

# Curriculum Vitae



**Pankaj Singh**  
**Department of Physical Education & Sports**  
**Hindu College Moradabad**  
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**Specialization & Interests**  
**Theory Specialisation - Sports Biomechanics & Sports Psychology**  
**Sports Specialisation – Badminton, Hockey**  
**Interests – Research Methodology, Cricket, Basketball**

## Current Position

- Assistant Professor and In-charge in Department of Physical Education & Sports
- Sports Secretary, Hindu College Moradabad

S. No.	Degree	Year	Institution	Result
<b>Tertiary Education</b>				
1.	Master of Physical Education	2006	L.N.I.P.E. Gwalior	1 <sup>st</sup> Division
2.	Bachelor of Physical Education	2004	University of Allahabad	1 <sup>st</sup> Division
<b>Secondary Education</b>				
1.	Intermediate	2000	Y.M.C.A. Allahabad	2 <sup>nd</sup> Division
2.	Matriculation	1998	Y.M.C.A. Allahabad	1 <sup>st</sup> Division
<b>Tests/Fellowship</b>				
1.	UGC-NET	2009	University Grant Commission	Pass

## College Administration/Leadership

<b>S.No.</b>	<b>Committee/Responsibility</b>	<b>Convener/Member</b>	<b>Session</b>
1.	<b>Cultural Committee</b>	Member	2018-2019,2019-2020
2.	<b>Sports Committee</b>	Secretary	2018-2019,2019-2020,2020-2021
3.	<b>Career Guidance &amp; Placement Cell (CGPC)</b>	Member	2019-2020
4.	<b>Internal Quality &amp; Assurance Cell (IQAC)</b>	Member	2019-2020, 2020-2021
5.	<b>Examination</b> (Main & Improvement examination of M.J.P. Rohilkhand University, Bareilly for Hindu College, Moradabad centre.)	AS	2019-2020
6.	<b>Examination</b> (main examination of M.J.P. Rohilkhand University, Bareilly for Hindu College, Moradabad centre.)	Invigilator	2017-2018,20182019,2019-2020,2020-2021
7.	<b>Admission</b>	Member	2018-2019, 2019-2020(Online admission committee), 2020-2021(Online admission Committee)

## Certificate Course

- SWAYAM ONLINE COURSE CERTIFICATION - successfully completed the four-credit course of Academic Writing with a consolidated score of 90%, September 2020.

## Training Programmes

S.No.	Training Programme	Organised by	Duration
1.	UGC-Sponsored <b>Orientation Programme (OP-42)</b>	UGC-HRDC, Kumaun University, Nainital, Uttarakhand	01-03-2019 to 30-03-2019
2.	<b>Short term training programme,</b> Under the PMMMMNMTT scheme of MHRD. Govt. of India	FDC, H.N.B. Garhwal University, Srinagar, Uttarakhand	17-12-2019 to 23-12-2019
3.	UGC-Sponsored <b>Refresher Course (RC-89)</b>	UGC-HRDC, LNIFE, Gwalior, Madhya Pradesh	13-03-2021 to 26-03-2021

## Other important appointment/Assignment

- Acted as Coach/Manager of M.J.P. Rohilkhand University, Bareilly in North-zone Inter-university badminton men's tournament held at M.D.U. Rohtak, 1-4 December, 2017.
- Acted as expert in M.J.P. Rohilkhand Inter-collegiate Women's Badminton tournament organised by KGK College, Moradabad, November 6, 2017.
- Acted as Coach/Manager of M.J.P. Rohilkhand University, Bareilly in North-zone Inter-university basketball tournament held at Zamia Milia Islamia University, New Delhi, 13-16 December, 2019.
- Member, Jila Khel Protsahan Samiti, Moradabad, Uttar Pradesh.
- Worked as Joint Nodal Officer of District Moradabad (1st phase) for Mission Shakti Programme of Government of Uttar-Pradesh.

## Honours and Awards

- Gold Medallist of Bachelor Degree from University of Allahabad.
- Letter of Appreciation from Minister of Human Resource Development, Government of India Honourable Smriti Zubin Irani, 11 July, 2015.

- **Publications**

- **Paper**

S.No.	Title of the paper	Journals	ISSN/ISBN
1.	Difference in Anthropometric and Body Composition components of Throwers and Physical Education students	“Persist” Journal of Physical Education, Recreation and Sports Sciences in Science and Technology, BHU Varanasi.	ISSN 0975-7414 Feb,2011- July,2-11
2.	Effect of Mental Practice combined with Physical Practice on forehand high serve performance	“Golden Research Thought, Page No.1-5	ISSN 2231-5063, Dec,2014
3.	Analysis of Angular Kinematic Variable during Float Serve of Elbow Joint (Striking Arm)	International Journal of Informative & Futuristic Research Page No. 2658-2662	ISSN 2347-1697 April,2015
4.	Analysis of Angular Kinematic Variable during Float Serve of Shoulder Joint (Striking Arm)	Paripex- Indian Journal of Research Page No. 3-4	ISSN 2250-1991 May,2015
5.	Comparative effect of isotonic and isokinetic exercises on strengthening of injured knee ligament	Journal of Sports Science and Nutrition	E-ISSN 2707-7020 Dec,2020

**Book**

S. No.	Book Title	ISSN/ISBN	Publisher	No. of co-authors
1.	Handbook of Physical Education and Sports Sciences	ISBN 978-93-86088-09-3	ABS Books, New Delhi	5

## Workshops

- Attended Seven day's Yoga Training Workshop on "Yoga for Health" organised by mahatma Gandhi Kashi Vidyapith, Varanasi as directed by Ministry of Youth affairs and Sports, Govt. of India and University Grant Commission, New Delhi, 15-21 June, 2018.
- Attended 7 day's National Workshop on Basic Research Methodology & Statistical Analysis in Physical Education organised by The Academy of Physical Education, Sports and Yogic Awareness (TAPESYA), 5-11 January, 2016.
- Attended National Workshop on Science of Footwear held at Department of Physical Education, Faculty of Arts, Banaras Hindu University, Varanasi, 1-2 February, 2020.
- Attended one Day Basic Training programme on Human Rights organised by UGC-HRDC, Kumaun University, Nainital, 13 March, 2019.

## Seminars

- National Seminar on Higher Education in present context: Challenges and Prospects, organised by Govt. Raza P.G. College, Rampur U.P. sponsored by department of Higher Education, Government of Uttar-Pradesh, 19-20 January, 2019
- National Seminar on "Value Added Education in Present Era" organised by Shree Balaji Academy, Moradabad, 10-11 February, 2018.
- National Seminar on Water, The Animated life: Challenges and Solutions, organised by UPSA in conjunction with: UGC HRDC, Kumaun University, Nainital, Uttarakhand, 8-9 March, 2019.
- Acted as **Joint Organising Secretary** for One day national seminar on Need and Challenges of Intellectual Property Rights, jointly organised by Hindu College Moradabad and IFTM University, Moradabad, 30 September, 2019.