

Coach/Assistant Professor
Deptt. of physical Education
HPU Shimla
Pin 171005
Ph. 9418029697, 7018879697
E-mail: vikrant.8621@gmail.com



DR. VIKRANT BHARDWAJ

OBJECTIVES:

To built up an excellent career in sports, fitness and coaching arena by applying the acquired knowledge and unique skills through physical fitness and advance method of physical training.

PERSONAL INFORMATION:

Date of birth : 8th October, 1986
Marital status : Unmarried
Nationality : Indian
Languages : English & Hindi
Hobbies : Music & Reading

ACADEMIC QUALIFICATION

- 10th from H.P. Board of School Education Dharmshala.
- 10+2 from H.P. Board of School Education Dharmshala.
- B.A from H.P. University Shimla.

PROFESSIONAL QUALIFICATION:

- B.P.Ed. from Punjabi University Patiala
- M.A. in Physical Education from H.P. University Shimla.
- M. Phil. in Physical Education from H.P. University Shimla.
- Ph.D. in Physical Education from H.P. University Shimla.
- PGDSC in Cricket from LNIPE Gwalior M.P.
- State eligibility test qualify.

OTHER TECHNICAL QUALIFICATION:-

- One year Diploma in yoga from H.P. University Shimla.
- One year Diploma in Computer Application from NYK Nahan.

TEACHING EXPERIENCE:

Sr. No.	Institution	Designation	Duration	
			From	To
1.	Government College, Panota Sahib District Sirmour, H.P., India	Assistant Professor	1 st Sep.2015	31 st March 2016
2.	Mlsm College Sundernager H.P.	Assistant professor	8 th March 2019	27 th August 2021
3.	St.Bede's College Shimla H.P, India	Assistant Professor	28 th Aug.2021	23 rd April 2022

PUBLICATIONS

Research Articles

- **Bhardwaj Vikrant (December 2011)** Relationship of certain anthropometric variables and shoulder strength of male pace and spin bowlers of Himachal Pradesh, Journal of Physical Education and Allied Sciences, Vol: 1, No.:2, 60-63, ISSN 22307397
- **Bhardwaj Vikrant (July 2016)** “Relationship of cardiovascular efficiency with anthropometric variables of male pace bowlers of Himachal Pradesh, International Journal of physical education, Sports and Health, Volume : 3, Issue : 4, **230- 232**, Print ISSN : 2394-1685. Online ISSN: 2394-1693.
- **Bhardwaj Vikrant (June 2016)** “Comparison of anxiety and stress between sports person and non-sports person of govt. sr.sec. School of district Hamirpur of Himachal Pradesh, International Recognition Multidisciplinary Research Journal, ISSN 2249-894X.
- **Bhardwaj Vikrant (July 2016)** Relationship of explosive power with anthropometric variables of male pace and spin bowlers of Himachal Pradesh, International Indian Streams research Journal, ISSN 2230-7850.
- **Bhardwaj Vikrant (March 2017)** “Comparative study of psychological variables of anxiety of male bowlers and male batsman of Himachal Pradesh”. International Journal of physical education, Sports and Health Vol: 4, No. 2, 38 – 39, ISSN: 2394-1685. Online ISSN: 2394-1693.
- **Bhardwaj Vikrant (May-June 2017)** “Comparative study of psychological variables of stress of male bowlers and male batsman of senior district level of Himachal Pradesh”. International Journal of Yoga, Physiotherapy and Physical Education Vol: 2, 13 – 14, ISSN: 2456-5067.
- **Bhardwaj Vikrant** “Relationship of selected anthropometric components and abdominal strength of male bowlers. ISSN-2349-5162-5-2018.
- **Bhardwaj Vikrant** “Comparison of selected Psychological variables between tribal and non- tribal area sportsmen.ISSN-2349-5162-5-2018.
- **Bhardwaj Vikrant & Singh Surjeet** “**Comparison** of physiological variables of systolic blood pressure of Himachal Pradesh University inter- college basketball and handball players.

Conferences and Seminars:

- Presented paper in a international Conference held at Punjab University, Chandigarh on 20-22oct.2012. **Titled: Comparative study of selected anthropometric variables of pace and spin bowlers of Himachal Pradesh.**
- Presented paper in international Conference held at Punjabi University, Patiala, on 24th to 26th January 2013. **Titled: Comparative study of selected physical fitness variables of pace and spin bowlers of Himachal Pradesh.**
- Presented paper in national seminar-cum-workshop on ‘Advances in Applied Sports Psychology’ held at D.A.V. College, Sector -10 Chandigarh on March 18-19, 2017 **Titled: Relationship of agility with anthropometric variables of male pace bowlers and spin bowlers of Himachal Pradesh.**
- Presented a paper in seminar cum workshop on “physical education & Sport Sciences: Tools for Empowering India” held on 21 may, 2017 Surevin international school, Modi Nagar (PEFI). **Titled: Comparative study of emotional intelligence of male bowlers and batsman of Himachal Pradesh.**
- Presented paper in International conference on electrical, electronics, computer science, Mathematics, Physical Education and Management held at Dehradun, India on 24 June, 2017. **Titled: Comparative study of aggression of male bowlers and male batsman of senior district level of Himachal Pradesh”.**

WORKSHOPS

- Attended two days National Workshop on “**Laser and exercise Physiology**” on 2nd to 3th September, 2011 held at Lakshmbai national university of Physical Education, Gwalior.
- Attended one Day Workshop on “**Attainment of Holistic & joyful Living Fitness & nutrition**” (PEFI) held at Pragati Maidan New Delhi 23rd August, 2017.

MEMBER OF ADMINISTRATIVE DUTIES

- Member of the Himachal Pradesh University selection committee for selecting team for Inter-varsity competition (Men) for the sessions three years i.e. 2015/16, 2016/17, 2017/18.
- Appointed as a Coach of H.P. University Cricket (M) team who participated in North Zone Inter University Cricket Championship 2016-17 held at Ch. Charan Singh University, Meerut.
- Appointed as a Coach of H.P. University Cricket (M) team who participated in North Zone Inter University Cricket Championship 2017-18 held at MDU, Rohtak.
- Appointed as Team Manager of H.P. University Football (M) team who participated in North Zone Inter University Football Championship 2015-16 held at Amity University, Noida.
- Appointment as manger of 1st khelo india university wrestling (w)team participated in KIIT University Bhubaneshwar in session 2019-2020.
- Appointed as a Coach of H.P. University Cricket (M) team who participated in North Zone Inter University Cricket Championship 2012-23 held at KUK, Haryana.
- Appointed as a Coach of H.P. University Cricket (F) team who participated in North Zone Inter University Cricket Championship 2012-23 held at Sunder –nagar college Himachal Pradesh.
- Appointed as a Assistant coach of Vizzy Trophy North Zone held at guwahati, Assam 2024.

SPORTS ACHIEVEMENTS:

- Participated in Inter-University Cricket Tournament held in Meerut, 2003-04.
- Participated in Inter-University Cricket Tournament held in A.M. University, Aligarh 2006-07.
- Participated in Inter-University Cricket Tournament held in A.M. University, Aligarh 2008-09.
- Participated in Inter-University Cricket Tournament of Cricket held in Punjabi University, Patiala 2009-10.
- Participated in Vijay Merchant Trophy of Cricket from Himachal Pradesh, 2002-03 & 2003-04.
- Participated in C.K. Naidu Trophy of Cricket from Himachal Pradesh, 2006-07 etc.
- Captained H.P. University Cricket team in North Zone Inter-Varsity held at Punjabi University, Patiala during the session 2009-2010.

ORIENTATION PROGRAMME& REFRESHER COURSE:-

- Attended 4- week induction/ orientation programme for “Faculty in University/ colleges/ institutes of higher Education from 20 December, 2021 –January,2022.
- Two week interdisciplinary Refresher course on “Refresher Course on “Research Methodology and Data Analysis” from 16th September – 30th September, 2022.

AREA OF SPECIAL INTEREST:

- Research
- Cricket

REFERENCES

(Ret.)Prof. Surinder Kumar Sharma
 Deptt. Physical education
 H.P.U Shimla-Himachal Pradesh, India.
 Mobile No- 9418024041