

**NAME:** Dr. Laishram Shila Devi  
**DESIGNATION:** Assistant Professor  
**BRANCH:** Physical Education and Yoga



**EDUCATIONAL QUALIFICATION(S):**

Qualification(s)	Board/University
B.Sc. in Physical Education	Manipur University
B.P.Ed	Tamil Nadu Physical Education and Sports University
M.P.Ed	Tamil Nadu Physical Education and Sports University
M.Phil	Tamil Nadu Physical Education and Sports University
Ph.D.	Bharathidasan University

**EXPERIENCE IN YEARS: 7+ Years in Academic**

Details:

Sl. No.	Organization	Position Held	Duration	
			From	To
1	PG and Research Department of Physical Education and Sports Science, National College, Trichy, Tamil Nadu	Assistant Professor	2016	2020
2	Department of Physical Education, Mandsaur University, Mandsaur, Madya Pradesh	Assistant Professor	2020	2022
3	Department of Physical Education, Lovely Professional University, Punjab.	Assistant Professor	2022	2023
4	Faculty of Physical Education and Yoga, ICFAI University, Tripura	Assistant Professor	2023	Till date

**OTHER INFORMATION: PUBLICATIONS**

## PATENT:

Sl. No.	Title of invention	Application number	Filing Date	Publication date
1	<b>A method for creating an exercise history for an exerciser</b>	202311017621	16/03/2023	31/03/2023
2	<b>Cricket vertical bat stroke analysis digital training equipment</b>	202311015537	09/03/2023	17/03/2023

## BOOK CHAPTER:

1. Effect of Swiss Ball and Battle Rope Training on Core Muscle Strength Among College Students in December 2022, entitled as Sports Science & Psychology” ISBN No. 978-93-93393-75-3 Chapter 13.
2. Effects of Yoga and Psychological Factors on Performance of Players in December 2022, entitled as Sports Science & Psychology” ISBN No. 978-93-93393-75-3 Chapter 7.

## SCOPUS AND WEB OF SCIENCE [Indexed]:

1. Laishram Shila Devi, Arun Kumar Chatla, Deepak Pandey, Gaganpreet Kaur, & Sapam Sanatombi Devi. (2022). EFFECT OF YOGA AND SELF-MYOFASCIAL RELEASE ON FLEXIBILITY AND LEG MUSCLE EXPLOSIVE POWER AMONG MEN FOOTBALL PLAYERS. *Journal of Pharmaceutical Negative Results*, 426–430. <https://doi.org/10.47750/pnr.2022.13.S06.059>
2. Chatla, A. K., Narasimha Rao, K. V., Pandey, D., Devi, L. S., & Satyanarayana, V. (2023). Isolated and Combined Effect of Strength Training and Specific Strength Training on Performance Levels Among Archers. *Physical Education Theory and Methodology*, 23(2), 214–220. <https://doi.org/10.17309/tmfv.2023.2.09>
3. Sapam Sanatombi Devi, Rakesh Bharti, Yendrembam Napoleon, Laishram Shila, Sarungbam Sen Singh, Sarangthem Thoithoi Singh, & Maibam Nodiyachand Singh. (2022). IMPACT OF A STRUCTURED YOGIC TRAINING PROGRAM ON BLOOD PRESSURE OF UNIVERSITY STUDENTS: A QUASI-EXPERIMENTAL STUDY. *Journal of Pharmaceutical Negative Results*, 414–425. <https://doi.org/10.47750/pnr.2022.13.S06.058>
4. Pandey, Deepak; Singh, Krishna; Dr Arun Kumar Chatla; Dr Laishram Shila Devi (2022). A comparison of psychological and behavioral traits between team and individual games **Neuro Quantology; Bornova Izmir** Vol. 20, Iss. 16, : 2886-2889. DOI:10.48047/NQ.2022.20.16.NQ880296

## PUBLICATION IN INTERNATIONAL JOURNALS:

- 2016:** **Shila Devi L, Balaji D. Prasanna (2016)**, Effect of ladder and harness combine training on speed and agility among high school football boys, IRJHFSS, Volume 4, Issue 1, Page no. 66-69, 2016.
- 2017:** **Shila Devi L., Jiteshwor P & Balaji D. Prasanna, (2017)**, Analysis of kinesthetic perception and intelligence among basketball and football as a function of gender, IRJPESS, Volume-III, Issue-II, 2017.
- 2017:** **Shila Devi L., & Balaji D. Prasanna, (2017)**, Effect of B.K.S. Iyengar yoga on selected physiological and psychological variables among college girls, IRJSG, Bi annual, Volume-III, Issue-II, 2017.
- 2018:** **Shila Devi L, Balaji D. Prasanna, & Dr. K. JothiDayanandan (2018)**. Isolated and Combined Effect of Tabata and Plyometric Training on Selected Physical and physiological variables among College Men. *Star International Journal*, Volume 6, Issue 3(9), page no. 39-42, 2018.
- 2018:** **Laishram Shila Devi & Dr. D. Prasanna Balaji (2018)**, “Effect of Fitness Modules on Selected Health Related Physical Fitness Variables among Middle-Aged Adults”, **International Journal of Computational Research and Development**, Volume 3, Issue 1, Page Number 147-151, 2018.
- 2021:** **Shila Devi L. (2021)**, “Training outcomes of various fitness modules on cardio-vascular endurance and muscular endurance among college women” *International Journal of Innovation in Engineering Research & Management*, Peer Review & Refereed Journal, Volume:08, special Issue 03, (IC-NCOCS-2021), PAPER id-IIERM-VIII-III, June 2021, p:43-48

#### **DETAILS OF SEMINAR/WORKSHOP/CONFERENCE**

##### **PRESENTATION IN INTERNATIONAL CONFERENCE:**

- 2017:** **Shila Devi L., Jiteshwor P & Balaji D. Prasanna, (2017)**, Effect of B.K.S. Iyengar yoga on selected physiological and psychological variables among college girls, ICRS 2017, P.123-127.
- 2017:** **Shila Devi L., Jiteshwor P, (2017)**, falls of aerobic training and hatha yoga on physical fitness of students, ICRS 2017 Trichy, P. 624-627.
- 2018:** **Shila Devi L & Parasuraman P, (2018)**, effect of integrated yoga and walking on Body mass index and resting pulse rate of women, ICRS 2017 Trichy
- 2021:** **Shila Devi L. (2021)**, “Training outcomes of various fitness modules on cardio-vascular endurance and muscular endurance among college women” *International Journal of Innovation in Engineering Research & Management*, Peer Review & Refereed Journal, Volume:08, special Issue 03, (IC-NCOCS-2021), PAPER id-IIERM-VIII-III, June 2021, p:43-48

##### **PRESENTATION IN NATIONAL CONFERENCES:**

- 2012:** **Shila Devi L., & Sheila Stephen (2012),**“The role of physical education in general education”, national conference on doping in sports – Invigoration Prerequisites and Misapprehensions organized by research department of physical education, national college Trichy, Tamilnadu on 28<sup>th</sup> July 2012.
- 2014:** **Shila Devi L., & Sheila Stephen (2014),** “Impact of self-talk and imagery with skill practice on shooting accuracy among soccer players”, UGC Sponsored National Seminar on “Recent Trends in Sports Technology, Management and Allied Sciences”, September, 2014 organized by Arumugam Pillai Seethal College, Thirupathur.
- 2014:** **Shila Devi L. (2014)** “Effect of yogic practices on selected physiological variables among middle aged women”, UGC Sponsored National Seminar on “Promotion of Yoga, Health Awareness and Physical Fitness” – A Multi-Dimensional Approach” held at Aditanar College of Arts and Science, Tiruchendur during 30<sup>th</sup>sep& 1<sup>st</sup>oct 2014.
- 2015:** **Shila Devi L. (2015),** “Effect of manavalakalai yoga on selected psychological variables among middle aged women”, UGC Sponsored two days National level conference on “role of sports science and modern technology for enhancing sports performance” at DRBCCC Hindu College Pattabiram, Chennai-600072. Tamil nadu on 6<sup>th</sup> and 7<sup>th</sup> February 2015.
- 2015:** **Shila Devi L. (2015),** “Comparative study on self-efficacy and level of aspiration between table tennis and soccer players”, UGC Sponsored National Conference on “Current Fitness Trends” on 26<sup>th</sup> and 27<sup>th</sup> February, 2015 at Sri Padmavathi Mahila Visvavidyalayam (Women’s College), Tirupati 502-A.P. India.
- 2015:** **Shila Devi L. (2015),** “analysis of anxiety, aggression and team cohesion among volleyball & football men players”, UGC Sponsored two days national seminar on importance of sports to improve the quality of education on 12<sup>th</sup>& 13<sup>th</sup> march 2015 at Kakaraparti Bhavanarayana College (autonomous), Vijayawada, India.
- 2015:** **Shila Devi L. (2015),** “analysis of emotional intelligence self-analysis differences between athlete and team players,”UGC Sponsored National Seminar on Recent Developments in Sports and Yogic Sciences on 19<sup>th</sup>&20<sup>th</sup> march 2015 at Alagappa University College of Physical Education, Karakudi, India.
- 2015:** **Shila Devi L. (2015),** “Analysis of selected psychological variables between volleyball and football women players”, UGC Sponsored National Seminar on sound body sound mind fitness through yoga & sports on 25<sup>th</sup>& 26<sup>th</sup> march 2015 organized by department of physical education G.T.N. Arts College, Dindigul, India.
- 2015:** **Shila Devi L. (2015),** “Effect of physical activity on body image & self-esteem among adolescent girls”, UGC Sponsored National Seminar on the role of sports science in achieving human excellent on 13<sup>th</sup>-14<sup>th</sup> march 2015, at Sri Ramakrishna mission Vidyalayamaruthi college of physical education, Coimbatore, India.

- 2015:** **Shila Devi L., &Balaji D. Prasanna (2015),** “Effect of land base & water base exercise on the performance of women hockey players”, 3-days national seminar on new challenges of physical education and sports science in the 21<sup>st</sup> century on 29<sup>th</sup> – 31<sup>st</sup> October, 2015 at Manipur university, Imphal, Manipur.
- 2016:** **Shila Devi L., &Balaji D. Prasanna (2016),** “Analysis of kinesthetic perception and intelligence among basketball and football as a function of gender”, UGC Sponsored National Seminar on role of yoga and technology in enhancing sports performance and populace health organized by department of physical education, Urumu Dhanalakshmi College, Trichy, Tamilnadu on 28<sup>th</sup> – 29<sup>th</sup> January 2016.

**MEMBERSHIP:**

- 2020-2021:** Membership (July 1, 2020- June 31, 2021) of **International Organization For Health, Sports, and Kinesiology (IOHSK)**
- 2021-2022:** Membership (July 1, 2021- June 31, 2022) of **International Organization For Health, Sports, and Kinesiology (IOHSK)**
- 2022-2023:** Membership (July 1, 2022- June 31, 2023) of **International Organization For Health, Sports, and Kinesiology (IOHSK)**