

## Vitae



**Dr. Jigmat Dachen**  
**Assistant Professor**  
**Directorate of Physical Education and Sports,**  
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### EDUCATION QUALIFICATIONS:

- **Master in Physical Education** (Two years duration) from R. T. M. Nagpur University, Maharashtra India (Merit holder-2<sup>nd</sup> Position).
- Qualified **National Eligibility Test** for lectureship (Assistant Professor) twice (December 2008, June 2009) conducted by University Grant Commission.
- Qualified **Junior Research Fellowship** twice (December 2008, June 2009) conducted by University Grant Commission.
- Completed **Ph.D** in Physical Education (May 2013) from India premier Institute of Physical Education (Lakshmibai National Institute of Physical Education Gwalior, India).
- **Master in Psychology** (Specialization in Counseling) from Indra Gandhi National Open University, New Delhi, India (2015).

### Teaching Experiences:

- Working as **Assistant Professor** in Directorate of Physical Education and Sports, University of Kashmir, Jammu & Kashmir, India on substantive basis since 2012. Five years experience of teaching Post Graduate students.
- One year teaching experience in School (2009-2010).

### Research Project undertaking:

Completed UGC XII Plan funded Innovative Research Activity entitled ***“Effect of Visual Motor Behavior Rehearsal (VMBR) Intervention on learning Archery”***.

## **Publications:**

1. Koche, Ujwala and **Dachen, Jigmat (2011). Comparative study of sports competitive anxiety among state level baseball players.** Shodh, Samiksha aur Mulyankan, Volume III, Issue 34, 9-10. (ISSN:0974-2832)
2. **Dachen, Jigmat (2012). A Study of relationship between coping skills and anxiety among national level basketball players”** in AKASH journal, January 2012 (ISSN 2250-1398).
3. Verma, J. P., **Dachen, Jigmat** and Acharya, Ashutosh (2013). **A study of preferences among University Students toward different dimensions of FM programs.** Indian Journal of Psychology and Education, January 2013, Vol.3. No.1, pp 17-25
4. **Dachen, Jigmat** and Ashutosh acharaya (2012). **Comparison of physical self concept among physical education, management and engineering students”** International journal of physical education vol. 5, Issue 2, Oct 2012, pg 155-158 (ISSN:0974-2638)
5. **Dachen, Jigmat** and Koche, Ujwala (2012). **Gender differences in coping skills among basketball players at national level.** Journal of Psychological Researches. Vol.56, No.1, pg 21-23. (ISSN: 0022-3972)
6. **Dachen, Jigmat (2012). Test of performance strategies among college going athletes: Differences across types of sports and Gender”** International Journal of Behavioral Social and Movement Sciences. Vol. 01, Issue. 4, pg 139-47 (ISSN; 2277-7547)
7. **Dachen, Jigmat (2013). Investigation of underlying psychological skills among all India inter University women cricket players”** Proceedings of Asia-specific International conference on Sports and Exercise Psychology 21-23 February, 2013, organized by Dr. Ambedkar college Deekshabhoomi, Nagpur, Maharashtra, India. (ISBN:978-81-924656-2-3).
8. **Dachen, Jigmat** and Koche, Ujwala (2014). **Relationship of waist-hip-ratio and body mass index to blood pressure among adult female students.** Internat. J. Phy. Edu., 7(2);59-62. (ISSN:0974-2638)
9. Verma J. P. , Acharya Ashutosh and **Dachen Jigmat (2017). On Developing FM Rating Points (FMRP) For Assessing FM Channels Performance - A Factor**

**Presentations:**

1. Presented a paper entitled “**Comparison of Coping Skills among National Level Youth Basketball Players**” in Asia specific conference on exercise and sports sciences organized by shanghai sports university, shanghai, china (2011).
2. Presented a paper entitled “**Emotional intelligence Profile of Top Level Indian Women Archers and Non-Archers**” in the International Conference on Futuristic Trends in Physical Education (ICFTPE) UGC Sponsored (January 24<sup>th</sup> to 26<sup>th</sup>, 2013) organized by Department of Physical Education, Punjab University, Patiala, Punjab (India).
3. Presented a paper entitled “**Investigation of Underlying Psychological Skills among all India Inter University women Cricket Players**” in the Asia-Pacific International Conference on sports & Exercise Psychology- 2013 organized by Dr. Ambedkar College, Deekshabhoomi, Nagpur. (Mah.) India.
4. Presented a paper entitled “**Study of Relationship between Physical Self Concepts and Personality among University Students**” in the Global Conference in Sports sciences and Physical Education held on 24<sup>th</sup> Jan, 2014 to 26<sup>th</sup> Jan, 2014 at Department of Physical Education (Teaching), GND University, Amritsar, Punjab, India.
5. Attended National Conference of **Wellness through Physical Activity: Future Perspective** organized by Punjab University Patiala 17<sup>th</sup> and 18<sup>th</sup> January, 2014.