



**DR ANIL KUMAR**

**Assistant Professor/Coach**

**Department of Physical Education**

**Himachal Pradesh University summer hill**

**Shimla-05**

**E-mail:dranilbsbse@gmail.com**

#### **EDUCATIONAL QUALIFICATION**

Ph.D, Himachal Pradesh University, Shimla, 2015.

Identification of Hidden Sports Talent of Urban, Rural and Hard Areas of Himachal Pradesh.

M. Phil, Lovely Professional University, Jalandhar Punjab, 2009.

Comparative Study of Physiological Variables of Handball and Basketball Players of Himachal Pradesh and Punjab.

MA, Himachal Pradesh University, Shimla, 2007. Department of physical education & Sports Sciences.

BA, Himachal Pradesh University, Shimla, 2005.

#### **PROFESSIONAL QUALIFICATION**

Diploma in Sports Coaching NIS (Handball) from Netaji Subhas National Institute of Sports Patiala in 2008.

National referee of handball Qualified from Handball Federation of India 2008.

#### **TEACHING EXPERIENCE:**

Sr. No.	Institution	Designation	Duration	
			From	To
1.	Shaheed Bagat Singh Evening College (University of Delhi.)	Assistant Professor	18 <sup>th</sup> January 2016	25 <sup>th</sup> April 2022

#### **CONFERENCES ATTENDED**

- Made a presentation on the topic “*Comparative Study of Physiological Variables of Handball and Basketball Players of Himachal Pradesh and Punjab*”. in -**National Conference on Present Scenario and Future Challenges in Physical Education** organized by **Department of Physical Education HPU Shimla** on 25<sup>th</sup> and 26<sup>th</sup> Aug. 2009.
- Presentation on the topic “**Hidden sports talent exploration among hard area boys of Himachal Pradesh.**”. In- 3<sup>rd</sup> National conference on Physical Education & Sports Science: Prescription for healthy life style” organized by **Physical Education Foundation of India. New Delhi. 2016**

# RESEARCH PUBLICATION

Sr . no	Author name	Name of journal	Topic	Issn	Isbn	Volume no	Published by	Year of publication	Page no.
1	**Dr. Anil Kumar	Penalty Corner	Hidden sports talent exploration among rural area boys of Himachal Pradesh.	0976-5190	---	14		2014	4-13
2	**Dr. Anil Kumar	International journal of health ,Physical Education & Computer science in sports	Sports talent scouting among urban area boys of Himachal Pradesh.	2231-3265	----	17		2015	168-170
3	*Dr. Anil Kumar	International online Physical Education & sports research journal, Academic sports scholars.	Hidden sports talent in the hard and urban area boys of Himachal Pradesh.	2277-3665	-----	06		2017	13-18
4	*Dr. Anil Kumar	Indian journal of Physical Education, sports & applied sciences.	Hidden sports talent in the rural and urban area boys of Himachal Pradesh	2229-550x(P ) &2455 - 0175(O)	-----	07		2017	20-28
5	*Dr. Anil Kumar	Proceeding 3 <sup>rd</sup> National conference on Physical Education & Sports “Physical Education & Sports Science: Prescription for healthy life style”	Hidden sports talent exploration among hard area boys of Himachal Pradesh.	-----	978-81-927686-5-6	03	Physical Education Foundation of india. New delhi.	2016	311-318
6	*Dr. Anil Kumar	Chapter in a Book “Present Scenario & future	Comparative study of physiological variables of Handball	-----	978-81-905892-6-0	01	JMD Publication HPU Campus	2009	69-81

		challenges in Physical Education”	and Basketball Players of Himachal Pradesh & Punjab.				,Summer hill Shimla		
7	**Dr. Anil Kumar	Chapter in a Book “Present Scenario & future challenges in Physical Education”	Effect of pranayama and under water Swimming on Anaerobic Capacity of adults.	-----	978-81-905892-6-0	01	JMD Publication HPU Campus ,Summer hill Shimla	2009	148-158
8	*Dr. Anil Kumar	Book “Spotting of Hidden Sports Talent A Survey on Himachal Pradesh.	Spotting of Hidden Sports Talent A Survey on Himachal Pradesh.	-----	978-93-84443-29-0	-----	Research India Publication. Delhi	2015	82
9	***Dr. Anil Kumar	Journal of pharmaceutical negative results.	Identification of effect in between ashtanga yoga and training program on cardiovascular endurance of students who are not from sports background		0976-9234	13		2022	2669 - 2672

## RESEARCH PROJECTS UNDERTAKEN

- Worked as Field Investigator cum Team Member of the third party monitoring of SSA and MDM scheme of Ministry of Human Resource Development, Government of India, New Delhi, in the state of Himachal Pradesh in October 2012.

## MEMBER OF ADMINISTRATIVE DUTIES

- Member of the Delhi University and Himachal Pradesh University selection committee for selecting team for Handball Inter-varsity competition (Men/Women) for the sessions Four years i.e., 2017/18, 2018/19, 2021/22 and 2022-23.
- Appointed as a Coach of Delhi University Handball (M) team who participated in North Zone Inter University handball Championship 2017-18 held at GNDU Amritsar (PB).
- Appointed as a Coach Delhi University Handball (M) team who participated in North Zone Inter University handball Championship 2018-19 held at RMLU Fezaabad (UP).

- Appointed as a Coach Delhi University Handball (M) team who participated in All India Inter University handball Championship 2018-19 held at MGKPU Varanasi (UP).
- Appointed as a Coach Delhi University Handball (M) team who participated in North Zone Inter University handball Championship held at CRSU Jind Haryana.
- Appointed as Team Coach of H.P. University Handball (W) team who participated in North Zone Inter University handball Championship 2022-23 held at CRSU Jind Haryana.
- Appointed as Team Coach of H.P. University Handball (M) team who participated in North Zone Inter University Handball I Championship 2022-23 held at KUK Haryana.

#### **ORIENTATION PROGRAMME& REFRESHER COURSE:-**

- Attended 4- week induction/ orientation programme for “Faculty in University/ colleges/ institutes of higher Education from 20<sup>th</sup> June, to 19<sup>th</sup> July, 2022.
- Two week interdisciplinary Refresher course on “Refresher Course on “Research Methodology and Data Analysis” from 16<sup>th</sup> September – 30<sup>th</sup> September, 2022.

#### **SPORTS ACHIEVEMENT**

- Represented Himachal Pradesh University handball team in Inter-university tournament held at Punjab University Chandigarh (Punjab) in 2004
- Represented Himachal Pradesh University handball team in Inter-university held at Punjab University Patiala (Punjab) in 2007
- Represented Himachal Pradesh handball team in North Zone handball championship tournament held at Una, Himachal Pradesh 3<sup>rd</sup> March to 5<sup>th</sup> 2006, position winner.
- Represented Himachal Pradesh ball badminton team. Tournament held from 22<sup>nd</sup> May 2004 at Rajiv Gandhi Indoor stadium Cochin-20 Kerala.
- Represented Himachal Pradesh ball badminton team 5<sup>th</sup> North Zone inter-state ball badminton championship held on the ground of B.R. International Public School, Kurukshetra on 31<sup>st</sup> Oct. to 1<sup>st</sup> Nov. 2004.
- Represented Mandi district, 17<sup>th</sup> H.P. State handball championship 4<sup>th</sup> to 6<sup>th</sup> Dec 2002. Held at Sujanpur Tihra distt Hamirpur (H.P.).
- Represented Mandi district, 18<sup>th</sup> H.P. State handball championship 17<sup>th</sup> to 18<sup>th</sup> Jan 2004. Held at Sujanpur Tihra distt Hamirpur (H.P.).
- Represented Mandi district, 19<sup>th</sup> H.P. State handball championship 9<sup>th</sup> to 11<sup>th</sup> Jan 2005. Held at Una (H.P.)

#### **INFORMATION AND COMMUNICATION TECHNOLOGY (ICT)**

- Good knowledge of MS-Word, MS-Excel, Power-point and use of internet.

- Good experience in using the LCD-Projector, Over Head Projector (OHP), etc.

**PERSONAL PROFILE**

Father's Name	:	Sh. Ranbir Singh
Date of Birth	:	30 <sup>th</sup> September 1984
Nationality	:	Indian
Gender	:	Male
Marital Status	:	Married
Languages Known	:	English, Hindi

I do hereby solemnly affirm that all the statement and information furnished above are true, complete and correct to be the best of my knowledge and belief.

**Place:** Shimla.

**Date:**

**(Anil Kumar)**