joining Date	Resignation Date	Type of work	Designation/pay scale
Sports Authority of India, NSSC, NIS, Bangalore, Karnataka, India	29/5/2015	16/11/2016	Sports Science Research & Development (R&D), Teaching, Physiological Testing & Analysis of National Campers	Research Fellow / 25000/- P.M,+ HRA 32000/-

### Work Description :

1. Assist for providing sports science backup to the national team preparing for Asian games/ Olympic Games and- other major tournaments country and abroad.
3. Carrying out evaluation which includes assessment of aerobic capacity, anaerobic threshold, anaerobic power, blood-lactate, estimation of body composition and biomechanical analysis etc.
3. Compilation of sports science assessment report with respect to emerging/proven athletes in various National and International camps in consultation with national sports federations.
4. Involved in teaching Diploma in sports coaching for in-service coaches under the administrative control of Sports Authority of India.

Department	Joining Date	Resignation Date	Type of work	Designation/pay scale
KOOH Sports Pvt. Ltd. Goregoan, Mumbai, Maharashtra	2/07/2012	30/08/2013	Basketball Coaching,	Basketball Coach/ 22000/- P.M

### Work Description :

1. Organizing the basketball tournament, talent identification test and selections trails.
2. Teaching basketball coaching pedagogy and talent cultivation skill to U-14 to 16 age group players
3. Designing the specific training program and training method for school basketball team.
- 4 Handling the issues of sports equipment purchasing.

## Technical Skills:

<b>Sports science equipment handling skills</b>	
For Physiological Assessment	Metamax 3B (gas analyzer), Cosmed (CPX) system, Blood Lactate Analyzer, Back & Grip Strength Dynamometer.
For Morphological Assessment	Skinfold caliper, Sliding Caliper, Bio-scan system, BCA system.
For Biomechanical Assessment	Speed light timing gates , Force platform,
<b>Software Knowledge</b>	
Operating Systems	Windows (7, 8, 10) IMac
Database Software	MS SQL Server, MS Access,
Statistical Software	SPSS, Matlab
Computer typing	English, Hindi

## SEMINAR/CONFERENCE PARTICIPATION:

- Presented research paper on “Physiological and Nutritional Profile of National level Basketball Players” in International Conference on Humanizing Work and Work Environment (HWWE) and Community Nutrition & Health (CNH) hosted by IIT, Bombay and NITIE, Mumbai on 6<sup>th</sup> to 9<sup>th</sup> Dec 2015.
- Presented research paper on “Biomechanical Analysis in Basketball Sports/Games” in International Conference on Sports Biomechanics, Emerging Technologies & Quality Assurance in Technical Education held at Prannath Parnami Institute of Management & Technology, Hisar, Haryana on 17<sup>th</sup> to 18<sup>th</sup> March 2012.
- Presented poster presentation paper on “Sports as a full time career in India” in International Conference on Sports and Nutrition held at Avinashilingam University, Coimbatore, Tamil Nadu, on 8<sup>th</sup> to 9<sup>th</sup> March 2012.
- Participated in 3rd Global Sports Summit “International Convention on the Business of Sports” held at FICCI, Federation House, Tansen Marg, New Delhi, on 20<sup>th</sup> to 21<sup>st</sup> October 2011.
- Participated in the India International Sports Summit held at Trident, Nariman Point, Mumbai, on 24<sup>th</sup> September 2011.
- Participated in the National Workshop on Modern Trends in Scientific Sports Coaching held at Tamil Nadu Physical Education and Sports University, Chennai on 29<sup>th</sup> & 30<sup>th</sup> October 2010.
- Participated in National Workshop on Sport Technology and Sports Management held at Tamil Nadu Physical Education and Sports University, Chennai on 12<sup>th</sup> to 13<sup>th</sup> April 2010.
- Participated in National Workshop on Role of Physical Education and Sports Coaching for the Promotion of Competitive Sports held at Tamil Nadu Physical Education and Sports University, Chennai on 26<sup>th</sup> to 27<sup>th</sup> March 2010.
- Participated in National Workshop on Cardio Respiratory Fitness held at St. Joseph’s College of Engineering, Chennai on 23<sup>rd</sup> March 2010.
- Presented research paper on “Sports Biomechanics” in National Seminar on Role of Modern Training in Physical Education and Sports held at University of Madras, Chennai on 19<sup>th</sup> to 20<sup>th</sup> March 2010.

- Participated in the International Workshop on Advance Scientific Training and Coaching held at Jawaharlal Nehru Stadium, Chennai on 2nd and 3rd February 2010.
- Participated in the Workshop on Latest Changes and New Rules in Sports & Games held at YMCA College of Physical Education, Chennai on 25<sup>th</sup> and 26<sup>th</sup> August 2009.

### **AWARDS AND HONORS:**

- Sports Science Fellowship awarded by Sports Authority of India, N.I.S- Campus, Bengaluru, in May 2015.
- As a Girls team Coach won S.S.A Basketball League held at Step by Step School, Noida, U.P, from 8<sup>th</sup> August to 15<sup>th</sup> September 2013.
- As a Girls team Coach won Inter School Basketball Championship held at Ramagaya School, Sec- 50, Noida, U.P, on 30<sup>th</sup> to 31<sup>st</sup> August 2013.
- As a Girls team Coach secured 2nd Place in Inter School Basketball Championship held at DDA complex, Delhi on 2<sup>nd</sup> to 4<sup>th</sup> February 2013.
- Represented as a team coach in the 20th U.P. State Jr. Basketball championship held at N.T.P.C., Sonbhadra, U.P., on 7th to 11th May 2008.
- 4<sup>th</sup> place in 48<sup>th</sup> U.P. State Senior Basketball Championship held at Bishop Conred Sr. Secondary School, Bareilly, U.P on 21<sup>st</sup> to 26<sup>th</sup> October 2008.
- First Place in B.I.T College Fest Basketball Tournament in Meerut, U.P (2009).
- First Place in Dear Boys Basketball Tournament in Meerut, U.P (2009).

### **VOLUNTEERING AND SOCIAL EVENTS:**

- 23rd FIBA Asia Women Championship held at Jawaharlal Nehru Stadium (Chennai).
- Obesity Foundation of India held at Marina Beach, Chennai.

### **PRODUCTIVE FACTOR:**

- Good communication and Interpersonal Skill.
- Believe in result oriented work.
- Ability to work independently as well as in Team.
- A good deal of patience and always eager to learn.

## REFERENCE:

**Shri. Karam Singh,**  
Deputy Director  
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NIS, Sports Authority of India,  
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**Dr. Malay Mandal**  
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Sports Authority of India,  
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**Dr. Ajita Singh,**  
Associate Professor  
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## DECLARATION:

I assure you that the above mentioned details are true to the best of my knowledge and belief.

**Place:** Bengaluru, INDIA

**Manish Singh**