

BIO-DATA

Name : KANGJAM INAOTOMBI DEVI (PhD)
Date of Birth : 1st February 1981
Place of Birth : Kairang Mamang Leikai, Imphal East, Manipur.
Present Address : Manipur University Campus, Qtr. No. 01/Type- IV/Block- 4
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Imphal East, Pin- 795149.
Gender : Female
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Academic Qualifications

- ✚ HSLC- Board of Secondary Education, Manipur, 1996.
- ✚ HSSLC- Council of Higher Secondary Education, Manipur, 1998.
- ✚ BSc (Physical Education)- Manipur University, 2001.
- ✚ MPE (Master of Physical Education)- Manipur University, 2016.
- ✚ PhD, Manipur University, Canchipur, 2022.

Technical and other Qualifications

- ✚ DYEd (Diploma in Yoga Education), HVPM's Degree College of Physical Education, Amravati (MH), 2017 (I Division).
- ✚ Completed One year Treatment Attendant Training Course in Naturopathy & Yoga at the Yoga & Nature Cure Hospital, Khundrakpam, Imphal East (10-3-2003 to 9-3- 2004), under the National Institute of Naturopathy, Govt. of India, Ministry of Health and Family Welfare, Deptt. of AYUSH, Pune – 411001.
- ✚ Participated in the One Month Yoga Certificate Course (1st May to 31st May, 2000) organized by the Chambers of Commerce Yoga and Nature Cure Centre, Imphal.
- ✚ Completed Six Week's Basic Course in Yoga with Grade -I (20th Dec. 1999 to 7th Feb.2000) organized by Yoga Physique Institute and Studies, Imphal, Manipur.
- ✚ Participated 9 Days Yoga Camp on Surya Namaskar, Yoga Asana, Pranayama, Yoga Therapy and Meditation (Theory and Practical) organised by Manipur School of Yoga, Laipham Bamdiar and Department of Sports, MU, at MU, from 14th to 22nd May 2011.
- ✚ Passed Teacher Eligibility Test (TET) in Meetei Mayek (2013).
- ✚ Completed Meetei Mayek Teacher Refresher Course, SCERT(A), 2001.
- ✚ Passed (3rd position) the Meetei Mayek Resource Persons Training Course in collaboration with Director, SCERT, Govt. of Manipur, 1993.
- ✚ Passed in first division of Meetei Mayek Diploma Course, CRAMTI, 1998.
- ✚ Completed 3 years Meetei Mayek Course in First Division, CRAMTI, 1993.

- ✚ Completed Diploma in Computer Application (DCA) under Sterlite Training Institute, Imphal Centre (run by Sterlite Foundation, Mumbai), 2006.
- ✚ Participated in the Programme on “Rural Entrepreneurship Development Programme,” Institute of Cooperative Management, Imphal under the National Council for Cooperative Training, New Delhi, 2002.
- ✚ Participated Two-Day Orientation Programme for Teachers, Kanan Devi Memorial College of Education, Pangei, 2007.

Award and Honour

- ✚ Awarded Late Chongtham Ibotombi Singh Memorial Gold Medal for securing highest marks for DM College of Science in Master of Physical Education (MPE), 2016.

Areas of Interest

- ✚ Yoga Education
- ✚ Health Education
- ✚ Anatomy and Physiology
- ✚ Fitness Management
- ✚ Movement Education

Specialized Sports/Games

- ✚ Yoga
- ✚ Handball

Achievements in Yoga

1. 2nd Place in XVth National Yogasana Championship, held at Sarat Sadan Howrah, West Bengal (26th to 28th Sept, 1999).
2. 3rd Place in 8th National Yoga Physique Championship, held at Khuman Lampak Sports Complex, Imphal, Manipur (17th to 19th Nov. 2003).
3. 1st place in the 1st State Level All Manipur Yogasana Competition, held at MDU Hall, Yaishkul, Imphal (30th January 2001).
4. Honour as successful Judge for state in 24th State Level Yoga Physique Championship, held from 11th to 12th Oct., 2019, at Manipur Dramatic Union (MDU Hall), Imphal.

Achievements in Handball

1. Participated 12th Handball Federation Cup organized by Jamu & Kashmir Handball Association, under the aegis of Handball Federation of India (11th to 15th June, 1994).
2. 2nd Place in the 16th Junior (under 19 yrs.) National Handball championship, Gandhinagar, Gujarat (2nd to 6th Nov. 1993).
3. 1st place in the 10th Sub-Junior (under 15 yrs) National Handball Championship, Guwahati, Assam (26th to 30th Sept. 1993).
4. Champion team member of the Social Standard Club, Khurai, in the State Level Handball Championship, 1993, held at K.S.C. Moirang (23rd May to 28th May, 1993).

5. Runner-up team member of the L.Y.L. High School in the State Level Inter School Games Meet, Khuman Lampak Sports Complex (16th to 18th Nov. 1994).
6. Champion team member of the L.Y.L. High School in the District Level Inter School Games and Sports Meet, Khuman Lampak (31st October to 2nd Nov. 94).

Conference/Seminar/Workshop Attended

1. Paper presented on “Effect of Yogic Exercise Intervention on Aerobic and Anaerobic Efficiency of Women Soccer Players,” in the International Virtual Conference on Physical Education and Sports Sciences, organized by Department of Arts (Physical Education) and DSW, Manipal University, Jaipur, from 30-31 March, 2021.
2. Attended National Workshop on Research Methodology in Sports and Exercise Psychology, organized by National Sports University (GOI), MRDC from 16th to 22nd January, 2019, at Khuman Lampak Sports Complex, Imphal, Manipur.
3. Paper presented on “Significant differences of aerobic and anaerobic Capacity between Handball and Basketball players,” in the International conference on Sports for All, organized by Indian Association of Sports For All (I-ASFA) under the auspices of TAFISA, in collaboration with HVPM’s DCPE, Amravati (MS), held on 5th June 2018, at Amity University, Noida (UP).
4. Participated Two-Day State level Seminar, Yoga and Naturopathy, organized by Directorate of AYUSH, Manipur, in collaboration with Central Council for Research in YOGA & Naturopathy, New Delhi, on 26th and 27th Feb. 2016, at Indian Medical Association (IMA) hall, Lamphelpat, Imphal.
5. Paper presented on “Fundamental Movement Skills and Related Drills” in the National Seminar on New Challenges of Physical Education and Sports Science in the 21st Century, organized by Department of Physical Education and Sports Science, MU, from 29-31 October, 2015.
6. Participated VIth World Congress and VIIth Annual Anniversary of Mani Himalaya Academy on 27th & 28th March 2004, Mani Himalaya Academy, Gangtok, Sikkim.

Published Paper

1. Paper published on “Effect Of Yogic Exercise Intervention On Aerobic And Anaerobic Efficiency Of Women Soccer Players.” *Vidyabharati International Interdisciplinary Research Journal (Special Issue- April 2021)*:123-130.
2. Paper published on “Integrated Sports Activities on Sports Achievement Motivation for Adolescents with Intellectual Disability.” *International Journal of Physical Education Health & Sports Sciences* (ISSN: 2279-0306, ISRA:1.845). Vol. 09, No. 02 (Nov. 2020): 06-11.
3. Paper published on “Significant Differences of Aerobic and Anaerobic Capacity between Handball and Basketball Players,” *International Journal of Fitness, Health, Physical Education & Iron Games* (ISSN 2349-722X, ISRA-JIF: 2.045 & IP-IIF:2.64). Vol. 5, No. 2 (July - Dec 2018):247-250.
4. Paper published on “Effect of Pranayama Practices on Haemoglobin and Vital Capacity of College Girls.” *International Journal of Physical Education Health & Sports Sciences* (ISSN: 2279-0306, ISRA:1.845). Vol. 07, No. 02 (Oct., 2018): 25-32.

Award and Honour

1. Awarded Incentive State Sports, YAS, Govt. of Manipur, 2009.

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2. Awarded Certificate of Honour (with incentive) on SHANAROISINGGEE NUMIT, 2004, held on 25th Feb. 2004, Dept. of Youth Affairs & Sports, Govt. of Manipur, for outstanding achievement securing Bronze Medal in the 8th National Yoga Physique Championship (17th to 19th Nov. 2003).
3. Awarded Certificate of Appreciation (with incentive) on SHANAROISINGGEE NUMIT, 2000, held on 25th Feb. 2000, Dept. of Youth Affairs & Sports, Govt. of Manipur, for outstanding achievement securing Silver Medal in the 15th National Yogasana Championship, 1998-99 (26th to 28th Sept. 1999).
4. Honour in Incentive State Sports Award, 1993, Dept. of Youth Affairs & Sports, Govt. of Manipur, for outstanding achievement in Handball at National level, held on 31st Aug. 1996.

It is declared that the above mentioned information is really true to the best of my knowledge and experience.

Sd/-

(Dr. Kangjam Inaotombi Devi)

Dated:

Place: