

Personal Profile



Dr. Sonam Kumar Ramchiary

B.P.Ed, M.P.Ed, Phd

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Career Objective

I am a motivated academic professional with a bachelor's and master's degree in physical education, and I have successfully completed a PhD in the field of physical education, I have specialization in Exercise physiology and practitioner of Strength and Conditioning, with interests in teaching, research, and applied sports science, seeking an Assistant Professor position to contribute to teaching excellence and research output.

Educational Profile

10th

St. John's High School, Barama
Secondary Board of Education Assam – 2009

12th

Army School, Basistha
Central Board of Secondary Education - 2011

B.P.ED

Lakshmibai National Institute of Physical Education, GWALIOR - 2015

M.P.ED

Lakshmibai National Institute of Physical Education, GWALIOR, 2017

UGC Net Qualified

PHD

Physical Education
Rajiv Gandhi University, 2025

Certifications:

- AFC B DIPLOMA, 2023 (Football)
- AIFF Blue Cubs Leaders Course Level 1 (Online), 2023
- AIFF IPSO, SCOUTING LEVEL 3, 2022 (Football)

Dr. Sonam Kumar Ramchiary

- AIFF IPSO, SCOUTING LEVEL 1 & 2, 2020 (Football)
- AIFF 'Futsal' online Introductory Certificate Course, 2020
- AFC C DIPLOMA, 2018 (Football)
- AIFF D DIPLOMA, 2017 (Football)

Teaching Experiences

- **Guest Lecturer, Department of Physical Education,**
Rajiv Gandhi University, Arunachal Pradesh, India – 2023 to 2024
- **Guest Lecture, Department of Physical Education**
Rajiv Gandhi University, Arunachal Pradesh, India – 2024 to 2025
- **Guest Lecture, Department of Physical Education**
Rajiv Gandhi University, Arunachal Pradesh, India – 2025 to 2026

Academic & Administrative Responsibilities

- Organizing Member of “**Three Day International Conference on Emerging Trends in Sports Sciences and High Performance**” , Faculty of Physical Education and Sports Science, RGU
- Selection Committee member for selection trial at Rajiv Gandhi University for the **North-East Zone Inter-University Weightlifting Championship (Men/Women), 2025-2026**
- Selection Committee member for selection trial at Rajiv Gandhi University for the **North-East Zone Inter-University Football Tournament (Men/Women), 2025-2026**
- Organizing Member during **Northeast Zone Inter University Men’s Cricket Tournament, 2024**
- **Technical Coordinator, Assam Football Association**
Guwahati, Assam — 2024-2025
- **Technical Coordinator, Assam Football Association**
Guwahati, Assam — 2023-2024
- Participated as **Resource Person** in Two-Day Workshop on “**Practical Application of Scientific Instruments in Sports**”, Organized by **Department of Physical Education and National Center for Sports Science Research, MYA&S. GOI, Rajiv Gandhi University, Arunachal Pradesh.**
- Contribution as **rapporteur** of the Technical Session in the three Day International Seminar on “**Perspectives on North-East India: Way Forward**” on 26th – 28th April 2023, organized by **Rajiv Gabdhi University Research Scholars’ Forum** in Collaboration with **Arunachal Institute of Tribal Studies, Rajiv Gandhi University.**

Other Experiences

- Local Organizing Member of **79th National Football Championship for Santosh Trophy**, 2025-2026,
- Appointed as scout by AIFF for **Sub-Junior Girls National Football Championship**, 2025-26
- Organizing Member of **AFC/AIFF World Cup Qualifiers**, 2024, Assam Football Association.
- Appointed as a **Head Coach of Assam U16, Dr. BC Roy Junior National Championship Tier II, 2024**, Nowgaon, Assam — 2024-2025
- Participated in the **FIFA Talent Identification Workshop** organized under the direction of the **Federation Internationale de Football Association (FIFA)**, in collaboration with the **All India Football Federation (AIFF)** on 20th November 2023 at New Delhi India
- **Head Coach of Assam U16, Dr. BC Roy Junior National Championship, 2023**, Jabalpur, Madhya Pradesh — 2023-2024
- Appointed as a scout by AIFF for **U17, Youth League**, 2023-2024
- Appointed as a Scout for **Sub Junior Youth League**, 2023-2024
- Appointed as **Assistant coach, Arunachal Senior Men's Football Team, Santosh Trophy**, Itanagar, Arunachal Pradesh — 2022-2023
- Appointed as **Assistant Coach, Rajiv Gandhi University Men's Football Team**, Itanagar, Rajiv Gandhi University — 2021-2022
- Participated in the **International Virtual Coaching Conference (IVCC)** organized by **All India Football Federation** on 3rd - 5th September 2021
- Participated in the **International Virtual Coaching Conference (IVCC)** organized by **All India Football Federation** on 28th -30th September 2020
- Attended **ICSSY-2017 International Congress on Sports Science and Yoga**, February 2-4,2017, Vigyan Bhawan, New Delhi organized by **L.N.I.P.E**, Gwalior
- Attended **International Pre-Congress Workshop on Sports Science and Yoga**, January 29 to 31,2017 organized by **L.N.I.P.E**, Gwalior.
- Attended **National Seminar for The Development of University Sport in India**, 7-8 March,2016, Vigyan Bhawan, New Delhi organized by **L.N.I.P.E**, Gwalior
- Gained experience in **D.S.B International Public School, Rishikesh (U.K.) in Internship Program** for 45 days organized by **L.N.I.P.E**.
- Successfully Completed the **“Leadership Training Camp”** Held at Pachmarhi (M.P), 2013

- Conducted an off-campus Training programmed on **Mass Display** at **Delhi Public Academy School, Gwalior** in 2013-14 at Gwalior for 3 weeks

Research Publications

A. (International)

1. The Role of Withania somnifera (ashwagandha) supplementation in modulating physical and physiological performance responses to regular football training.
2. Sprint Kinematics of Amateur Soccer Players Post Half-Time of Simulated Soccer Match
3. Effect of in-season linear sprint training on sprint kinematics of amateur soccer players
4. Assessing The Impact Of Six-Week Training On Countermovement (CMJ) Jump And Depth Jump (DJ) For Enhancing Vertical Jump In Badminton Players

B. (National)

1. The Impact of Screen Time On Child Development: A Comprehensive Review
2. Psychological Profiles of Women State-Level Football Players of Arunachal Pradesh
3. Effect of Fartlek Training on Selected Physiological Variables of Football Players

Paper Presentations

SL NO.	TITLE	WORKSHOP/SEMINAR/CONFERENCE
1	Effect of the Combination of Drop Jump Training with Soccer Training on the Physical Capabilities of Soccer Players	National Seminar organized by the Department of Physical Education and National Centre for Sports Science and Research, MYA&S, Gol, Rajiv Gandhi University (A Central University), Arunachal Pradesh,
2	A Pilot Study: An Analysis of Force-Velocity Profiling in Vertical Jump of Male Badminton Players of Arunachal Pradesh	International Seminar Department of Physical Education and Sports Science, Manipur University, Canchipur, Imphal, Manipur (India),

Research Interests

- Sports Science
- Strength and Conditioning
- Exercise Physiology
- Sports Biomechanics

- football

Technical & Laboratory Skills

- Sports science equipment
- Software (SPSS, Kinovea, Excel, AI Tools, etc.)
- Testing protocols (VO₂max, 1RM, agility tests, etc.)

References

Proff. Sambhu Prasad
Dean,
Faculty of Physical Education and Sports Sciences
Rajiv Gandhi University
Phn no: +918132977221

Dr. Tadang Minu
Head (I/C)
Department of Physical Education,
Rajiv Gandhi University
Phn no: +917896920345

Declaration

I hereby declare that the information furnished above is true and correct to the best of my knowledge.

(Dr. Sonam Kumar Ramchiary)
