

## CURRICULUM VITAE

**Dr.VIRENDER KUMAR**



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### PERMANENT ADDRESS:

Vill. Geryoh, P.O.- Kango- Ka- Ghara  
Teh. Sarkaghat, Distt. Mandi  
Himachal.Pradesh. Pin- 175026

### PERSONAL DETAILS:

Name	:	Virender Kumar
Father's Name	:	Sh. Jagdish Chand
Date of Birth	:	2nd Jan.1981
Sex	:	Male
Marital Status	:	Married
Nationality	:	Indian

### ACADEMIC QUALIFICATIONS:

Sr. No.	Examination Passed	Board/University	Division	Year
1.	Ph. D. (Physical Education)	H.P.U. Shimla	Thesis	2012
2.	M. Phil. (Physical Education)	HPU Shimla	I	2007
3.	M. A. (Physical Education)	HPU Shimla	I	2004
4.	M.A. Social Work	HPU Shimla	I	2006 (June)
5.	Bachelor of Physical Education	Amravati University	I	2002
6.	+2,(Arts)	HPBSE Dharmashala	I	1998
7.	Matric	HPBSE Dharmashala	I	1996

### EXTRA QUALIFICATIONS:

- P.G. Diploma in Yoga Studies.
- Himachal Pradesh State Level Eligibility Test Qualified in 2008,&2014

### **SUMMER CAMP**

- Attend One Month Basketball Game CIS Summer Camp at H.V.P.M., Amravati 2001.

### **EXTRA CURRICULAR ACTIVITIES IN SPORTS:**

- Participated Senior National Gymnastic Championship 2 Times.
- Participated Senior National Wushu Championship 5 Times.
- Participated Senior National Cycle Polo Championship 4 Time
- Participated Inter-College Gymnastic, Basketball, Kabaddi, Athletics and Handball Since 1998- 2006.

### **TEAM MANAGER:**

Himachal Pradesh university appointed university Team manager ,Time to time

Himachal Pradesh Cycle Polo Association appoints a Team Manager in Senior National Cycle Polo Championship in 2002 held at M.S.E.V Cricket ground Khaparkheda, Nagpur from 9<sup>th</sup> to 15<sup>th</sup> December 2002.

Appointed team manager in CBSC National Judo Championship of Himachal Pradesh Public School Judo Association 2005 at Gwalior.

### **TEAM COACH:**

Himachal Pradesh WUSHU Association appointed as a coach in the 8<sup>th</sup> Sub-junior National WUSHU Championship held at Indoor Stadium Lucknow (UP) from 31<sup>st</sup> Dec.2008 to 5<sup>th</sup> January 2009.

### **CURRENT ACTIVITIES**

Organized **First Annual Cross Country Race** in Manav Bharti University, Campus on 5<sup>th</sup> March 2013.

Organized **Interdepartment Basketball, Chess, Table Tennis, Carrom, Tug-of war** in Manav Bharti University, Campus on 02<sup>th</sup> February 2013.

### **PUBLICATIONS:**

#### **I.INTERNATIONAL**

- Sports Nutrition and Athlete Performance-International Referred Research Journal, Feb.2011, ISS0975; 3486, Vol I (Issue 17) pp 44; 46.
- **Wushu Movement Impulsive Factors and Issues Related to Sports Training.** International Referred Research Journal, Nov...2010, ISS0974; 2832, Vol II (issue 22) pp 21; 23.
- Mathematical Study of Sports Incentives Facilities of Himachal Pradesh University Sportsmen. INTERNATIONAL RESEARCH JOURNAL,RESEARCH ANALYSIS AND EVALUATION,OCT.2010,ISSN 0975-3486(ISSUE-13)pp91-97
- **“The Speed Comparison between the Left and Right Side Step with Selected Anthropometric Measurements to Total Movement time in Running to the Side for**

**use by Volleyball Female Players of Senior Secondary Schools of Himachal Pradesh".** International Referred Research Journal, Jul.2010, ISSN0974; 2832, Vol II (issue 18) pp 23-25.

## **II.NATIONAL:**

- Comparative Study of Mental Health Variables of Senior National Level Players of Combat Games.Shodh-Dishti (Journal of ALL Research) Vol.II, Jan-Mar.2011, ISSN 0976-6650; pp 186-188.
- Comparative Study of Selected Physical Fitness Variables of Government Senior Secondary School Students and Public Senior Secondary School Students of Himachal Pradesh (India). (OJPE) Vol .IV, 2010, ISSN 0974-7109.
- A Study of Sports Incentives of State Level Sportsmen and University Level Sportsmen of Himachal Pradesh.
- **Wushu Movement Impulsive Factors and Issues Related to Sports Training.** International Referred Research Journal, Nov...2010, ISSN0974; 2832, Vol II (issue 22) pp 21; 23.
- Comparative Study of Selected Kinanthropometric Measurements of Female Sprinters and Long Distance Runners of Himachal Pradesh University.
- Role of Yoga in Modern Sports.
- Comparative Study of Selected Physical Fitness Variables of Basketball Players and Volleyball Players in Relation to their Age, Height and Weight. HUMAN KINETICS, VOL.2,ISSUE-1,JUNE-2011.ISSN.0976-6588 pp95-100
- Comparative Analysis of Personality Traits of Basketball and Handball Male Players of Himachal Pradesh (India). (OJPE) Vol .V, 2011, ISSN 0974-7109.
- A Comparative study of selected kinanthropometric variables of government senior Secondary school Sports Boys and public senior secondary school sports boys and public senior secondary school sports boys of Himachal Pradesh (IJPEYS) VOL- I ,NO-2.JAN –june 2011,ISSN.2229-3191.pp 35-37
- Comparative study of physiological variables of Rural and Urban state levelsports women of Himachal Pradesh .INTERNATIONAL JOURNAL OF PHYSICAL EDUCATION

**BOOK (ISBN): 978-18-905892-8-4' (Physical Education and Exercise Science)**

**INTERNATIONAL SEMINAR/CONFERENCE:**

- Presented paper in International Conference on **Futuristic Trends in Physical Education-ICFT 2013** entitled “A COMPARATIVE STUDY OF MENTAL HEALTH OF SPORTSMEN & NON SPORTSMEN OF HIMACHAL PRADESH OF PHYSICAL EDUCATION”. (PAPER IN SEMINAR PROCEEDINGS ISBN-978-93-80144-62-7.pp211-214)
- Presented paper in International Conference on **International Forum of Physical Education & Sports Sciences(IFPESS) 20-22th Oct.2012** entitled “ A COMPARATIVE STUDY ON PHYSICAL FITNESS AMONG THE GOVERNMENT & PRIVATE HIGH SCHOOL STUDENTS OF HIMACHAL PRADESH”.( **Paper in conference proceeding**)
- Presented paper in International conference” Better Life Better world,through yoga with allied sports sciences organized by (NAPESS) Tamil Nadu physical education and sports university Chennai on 16 to 18 Feb 2012 and presented a paper on “COMPARATIVE STUDY OF SELECTED KINTHROPOMETRIC VARIABLE OF SPORTSMEN AND NON SPORTSMEN OF HIMACHAL PRADESH UNIVERSITY”.NAPESS-JPESS,ISSN.2229-7049(paper in conference proceedings pp35-35)
- Presented paper in International Seminar of Physical Education Recreation and Yogic Science. Approved by HRD AND MINISTRY OF YOUTH AFFAIRS AND SPORTS. GOVTMENT OF INDIA,JANUARY 19-21,2012.organised by department of physical education BHU, and Presented a paper entitled “ A COMPARATIVE STUDY ON PHYSICAL FITNESS OF 15 TO 18 YEAR TRIBAL AND NON TRIBAL BOYS.(PAPER IN SEMINAR PROCEEDINGS ISBN-92-8867-511-8.pp303-306)

**NATIONAL SEMINAR/CONFERENCE:**

- Presented paper in UGC. Sponsored 3 day National conference on Role of Sports medicine & Allied science for the promotion of sports organized by M.U.College of Commerce Pimpri-Pune from 8-10<sup>th</sup> Oct. 2012 entitled “ A COMPERATIVE STUDY OF PHYSICAL FITNESS AMONG RURAL AND URBAN SCHOOL GOING STUDENTS OF NORTH INDIA.(Paper in conference proceedings, Vol-1,ISBN-978-81-925146-0-4,(pp 139-145)
- Presented paper in 22nd Natinal conference of Sports Psychology organied by SKR. College of physical education, Bhageoo Majra, Kharar,Punjab 25-27 january 2012

entitled” A COMPARATIVE STUDY OF PERSONALITY CHARACTERISTICS OF STATE LEVEL GYMNASTICS PLAYERS AND WUSHU PLAYERS”.

- Presented paper in UGC. Sponsored National conference role of education Physical education and sports to make india super power 2020 organied by Dr.Baba shabe Nandurkar college of physical education yavatmal Maharashtra from 7-8 january 2012and presented a paper entitled “ HI –TECH TECHNOLOGYCAL REVOLUTION IN PHYSICAL EDUCATION AND SPORTS.(paper in proceedings, ISBN-978-93-81733-01-1,pp96-102).
- Presented paper in UGC. Sponsored National seminar on recent trends and future of physical education Mahatma Gandhi kasha vidyapith, Varanasi, DECEMBER 28-29, 2010 and Presented a paper entitled “yoga benefits for athletes.
- Presented paper in UGC. Sponsored National seminar on recent trends and future of physical education. Mahatma Gandhi kasha vidyapith, Varanasi ,DECEMBER 28-29,2010 and Presented a paper entitled “COMPARATIVE STUDY OF SELECTED MOTOR FITNESS VARIABLE OF BASKETBALL PLAYERS AND HANDBALL PLAYERS OF HIMACHAL PRADESH”
- Presented paper in National Seminar on Scientific Approach in Sports, organized by Under UGC, SAP, DRS-1, Programme, Department of Physical Health and Sports Education, November 11-12,2011Aligarh Muslim University, Aligarh, UP, and present a paper entitled “ comparative study of selected physical fitness variables of senior secondary school boys from high and low altitude
- Presented paper in UGC National Conference on Physical Education as a Profession, 11-12 February 2011 organized by Department of Physical Education. Arya College, Ludhiana. and present a paper entitled” YOGA AND SPORTS”.(PAPER IN CONFERENCE PROCEEDINGS pp-60-63)
- Presented paper in 21st National Conference of Sports Psychology 7-9 February 2011 organized by University College of Physical Education and Sports Science (ASPASP), Acharya Nagaarjuna University. and present a paper entitled”COMPARTATIVE STUDY OF ATTITUDE OF SPORTSMEM AND NON SPORTSMEN TOWARDS PHYSICAL EDUCATION.”
- Presented paper in National Seminar on Scientific Sport in Sports, January 30-31 organised by Department of Physical Health and Sports Education, Aligarh Muslim University, Aligarh. and present a paper entitled “COMPARATIVE STUDY OF SELECTED PHYSICAL FITNESS VARIABLE OF STATE LEVELS PLAYERS OF COMBAT GAMES”
- Presented paper in UGC Sponsored National Conference on Global Trends in Physical Education and Sports. 25<sup>th</sup>-26<sup>th</sup> January 2011 at S.K.R. College of Physical Education, Bhagoo Majra, Kharar, SAS Nagar, Punjab. and present a paper entitled

“COMPARATIVE STUDY OF SELECTED KINTHROPOMETRIC VARIABLE OF BASKETBALL PLAYERS AND HANDBALL PLAYERS OF HIMACHAL PRADESH UNIVERSITY”. ”.(PAPER IN CONFERENCE PROCEEDINGS ISBN-978-81-7216-334-1,pp365-367).

- Presented paper in National Seminar on “Role of Physical Education and Sports in Society” Sponsored by Higher Education Commissioner Haryana, organized by Department of Physical Education, Govt. College Sec.-1, Panchukla on Sept. 22<sup>nd</sup> 2010.
- Attended UGC Seminar on “Management of Physical Education and Sports” Sept. 5<sup>th</sup> and 6<sup>th</sup>, 2001 organized by Department of Physical Education, University of Rajasthan, Jaipur, India.
- Presented paper in Katha College Initiative Seminar on 5<sup>th</sup> November 2005, organized at YWCA Hall, Shimla, The Paper Presented “Drugs and Health Concerns of the Youth”.
- Presented paper in National Level Seminar “Sportica” 2000, organized by Dr. B.N.C.P.E. Yavatmal, Maharashtra.
- Presented paper in State Level Seminar “Physical Education” organized by Dr. B.N.C.P.E. Yavatmal, Maharashtra.

#### **INTERNATIONAL WORKSHOP:**

- Participated in International Workshop of Physical Education Recreation and Yogic Science.(ISPERYS) ,held at department of physical education ,Faculty of arts,Banaras Hindu University, Varanasi on 20th and 21th January 2012
- Attend International Workshop on Mental Health in New Millennium (2010) organized by Punjab University, Chandigarh.

#### **WORK SHOP & ORIENTATION:**

- Attend 7 days National Workshop on Training Method and Orientation of Trends in Different Games (TMTG) 2011 organized by Department of Physical Education, Faculty of Arts, Banaras, Hindu University, Varanasi (U.P.) India.
- Participate one day in 22th national conference of sports psychology workshop on stress management, organized by SKR.College of physical education, Bhageoo Majra, Kharar,Punjab 26 January 2012
- Attend 3 days National Workshop on Emerging Trends and Application of Rules in Athletics (2011) organized by Department of Physical Education, Faculty of Arts, Banaras, Hindu University, Varanasi (U.P.) India.
- Attend 1 day National Workshop on Bio-Feedback 2011, organized by Under UGC, SAP, DRS-1, Programme, Department of Physical Health and Sports Education, Aligarh Muslim University, Aligarh, UP.
- Attend School Level Orientation and Workshop Programme organized by St. Edward School, Shimla.

#### **EXPERIENCES:**

- Teaching Experience of Six Months D. A. V. Public School Totu, Shimla H. P.
- Teaching Experience of Six Year St. Edward Convent School Shimla H.P.
- One Year Coaching Experience in Gymnastic, Basketball Central Tibetan School Shimla H.P.
- Two years teaching Experience as an Assistant Prof./ DPE in Deptt. Of Physical Education at Manav Bharti University, Solan, H.P.

#### REFERENCE:

- (i) **Prof. (Dr.) Surinder Kumar Sharma (Mob-09418024041)**  
Chairman, Department of Physical Education  
Himachal Pradesh University, Shimla-171005, H.P.
- (ii) **Prof. (Dr.) Y.P. Sharma**  
Ex. Chairman, Department of Physical Education  
Himachal Pradesh University, Shimla-171005, H.P.
- (iii) **Mrs. Suman Rawat (Arjun Awarded)**  
Assistant Director of Sports and Youth Services  
Shimla, Himachal Pradesh
- (iv) **Prof. ( Dr.) B.C. Kapri**  
Chairman, Department of Physical Education  
Faculty of Arts, Banaras Hindu University.
- (v) **Prof. (Dr.) S.N.Gosh(Mob-09418077716)**  
Chairman, Department of Psychology,  
Himachal Pradesh University, Shimla.

#### LIFE TIME MEMBERSHIP

- Sports Psychology Association of **India (SPAI)**
- Indian Association of Sports Scientist,
- Indian Journal of Sports Science
- National Association Of Physical Education And Sports Science(NAPESS)
- Himachal Pradesh State Wushu Association
- Himachal Pradesh Netball association
- Himachal Pradesh Gymnastic Association
- Himachal Pradesh Cycle Polo Association

**Declaration:**

I declare that the above given information is true & correct to the best of my knowledge.

**Date:**

**Dr.Virender Ku**