

### About the Author's



Mr. Ritesh Bhardwaj is an Assistant Professor, researcher, and former athlete with a strong academic and professional foundation in Physical Education and Sports Sciences. He holds a Master of Physical Education (M.P.Ed.) and Bachelor of Physical Education (B.P.Ed.) from the Lakshmibai National Institute of Physical Education (LNIFE), Gwalior. He has successfully qualified the UGC–NET with Junior Research Fellowship (JRF) and is currently pursuing his Ph.D. from LNIFE, Gwalior. An accomplished sportsperson, he is a gold medalist in athletics and has represented at the All-India Inter-University as well as Youth National Championships. His sporting experience has provided him with practical insights into training methodologies and athletic performance. Alongside his academic pursuits, Mr. Bhardwaj has gained experience as a coach, team manager, and educator, actively contributing to athlete development and sports education. He has also published research in the areas of sports biomechanics and sports training, reflecting his commitment to integrating scientific knowledge with practical sports performance.

At present, he is dedicated to mentoring students, promoting research in sports sciences, and bridging the gap between scientific principles and athletic performance in the field of Physical Education.



Mr. Varun Terang, born in 1995, is a Physical Education professional and sports science enthusiast with strong academic and practical expertise in the field. He completed his Bachelor of Physical Education (B.P.Ed.) and Master of Physical Education (M.P.Ed.) from the prestigious Lakshmibai National Institute of Physical Education (LNIFE), Gwalior, with sports specialization in Weightlifting, and has also qualified the UGC–NET. To further strengthen his professional competence, he earned a Diploma in Sports Coaching from the Netaji Subhas National Institute of Sports (NSNIS), Patiala, specializing in Weightlifting, along with a Diploma in Strength and Conditioning. His academic interests primarily include Sports Biomechanics, strength training, and scientific approaches to sports performance.

As a sportsperson, he has represented his institution multiple times in All India Inter-University competitions and secured a Silver Medal in the Madhya Pradesh State Arm Wrestling Championship. He has also actively contributed to the academic community through multiple research publications in the field of sports sciences, including research papers published in peer-reviewed and Scopus-indexed journals, reflecting his commitment to evidence-based practice and scientific advancement in sports training and physical education.

A versatile and multi-talented sportsperson, Mr. Varun Terang has actively participated in and promoted several games and sports. Currently, he is serving as Assistant Director of Physical Education at Kumar Bhaskar Varma Sanskrit and Ancient Studies University, Nalbari, Assam, where he is engaged in promoting sports participation, organizing university sports programmes, and mentoring students through scientific physical education and training practices.



Dr. Amar Kumar born in 1984, is an Associate professor in the Lakshmibai National Institute of Physical Education, Gwalior and currently working in the Department of Sports Biomechanics. He has 50 research papers to his credit in Varied SCOPUS, Referred and Peer Reviewed Journal. He also holds a patent in the Artificial Intelligence Sector. In his sports career he Consecutively secured four Gold medal in Volleyball west zone Inter University and senior national in volleyball as a captain of the Madhya Pradesh Team. He also acted as chief coach of the Senior Volleyball (Men) team of Madhya Pradesh and Uttar Pradesh team in Various Senior National Volleyball Championship. Dr. Kumar also deputed as coach and Manager of Volleyball Indian University team in Various Federation Cup. Kumar also completed Level-I and Level-II International Coaching Course organized by FIVB. Dr. Kumar also having responsibility of Institute volleyball team and Five (5) of his students represented Indian University and 30 of his student's represented nationals in his coaching Carrer.



Mr. Arun Singh Bhandari is a dedicated scholar and sportsperson in the field of Physical Education and Sports Sciences. He completed his Bachelor of Physical Education (B.P.Ed.) and Master of Physical Education (M.P.Ed.) from the Lakshmibai National Institute of Physical Education (LNIFE), Gwalior, one of India's premier institutions for sports science and physical education, and is currently pursuing his Ph.D. from the same institute. He has also successfully qualified the UGC–NET examination in Physical Education and has published multiple research papers in the field of sports and physical education.

With specialization in Football, Mr. Arun Singh Bhandari has demonstrated notable sporting achievements at the national level. He has represented his university multiple times in the All-India Inter-University Football Championships and has also participated in the prestigious Santosh Trophy, one of the most prominent national football tournaments in India.

Alongside his sporting career, he maintains a strong academic interest in sports science, training methodologies, and physical education pedagogy. His academic pursuits focus on integrating scientific knowledge with practical sports performance and contributing to the advancement of research and professional practice in the discipline.

Through his combined experience as a competitive athlete and emerging researcher, Mr. Arun Singh Bhandari continues to contribute to the development of sports education, athlete performance, and academic excellence in the field of Physical Education.



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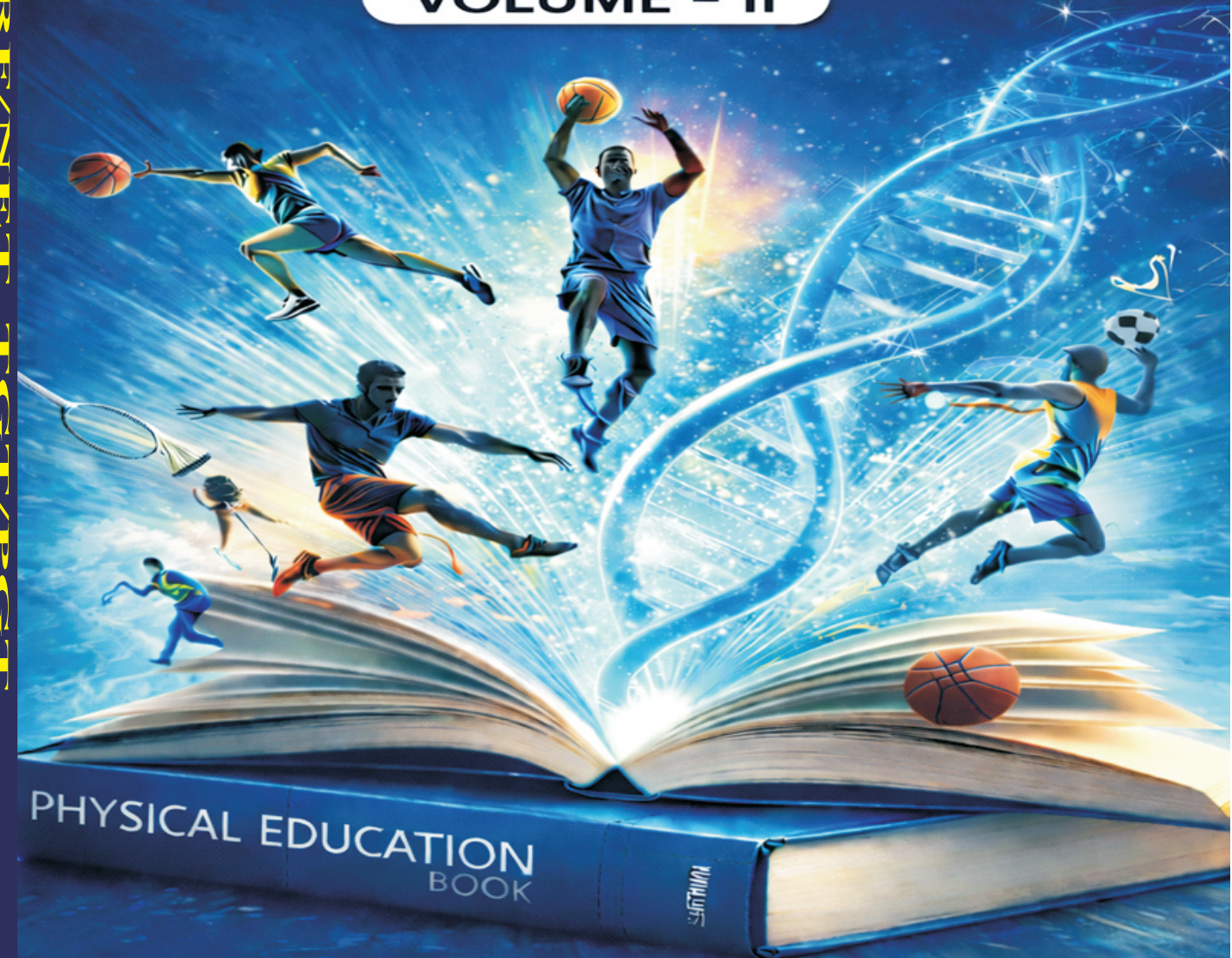
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