

Scrutinizing the Consequence of Three Variations of Ponderosity Training on Fat mass, Fat Free Mass, Inter-Cellular Fluid, Extra-Cellular Fluid

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Abstract: The assessment of human body composition has assumed a significant job in the determination of nutritional prominence in clinical, metabolic settings as well as an indicator of muscle mass in professional and amateur sports. The objectives of this study was to compare the effect of three variation of weight training on fat mass, fat free mass, Inter-cellular fluid and Extra-cellular fluid. This is intended to find an appropriate level of intensity of weight training (i.e sub-maximal, maximal or supra-maximal) that will aid in the facilitation of body composition. A total of 40 males (N=40) served as subjects for this study. They were divided into 4 groups, comprising of 10 subjects each. They were categorized in four different groups (i.e. sub-maximal, maximal, supra-maximal and controlled group) and were selected randomly through simple random sampling method. All the subjects were between age of 20 to 28 of undergraduate and post graduate programmes of Lovely Professional University, Phagwara Punjab. Physical variables were selected for the study namely mass, fat free mass, Inter-cellular fluid and Extra-cellular fluid. The gathered data from the four groups previously and immediately when the training program on assigned model factors was factually examined with (ANCOVA) that was wont to establish the numerous distinction between exploratory and supervisory groups. Whenever the 'F' magnitude relation for adjusted take a look at was found important, smallest amount important distinction (LSD) was applied as post-hoc take a look at to seek out out paired mean distinction. All told the cases 0.05 level of serious was fastened to check the hypothesis. The findings of the study clearly indicate that there was significant effect of variation of training on fat free mass and fat mass. Fat free mass in absolute quality of body compositions which is basically understood and learnt as the potential factors and genetically based. **Keywords:** Intensity, Sub-maximal intensity, Supra-maximal intensity, Fat mass, Fat free mass, Inter-cellular fluid, Extra-cellular fluid. **Scrutinizing the Consequence of Three Variations of Ponderosity Training on Fat mass, Fat Free Mass, Inter-Cellular Fluid, Extra-Cellular Fluid**

I. INTRODUCTION

The assessment of human body composition has assumed a significant job in the determination of nutritional prominence in clinical, metabolic settings as well as an indicator of muscle mass in professional and amateur sports.

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The evaluation of body piece is significant understand the organic process standing and watching the treatment. For a variety of reasons, body fat analysis is a very popular practice in contemporary Western culture. People want to be fit and know the status of their fitness. Professional and amateur athletes care about body fat for aesthetic and health reasons and perhaps, most importantly, to gain a competitive edge. Athletes often try to achieve a certain level of body fat, depending on the demands of the sport (Nash, 1985).

The evaluation of body piece is a fundamental proportion of wellbeing and wellness both for competitors and the all-inclusive community. The body composition could be a issue contributory to the sports performance. The body varies with age and sex and also the fascinating body composition of athletes will vary looking on the game, coaching level and energy intake. An expansion in slender weight adds to quality and power advancement. Increment in slender weight empowers the competitors to create more power in a particular time frame. Ostojic and zivanic (2001) reportable that in elite Serbian football players the most improvement within the sprint times were related to reduction in Body fat share. As body fat content attenuate throughout the session, players become quicker.

II. INTENSITY

Weight preparing force fundamentally alludes to what quantity weight you may carry and the way substantial or light-weight that weight is for you on a given exercise. The lighter the load, less complicated it's for you, the lower the ability. The heavier the weight/harder it's for you, the upper the force.

III. SUBMAXIMAL INTENSITY

It is simply work done with heavy loads that don't require maximal effort. The weight exist in the range between 75% and 90% percent of one Rep. maximum and each set finishes with a few reps left in the tank (The beginner's guide to supra-maximal training). You will burn slightly more fat with SMIT, since intense exercises increases production of the neurohormone epinephrine, which causes more fat to be released from fat cells. Furthermore, excess post-oxygen consumption (EPOC), or "the afterburn" is higher with supramaximal training.

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IV. MAXIMAL INTENSITY

So as to create maximal quality generally overwhelming burden must be utilized more prominent than 85% of one redundancy most extreme (1RM)(Jacky Anderson, weight preparing program for structure greatest quality). This permits solely a little range of repetitions between one and five per set. highest effort is needed on every elevate and per se this sort of coaching is extremely onerous. Long rest intervals to permit recovery needed between sets and solely a little range of exercises ought to conjure the sessions.

V. SUPRAMAXIMAL INTENSITY

Supra-maximal training mean using weight and resistance that is beyond your current strength levels. It is using heavy weights that you normally would not be able to lift at all. One of the benefits of supra-maximal training is that almost any exercise will feel light and easy after you finish a set of supra-maximal holds or negatives.

VI. HYPOTHESIS

- 1) It was hypothesized that there would be no important result of 3 variation of coaching on low-cal mass.
- 2) It was theorized that there would be no huge impact of three variety of preparing on Fat mass.
- 3) It was conjectured that there would be no critical impact of three variety of preparing on Extracellular Fluid.
- 4) It was hypothesized that there would be no important impact of 3 variation of coaching on liquid body substance.

VII. SELECTION OF THE SUBJECTS

An aggregate of 40 guys (N=40) filled in as subjects for this examination. They were separated into 4 gatherings, containing 10 subjects each. They were categorized in four different groups (i.e. sub-maximal, maximal, supra-maximal and controlled group) and were selected randomly through simple random sampling method. All the subjects were between the age of 20 to 28 of undergraduate and post graduate programmes. Individuals participated on a volunteer basis only.

VIII. CRITERION MEASURES

Table-1

Sr NO.	Item	Equipment/Test	Measuring unit
1	Fat free mass	Bio-electrical impedance machine	Kg
2	Fat mass	Bio-electrical impedance machine	Kg
3	Extra - cellular fluid	Bio-electrical impedance machine	Lt

4	Intra-cellular fluid	Bio-electrical impedance machine	Lt
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IX. RELIABILITY OF THE SUBJECT

Initially, a sample of 40 male participants was used to estimate the reliability of the BIA. The subjects were required to report to the laboratory on two different days within a 7-day period. Body composition data were collected on each visit independently. Data were recorded by a technician who was not involved in the actual body composition measurement. For all measurements, a subject was tested two times on two different days while collecting data prior to any treatment.

X. ADMINISTRATION OF THE TEST

The tetrapolar strategy was utilized to limit contact impedance or skin-cathode cooperation (Nyboer, 1970). Subjects were instructed to refrain from food for 5 hours, ingest no alcohol for 24 hours, and avoid exercise for 12 hours. Subjects stayed dressed yet without shoes or socks. All subjects were placed during a supine position on a mat, with limbs faraway from the trunk. 2 foil surface cathodes were put on the dorsal surfaces of the correct hand at the distal metacarpals and 2 electrodes were placed on the correct foot at the distal metatarsals. Specifically, detector electrodes were applied at the right carpal prominence of the articulatio synovialis and between the medial and lateral malleoli at the mortise joint. A current of 800 microamperes at fifty kHz per second was introduced into the themes at the distal electrodes of the hand and foot and conjointly the drop was detected by the proximal electrodes. Determinations of resistance and electrical phenomenon were measured exploitation electrodes placed on the ipsilateral and contralateral sides of the body. all-time low resistance price for a personal was accustomed calculate electrical phenomenon and to predict nonfat mass (Lukaski,1987). A Model BIA one zero one, RJL System was used. All measurements were collected in keeping with normal procedures for BIA.

XI. DESIGN OF THE STUDY

A. Statistical Analysis

The subjects square measure arbitrarily assigned to either the experimental or the management cluster. each teams square measure pre-tested for the variable quantity. The experimental cluster receives the treatment and each teams square measure post-tested to look at the results of manipulating the variable quantity on the variable quantity. As per the offered literatures, the standardized tests were accustomed collect relevant data on the chosen dependent variables. the extent of significance was fixed at .05 levels. The pre and post take a look at irregular management cluster styled was utilized as exploratory structure.



No try was created to divide the teams in any manner in any manner. The gathered data from the four groups previously and immediately when the training program on assigned model factors were factually examined with analysis of variance (ANCOVA) that was wont to establish the numerous distinction between exploratory and supervisory groups. Whenever the 'F' magnitude relation for adjusted take a look at was found important, smallest amount important distinction (LSD) was applied as post-hoc take a

look at to seek out out paired mean distinction. all told the cases zero.05 level of serious was fastened to check the hypothesis.

B. Findings:

Descriptive Statistics like mean, standard deviation for the selected variables were calculated and present in table no 3. The result pertaining to the Analysis of Covariance for the selected variables is presented from table 4 to 9.

Table –2 Expressive Statistics of Mean and Standard Deviation of Selected Body Compositions

Body Composition	Group	N	Mean	Standard Deviation
Fat-free mass	Supramaximal	10	59.41	3.96
	Maximal	10	59.69	12.86
	Submaximal	10	56.37	7.09
Fat mass	Supramaximal	10	8.74	2.95
	Maximal	10	7.85	4.03
	Submaximal	10	8.84	3.29
Extracellular fluid	Supramaximal	10	18.20	3.62
	Maximal	10	18.40	2.35
	Submaximal	10	20.10	3.65
Intracellular fluid	Supramaximal	10	24.09	1.62
	Maximal	10	25.88	5.08
	Submaximal	10	21.95	3.01

Table-3 Analysis of Covariance of Different Groups Obesevation In Relation To Fat-Free Mass

Adjusted Post Test Mean				Sources of Variance	Sum of Square	df	Mean Squares	F Ratio
Supramaximal Group	Maximal Group	Submaximal group	Control group					
58.971	59.128	58.716	58.22	Between	4.68	3	1.561	3.89*
				Within	14.01	35	0.4	

*Significant at $F_{0.05}(3,35)=2.87$

It is evident from table 4 that the calculated value of the F-Ratio(3.89) in relation to fat free mass in higher than the tabulated F-Ratio(2.87) at 0.05 level of significance. It revealed that there is significant difference among admitted post Mean difference of different groups. To find out the

paired mean difference LSD Post Hoc test was applied and finding pertaining to this has been presented in Table 4.



Table 4 least significant difference post hoc test of the adjusted post test paired mean of ffm different troops

(I) Treatment	(J) Treatment	Mean Diff.(I-J)	Sig. a (p-value)
Control	Maximal	-.908*	.003
	Submaximal	-.497	.088
	Supramaximal	-.752*	.013
Maximal	Control	.908*	.003
	Submaximal	.412	.155
	Supramaximal	.157	.587
Submaximal	Control	.497	.088
	Maximal	-.412	.155
	Supramaximal	-.255	.380
Supramaximal	Control	.752*	.013
	Maximal	-.157	.587
	Submaximal	.255	.380

three treatment gatherings. It might be noted here that P-esteem for the mean distinction among control and supra-maximal is 0.013 and control and maximal is 0.003. Both these p-values are under 0.05 which is huge at 5% level.

- There could be a important distinction between the adjusted means that of the supra-maximal and management teams on the information of nonfat Mass throughout Post-testing.
- There may be a vital distinction between the adjusted means that of the greatest and management teams on the info of Fat Free Mass throughout Post-testing.
- There isn't any essential differentiation between adjusted means that of the supra-maximal and highest throughout post-testing.
- There isn't any essential differentiation between adjusted suggests that of the Sub-maximal and management throughout post-testing.
- There isn't any essential differentiation between adjusted suggests that of the Sub-maximal and outside throughout post-testing.
- There isn't any essential differentiation between adjusted suggests that of the Supra-maximal and Sub-Maximal throughout post-testing.
- After analyzing of post hoc mean comparison that there was a huge distinction on Fat-Free Mass between Supramaximal and control groups ; and Maximal and control groups.

Table 4 uncovered that since F-insights is critical, post hoc correlation has been made for the balanced methods for the

Hence it is wrap up that Maximal intensity exercise program is better than Supramaximal exercise programme, Submaximal training programme and control groups in improving Fat-Free Mass. The graphical representation of mean of fat free mass at different training programme has been presented in figure 1.

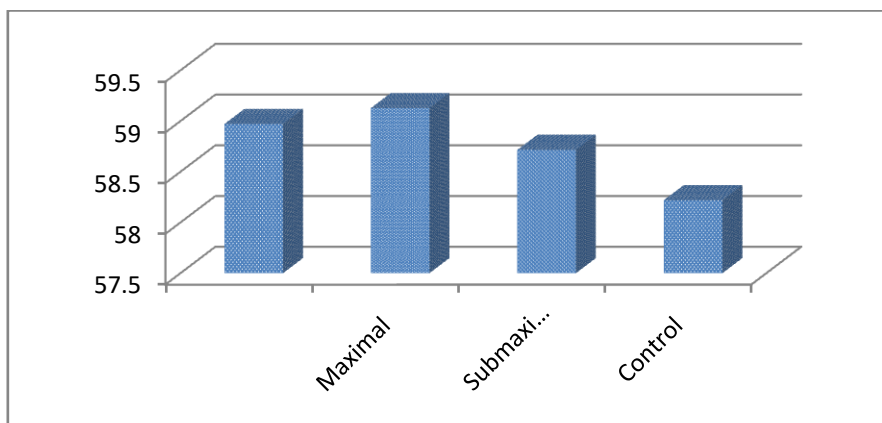


Figure 1



Adjusted Post Test Mean comparison Of Fat Free Mass of different training group.

Table 5 Analysis of Covariance of Different Group Observation in Relation Fat Mass

Balanced Post Test Means				Sources Of variance	Sum Of Square	d.f	Mean Square	F-ratio
Supramaximal Group	Submaximal Group	Maximal Group	Control Group					
7.442	7.834	7.641	8.162	Between	2.235	3	0.745	3.79*
				Within	6.873	35	0.196	

*Significant $F_{0.05(3,35)}=2.87$

The got F-proportion worth is 3.79, which is higher than the table worth 2.87 with df 3 and 35 required for noteworthiness at .05 level. Since the estimation of F-proportion is higher than the table worth, it shows that there was contrast among the balanced post-test methods for Supramaximal gathering and Maximal gathering and Submaximal gathering and Control gathering. To discover which of the four matched methods had a critical distinction, the Least Significant Difference (LSD) post –hoc test was applied and the results are Table 4. It is revealed from Table -4 that the calculated value of F.ratio (3.793) in relation to

Fat mass in higher than the tabulated F.value (2.87) at 0.05 level of significant. It demonstrated that there is critical distinction among the balanced post-test methods for various gatherings. To discover matched mean distinction, the L.S.D Post hoc was utilized and the discovering relating to this has been introduced in Table 6

Table 6 Least Significant Difference Test For The Difference Between The Adjusted Post Test Paired Means Of Fat Mass Among The Group.

(I) Treatment	(J) Treatment	Mean Difference (I-J)	Sig(p value)
Control	Maximal	.521*	0.022
	Submaximal	0.328	0.123
	Supramaximal	.720*	0.002
Maximal	Control	-.521*	0.022
	Submaximal	-0.193	0.34
	Supramaximal	0.199	0.323
Submaximal	Control	-0.328	
	Maximal	0.193	0.34
	Supramaximal	0.392	0.059
supramaximal	Control	-.720*	0.002
	Maximal	-0.199	0.323
	Submaximal	-0.392	0.059

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Since F quantitative relation was important, post hoc ergo propter hoc comparison has been created for the adjusted means that of the 3 treatment teams that is shown in Table seven . It may be noted here that P-value for the mean distinction between

management and top is zero.022and management and supramaximal is zero.002. each these p-values square measure but zero.05 thus they're important at five-

hitter level. So the subsequent conclusions will be drawn: There's a major distinction between the adjusted suggests that of the outside and management teams on the info of light Mass throughout Post-testing.

• There's a major distinction between the adjusted suggests that of the Supramaximal and management teams on the info of Fat Free Mass throughout Post-testing.

• There isn't any essential differentiation between adjusted suggests that of the supra-maximaland outside throughout post-testing.

• There isn't any essential differentiation between adjusted suggests that of the Sub-maximal and management throughout post-testing.

• There isn't any essential differentiation between adjusted suggests that of the Sub-maximal and outside throughout post-testing.

• There isn't any essential differentiation between adjusted suggests that of the Supra-maximal and Sub-Maximal throughout post-testing.

It may be all over that from the results of the study that there was a vital distinction on Fat Mass between Supramaximal and management teams; and largest and management teams It was inferred that Supramaximal intensity exercise program is better than maximal exercise programme, Submaximal exercise programme and control groups in

reducing Fat- Mass. The graphical representation of mean of fat mass at different training programme has been presented in figure II.

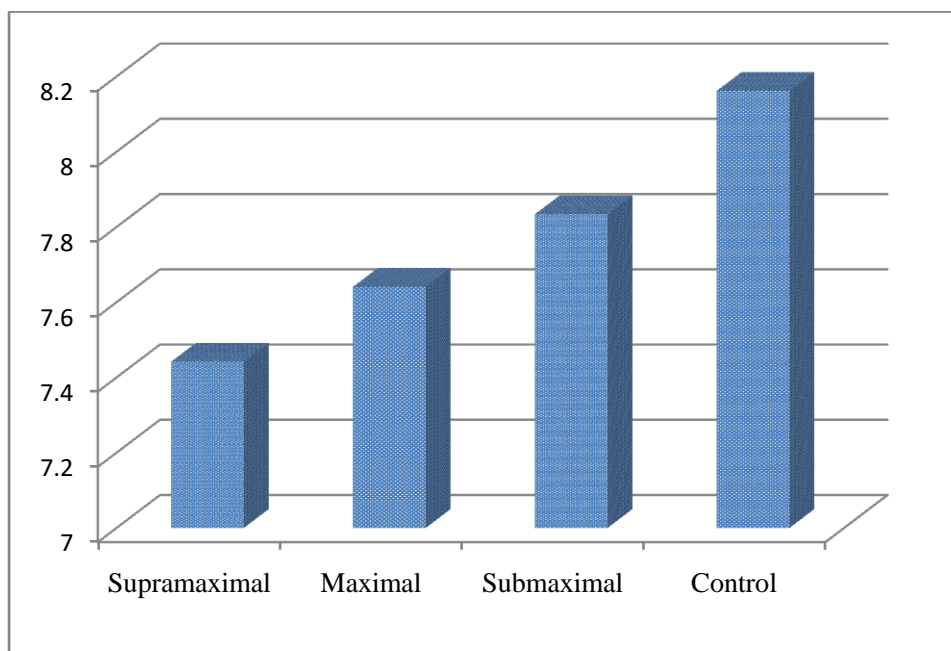


Figure-2 Adjusted Post Test Mean comparison of Fat Mass of different training group.

Table 7 Analysis of Covariance of Different Group Observation In Relation To Extracellular Fluid

Adjusted Post Test Means				Sources Of Variance	Sum of Square	df	Mean Square	F-ratio
Supra maximal Group	Maximal Group	Submaximal Group	Control Group					
19.13	18.8	19.13	20.44	Between	16.1	3	5.369	2.43
				Within	77.18	35	2.205	

*significant $F_{0.05(3,35)}=2.87$

It is obvious from table-8 that the determined estimation of F.ratio (2.43) in connection to Extracellular liquid is lesser than the classified estimation of F.ratio (2.87) at 0.05 degree of noteworthy. So, it is evident that there is insignificant difference between estimated adjusted post- test mean of Extracellular cellular fluid in different groups.

Table 8 Results of Analysis of Covariance of Different Groups Observation In Relation To Intracellular Fluid

Adjusted Post Test Means				Sources of Variance	Sum of Square	df	Mean Squares	F-ratio
Supramaximal Group	Maximal Group	Submaximal Group	Control Group					
21.95	24.09	25.88	25.62	Between	14.17	3	4.72	1.67
				Within	98.94			

*significant , $F_{0.05(3,35)}=2.87$

It is unconcealed from table half-dozen that the calculated worth of F-ratio (2.67) in relationship to intracellular fluid is lesser than the tabulated worth of F-ratio (2.87) at 0.05 level of serious. So, it's shown that there is insignificant distinction between adjusted post mean of body fluid in numerous teams.

XII. DISCOURSE OF FINDINGS

The findings of the study clearly indicate that there was significant effect of variation of training on fat free mass and fat mass. Fat free mass in absolute quality of body compositions which is basically understood and learnt as the potential factors and genetically based. In concern of body

composition, regular planned and systematic training normally have got three dimension changes. Firstly, the fat mass goes down and lean body mass increases and lastly, depending upon the changes in the total body weight either increase, decrease or even no changes. From the result of the studies , it was observed that positive effect on fat free mass and fat mass probably due to given training program has utilized the stored fat mass. High intensity exercise like supramaximal and outside gaining quality within the context

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of fatness management. additional the muscles concerned in exercise, greater the contribution of muscle pump to blood vessel come. Hence, increase in muscles

mass facilitate to receive associate augmented flow. Various studies found positive correlation between the Supramaximal and maximal program with fat-free mass(increase) and fat mass(decrease). This positive correlation coefficient indicates that increase in fat free mass may be responsible for increased vo2 max too.

In each trained and undisciplined traditional weight person there's a discount in fat chemical reaction in response to high intensity exercise that will be associated with increase polyose metabolism in muscles. The limitation in fat use through out high intensity exercise in past that ends up in decline in current carboxylic acid throughout high intensity exercise besides of different conducive factors (eg.

Muscles achievement pattern, accelerator capacities, substrate deliver) accountable o ftouching substrate uptake throughout exercise. The result of this investigation are also supported by the following research studies conducted earlier with one and other dependent and independent variables .

Georges Jabbour, Pascale Mauriege& Denis Joanisse (2016) value the results of half dozen weeks of Supramaximal exercise coaching on metabolic changes in inactive rotund adults. Twenty –four rotund adults were each that approach assigned into a non-trained (NT) [n=12;body mass index=33(3)] and set cluster [n=12;BMI=33(2)]. once baseline metabolic and fitness measurements, the participants completed a six – week SET intervention. Metabolic, measuring and fitness assessments were perennial post-intervention. From the investigation it is also indicated that there were no significant effect of any variation of exercise on Extracellular& Intracellular fluid. This may because of training influence and pattern.

When three of the experimental teams area unit compared with one another the greatest coaching intensity in the case of Fat free mass and Supramaximal training intensity in the case of Fat mass was found to be better than all other training intensities. Proper training intensities has the potential key to increase Fat free mass and decrease the Fat mass of undergraduate students.

The entire subject had a very regulated and controlled life in the institute and undergone regular training plan which was planned in a progressive way. On the top of that they also got a very good , balanced and nutritional support during the entire six weeks of training . probably all these factors culminated into such effect on fat free mass and fat mass. The reason for no significant changes in extracellular fluid and intracellular fluid may be due to the fact that these factors are not particularly and directly linked to the training variation and pattern. Thus variation of training failed to influence them significantly.

XIII. DISCUSSION ON HYPOTHESIS

The finding of the present study indicated significant effect of training variation on fat free mass and fat mass and no significant effect on Extracellular fluid and Intracellular fluid. On the basis of the result, hypothesis has been rejected

in the case of fat free mass and fat mass. Whereas, the hypothesis has been accepted in the case of Extra-cellular fluid and intracellular fluid.

XIV. CONCLUSION

- 1) It was observed that there were significant differences found between the three training programs on Fat Free Mass and Fat Mass.
- 2) It was observed that there were Insignificant differences found between the three training programs on Extra-cellular fluid and Intra-cellular fluid.

APPLICATION OF THE STUDY

- 1) Comparable examinations can likewise be led on female undergraduate students.
- 2) The study may be undertaken with large number of body composition variables.
- 3) The study may be under taken to analyze the athletes.
- 4) This study can be conducted on International teams.

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AUTHORS PROFILE



My career objective is to ride high on all levels of activities that will enhance my knowledge and lead me to be an able Physical Educator. Earlier I did B.P.Ed. (4yr Integrated) in Physical Education & M.P.Ed from LNIPE, Gwalior. I had Tennis as Sport Specialization during bachelors and masters, Sports Biomechanics as theory specialization in M.P.Ed. I also completed Post graduate diploma in Sports Coaching (Tennis) with "A" grade. I did six weeks certificate course in sports coaching in 'Cricket' with 'B' Grade from Lnipe, Gwalior. I also did Certificate Course on Sports for Development conducted by Magic Bus India Foundation. I had also worked as Assistant Professor in LNIPE, Guwahati in a 2015-16 session. Currently I am working as Assistant Professor in Lovely Professional university, Jalandhar , Punjab



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His academic career started at North Eastern Regional Institute of Management, Guwahati (2007) after he completed his MBA in 2006. He completed his PhD (Jaipur National University, Rajasthan) in 2018. He has been exposed to multidimensional research environments. He has presented papers in 4 national and 4 international conferences and has 3 publications (1-Scopus/ABDC) publication until now. He is also supervising 7 PhD scholars on diverse issues related to Waste Management, Cause Related Marketing, Turnaround strategies, Digital Marketing Campaigns. His expertise also includes Digital Marketing and Advertising Design. He has attended more than 13 workshops and faculty development programs. Before joining academics he has worked in Kotak Mahindra Bank, where he handled sales and cross selling of retail liability products.