

Name: Prof. Bidyarani Yumnam

Designation: Assistant Professor

Branch: Physical Education



Educational Qualification(s):

Qualification(s)	University
B.Sc.(Honours) in Physical Education.	Manipur University
Bachelor of Education (Physical Education)	University of Pune
M.P.Ed.	YMCA College of Physical Education, TNPESU.
NET	UGC Q
Ph.D (Thesis Submitted)	Manipur University

Experience in years:

Details:

Sl. No.	Organization	Position Held	Duration	
			From	To
1	JNV, Peren, Nagaland	TGT- PET	2014	2015
2	JNV, Senapati, Manipur	TGT- PET	2015	2016
3	JNV, West Siang, AP	TGT- PET	2016	2017
4	JNV, Haflong, Assam	TGT- PET	2017	2018
5	IIE, Canchipur, Manipur	Guest Lecturer	2018	2019
6	Hollitoli School, Dimapur	TGT- PET	2019	2022

Other Information:

a) Publication details.

1. A paper entitled 'Effect of Ladder Training on Speed and Muscular Endurance among Football Players' on KALA, The Journal of Indian Art History Congress, 27, 1491- 1496,2021.

2. A paper entitled 'Effect of Eight-Week Total Resistance Exercise on Selected Physical Fitness Variables among School Boys' on International Journal of Physical Education, Health and Sports Sciences, II, 54-58, 2022.
3. A paper entitled 'Impact of Total Resistance Exercise on Selected Physical Fitness Components among School Girls' on International Journal of Creative Research Thoughts, 10,781-785, 2022.
4. A paper entitled 'Effect of Ladder Training on Skill Performance among School Girls' on Journal of Namibian Studies, 33, 2413-2420, 2023.

(b) Details of Seminar/Workshop/Conference.

1. Presented a paper entitled as 'Comparative study on Self Efficacy and Level of Aspiration between Table Tennis and Soccer Players' in National conference on 'Current Fitness Trends' on 29th and 27th, February 2015, organised by Department of Physical Education, Sri Padmavathi Mahila Visvavidyalayam (Women's University) Tirupati, Chittoor Dist., A.P.
2. Presented a paper entitled as 'Effect of Foot Valley Sand Game on Shooting Accuracy and Distance Kicking Performance of Football Players' on 'International Congress on Renaissance in Sports' from 6th to 10, January 2019, organized by Research Department of Physical Education and Sports Sciences, National College, Tiruchirappali, Tamil Nadu.
3. Presented a paper entitled as 'Impact Of Eight Weeks Ladder Training On Speed And Agility Among School Boys' in the Scientific International Congress on Physical Education and Allied Science on the theme 'Holistic Development for Excellence in Sports Performance, Health and Well Being' from 27th to 29th February, 2020 organised by DCT's S.S. Dempo College of Commerce and Economics at Cujira, Bambolim, Goa.
4. Presented a paper entitled as 'Effect of Total Resistance Exercise on Flexibility and Leg Power of Soccer Players' on 'Emerging Trends of Physical Education and Sports Science' from 24th to 26th August, 2022 organised by Department of Physical Education and Sports Science, Manipur University, Imphal, Manipur.
5. Presented a paper entitled as 'Effect of Plyometric Training and Suryanamaskar on Selected Physiological Variables on College Women' on 'International Congress on Renaissance in Sports' from 7th to 11th February, 2024 organized by Research Department of Physical Education and Sports Sciences, National College, Tiruchirappali, Tamil Nadu.