

## Manohar Kumar Pahan

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Assistant Professor, Department of Sports Science and Yoga, Ramakrishna Mission  
Vivekananda Educational and Research Institute, Belur Math,  
Main Campus.

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### Educational Qualifications:

1.	Ph.D	L.N.I.P.E., Gwalior	2018-2023
		Perusing	Sport Psychology
1.	M.P.Ed	L.N.I.P.E., Gwalior	2018
		Specialization	Sport Psychology Track and Field
2.	B.P.Ed	L.N.I.P.E., Gwalior	2016
		Specialization	Track and Field Physical Education

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### Professional Experience:

- a. Teaching:
  1. Gym Management and Sports Training.
  2. Theory of Education Technology.
  3. Sport Psychology.
  4. Officiating in Track and Field.
- b. Sports Coaching:
  1. Young Athletes
  2. General and Specific Conditioning
  3. Track and Field (Long Jump)
- c. Sport Psychological Coaching:
  1. Biofeedback Training
  2. Stress Control
  3. Arousal Regulation
  4. Goal Setting

d. Officiating:

1. Track and Field (Technical Officer Field Events)
2. Track and Field (Judge Field Events)

e. Research:

1. A Case Study on: Effect of Biofeedback Training on Stress and Performance of Track and Field Athletes.
2. A Review Study on: Analysing Long Jump Performance in Respect to international and Indian Athlete.

f. Research Publication:

1. Kinematic Analysis of Instep Kick in Soccer Related to Ball Velocity. (*Yendrembam Napoleon, A.S. Sajwan, M.K. Pahan*)
2. Comparative Study of Personality Among Unmarried and Married Female Athletes. (*Bhawna Bhagel, Nibu R. Krishna, Manohar Kumar Pahan*)

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**Achievements:**

1. Qualified Federation State Technical Officer Examination, January 2016.
2. Qualified National Eligibility Test in Physical Education, 2018, 2019 and 2020.

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**Sports Participations:**

1. Ranchi District Rifle Shooting Championship, 2021.
2. Olympic Inspirational Run, 2016.
3. All Indian University Games in Athletics, 2013.
4. Participation in 8<sup>th</sup> Jharkhand State Inter District Athletics Championship, 2012.
5. Participation in 6<sup>th</sup> Jharkhand junior Athletics Championship, 2011.

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**Research Interest:**

1. Enhancing athletic performance by various psychological skill training.
2. Tribal population and sporting performance.
3. Identification and assessment of sporting talent based on sport psychological background.

4. Psychological profiling of sportsperson of different game discipline, playing position, gender and age category.
  5. Involvement of latest research gadgets and tools for betterment of athletes.
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#### **On-Going Research:**

1. Sports psychological assessment among sportsperson of Jharkhand in ten different sport disciplines.
  2. Psychological profiling of married and unmarried national women sportsperson of India.
  3. Development of sport psychological test battery for screening of young sportsperson.
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#### **Expertise in:**

1. Implementing biofeedback training for stress control and arousal regulation for sportsperson.
  2. Psychological skill training.
  3. Coaching of track and field athletes (jump events).
  4. Test and assessment of sportsperson of different discipline.
  5. Talent identification and development based on sports psychological background for long term athletic development.
  6. Managing human high performance laboratory.
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#### **Volunteer Service:**

1. Imparting psychological skill training to trainees of archery, badminton and hockey of Ranchi district.
  2. Assessment of psychological playing ability of young and junior sportsperson of Jharkhand.
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**References:**

1. Prof. Jai Prakash Verma  
Vice-Chancellor  
Sri Sri Aniruddhadeva Sports University, Assam  
Contact: 9893161646  
Email: [vermajprakash@gmail.com](mailto:vermajprakash@gmail.com)
  
  2. Prof. Mahendra Kumar Singh  
Head of Department (Sport Psychology)  
Lakshmibai National Institute of Physical Education, Gwalior  
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  3. Dr. A.S. Sajwan  
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