

BIODATA

Personal details:

Name: BIKRAM SINGNAR
Address: VILL-MORASENGLI,
P.S: HELEM, P.O-TETONBARI,
PIN-784171, DIST: BISWANATH
CHARIALI, ASSAM
Email: bikramsingnar574@gmail.com
Mobile no: 8472957942
Marital status: Single



About you: Mr. Bikram Singnar currently is working as a lecturer in Health and physical Education in Govt. Shikshan Mahavidyalaya, CTE Nagaon. Earlier he was working as a Teaching Cum Research Assistant (TCRA) physical Education, Pasighat campus (Arunachal Pradesh). He has completed his Bachelors (B.P.Ed.) and Masters (M.P.Ed.) Degree in Physical Education from Lakshmibai National Institute of Physical Education (LNIPE, NERC, Guwahati). He is pursuing his Ph.D. in Physical Education from Department of Exercise Physiology from LNIPE. He qualified UGC-NET JRF in the first attempt in the year 2019.

He has represented his university hockey team three times in All India Inter University, and secured two gold and one silver in west zone inter university. He also have participated in 57th school Games. He has trained the hockey team of 71 Inf. Div. Regiment, Misa Tezpur.

Education qualification:

QUALIFICATION	INSTITUTION	BOARD/ UNIVERSITY	YEAR OF PASSING	PERCENT AGE
SECONDARY SCHOOL CERTIFICATE	Jawahar Navodaya Vidyalaya, Sonitpur, Assam	CBSE	2013	72.2%
SENIOR SECONDARY CERTIFICATE	IP (Science)	AHSEC	2015	81%
BACHELOR OF PHYSICAL EDUCATION	Lakshmibai national institute of physical education, Guwahati	LNIPE	2019	75.55%
MASTERS OF PHYSICAL EDUCATION	Lakshmibai national institute of physical education, Guwahati	LNIPE	2021	77.5%

Experience:

- Worked as Teaching Cum Research Assistant (TCRA) physical Education, Pasighat campus (Arunachal Pradesh).
- Provide training as a hockey coach to 71 Inf.Div.Sig Regiment, Tezpur.
- Worked as an intern in Harvest International School, Ludhiana.

SPORTS ACHIEVEMENT:

NAME OF COMPETITION	PLACE OF COMPETITION	EVEN T	CATE GORY	DATE & YEAR	POSITION
1) West-zone inter university	Gujarat Technology university	Hockey		26 th -30 th December ,2017	Silver
2) All India inter university	New Delhi	Hockey		10 th -19 th February 2017	
3) West-zone inter university	LNIPE,Gwalior	Hockey		02 nd -6 th November,2018	Gold
4) All India inter university	Gwalior	Hockey		24-03 January 2019	
5) 6 th Assam senior men inter district	Guwahati	Hockey		23 rd -26 th January 2016	
6) 57 th National School Games	Rajnandgaon,Chattisgarh	Hockey		6 th -11 th November 2011	
7) 22 nd NVS National hockey meet	JNV Pali,Madhya Pradesh	Hockey	U-19	17 th -19 th October 2011	Gold

EXTRA QUALIFICATION:

QUALIFICATION	INSTITUTION/BOARD	PASSING YEAR
NET & JRF	NTA-UGC	December 2019

Expert Lectures/ Paper Presentations in Conference / Seminars / Workshops:

- Lecture on Importance of physical Activity in “Ten days up gradation Programme for security Guards”
- Lecture and practical class on “Methods of development of endurance training” in “One week physical training programme for police aspirants”

Participation in Conference / Seminar / Workshop:

- Participated in National workshop on recent trends of instrumentation in exercise physiology on 1st& 2nd February, 2019
- Participated in National Workshop on Fitness, Muscle Building, Muscle Definition through Resistance Training Design and Diet Management from 18th to 20th March, 2019.

Capacity-building Training programs Organized:

- Organized “One week physical training programme for police aspirants”
- Member at training “Ten days up gradation Programme for security Guards”
- Organized “Online Training Programme for Mental Health and Physical wellbeing”

Key skills:

Sound skill and knowledge of hockey, football Skilled in planning and implementing physical education programme. Sound knowledge of basic computer application, MS office, internet and can work in a virtual mode

PERSONAL INFORMATION

NAME: BIKRAM SINGNAR

FATHER'S NAME: KAMAL SINGNAR

MOTHER'S NAME: SITA SINGNARPI

D.O.B: 07-11-1996

SEX: Male

NATIONALITY: INDIAN

RELIGION: HINDUISM

CIVIL STATUS: SINGLE

LANGUAGE KNOWN: ENGLISH, HINDI, ASSAMESE AND KARBI

CATEGORY: Schedule Tribe (ST)

PERMANENT ADDRESS: C/O- KAMAL SINGNAR, VILL-MORASENGLI, P.S-HELEM, P.O-TETONBARI, PIN-784171, DIST-BISWANATH CHARIALI, ASSAM

DECLARATION

I declare that all the above furnished particulars are genuine and complete to the best of my knowledge.

DATE: 28-04-2022

PLACE: Guwahati


Signature