

CURRICULUM VITAE

PERSONAL INFORMATION:

Name : Dr. Manohar Lal
Father's Name : Sh. Jai Chand
Date of Birth : 21 May, 1981
Marital Status : Married
Gender : Male
Domicile : Himachal Pradesh
Nationality : Indian
Permanent Address : V.P.O.- Kothi Kohar,
Tehsil- Multhan,
Distt.- Kangra, (HP.) 175013
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OBJECTIVE:

To chase a highly rewarding career, seeking for a job in challenging and healthy work environment where I can utilize my skills and knowledge efficiently for organizational growth.

SPECIALIZATION:

Sports specialization: Weight Lifting, Athletics and Kabaddi.

Subject specialization: Research Methodology, Sports Biomechanics and Exercise Physiology.

SUMMARY OF EDUCATION:

Ph.D. (Phy. Edu)	H.P. University, Shimla	July, 2010	
M. Phil (Phy. Edu)	H.P. University, Shimla	2006	70.66%
NET	UGC New Delhi	2005	
SLET	H. P .P .S .C. Shimla	2004	
M. A (Phy. Edu)	H.P. University, Shimla	2004	71.14% (University Gold)
B.Sc.	H.P. University, Shimla	2002	60%
+2	H.P Edu. Board Dharmshala	1999	53.25%
10 TH	H.P Edu. Board Dharmshala	1997	68.85%
Additional 10 th Punjabi cleared from PSEB, Mohali			

TEACHING EXPERIENCE (16.5 Yrs):

Name of the Institute	Designation	Date of Joining & Leaving	Total experience
H.P. University, Shimla	Associate Professor	05.05.2022 to Till Date	1 Years
Central University of Punjab	Associate Professor	17.12.2021 to 04.05.2022	4.5 Months
G.H.G Khalsa College, Gurusar Sadhar	Professor	01-06-2017 to 16.12.2021	4 Years, 6 Months and 16 Days
G.H.G Khalsa College, Gurusar Sadhar	Associate Professor	23.7.2016 to 31.05.2017	10 Months and 7 Days
Lovely Professional University, Phagwara	Assistant Professor	01.8.2012 to 22.7.2016	3 Years, 11 Months and 22 Days
Khalsa College of Physical Education, Amritsar	Assistant Professor	01.01.2010 to 31.7.2012	2 Years and 7 Months
Shree Satya Sia B.Ed College, Karaiwala	Assistant Professor	16.01.2007 to 31/12/2009	2 Years, 11 Months and 15 Days
BKM College of Education, Balachaur	Assistant Professor	28.8.2006 to 15.01.2007	4 Months and 19 Days

ADMINISTRATIVE EXPERIENCE (11 Years):

- ✓ Assistant Director, Physical education and Youth Programme (Campus) Himachal Pradesh University, Shimla, w.e.f. 20th May, 2022 to till date.
- ✓ One Month experience as a Head, Department of Physical Education, Central University of Punjab, Bathinda,
- ✓ 5 years' experience as a Coordinator of the Department of Physical Education (Professional Courses), GHG Khalsa College, Gurusar Sadhar (Ludhiana).
- ✓ Three years' experience as an Academic coordinator, Placement Coordinator, Curriculum Coordinator of Department of Physical Education, Lovely Professional University, Phagwara
- ✓ Two years' experience as HOD in Physical Education in Khalsa College of Phy. Edu. V.P.O. Heir, Amritsar.

- ✓ One year experience as an officiating principal in Shree Satya Sai B.Ed College Karaiwala (Pb)

ORGANIZATION OF SPORTS TOURNAMENTS

- ✓ Member of organizing Committee of All India Inter-University Boxing championship for men and women in Feb, 2015 at lovely professional university, Phagwara.
- ✓ Member of organizing Committee of All India Inter-University softball championship for men and women in Feb, 2016 at lovely professional university, Phagwara.
- ✓ Member of organizing Committee of All India Inter-University swimming and water sports championship for men and women in Oct, 2016 at Panjab University, Chandigarh.
- ✓ Member of organizing Committee of All India Inter-University weight lifting championship for men and women in Feb, 2017 at Panjab University, Chandigarh.
- ✓ Member of organizing Committee of Panjab University Football inter-college for women in Sept, 2017 at G. H. G. Khalsa College, Gurusar Sadhar, Ludhiana
- ✓ Member of organizing Committee of Panjab University Canoeing & Kayaking inter-college for men and women in Feb, 2018 at G.H.G.Khalsa College, Gurusar Sadhar, Ludhiana
- ✓ Member of organizing Committee of Callaghan Cup-All India Division II Rugby 15s Championship- Senior Men's & Women's in Nov, 2018 at G.H.G.Khalsa College, Gurusar Sadhar, Ludhiana
- ✓ Member of organizing Committee of Reliance Foundation Youth Sports National Football Championship held on 27 Nov to 1 Dec, 2018 at G.H.G.Khalsa College, Gurusar Sadhar, Ludhiana
- ✓ Member of organizing Committee of Panjab University Archery inter-college for men and women in Nov, 2018 at G. H. G. Khalsa College, Gurusar Sadhar, Ludhiana
- ✓ Member of organizing Committee of Panjab University Football inter-college for women in Oct, 2019 at G. H. G. Khalsa College, Gurusar Sadhar, Ludhiana
- ✓ Member of organizing Committee of Reliance Foundation Youth Sports National Football Championship held on 2 Dec to 6 Dec, 2019 at G.H.G.Khalsa College, Gurusar Sadhar, Ludhiana

Officiating experience:

- ✓ Officiating in All India Police Game held at Pune w.e.f. 15th November to 20th November, 2022.
- ✓ Officiating in H.P.U. inter-college of Weight Lifting held at Govt College Amb w.e.f. 17th Dec to 19th December, 2022.
- ✓ Officiating in All India Inter-University Weight Lifting Championship held at Chandigarh University, Mohali w.e.f. 7th March to 12th March, 2022.
- ✓ Officiating in H.P. State Weight Lifting Championship at Rainbow International School, Nagrota Bagwan w.e.f. 19-21 Oct, 2022.
- ✓ Officiating in Panjab University inter-college of Weight Lifting for the session 2019-20.
- ✓ Officiating in H.P.U. inter-college of Weight Lifting for the session 2016-17.

MEMBERSHIP OF PROFESSIONAL/ACADEMIC BODIES

- ✓ Member of Board of Studies of Physical Education, Himachal Pradesh University, Shimla.
- ✓ Member of Faculty of Education, Himachal Pradesh University, Shimla.
- ✓ Chairperson, Board of Studies of Physical Education, Central University of Punjab, Bathinda.
- ✓ Member, Board of Studies of Education, Central University of Punjab, Bathinda.
- ✓ Member, Board of Studies, Department of Psychology, Central University of Punjab, Bathinda.
- ✓ Member of Board of Studies of Physical Education, Punjab University Chandigarh (April, 2019 to Dec, 2022)
- ✓ Member of Board of Studies of Physical Education, GNA University, Phagwara (2016 to 2018)
- ✓ Member of Board of Studies of Physical Education, Lovely Professional University Phagwara (2014-2016)
- ✓ Member of Physical Education Foundation of India.

Online Courses

- ✓ Successfully completed the online course “Sport Event management” through the Athlete Learning Gateway recognized by The International Olympic Committee.

- ✓ Successfully completed the online course “Exercise Physiology-The Body in Motion” through the Athlete Learning Gateway recognized by The International Olympic Committee

RESEARCH EXPERIENCE (13.5 YEARS)

Title of Ph.d Thesis “A Study of body composition and physique of athletes of individual and team sports.”

Title of M.Phil. Dissertation “A comparative Study of Somatotype of male sprinters, middle distance runners and long-distance runners of Himachal Pradesh University.”

Research Supervision/Evaluation:

- Two (2) student have completed Ph.D degree under my supervision
- Two (2) students have completed M.Phil under my supervision
- Eleven (09) students have completed M.P.Ed Dissertation/project under my supervision.
- Evaluated Ten Thesis of Ph.D of Guru Kashi University, Talwandi Sahbo
- Evaluated the Eight Thesis of M.Phil of Guru Kashi University, Talwandi Sahbo
- Conducted three Ph.D Viva voce of CT University, Ludhiana.
- Conduct three Ph.D Viva-voce of Guru Kashi University, Talwandi Sahbo.
- External Subject expert for the evaluation of Presentation of Ph.D Synopsis CT University, Ludhiana

PAPER PUBLICATIONS (43):

1. Devi, Surishtha, Sharma, Sanjay and **Lal, Manohar** (2022). Association of Body Composition, Emotional Intelligence and Physiological characteristics with competition performance of long-distance runners. International Peer Reviewed, Refereed & Indexed Research Journal, Vol.10 No.1, 1-12.
2. **Lal, Manohar** and Sharma, Sanjay (2021). Cognitive Style and Mental Health of Sportspersons: An Influence on Academic Achievement. Himachal Pradesh University Journal, Vol.9 No.2, 16-27.

3. **Lal, Manohar** and Kaur, Gaganpreet (2021). Association of body dimensions with Performance of elite weight lifters. *Shodh Sarita*, 8(29):22-25.
4. Devi, Surishtha., Sharma, Sanjay and **Lal, Manohar** (2021). Relationship of body composition, emotional Intelligence with Competition Performance of All India Inter-University Sprinters. *Shodh Sarita*, 8(29): 58-62.
5. **Lal, Manohar.**, Sharma, Sanjay., Mahak and Sharma, Yamuna (2021). Effects of Elastic strength Training on repeated strength ability of sprinters. *Juni Khyat*, 11(1): 120-125.
6. Gaganpreet Kaur & **Lal, Manohar** (2020). Association of body dimensions with linear kinematics of elite weight lifters. *Shodh Sarita*, 7(28): 59-64.
7. **Lal, Manohar** & Sharma, Sanjay (2020). Injury Profile of Panjab University Male Wrestlers. *Kala: Journal of Indian Art History Congress*, 26 (xix): 64-67.
8. **Lal, Manohar** & Sharma, Sanjay (2020). Relationship of Creativity traits with academic performance of Pupil Teachers of Physical Education. *Sambodhi*, 43(04): 47-51
9. Gaganpreet Kaur & **Lal, Manohar** (2020). Associations of Kinematic variables with performance of Elite Eight lifters. *International Journal for Innovative Research in Multidisciplinary field*, 6(17): 720-724.
10. **Lal, Manohar & Kanik** (2020). Relationship of Anaerobic Fitness with sprint velocity among sprinters. *Studies in Indian Place Names*, 40 (56):1193-1200.
11. **Kanik & Lal, Manohar** (2020). Relationship of Muscle strength with sprint velocity among sprinters. *Studies in Indian Place Names*, 40 (56):1201-1207.
12. Sharma, Sanjay., Devi, Surishtha & **Lal, Manohar** (2020). Prediction of competition performance of sprinters on the basis of body composition, emotional and physiological characteristics. *Juni Khyat*, 10(5): 66-72.
13. **Lal, Manohar** (2016). Emotional intelligence and its association with social physique anxiety and performance among throwers. *International Journal of Multidisciplinary Research and Development*, 3(11): 1-3.
14. **Lal, Manohar** (2016). Study of interest towards physical education among school students considering their gender and locale. *International Journal of Applied Research* 2016; 2(11): 444-446.
15. **Lal, Manohar** (2016). An Analysis of Aggression and Anger Expression Among All India Inter-University Female Boxers. *International journal of scientific Research*, 5 (10): 396-397.
16. **Lal, Manohar** (2016). Analysis of Interest Towards Physical Education Among Bhutanese Students in Relation to Their Class Standard. *Indian journal of Applied Research*, 6(10): 375-376.

17. Devdeep Chakarvarti and **Lal, Manohar (2016)**. Emotional Intelligence and Its Association with Social Physique Anxiety and Performance among Sprinters. The Rupkatha Journal on Interdisciplinary Studies in Humanities. 8 (2):71-78. **(Indexed by Scopus)**
18. **Lal, Manohar (2015)**. Body Composition and Somatotype of Kho-Kho Players in Relation to Their Performance. Research journal of physical education and sports sciences,3(8): 1-4.
19. **Lal, Manohar & Sharma, Sourabh (2015)**. Analysis of Sports Competition Anxiety among Kho-Kho Players in Relation to Their Performance. International Journal of Applied Research, 1(9): 651-652
20. Ms. Sheetal & **Manohar Lal (2015)**. Effects of 8-weeks yogic practices on Haematological variables and lipid profile of sportsmen. Indian Journal of Science and Technology, Chennai,8 (17):1-6.
21. **Lal, Manohar (2015)**. Comparative Study of Somatotype Between Football and Hockey Players. Indian journal of Applied Research, Ahmedabad, ISSN - 2249-555X5, 5(5): 72-73.
22. **Lal, Manohar (2014)**. Comparison of somatotype between Medalist and Non-medalist football Players of North Zone Inter-Universities. Journal of health and fitness, Amritsar, ISSN: 0975-9409, 5(2): 49-54.
23. **Lal, Manohar (2014)**. Comparative study of sports competition anxiety between north zone and west zone kho-kho players of All India Inter University. Indian journal of Applied Research, Ahmedabad, ISSN - 2249-555X5 4(10): 7-8
24. Naresh Mankotia , Y. P. Sharma and **Manohar Lal (2014)**. Study of body composition among athletes of ball games. International online Physical Education and Sports Research Journal, Academic Sports Scholar, Solapur- Maharashtra. ISSN: 2277-366, 3(6):1-5.
25. Virender Singh Patil, **Manohar Lal** and Jitender Kumar (2014). Effect of selected yogic practices on reaction time of secondary school children. International online Physical Education and Sports Research Journal, Academic Sports Scholar, Solapur- Maharashtra. ISSN: 2277-366, 3(6):21-25.
26. **Lal, Manohar., V. S. Patil and Jitender Kumar (2014)**. Comparative study of Sports Competition Anxiety Between North Zone and South Zone Kho Kho Players of All India Inter University. International online Physical Education and Sports Research Journal, Academic Sports Scholar, Solapur- Maharashtra. ISSN: 2277-366, 3(3):1-3.
27. Patil, V. S., **Lal, Manohar** and Bhat Tariq Ahmed (2013). EFFECT OF TRI-PHASE TRAINING ON AGILITY OF SPRINTERS. International Journal of Movement Education and Social Sciences, ISSN: 2278-0793, Vol. 2 No. 1.

28. **Lal, Manohar** and Sharma, Y.P (2013). Comparative study of somatotype between Weight lifters and wrestlers. Scientific journal in sport and exercise, ISSN: 0974-2964, 9(1): 25-28.
29. **Lal, Manohar.,** Sharma, Y.P., Singh, Hari and Sharma, Sanjay (2013). "Comparison of body composition and physique of individual body contact and non body contact sports. Penalty corner, ISSN: 0976-5190, vol. 12(1): 24-28.
30. Singh, Hari and **Lal, Manohar** (2012). Role of yogic exercises and pranayam in promotion of the personality in sports: An evaluation. Vision: Research Journal of Education, ISSN: 2230-9071, Vol III (2): 25-30.
31. **Lal, Manohar.,** Sharma, Y.P., Singh, Hari and Sharma, Sanjay (2012). Body composition of athletes of team sports. Wellness Journal of health, physical education and sports, ISSN: 0975-136X, 2(2): 38-43.
32. **Lal, Manohar** and Devi, Surishtha (2012). Comparative study of somatotype between boxers and wrestlers. Scientific journal in sport and exercise, ISSN:0974-2964, 8(1): 39-42.
33. **Lal, Manohar.,** Sharma, Y.P., Singh, Hari and Devi, Surishtha (2012). Comparison of body composition and physique of judokas and wrestlers. Sports research, Vol 1 (3): 24-29.
34. **Lal, Manohar.,** Sharma, Y.P., Singh, Hari and Devi, Surishtha (2011). A study of body composition of athletes of combative sports. Journal of health and fitness, ISSN: 0975-9409, 3(2): 49-54.
35. **Lal, Manohar.,** Devi, Surishtha and Kaur, Gurjit (2011) Body composition and physique of athletes of individual and team sports. Scientific journal in sport and exercise, ISSN:0974-2964, 7(1): 20-25.
36. **Lal, Manohar.,** Devi, Surishtha and Kaur, Gurjit (2011). Healing effects of yoga mudras on psychosomatic disorders. Researcher's Tandem, ISSN-2230-8806, 02(08): 42-48.
37. **Lal, Manohar.,** Sharma, Y.P., Singh, Hari and Devi, Surishtha (2010). Body composition of athletes of individual sports. Indian Journal of yoga exercise & sports science and physical education, ISSN: 0975-265X, 4(1&2): 64-71.
38. **Lal, Manohar.,** Devi, Surishtha and Kaur, Gurjit (2010). Comparative study of somatotype among athletes of individual sports. Indian journal of physical education sports medicine & exercise science, ISSN: 0976-1101, 10(2): 73-81.
39. **Lal, Manohar.,** Sharma, Y.P and Devi, Surishtha (2010). Physique and body composition of hockey players in relation to their playing positions. Journal of health and fitness, ISSN: 0975-9409, 2(1): 27-34.

40. **Lal, Manohar.,** Devi, Surishtha and Kaur, Gurjit (2010). Comparison of body composition and physique of inter college level basketball and handball players. Penalty corner, ISSN: 0976-5190, 10(1): 105-112.
41. **Lal, Manohar.,** Sharma, Y.P and Devi, Surishtha (2010). Somatotype of male sprinters, middle distance runners and long-distance runners of Himachal Pradesh University. Journal of sports and sports sciences, ISSN: 0970-7557, 33(4): 49-57.
42. **Lal, Manohar.,** Sharma, Y.P., Singh, Hari and Devi, Surishtha (2010). Comparative study of somatotype among athletes of combative sports. Journal of health and fitness, ISSN: 0975-9409, 2(2): 68-73.
43. **Lal, Manohar.,** Sharma, Y.P., Singh, Hari and Devi, Surishtha (2010). Body composition of athletes of team sports. Wellness Journal of health, physical education and sports, ISSN: 0975-136X, 2(2): 09-15.

CONFERENCE PROCEEDING (3)

1. **Gaganpreet Kaur., Tejinder Singh and Lal, Manohar (2019).** Skill Efficiency of District level Kho-kho Players in relation to their anthropometric variables. Conference proceedings on Creative innovation in sports for Sustainable Development, Organized by Institute of Physical Education, Ministry of Tourism and Sports, Bangkok, Thailand, 1279-1286.
2. **Lal, Manohar (2014).** An overview on impact of Globalisation on Human Rights. Conference proceeding on Human Rights Education-A Quest in Human Identity, ISBN: 978-81-89463-67-0, Vol I. 353-356.
3. **Lal, Manohar and Singh, Inderjit (2016).** Comparison of emotional intelligence and Social physique anxiety between sprinters and throwers. A global conference on Scientific Culture in Physical Education and Sports, Published by Twenty First Century, Patiala, ISBN: 978-93-85446-45-0

BOOKS PUBLICATION:

- 1. Lal, Manohar; Sharma, Sanjay and Mahak (2020). Health and Physical Education, Book Published by Khel Sahitya Kendra, New Delhi, 978-93-90461- 20-2
- 2. Lal, Manohar (2016). Anthropometric Characteristics and Body Composition among Athletes, book Published by Lambert Academic Publishing, Germany, 978-3-

659-86685-2

- 3. Lal, Manohar (2016). Somatotype of female track and field athletes, Book Published by Lambert Academic Publishing, Germany, 978-3-659-86685-2
- 4. Lal, Manohar and Devi, Surishtha (2012). Physical Education Book published by Kasturi Lal & Sons Education Publishers, Amritsar-Jalandhar, ISBN-978-93-81278-25-3.

ORGANIZATION OF SEMINAR/WEBINAR:

- a) Organize two days international webinar on “Health and Wellness: Relevance and Importance during Covid-19” at G.H.G Khalsa College, Gurusar Sadhar (Ludhaina)
- b) Organize a National Seminar as a seminar director on the topic “The art of stress management” at Shree Satya Sai B.Ed College Karaiwala on 21 March, 2009.

FACULTY DEVELOPMENT PROGRAMMES

1. Participated and successfully completed the UGC Approved Short term Professional Development Programme on ‘Implementation of NEP-2020 FOR University Teachers and College Teachers’ organized by Indira Gandhi National Open University under the aegis of PMMMNMTT, MHRD, Govt of India held from 09-17 September, 2022.
2. Successfully completed Online One Week Multi-Disciplinary Faculty Development Program on “Nutrition & Diet Planning” organized by centre for continuing Education under the aegis of PMMMNMTT, MHRD, Govt of India in Collaboration with Department of Physical Education, Kurukshetra University, Kurukshetra from 28.08.2021 to 11.09.2021.
3. Participated in 7 days Faculty Development Programme on Integrating Technology in Class Teaching and Learning, organized by GHG Khalsa Colleges, Gurusar Sadhar, Ludhiana on 26th June, 2020 to 03, July, 2020.
4. Participated in 7 days National workshop on Development of Research Tools in Physical Education, organized by centre for Academic Leadership and Education Management (CALEM) under the aegis of PMMMNMTT, MHRD, Govt of India in Collaboration with Department of Physical Education, Panjab University, Chandigarh on June 10-15, 2020.
5. Successfully completed with distinction the “Cooperative Learning Pedagogy” a four-week online course offered by GHG Khalsa College of Education, Gurusar Sadhar, Punjab (India) from 22th may to 18th June, 2020.
6. Participated in 6 days National workshop on research methodology in social sciences,

organized by School of Liberal Arts and Applied Sciences, Hindustan Institute of Technology and science, Chennai (Deemed to be university) on May 4-9, 2020.

7. Refresher course of Research methodology in social science organized by Academic Staff College, Guru Nank Dev University, Amritsar w.e.f 22-12-2016 to 12-01-2017.

8. Participated in 7 days National workshop on Multidimensional Research Methods and their application using Statistical Software, organized by Manipal University Jaipur (Rajasthan) on Oct 10-16, 2016.

9. Participated in 7 days workshop on Research Methodology using SPSS, organized by Lovely Professional University, Phagwara (Pb) on June 01-07, 2016.

10. General Orientation Course organized by Academic Staff College, Guru Nank Dev University, Amritsar w. e. f 11-12-2014 to 07-01-2015.

PAPER PRESENTED IN SEMINAR/CONFERENCE (26)

- ✓ Presented a paper entitled “Career Opportunities in the field of Physical Education” in the international seminar on “Physical Education, Yoga and Sports for healthy and peaceful lifestyle” organized by S.G.G.S Khalsa College, Mahilpur (Hoshiarpur) (April 16, 2019).
- ✓ Delivered a lecture on the topic “Obesity and Physical Exercise” organized by Shree Satya Sai B.Ed College, Karaiwala on dated 12 Dec, 2016.
- ✓ Presented a paper entitled “Future of Teacher Education in India” in the National seminar on “New Policies of NCTE: Future of Teacher in India” organized by GHG Khalsa College of Education, Gurusar Sadhar (Ludhiana) (Feb 9, 2019).
- ✓ Presented a paper entitled “How to write a quality research paper” in the National seminar on “Role of research in quality Education” organized by GHG Khalsa College of Education, Gurusar Sadhar (Ludhiana) (Nov 19, 2016).
- ✓ Presented a paper entitled “Emotional Intelligence and Its Association with Social Physique Anxiety and Performance among Throwers” in the international conference on “Global trends in Teacher Education” organized by Lovely Professional University, Phagwara (15-16 April, 2016).
- ✓ Presented a paper entitled “Role of ICT in Higher Education” in the National seminar on “Quality Enhancement in Educational institutions” organized by Kenway College of Education, Abohar (26-27 March, 2016)
- ✓ Presented a paper entitled “Influence of Cognitive style on academic achievement of

sports person” in the international conference on “Health, Fitness and Education Nurturing Body and Mind” organized by Bhutta College of Education Ludhiana (18-20 march, 2016)

- ✓ Presented a paper entitled “Hypothesis: Types and basis for formulation” in the National seminar on “Execution of research problem & Application of psychological testing in Teaching learning situation” organized by Kenway College of Education, Abohar (17 March, 2016)
- ✓ Presented a paper entitled “Global Warming and Natural hazards” in the National seminar on “Critical Issues for tomorrow’s Teacher” organized by Guru Gobind Singh College of Education, Gidderbaha, (23 Jan, 2016)
- ✓ Presented a paper entitled “Quality improvement in Higher Education” in the National seminar on “Quality Concerns in Higher Education” organized by Shree Satya Sai B.Ed College, Karaiwala (30-31 August, 2015).
- ✓ Presented a paper entitled “Education for peace: Need of the hour” in the National seminar on “Education for Peace and Harmony” organized by Shree Satya Sai B.Ed College, Karaiwala (25-26 April, 2015).
- ✓ Presented a paper entitled “Greening Education- A Blueprint for survival” in the National seminar on “Greening Education- A Blueprint for survival” organized by Babe KE College of Education, Daudhar.
- ✓ Presented a paper entitled “Comparative study of pre and post match anxiety mean score of team sports” in international conference on “Global scientific conference on Physical Education, Health & Sports Sciences” organized by Department of Physical Education, Guru Nanak Devi University Amritsar on Jan 24th & 26th, 2014.
- ✓ Presented a paper entitled “Problems of online group learning and their solution” in National Seminar on “Social software-A new booster of teaching-learning process” organized by Guru Gobind Singh College of Education, Gidderbaha, (10-11 March, 2014)
- ✓ Presented a paper entitled Marketing principle in sports management in International Conference on “ Futuristic Trends in Physical Education” organized by Department of Physical Education, Punjabi University Patiala on Jan 24th & 26th, 2013.
- ✓ Presented a paper entitled “Peace and value education” in National Seminar on “Refocusing teacher education: Challenges and Perspectives” organized by Guru Gobind Singh College of Education, Gidderbaha (09-02-2013).
- ✓ Presented a paper entitled “Fat Metabolism from adipose tissue during exercise” in

National Seminar on “Futuristic Trends in Physical Education and sports” organized by Khalsa College for women, Amritsar (21-22 Feb, 2012).

- ✓ Presented a paper entitled new trends in physical education and sports in National Conference on “Global Trends in Physical Education and sports” organized by SKR College of Physical Education, Bhagoo Majra, Kharar (Pb) on Jan 25th & 26th, 2011.
- ✓ Presented a paper entitled “Stress management as a part of teacher education” in state level seminar on “Stress management- An indispensable part of educational curriculum” organized by Doaba College of Education, Khara (Pb) on Feb 10, 2010.
- ✓ Presented a paper entitled “Quality Assurance in Education at different level” in National seminar on “Quality Assurance in Education” organized by Surjeet Memorial College of Education, Ferozpur (Pb) on October 12, 2009.
- ✓ Presented a paper entitled Nutrition in sportsmen in National conference on “Present scenario and future challenges in physical education” organized by Department of physical Education, H. P. Uni, Shimla on August, 25th & 26th, 2009.
- ✓ Presented a paper entitled High level Wellness for men & society in National seminar on “Towards wellness” organized by Baba Nihal Singh College of Education, Mukatsar (Pb) on May 22, 2009.
- ✓ Presented a paper entitled “Positive thinking” in National seminar on “The art of stress management” organized by Shree Satya Sai B. Ed College, Karaiwala (Pb) on March 21, 2009.
- ✓ Presented a paper entitled “Issues and Concerns in Teacher Education” in National conference on “Teacher Education: Quality, Issues and concerns” organized by Jan Nayak Ch. Devi Lal College of Education, Sirsa (Hry) on April 21, 2008.
- ✓ Presented a paper entitled “A Transactional model of teaching and learning” in State level seminar on “Quality of School Education in 21st Century” organized by Babe ke College of Education, Mudki (Pb) on April 5, 2008.
- ✓ Presented a paper entitled “Application of ICT in Teacher Education” in National seminar on “Teacher Education- In search of Quality Enhancement” organized by Akliya College of Education for women, Goniana Mandi (Pb) on March 7, 2008.
- ✓ Presented a paper in National seminar on “Teacher Education: Challenges in the changing Scenario” organized by Bhagwan Shri Krishan College of Education, Mandi Dabwali (Hry) on March 29th & 30th, 2008.
- ✓ Presented a paper in State level seminar on “Teacher Education- Past, Present & Future” organized by D. A. V. College of Education, Abohar (Pb) on Feb 16, 2008.

Acted as A Resource Person/Chairperson

- ✓ Acted as Session Reporteur in the technical session at the international conference on “Global Trends in Teacher Education (GTTE-2016)” organized by Lovely Professional University, Phagwara (Pb) on 15.04.2016 to 16.4.2016.

SEMINAR/CONFERENCE/WORKSHOP/SYMPOSIUM ATTENDED (14)

- ✓ Participated in National E conference on Education and Development: Post COVID-19 organized on 26 Sept, 2020 by School of Education, Lovely Professional University, Punjab.
- ✓ Participated in the one-day National Webinar on “Impact of Coronavirus on Education in India: post Covid Challenges and opportunities held on 18th july, 2020 organized by UGC Human Resource Development Centre, Himachal Pradesh University, Shimla
- ✓ Participated online in officiating of volleyball, organized by Swarnim Gujrat Sports University from 26th to 28th May,2020.
- ✓ Participated in in the international webinar entitled Women in STEM held on 23 may, 2020 organized by School of Education, Central University of Haryana, Mahendergarh, India
- ✓ Participated in the International webinar organized by Department, IIMT, University entitled “Health and wellness initiatives during and post Covid-19 Pandemic on 29 & 30May, 2020
- ✓ Attended the virtual “International conference on creating sports culture in Universities” held from 9-11 may, 2020 organized by faculty of Physiotherapy, SGT university, Gurgram, India.
- ✓ Participated in one day basic training program on Anti Doping Subject organized by National Anti Doping Agency (NADA) & Physical Education Foundation of India on Sept 12, 2018.
- ✓ Participated in three days National orientation workshop on Teacher Education Regulations 2014, Norms and Standards and New Curriculum on Physical Education Programmes, organized by Khalsa College of Education, Amritsar (Pb) on June 27-29, 2015.
- ✓ Attended one day workshop on Intel Teach Elements: Project based Approaches course, organized by Khalsa College of Education, Amritsar (Pb) on Feb 05, 2011.

- ✓ Participated in two days orientation programme for teacher educators based on National Curriculum Framework for teacher education-2009 organized by Khalsa College of Education, Amritsar (Pb) on Sept 30 & October 01, 2010.
- ✓ Attend a National seminar on “Role of Physical Education and sports in society” organized by Deptt of Physical education, Govt. College, Sector-1, Panchkula (HR) on September 22^h, 2010.
- ✓ Attend a national workshop on “Use of Modern Technology in health, physical education and sports” organized by Deptt of Physical education, Guru Nanak Dev University, Amritsar (Pb) on March 27th & 28th, 2010.
- ✓ Attend an international workshop on “Instructional design context-based learning” organized by Dashmesh Girls college of Education Badal, Mukatsar (Pb) on Jan 17, 2009.
- ✓ Attend a National Seminar on “Channelizing the youth power- India in 2020” organized by M. D. College of Education, Abohar (Pb) on April 2, 2009.
- ✓ Attend a National Seminar on “Redesigning Teacher Education in Changing Scenario” organized by Khalsa College of Education, Amritsar (Pb) on 15th & 16th March, 2008.
- ✓ Attend a National Seminar on “Information Theory and operational research” organized by Smt. Rama Chopra S. D. Kanya Mahavidyalya, Pathankot, (Pb) on 17th & 18th Sept, 2005.

Awards & Scholarships:

- ✓ Merit scholarship of topper in M.A 1st year in Physical Education.
- ✓ Merit scholarship of topper in M.A 2nd year in Physical Education.
- ✓ Gold Medalist in M.A Physical Education.
- ✓ **“Best Teacher Award”** in Lovely Professional University, Phagwara

SPORTS ACHIEVEMENTS:

- ✓ Represented Sr. National Weight lifting Championship as a coach of Himachal Pradesh at Vishakhapatnam in the year 2019-2020.
- ✓ Represented Sr. National Weight lifting Championship in the year 2003-2004 at New Delhi.
- ✓ Represented Sr. National Weight lifting Championship in the year 2000-2001 at Vishakhapatnam.

- ✓ Represented Weight lifting All India Inter University Championship in the year 2003-2004 at Punjabi University, Patiala.
- ✓ Represented Weight lifting All India Inter University Championship in the year 2002-2003 at L.N.I.P.E. University Gwalior.
- ✓ Represented Weight lifting All India Inter University Championship in the year 2001-2002 at G.N.D.U. Amritsar.
- ✓ Represented Weight lifting Northern India in the year 2000-2001 at Banaras.
- ✓ Won Gold Medal in H.P. state Weight lifting Championship (three times).
- ✓ Won Gold Medal in H.P. University Inter College Weight lifting Championship (three times).
- ✓ Best Lifter of H.P. state in 2003-2004.
- ✓ Won Silver Medal in Athletic Inter College in Shot-put in the year 2002-2003.
- ✓ Won Bronze Medal in Athletic Inter College in Shot-put in the year 2003-2004.
- ✓ Captain of college Kabaddi Team and also represent School State in Kabaddi.
- ✓ Represent School Distt in Volley Ball.

LANGUAGES KNOWLEDGE:

- * Read: Hindi, English & Punjabi
- * Write: Hindi, English & Punjabi
- * Speak: Hindi, English & Punjabi

Hobbies & Interest:

- ✓ Listening to music.
- ✓ Sports Event Management.

MY EXPECTATIONS:

A Positive attitude towards my work and an excellent environment to work, appropriate salary, and Future growth prospects in terms of knowledge and skills.

PRESENT STATUS:

At Present working as an Associate Professor, Department of Physical Education, Himachal Pradesh University, Shimla.

DECLARATION:

The information furnished in the document is correct to best of my knowledge.

Date:

Place:

(MANOHAR LAL)