

10. Experience (in reverse chronological order)

Designation	Organization	Period		Duration	Nature of experience / responsibility	Pay scale
		from	to			
Lecturer	PEC	10.10.1985	09.10.1992	7 year	Teaching Research	700-1600/ 2200-4000
Sr. Lecturer	PEC	10.10.1992	09.10.1997	5 year	Teaching Research	3000-5000
Lecturer(SG)/ Associate Professor	PEC	10.10.1997	20.12.1999	2year 2month	Teaching Research	12000-18300
Reader/ Associate Professor	PU	21.12.1999	20.12.2001	2year	Teaching Research	12000-18300
Associate Professor	PEC	21.12.2001	09.10.2007	07year	Teaching Research	12000-18300 37400-67000 AGP 9000/-
Professor	PEC	10.10.2007	31.05.2017	09year 7month	Teaching Research	37400-67000 AGP 10000/- 182700/-

10 A. Courses Taught

Course No. & Title	Level (UG/PG)	Number of Times	Course developed by
Physical Fitness & Sports	UG	15	Yes
Physical Education	UG	15	Yes
Research Methods	PG	3	No
Sports Management	PG	3	No

10 B. Thesis (MTech/M.Phil/PhD) Supervision

S.No.	Name of scholar	Year of completion	Title of thesis
1.	Indu Bala – Ph.D.	2003	Analysis of Physical, Physiological and Psychological Variables Among Obese and Non-Obese College Women
2.	Surjit Singh – Ph.D.	2004	Padama Shree S. Bahadur Singh Eminent Sportsman, Coach and Sports Promoter – A Case Study
3	H.B.Baruwal – Ph.D.	2009	Development of Motor Ability Tests Battery for Pre-teenagers from different Topography of Nepal
4.	Anju Lata Dviwedi - Ph.D.	2012	Health Related Fitness, Self Concept and Demographics of College Women in Relation to their Intelligence
5	Harpreet Kaur - M. Phil.	2010	Evaluation of eating disorders among male individual and team game players
6	Vipan Kumar - M. Phil.	2008	Physical Fitness Profiles of Chandigarh School Students
7	Jasvinder - M. Phil.	2008	Comparison of Physical Fitness and Body Mass Index of Elite and Non-Elite School Students
8	Naveen Kumar - M. Phil.	2008	Comparison of Body Mass Index and Physical Performance of Rural and Urban School Students
9	Parveen Kumar – M. Phil.	2008	Physical Performance of Obese and Non – Obese School Students
10	Shankar Lal – M. Phil.	2008	Comparison of Cardio Respiratory Fitness and Physical variables of Slum and Non-Slum School Boys
11	Ashok Kumar – M.A	2000	Assessment of Health and Physical Activity Status of Panjab University Employees
12	Naveen Kumar – M.A	2001	Survey of Physical Education, Sports and Leisure Status Among School Boys
13	Praveen Kumar – M.A	2001	Survey of Health and Physical Activity status of Physical Education Teachers of Chandigarh Schools

11. Publications

A. Papers in refereed journals (International)

S.No.	Author(s) (in correct order)	Title	Year	Complete Reference of journal (Name/Vol/Page nos / Publisher/ Place)
1	B.S.Bal, Kanwaljeet Singh, Jagtar Singh Gill and Wilfred Vaz	Effects of Six week Yoga Asanas Training on Respiratory Indices in Adolescent Girls	2011	International Journal of Motor Learning and Sports Performance ISSN 2230-8628,

				Vol.1(No.1) January 2011 pp-26-32
2	H.B.Baruwal and Jagtar Singh Gill	Development of Motor Ability Tests Battery for Boys from Different Topography of Nepal	2012	International Journal of Motor Learning and Sports Performance ISSN 2230-8628, Vol.2No.1) January 2012pp-119-125

B Papers in refereed journals (National)

S.No.	Author (s) (in correct order)	Title	Year	Complete Reference of journal (Name/Vol/Page nos / Publisher/ Place)
1	Jagtar Singh Gill	A Comparative Study of Physical Fitness and Self concept of College Students.	1988	SAI NIS Scientific Journal Vol. II(2), April, 1988, p.21 NIS Patiala
2	Jagtar Singh Gill Ajmer Singh	Physical and Physiological Characteristics of Volleyballers, Footballers and Cross Country Runners	1988	Vyayam Vidnyan , Vol. 21 (3). May – August, 1988. p12 HVPM, Amravati (MS)
3	Jagtar Singh Gill Meera Chauhan	Effects of Four Week Intensive Training in Physical Education Activities on Self-concept of Tribal Students	1989	Research Bi-Annual for Movement , Vol. 8(1), October, 1989 p.23-28.HVPM, Amravati (MS)
4	Jagtar Singh Gill V.S.S.M.Rao	Relationship between Self-concept and Physical Fitness in Secondary School Boys	1992	SAI NIS Scientific Journal , Vol.15(2), April, 1992, p.64 NIS Patiala
5	Ashok Kumar Jagtar Singh Gill	Assessment of Health and physical activity status of Panjab University employees	2002	Vyayam Vidnyan , Vol. 35 (4) November, 2002. p16. HVPM, Amravati (MS)
6	Jagtar Singh Gill	Health Enhancing Physical Activity Programme: An Urgent National Need	2005	Vyayam Vidnyan , Vol. 38 (4) November, 2005. p1. HVPM, Amravati (MS)
7	Jagtar Singh Gill	Use of Computer-based Technology in Physical Education	2006	Vyayam Vidnyan , Vol. 39 (2) May, 2006. p11. HVPM,
8	Jagtar Singh Gill B. S. Ghuman S. C. Sharma	Motor fitness and Personality of University Level Individual and Team game Players	2006	Vyayam Vidnyan , Vol.39 (3) November, 2006.p12 HVPM, Amravati (MS)
9	Jagtar Singh Gill B. S. Ghuman S. C. Sharma	Self Concept of University Level Individual and Team game Players	2007	Vyayam Vidnyan , Vol.40 (1) February, 2007.p30 HVPM, Amravati (MS)
10	Jagtar Singh Gill J. S. Saini S. C. Sharma	Self-concept of Elementary Teacher Trainees of Punjab State in Relation to Cardiorespiratory Fitness	2007	Vyayam Vidnyan , Vol.40 (2) May, 2007 HVPM, Amravati (MS)
11	Jagtar Singh Gill Indu Bala	Health Related Fitness Among Obese and Non-Obese College Women	2007	Vyayam Vidnyan , Vol.40 (3) July, 2007
12	Jagtar Singh Gill J. S. Saini S. C. Sharma	Values Among Elementary Teachers Trainees of Punjab State in relation to Cardiorespiratory Fitness	2008	Vyayam Vidnyan , Vol.41 (1) February, 2008.p12 HVPM, Amravati (MS)
13	Jagtar Singh Gill Parveen K.Sharma	Physical Performance of Obese and Non-Obese School Girls	2009	Vyayam Vidnyan , Vol.42 (1) February, 2009.p28 HVPM, Amravati (MS)
14	Jagtar Singh Gill Naveen K..Sharma	Comparison of Physical Performance of Rural and Urban School Boys	2009	Vyayam Vidnyan , Vol.42 (3) August, 2009.p1 HVPM, Amravati (MS)
15	Jagtar Singh Gill	Scientific Temperaments in Physical Education and Sports	2009	Research Bi-Annual for Movement , Vol. 26(1), October, 2009. p.7-21.
16	Jagtar Singh Gill Indu Bala	Selected Physiological Parameters of Obese and Non- Obese College Women	2010	Vyayam Vidnyan , Vol.43 (2) May, 2010
17	Jagtar Singh Gill Harpreet Kaur	Evaluation of Eating Disorders among Male Individual and Team Game Players	2010	Vyayam Vidnyan , Vol.43 (4) November, 2010
18	R.P. Luthra, and Jagtar Singh Gill,	Sports Law as a Career option	2011	Vyayam Vidnyan , Vol.44 (3) August, 2011.
19	Jagtar Singh Gill Shankar Lal,	Cardio respiratory Fitness and Body Mass Index among Slum and non - Slum School Boys	2011	Research Bi-Annual for Movement , Vol. 28 (1) October, 2011p.7
20	Anju Lata Dviwedi	Health Related Physical Fitness among College	2013	Vyayam Vidnyan Vol.46 (1)

	Jagtar Singh Gill	Women in Relation to Their Intelligence		February, 2013 pp 1-6
21	Jagtar Singh Gill Anju Lata Dviwedi Sarbjit Singh	Eating Attitudes among College Women in relation to their Body Mass Index	2014	New Horizons a Research Journal , ISSN 2277-5218 Vol XI, January, 2014

C Papers in Conference Proceedings (International)

S.No.	Author (s) (in correct order)	Title of paper	Year	Complete reference: title of conf./ place/ date/page/publisher etc.
1.	Jagtar Singh Gill B.S.Ghuman Subash Chand Sharma	'Motor Fitness and Personality of University Level Individual and Team Game Players'	2005	3 rd Asian Conference 2005 (Science & Football Medicine) Muscat, Oman, 19 th – 22 nd May, 2005 P-95.
2	Jagtar Singh Gill Indu Bala B.S.Ghuman	Personality And Self Concept Variations among Obese and Non-Obese College Women	2009	'India International Congress of Sports Psychology' organized by SPAI at LNUPE, Gwalior, December 20-24, 2009
3	Anju Lata Dviwedi and Jagtar Singh Gill	"Eating Attitudes among College Women in relation to their Intelligence"	2012	International Forum of Physical Education and Sports Sciences (IFPESS 2012) held at Panjab University, Chandigarh from 20 th to 22 nd October, 2012PP.400-403

D Papers in Conference Proceedings (National)

S No	Author (s) (in correct order)	Title of paper	Year	Complete reference: title of conf./ place/ date/page/publisher etc.
1.	Ashok Kumar Jagtar Singh Gill	'Assessment of Health and physical activity status of Panjab University employees'	2001	National Seminar on Management of Physical Education and Sports, University of Rajasthan, Jaipur.
2.	Jagtar Singh Gill Praveen Kumar	'Survey of Health and physical activity status of Physical Education Teachers of Chandigarh Schools	2003	National Seminar cum Workshop on Sports and Society, Panjab University, Chandigarh
3	Jagtar Singh Gill Sarbjit Singh Manju Chahal	Eating Attitudes and BMI among Professional Students of Panjab University	2011	UGC National Conference on "Physical Education: The Key for Holistic Interdisciplinary Collaboration" Organized by Department of Physical Education (TE&L) Post Graduate Government College, Sector 11, Chandigarh, 11 to 13 March 2011 pp-18-22
4	Jagtar Singh Gill	Professional Growth of Physical Education – a view point	2015	National Seminar on 'Teacher Education/Training Programmes in Physical Education – Issues and Challenges' Organized by Department of Physical Education (TE&L) Post Graduate Government College, Sector 11, Chandigarh, 15 & 16th February 2015 pp-58-64

E Books published as Author/Co-Author

S No	Author (s)	Title	Year	Publishers/Place
1	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Basis of Physical Education, Health and Sports (English, Hindi and Punjabi)	2000	Kalyani Publishers, Ludhiana
2	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Fundamentals of Physical Education and Sports (English, Hindi and Punjabi)	2000	Kalyani Publishers, Ludhiana
3	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Scientific Approach to Physical Education and Sports (English, Hindi and Punjabi)	2000	Kalyani Publishers, Ludhiana
4	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains	Modern Text Book of Physical Education, Health and Sports BA-I (English, Hindi and Punjabi),	2000.	Kalyani Publishers, Ludhiana

	Dr.R.S.Brar Dr.N.K.Rathi			
5	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Modern Text Book of Physical Education, Health and Sports BA-II (English, Hindi and Punjabi),	2001	Kalyani Publishers, Ludhiana
6	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Modern Text Book of Physical Education, Health and Sports BA-III (English, Hindi and Punjabi),	2002	Kalyani Publishers, Ludhiana
7	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Essentials of Physical Education,	2003	Kalyani Publishers, Ludhiana
8	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Physical Education and Olympic movement (Hindi)	2004.	Kalyani Publishers, Ludhiana
9	Dr.Ajmer Singh Dr Jagtar Singh Gill Dr.Jagdish Bains Dr.R.S.Brar Dr.N.K.Rathi	Physical Education (Punjabi)	2005.	Kalyani Publishers, Ludhiana

12. Seminars/Symposia/Conferences/Workshops etc. attended

S.No.	Seminar/Symposium/Conference/Workshop with name of organizer and place	Period		Duration
		From	To	
1.	National Conference on Physical Education organized by Laxmibai National College of Physical Education, Gwalior	February 18	20, 1982	2 days
2.	Second National Conference on Physical Education and Sports Sciences held at Punjabi University, Patiala	February 22	24, 1986	3 days
3.	Second National Conference of Sports Psychology Association of India organised by NIS Patiala	November 15	17, 1986	3 days
4.	All India U.G.C. Seminar on Selection and Training in Sports, organized by the Department of Physical Education, Panjab University, Chandigarh.	December 29	31, 1986	3 days
5.	First International and Sixth National Conference of Sports Psychology organized by SPAI at New Delhi.	February 25	27, 1991	3 days
6.	7 th National IASSPE Conference on Sports Sciences and Physical Education organised by Department of Psychology and Sports Sciences, Punjabi University, Patiala	April, 16	18, 1993	3 days
7.	Swaran Jayanti National Conference on 'Issues and Challenges of Physical Education & Sports Sciences' in the 21 st Century, Organized by NAPERSS at Hansraj Public School, Panchkula (Haryana).	October, 17	19, 1997	3 days
8.	AICTE & ISTE Sponsored National Seminar on Re-Engineering of Technical Institutes in I.T. Environment, organized by Punjab Engineering College, Chandigarh	November 12, 1999	November 12, 1999	1 Day
9.	National Seminar on Adopting Engineering Education on Internet Revolution organized by PEC, Chandigarh.	November 13, 1999	November 13, 1999	1 Day
10	National Seminar on Management of Physical Education and Sports, University of Rajasthan, Jaipur	September 5	6, 2001	2 days
11	National Seminar cum Workshop on Sports and Society, Panjab University, Chandigarh	February 22	23, 2003	2 days
12	Conference cum workshop on Games and Sports	August 18	19, 2006	2 days

	organized by PTU at BBSBEC, Fahtehagarh Sahib			
13	National Seminar on 'Emerging Trends in Physical Education' at Punjabi University, Patiala	December 19	20, 2006	2 days
14	XIX National Conference of Sports Psychology organised by NIET and Osmania University, Hyderabad	January 18	20, 2007	3 Days
15	Workshop on Admission Criteria for Physical Education Courses. Organized by Director, Public Instructions, Govt. of Punjab at Govt. College of Physical Education, Patiala.	March 23,2007	March 23,2007	1 Day
16	National Conference on 'Physical Education & Sports for All', Organized by Dept. of Physical Education, Kurukshetra University, Kurukshetra.	March 24	25, 2007	2 days
17	Presented Research paper in International Conference for Sports Administrators organized by Department of Physical Education & Sports, Manonmaniam Sundaranar University, Tirunelveli (Tamilnadu)	August 16	18, 2007	3 days
18	Acted as Resource person in Workshop on 'Four year B.P.Ed. innovated programme 'organised by Govt. College, Sector 11, Chandigarh and Department of higher education, Chandigarh Administration	October 7, 2007	October 7, 2007	1 Day
19	National Workshop on "Sports Excellence" organized by Department of Physical Education (AT) Guru Nanak Dev University, Amritsar (Punjab)	October 29-	30, 2007	2 days
20	Delivered a key note address in U.G.C. Sponsored National Conference on Sports, Exercise, Health Connection conducted by Department of Physical Education, Panjab University, Chandigarh.	February 29th,	March 1 & 2nd, 2008	3 days
21	Key note presentation on Workshop 'B.P.Ed. Four year Innovative Integrated course' conducted by the Department of Higher Education, Chandigarh Administration, and Post Graduate Govt. College, Sector 11,	August 7, 2008	August 7, 2008	1 Day
22	Panelist to discuss 'Indian Sports Performance in Beijing Olympic 2008' on National Sports Day celebrated by the Department of Physical Education of Govt. College Sector 11, Chandigarh	August 29, 2008.	August 29, 2008.	1Day
23	Delivered a key note address in U.G.C. Sponsored National Conference on 'Scientific Temperaments in Physical Education and Sports' Organized by S.K.R.College of Physical Education, BhagooMajra,Kharar,Mohali.	November 14	15, 2008	2 days
24	Presented key note address in workshop on 'An Interdisciplinary Approach to Physical Education' Organized by Rayat and Bhara College of Physical Education, Railmajra,	March 17,2009	March 17,2009	1 Day
25	'India International Congress of Sports Psychology' organized by SPAI at LNUPE, Gwalior	December 20, 2009	December 24, 2009	4 Day
26	Delivered a key note address on 'Developing a Coaching Philosophy' in a Refresher Course Conducted by UT Sports Department, Chandigarh Administration.	March 20, 2010	March 20, 2010	1 Day
27	Delivered a key note address on 'Nurturing Research Culture' in a Seminar Organized by BCM College of Education, Ludhiana (PB)	March 27, 2010	March 27, 2010	1 Day
28	Key note presentation "Excellence in Sports as Viewed by Prof.Ajmer Singh" UGC Sponsored National Conference on Global Trends in Physical Education and Sports organised by SKR College of Physical Education, Bhagoo Majra, Khara (Punjab)	January 25 th 2011	January 26 th 2011	2 days
29	Key note presentation "Physical Education Advocacy of Mao Tse Tung" UGC National Conference on "Physical Education: The Key for Holistic Inter-disciplinary Collaboration" Organized	March 11, 2011	March 13, 2011	3 days

	by Department of Physical Education (TE&L) Post Graduate Government College, Sector 11, Chandigarh,			
30	Key note presentation “21 st Century PE: Time to Move!”, UGC National Seminar on Physical Education in 21 st Century, organised by Mata Gujri College Fatehgarh Sahib,	February 25, 2011.	February 26, 2011.	2 Day
31	Resource person ‘Quality Physical Educator for quality physical education’, UGC refresher course in physical education, conducted by ASC and Dept of Physical Education, Panjab University, Chandigarh.,	5 th March, 2011	5 th March, 2011	1 Day
32	Resource person , 22nd National Conference on Sports Psychology on the theme – Latest Trends in Performance and Psychological Approach organised by SKR College of Physical Education, Bhagoo Majra, Khara (Punjab)	January 26, 2012	January 27, 2012	2 Day
33	Resource person ‘Recent Trends in Physical Education and Research’, UGC Refresher course in Physical Education, Conducted by UGC Academic Staff College, SGB Amravati University (MS).	September 5 th , 2012	September 6 th , 2012	2 Day
34	Resource person , “International Forum of Physical Education and Sports Sciences (IFPESS 2012) organised by Dept of Physical Education, Panjab University, Chandigarh	October 20, 2012	October 22, 2012	3 Day
35	Resource person, Workshop for Physical Education- Under Graduate and Post Graduate Courses upgradation, Education Dept. Chandigarh Administration organized by Department of Physical Education (TE&L) Post Graduate Government College, Sector 11, Chandigarh,	December 10, 2012.	December 11, 2012.	2 Day
36	Resource person, “International Conference on Futuristic Trends in Physical Education (ICPE 2013) organized by Dept of Physical Education, Punjabi University, Patiala	January 24, 2013	January 26, 2013	3 Day
37	Resource person, Workshop on “Research Techniques and SPSS” organized by Education Dept. Chandigarh Administration and Department of Physical Education (TE&L) Post Graduate Government College, Sector 11, Chandigarh	October 14, 2013	October 20, 2013	7 Day
38	Resource person , “International Conference on Wellness through Physical Activity’ organized by Dept of Physical Education, Punjabi University, Patiala	January 17, 2014	January 18, 2014	2 Day
39	Resource person, “Global Scientific Conference on Physical Education, Health and Sports Sciences” organized by Department of Physical Education, Guru Nanak Dev University , Amritsar (Punjab)	January 24, 2014	January 26, 2014	3 Day
40	Resource person, Refresher & Orientation course for Coaches organized the Chandigarh Sports Council and Sports Dept., Chandigarh Administration at Sports Complex 42.	February 17, 2014	February 21, 2014	5 Day
41	Resource person, UGC Refresher course for Physical Education Faculty organized by Academic Staff College and Dept of Physical Education, Punjabi University, Patiala,	March 19, 2014.	April 9, 2014.	21 Day
42	Resource person, UGC Summer School on “Higher Education: National Repository of Human Capital” organized by Academic Staff College and School of Open Learning, Panjab University, Chandigarh.	June 10, 2014	June 30, 2014	21 Day
43	TEQIP –II Sponsored Workshop on ‘Business Communication’ organized by PEC University of Technology, Chandigarh	October 31, 2014	October 31, 2014	One Day
44	Resource person, Refresher course for Coaches organized the Chandigarh Sports Council and Sports	February 17, 2015	February 21, 2015	5 Day

	Dept., Chandigarh Administration at Sports Complex 42.			
45	Resource person, UGC Refresher course in Physical Education and Sports Science organized by the Human Resource Development Centre, Punjabi University, Patiala,	May25, 2015.	June 13, 2015.	21 Day
46	Resource person, Workshop on "Research Methodology, Statistical Process and Evaluation Techniques", Conducted by the Department of Physical Education-TE&L Postgraduate Government College, Sector-11, Chandigarh	October 22, 2015	October 28, 2015	7 Day
47	Resource person, Refresher course in physical education conducted by UGC - Human Resource Development Centre, Punjabi University Patiala on 17.01.2017	January17,2017	January17,2017	21 Day
48	Resource person, International Conference on Psychology in Contemporary Sports, Health and Fitness Perspective - ICPSHF 2019 from 28th to 30th at Punjabi University Patiala, Punjab, India	November 28, 2019	November 30, 2019	3 Day
49	Resource person, National Workshop on 'Development of Research Tools in Physical Education' Organized by Centre for Academic Leadership & Education Management (CALEM) Department of Education, Panjab University, Chandigarh under the aegis of PMMMMNTT, MHRD (GOI) in collaboration with Department of Physical Education, Panjab University, Chandigarh from June 10 th -15 th , 2020	June 10, 2020	June 15, 2020	7 Day
50	Resource person, National Webinar on 'Place of Sports & Physical Education in New National Education Policy, 2020- <i>Challenges and opportunities</i> (National Dialogue) Organized by National Association of Physical Education & Sports (NAPES INDIA) from Sept.15 to 18, 2020.	Sept.15, 2020.	Sept. 18, 2020.	4 Day
51	Resource person, online refresher course on "Sports, Physical Education and Yoga" organized by the UGC-Human Resource Development Center of B.P.S. Mahila Vishwavidyalaya, Khanpur Kalan from 26 October to 09 November 2020.	October 26, 2020.	November 09, 2020.	2 week

13. Summer Schools/Winter Schools/Short Term Courses attended

S.No.	Summer School/Winter school/Short term course with name of organizer and place	Period		Duration
		From	To	
1.	Orientation Course in 'Educational Technology' for Teachers of Punjab Engineering College, Chandigarh organised by Punjab Engineering College from August 3-20, 1992.	August 3	August20, 1992	3 weeks
2.	Training Programme on 'Office Management and Office Procedure' for Officers of Chandigarh Administration conducted by Punjab State Institution of Public Administration, Chandigarh from June 1-20, 1995.	June 1	June 20, 1995	3 weeks
3.	Computer Foundation Course of 30 Credit hours in P.C. – Environment conducted by B.C.C., Chandigarh in June, 1996.	June, 1996	July,1996	4 weeks
4.	U.G.C. Refresher Course in Physical Education held at LNPE, Gwalior (Deemed University) from 3 rd March, 1997 to 22 nd March, 1997.	March, 3	March 22, 1997	3 weeks
5.	Three Week Faculty Training Programme (FTP) in 'Elements of Computer Science' organized by Punjab Engineering College, Chandigarh at P.E.C. Computer Centre.	May 26	June13,1997	3 weeks
6.	Coordinator, UGC Refresher Course in Physical Education at Punjab University, Chandigarh	October 9	October 20, 2001	3 weeks
7.	Three week programme on 'MS Office and Internet' organized by SPIC Center of Excellence (Dept. of Information Technology), Chandigarh Administration	March 9	April4,2006	3 weeks

14. Extra mural duties performed/contribution to corporate life in PEC.

A Institute level

S.No.	Duty	Period
1.	Admissions	17year
2.	Examination	10 year
3.	Election	3 year
4.	Officer in charge Watch and Ward	2.5 year
5.	Officer in charge Auditorium	1 year
6.	Member Proctor's Team	8 year
7.	PECFEST	12 year
8.	Organisations of Inter –Technology University Tournaments	10 years
9.	Administration and Organisations of Annual Athletic Meets,	30 year
10	Extramural Competitions	30 year
11	Elected Senate Member of PEC among Associate Professors	4 year

B Department level

S.No.	Duty	Period
1.	Teaching Physical Education and Sports	30 year
2.	Administration and Organisations of Annual Athletic Meets,	30 year
3.	Intramural Programme	30 year
4.	Extramural Competitions	30year
5.	Conducting Physical Fitness Tests	30 year
6.	Organisations of Annual Swimming Meets	25 year
7.	Organisations of Inter Engg. University Tournaments	15 years

15. Field outreach activities/Extension activities: *Lectures Delivered*

S.No.	Description	Period
1.	Hockey trends and physical activities”, at Navodya Leadership Institute, Sector-25, Chandigarh on 28.02.2002.	28.02.2002
2	“General Physical Exercises and Health”, at Navodya Leadership Institute, Chandigarh 2.3.2002	02.03.2002
3	Trends in Physical Education and Sports”, at SKR Collage of Physical Education, Bhago Majra (Ropar) February 2, 2002.	02. 02.2002
4	“General Hygiene and Cleanliness”, under Community Polytechnic Scheme, MHRD, GOI, at GMSSS, Sector – 47, Chandigarh 26.06.2003.	26.06.2003
5	“Statistics in Physical Education”, at SKR College of Physical Education, Bhago Majra, Ropar 16 April, 2005.	16.04. 2005
6	“International Organizations and their role in the Promotion of Physical Education and Sports”, Government College Sector-11, Chandigarh 05.02.2005.	05.02.2005
7	Health Related Fitness”, Government College, Sector-11, Chandigarh, 05.02.2005.	05.02.2005
8	“Research Methods in Physical Education” at SKR College of Physical Education, Bhago Majra, Ropar 11 th December, 2005.	11.12. 2005
9	Statistical methods in Physical Education” at SKR College of Physical Education, Bhago Majra, Ropar 11 th April, 2006.	11.04. 2006
10	Statistical scales and its uses” at SKR College of Physical Education, Bhago Majra, Ropar 13 th April, 2006.	13.04.2006
11	Health and Fitness’ at Conference cum workshop on Games and Sports organized by PTU at BBSBEC, Fahtehagarh Sahib on 18..08.2006	18..08.2006
12	Key points of Reviewing Literature in Research at SKR College of Physical Education, Bhago Majra, Kharar	24.11.2007
13	Panelist to discuss ‘Indian Sports Performance in Beijing Olympic 2008’ on National Sports Day celebrated by the Govt. College Sector 11, Chandigarh	29.08.2008.
14	Physical Education a Profession at Post Graduate Govt. College, Sector-11 Chandigarh	14.11.2009
15	Importance of Games and Sports, at Navodya Leadership Institute, Chandigarh	14.12.2009

16	Role of Physical Education Teachers. at Navodya Leadership Institute, Chandigarh	14.12.2009
17	'Quality Physical Educator for quality physical education', UGC refresher course in physical education, conducted by ASC and Dept of Physical Education, Panjab University, Chandigarh,	05.03.2011
18	'Statistical methods in Physical Education' SKR College of Physical Education, Bhagoomajra, Kharar	19.03.2011
19	'Statistical Scales and its Application in Physical Education and Sports,' SKR College of Physical Education, Bhagoomajra, Kharar	26.03.2011
20	Pursuing research in physical education, Govind National College, Narangwal Ludhiana	21.01.2012
21	Research procedures in Physical Education, Degree College of Physical Education, Amravati(MS)	20.02.2012
22	Applications of statistics in Physical Education and Sports,' SKR College of Physical Education, Bhagoomajra, Kharar	14.04.2012
23	Doctoral research- methods and hurdles, Dept. of Physical Education, Panjab University, Chandigarh	26.05.2012
24	'Research methods in Physical Education', Ph.D. Course work, Dept. of Physical Education, Panjab University, Chandigarh from 20.2.2014 to 18.5.2015.	22.02.2014
25	'Essentials of Research Procedures', Ph.D. Course work from 25.5.2015 to 30.6.2015, Dept. of Physical Education, Panjab University, Chandigarh	23.05.2015
26	Special lecture on 'National Sports Day' at A.S. College Khanna, Punjab on 29.08.2019	29.08.2019
27	Special lecture on 'Need and Importance of Physical Fitness in Modern Society', MCM DAV College, Chandigarh on 21 November, 2019	21.11.2019
28	'Ethics with Respect to Science and Research' Ph.D. Course Sri Guru Granth Sahib World University, Fatehgarh Sahib on 26.01.2021	26.01.2021
29	'Intellectual Honesty and Research Integrity' Ph.D. Course Sri Guru Granth Sahib World University, Fatehgarh Sahib on 27.01.2021	27.01.2021
30	'Scientific Misconduct: Fabrication, Falsification & Plagiarism' Ph.D. Course Sri Guru Granth Sahib World University, Fatehgarh Sahib on 28.01.2021	28.01.2021
31	'Applied Statistics in Physical Education' Master's Course work, Sri Guru Granth Sahib World University, Fatehgarh Sahib from 29.04.2021 to 12.05.2021	29.04.2021 -12.05.2021

16. Development of Course Material/Curricula

S.No.	Description	Period
1.	Physical Education Curriculum for B.E. Students	

17. Participation in Continuing Education Programmes .

1. Completed Ph.D. from LNCPE (Jiwaji University), Gwalior in the year 1992.
2. Completed Diploma in Statistics from Panjab University in 1994
3. Completed Certificate in Computing from IGNOU in 1997
4. Completed M.A. Sociology from Panjab University in 2007

18. Contribution to education innovation.

1. Introduced Cooper's Cardiovascular Test as a Tool for evaluation of Cardio respiratory Fitness
2. AAPHER Youth Fitness test was introduced.
3. Fitness centre was established
4. New format of Inter Group and Inter Department Competitions were introduced.
5. Inter Technology University Competitions were introduced and successfully conducted in various sports.

19. Awards and Recognitions won.

1. Distinguish Sports Promoter Award Conferred by the Panjab University, Chandigarh for 15 year in a row.
2. Member, R.D.C. Faculty of Education, Panjab University.
3. Member, P.G. Board of Studies Faculty of Education (Physical Education), Panjab University.
4. Subject Expert, Faculty Selection Committee, A.P.S. University, Rewa (MP).
5. Member, Expert Committee for Starting M.A. in Physical Education at Punjabi University, Patiala.
6. Coordinator, U.G.C. Refresher Course in Physical Education 9-29 October, 2001, Organized by Academic Staff College, Panjab University, Chandigarh.
7. Member, Various Committees, for organizing Panjab University, All India Inter-University and National level Tournaments in different Sports.
8. Convener, Expert committee for external evaluation of UGC autonomous status of Degree College of Physical Education, Amravati.
9. Member, Editorial Board, Scientific Journal of Comprehensive Physical Education, ISSN 2321-6956, Dept. of Physical Education, Visva-Bharati, Santiniketan-731235, West Bengal
10. Referee, 'New Horizons a Research Journal', ISSN 2277-5218, MCM DAV College for Women, Chandigarh 36-A Chandigarh (UT)

11. Member, Research Board, Postgraduate Govt. College, Sector-11 Chandigarh (from August 2015 to August 2018).

20. Any other information (about the mark made in relevant areas)

1. Life Member of Sports Psychology Association of India (SPAI).
2. Executive Member, National Association of Physical Education & Sports (Regd.) for Punjab State and Union Territory of Chandigarh.
3. Life Member of Indian Association of Sports Scientist & Physical Educationist (IASSPE).
4. Established Fitness Center equipped with latest scientific machines in PEC
5. Developed Physical Education curriculum as a subject for first year B.E. students of Panjab University.
6. Executive member, Amateur Athletic Association Chandigarh (AAAC)
7. Executive Member, Chandigarh Gymnastic Association.
8. Worked as a visiting Lecturer in the Department of Physical Education, Panjab University Chandigarh from 1993 to 1995; from July to December, 1999 and from January, 2001 to April, 2001.

21. Self Appraisal Report

Actively engaged in teaching, research and professional activities for more than 35 years. Designed a curriculum of Physical Education which was enforced by the Panjab University for first year U.G. Engineering students to inculcate Health and Fitness awareness. To promote health and fitness among engineering students and staff, I have developed and established a well equipped Fitness Centre at PEC. Co-authored text-books on Physical Education for undergraduates and post graduates. Organised first ever UGC Refresher Course in Physical Education at P.U. from 9 to 20.10.2001 and acted as a course Coordinator. Administered and organized many Tournaments at different level. Attended and presented research papers in many conferences, seminars and refresher courses. Supervised Doctoral and Master's level research. Under my supervision and management PEC has attained excellent achievements in different games at University/Inter-University/National and even at International levels and also produced Internationals like Devinder Kumar (Hockey), Aman Johal (Golf), Y. Mittal (Cycling), Puneet Rana (Swimming) to name a few, beside many National and Inter-University level players.

To keep pace with information Technology (IT) work on computers and accessing INTERNET to have global interaction with other leading Universities and professional bodies like IASI, ICSSPE, SIRC, IOC, AAHPERD, ACSM, SPORTS MEDIA, PE-Central etc. Members of many professional bodies namely SPAI, NAPES, IASSPE etc. Member, RDC and P.G. Board of Studies in Physical Education, Panjab University, Chandigarh. Promoting health and wellness through Physical activity and Sports among students, staff & society.