

CURRICULUM VITAE

Dr. SURJEET SINGH



PERSONAL DETAILS

Father's Name : S. Trilok Singh
Mother's Name : Smt. Pushap-Raj Kaur
Date of Birth : 07-01-1983
Permanent Address : V.P.O. Charrligund Rafiabadi
Post office: Dangwacha
District: Baramulla (Jammu Kashmir)
Contact No. : 08872590338,
E-mail ID : surjitbali@g mail.com
Marital status : Unmarried
Language known : Hindi, English, Punjabi

PROFESSIONAL QUALIFICATION

- Presently Working Assistant Professor University of Kashmir from 2012
- Ph.D from Panjab University Chandigarh. (**Entitled as “Prevalence of obesity among school children in relation to their diet, physical activity and socio-economic status.”**)
- J.R.F/ N.E.T December 2009
- M.Phil from Panjab University, Chandigarh in June 2009- Ist Division.
- M.P.Ed. from Punjabi University, Patiala in April 2008- Ist Division.
- B.P.Ed. from Kashmir University, Srinagar April 2006 – Ist Division.

ACADEMIC QUALIFICATION

- Graduation from Kashmir University, Srinagar April 2004- IIIrd Division.
- 10+2 from B.O.S.E., J & K in March 2001 – IInd Division.
- Metric from B.O.S.E., J & K in March 1999 – IInd Division.

RESEARCH PROJECT

- Dissertation in M.P.Ed and M.Phi

PAPER PRESENTED IN SEMINAR/ CONFERENCE

S. NO	TITLE OF PAPER	ORGANISED BY	NATIONAL/ INTERNATIONAL	TITLE OF SEMINAR/ CONFERENCE	AUTHOR	HELD AT
1	The standard of J&K in Physical Education	Punjabi University	National	Emerging Trends in Physical education'	Main	Punjabi University
2	Physical fitness of students	Panjab University	National	Sport, Exercise, Health Connection	Main	Panjab University
3	Method for the assessment of nutrition status	S.K.R.C of Phy Edu	National	22 National conference of sport psychology	Main	Kharar Pb
4	Physical education leads to healthy life	Punjabi University	Inter National	5 th international conference on health...	main	Panjab University
5	Global Trends in Physical education'	Punjabi University	National	Global Trends in Physical education'	Main	Punjabi University
6	Hawk eye a new technology in sports	Punjabi University	National	Physical education as a profession	Main	Arya college Pb
7	Dietary pattern of athletes...	Punjabi University	National	Physical education' in 21 century	Main	M.G.C Pb
8	Effect of selected static stretching exercise...	Punjabi University	National	Holistic inter-discipline collaboration....	Main	Punjabi University
9	Perfect posture and individual in individual....	Punjabi University	National	Anthropology and psychological...	Main	Panjab University
10	Effect of exercise on blood pressure...	DELHI University	Inter National	Physical activity & sport for global	Main	Delhi
11	Changing Trends in Physical education'	Banaras Hindu University	Inter National	ISPERY	Main	Banaras U.P

FULL PAPER IN PROCEEDING

S. N	Title of paper	Published	National/ International	ISSBN No	Author
1	<i>Effect of selected static stretching exercise...</i>	G.C.M Sec 11 Chandigarh	National		<i>main</i>
2	<i>Effect of exercise on blood pressure...</i>	<i>Sport and spiritual science, New Delhi</i>	<i>Inter national</i>	978-81-902282	<i>main</i>
3	<i>Changing trends in physical education'</i>	<i>Dept of phy. Edu Banaras Hindu university</i>	<i>Inter national</i>	92-8867-511-8	<i>main</i>

PUBLISHED PAPER IN JOURNALS

s. no	title of paper	Journal	national/ international	ISSN No
1	<i>comparative study of physical fitness of college students living at</i>	<i>wellness bi-annual journal of health, physical education & sports</i>	<i>National</i>	0975-136x
2	<i>impact of terrorism on physical education teacher</i>	<i>wellness bi-annual journal of health, physical education & sports</i>	<i>National</i>	0975-136x
3	<i>social attitude and socio economic status of physical</i>	<i>international journal of sociology and anthropology</i>	<i>International</i>	2006-988x
4	<i>Physical fitness of college students living at high and low altitude</i>	<i>international journal of sports sciences and fitness,</i>	<i>International</i>	
5	<i>Selected psychological and social variables of professional. .</i>	<i>Indian journal of science and technology</i>	<i>International</i>	0974- 6846

WORKSHOP

Pre International conference workshop on exercise physiology conducted by Delhi University

Training program on statics product and service solution organized by Panjab Uni Chandigarh.

International work shop on sports training in MRIU Faridabad (Haryana)

National workshop on soft Manipulation Punjabi university Patiala

Invited lecture on : Yoga and Fitness

SPORTS ACHIEVEMENTS

INTER-UNIVERSITY

1	Hockey	2001	North-Zone Participation	Kashmir university	Delhi
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INTER-COLLEGE

S.No	Sports	year	Position	Represented institution/ university	held
1	Hockey	2001	1st	Govt. degree college Baramulla	Kashmir uni
2	Hockey	2003	1st	Govt. degree college Baramulla	Kashmir uni
3	Hockey	2004	1st	Govt. degree college Baramulla	Kashmir uni
4	Gatka	2007	ist	Punjabi university campus	Punjabi university
5	Football,	2007-09		inter- hostel, inter house	Panjab university

SIKKING

1	Sikking	2005	First in tech, 2 nd in salalm		Gulmarg
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- Coaching certificate in Hockey from NIS Patiala
- Passed C level officiating exam conducted Panjab hockey association

TEACHING EXPERIENCE

- Teaching post graduation classes in University of Kashmir (since 2012) J&K
- 2 year Teaching experience in post graduation classes at Panjab university Chandigarh.
- Three Months in Shivalik Public School Mohali
- One Year in Army Public School B.B Cantt Srinagar (J&K)

AREA OF INTEREST

- Sports training, Exercise Physiology and Research
- Sports coaching specially in Hockey and Athletics Research in Physical Education

Place.....

Date.....

(Surjeet Singh)