

DR. RAMANANDA NINGTHOUJAM

Assistant Professor (Academic Level–11)

Department of Physical Education and Sports Science | Dhanamanjuri University, Manipur

Imphal, Manipur, India | Email: ramanand.ningthoujam5@gmail.com



PROFESSIONAL PROFILE

Assistant Professor in Physical Education and Sports Science with academic, teaching, research and project experience spanning physical education, exercise physiology, sports science, athlete health, body composition, anti-doping, adapted physical education and inclusive physical activity. Currently serving at Dhanamanjuri University, Manipur, and leading an ongoing ICSSR-funded research project on adapted physical education for children with disabilities in Manipur. Research profile includes peer-reviewed publications, books/book chapters and interdisciplinary work linking physical education with health and social science.

CURRENT POSITION

Designation	Assistant Professor, Academic Level–11
Department	Department of Physical Education and Sports Science (PESS)
Institution	Dhanamanjuri University, Manipur
Current Role	Teaching, postgraduate/doctoral academic activities, research supervision and departmental responsibilities

PREVIOUS ACADEMIC APPOINTMENT

Assistant Professor	Department of Higher and Technical Education, Government of Manipur
Area	Physical Education and Sports Science

EDUCATIONAL QUALIFICATIONS

Degree	Discipline	Institution	Year
Ph.D.	Physical Education and Sports Science	Manipur University	2017
M.P.Ed.	Physical Education	Bharati Vidyapeeth University	2011
B.P.Ed.	Physical Education	Jiwaji University	2009
UGC NET (JRF)	Physical Education		2013

DOCTORAL RESEARCH

Thesis: Analysis on Cardiac Fitness and Body Composition of Manipuri Long Distance Runners. Awarded: 16 September 2017, Manipur University.

RESEARCH INTERESTS

Physical Education and Sports Science; Exercise Physiology; Sports Nutrition and Body Composition; Athlete Health and Performance; Adapted Physical Education; Disability and Inclusive Physical Activity; Anti-Doping and Sports Integrity; Physical Activity and Well-being; Sports Training and Assessment.

ONGOING RESEARCH PROJECT

Funding Agency	Indian Council of Social Science Research (ICSSR)
Project Code	ICSSR-RMM-2025-1327
Title	Assessing the Needs, Barriers, and Policy Gaps in Adapted Physical Education for Children with Disabilities in Manipur
Status	Ongoing
Project Period	2026–2027
Research Focus	Status of APE, participation barriers, accessibility, teacher preparedness, parent/administrator perspectives and policy framework development

SELECTED RESEARCH PUBLICATIONS

Details of Best Research Papers				
Title of the Publication		Name of the Journal / Book / Publisher	Month, Year and Vol., ISSN	WOS/Scopus / UGC CARE Listed/ Referred Journal/Peer reviewed
a	Prevalence of Post-Traumatic Stress Disorder among Internally Displaced Persons of Manipur in Imphal Valley	International Journal of Indian Psychology https://ijip.in/articles/to-internally-displaced/	Sep 2026, 14(3)	Peer Reviewed
b	Prevalence of Anxiety and Depression among the Internally Displaced Persons in Manipur	Scope https://scope-journal.com/assets/uploads/doc/97620-1059-1066.280376.pdf	Dec 2025, 15 (4)	Peer Reviewed
c	Anti-doping rules violations in modern Olympic games.	The Journal of Sports Medicine and Physical Fitness https://doi.org/10.23736/S0022-4707.25.16691-7	Mar 2025, 65(7)	Web of Science (Scopus)
d	Determinants of body composition and nutritional profile of elite male national level runners from Manipur, India: Can they meet recommendation?	International Journal of Food and Nutritional Science. https://www.ijfans.org/index.php/Journal/article/view/8310	8 (11) 2022	UGC Care listed
e	COVID 19 can spread through breathing, talking, study estimates	Current medicine research and practice doi: 10.1016/j.cmrp.2020.05.003	May 2020, 10(3)	Elsevier
f	WHO statement – “Older people are at highest risk from COVID-19”: Should the hypothesis be corroborated or rejected?	Medical Hypotheses https://doi.org/10.1016/j.mehy.2020.109896	Nov 2020, 144	Web of Science
g	Lockdown versus no lockdown Strategies for COVID-19 and its impact on mental health and economy	Current Medicine Research and Practice https://doi.org/10.4103/cmrp.cmrp_61_20	Nov 2020. 10 (6)	Peer Reviewed

h	Dietary pattern of young Manipuri athletes from India: A cross-sectional study	Int J Physiol Nutr Phys Educ https://www.journalofsports.com/archives/2019/vol4/issue1/4-1-286	Nov 2019, Vol. 4, Issue 1	Peer Reviewed
i	Adjustment of blood pressure during exercise stress test in elite runners from Manipur, India	European Journal of Physical Education and Sports Science https://doi.org/10.5281/zenodo.1469063	Nov 2018, 4 (11)	Peer Reviewed
j	Innovative teaching methods in physical education for better learning. International Journal of Current Research and Review.	International Journal of Current Research and Review. https://www.scopus.com/sourceid/21100944136	9(16), August, 2017	Peer Reviewed
k	Innovative Teaching Methods in Physical Education for Better Learning	International Journal of Current Research and Review https://ijcrr.com/uploads/2285.pdf.pdf	August 2017, 9(16)	Peer Reviewed
l	Construction and importance of video-based analyses teaching in physical education by use of window live movie maker	Video Journal of Education and Pedagogy https://link.springer.com/article/10.1186/s40990-016-0003-2	Aug 2016, 1	Springer (Scopus)
m	Underlying principles and theories of common body composition techniques: a systematic review	International Journal of Current Research https://ijcrr.com/abstract.php?article_id=2285	2016, 8(3), pp. 27939–27945 ISSN: 2231-2196	Peer Reviewed
n	Yoga Asanas and Static Balance	Vyayam Vidnyan https://www.researchgate.net/publication/310619486_Yoga_Asan_and_Static_Balance	2016, 49(1), pp. 35–38	Peer Reviewed
o	Role of PE program in prevention of suicide among youth and children: a conceptual approach	International Journal of Physical Education and Sports https://phyedusports.in/2016/09/role-of-pe-program-in-prevention-of-suicide-among-youth-and-children-a-conceptual-approach/	2016, 1(2), pp. 16–23	Peer Reviewed

BOOKS

1. Play and Recreation for Wellbeing (updated edition, 2024). Publisher: PES Bulletin, India. ISBN: 978-93-340-0767-1.
<https://www.amazon.in/Play-Recreation-Wellbeing-Ramananda-Ningthoujam-ebook/dp/B0CVLDQHV8>
2. Postural Deformities in Lower Extremities on School Going Children. Publisher: LAP Lambert Academic Publishing, Germany., Publication date: 23 June 2015, ISBN: 9783659743467. <https://www.morebooks.shop/shop-ui/shop/product/978-3-659-74346-7>

BOOKS CHAPTER

1. Present Trends of Physical Education Program in School. In: Anthropological Research In North East India: Retrospect And Prospect. Gyan Publishing, New Delhi. (2020) ISBN: 9788121218146.
<https://www.gyanbooks.com/index.php?p=sr&format=fullpage&Field=bookcode&String=1111016927404&Book=Anthropological%20Research%20In%20North%20East%20India:%20Retrospect%20And%20Prospect>
2. Deformities in Lower Extremities on School Going Children (book chapter, 2015). NCERT.
<https://doi.org/10.13140/RG.2.1.1822.9609>

3. Doping Cases in Olympic Games from 1968–2022. In: Sustainable Development in Sports, Physical and Yoga Education, Vol. II (chapter, p. 89 onward). Khel Sahitya Kendra, New Delhi. 2025. ISBN: 978-93-5877-334-7
4. Prevalence of Mental Health Issues among the Internally Displaced Persons in Imphal East District of Manipur. In: Exploring Current Trends in Physical Education and Sports Science: Innovations, Challenges, and Opportunities (chapter, p. 74 onward). Sunmarg Publishers & Distributors, New Delhi 2025. ISBN: 978-81-19997-56-5

Orientation, Refresher and Professional Development Courses

- UGC-sponsored online Refresher Course in Physical Education (2024): 18–31 July 2024; UGC-MMTTC, Lakshmibai National Institute of Physical Education, Gwalior; Grade A.
- NEP 2020 Orientation & Sensitization Programme (2023): 20–29 November 2023; UGC-Malaviya Mission Teacher Training Centre, NIEPA, New Delhi.
- Data Analysis & Research Methodology (online short-term course) (2022): 12–18 October 2022; UGC-HRDC, Lakshmibai National Institute of Physical Education, Gwalior.
- UGC Refresher Course (2021): 13–26 March 2021; HRDC, LNIPE Gwalior.
- UGC Orientation Course (2020): 20 January – 8 February 2020; HRDC, Manipur University.
- OER for Empowering Teachers (2019): 11 September – 12 October 2019; SWAYAM / NITTTR Chennai.

ACADEMIC AND RESEARCH ACTIVITIES

- Teaching and curriculum delivery in Physical Education and Sports Science at undergraduate/postgraduate level.
- Research in exercise physiology, sports science, athlete nutrition/body composition and adapted physical education.
- Development and psychometric evaluation of physical activity participation measures for children with disabilities.
- Supervision/mentoring of postgraduate and doctoral research activities.
- Participation in academic examinations, practical examinations, seminars, workshops and departmental academic administration.

Research Supervision	Number of Scholars
Total Ph.D. research scholars under supervision	4
Ph.D. degrees successfully awarded	1
Other scholars under supervision	3

RESEARCH PROFILES

Google Scholar: <https://scholar.google.com/citations?user=mh8ZhW0AAAAJ&hl=en>

ResearchGate: <https://www.researchgate.net/profile/Ramananda-Ningthoujam>

Scopus ID: 57217221987

ORCID: <https://orcid.org/0000-0001-6300-6934>

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