

BIO DATA

Name : DR. GURVIR SINGH

Designation: ASSISTANT PROFESSOR

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Area of Specialisation: PHYSICAL EDUCATION

Academic Qualifications: B.P.ED, M.P.ED, M.PHIL, PH.D.

Teaching/ Research Experience (in years): 7 YEARS

Research Work:

Research Papers: 18

General Articles: 01

Books : 02

Book Chapters: 01

Top Five Publications:

1. Published a paper entitled "Comparison between stretching and autogenic relaxation techniques on lactic acid concentration of football players" in "International Journal of Physiology, Nutrition and Physical Education" VOLUME 2, Issue 2, 2017. ISSN: 2456-0057.
2. Published and presented a paper entitled "Lacto-vegetarianism and its impact on heart diseases and diabetes: A case study of village Barhmaan, district- Ludhiana, Punjab" in the proceedings of International Conference on "Futuristic trends in physical education" 24-26 January, 2013 at Punjabi University Patiala. ISBN: 9789380144702
3. Published a paper entitled "Comparative Analysis of Progressive Muscular Relaxation Training and Stretching Relaxation Exercise on Concentration of Lactic Acid of Groups of Athletes" in "Indian Journal of Sports Science and Physical Education" VOLUME 22 NO. 1&2, Jan & July, 2014. ISSN: 09710140.
4. Published and presented a paper entitled "A Study of Personality Traits Between the Secondary School Level Physical Education Teachers and Other Subject Teachers of Patiala City" in the proceedings of International Conference on "Global Excellence in Fitness and Sports Sciences" 6-8 January, 2015 at JECRC University, Jaipur. ISBN: 978-81-89463-98-4.
5. Published a paper entitled "Nutritional consideration in the aging athlete" on National conference "Role of physical activities and sports in balancing education" 15,16 February, 2013 at IGIPSS University of Delhi, New Delhi. ISBN: 97881787330563.

No. of Papers Presented in Seminars/Conferences: 09

Research Guidance:

i. M. Phil:- NIL

Ph.D:- NIL

Academic Achievements/Awards/ Recognition: NET (UGC) QUALIFIED, Awarded Maulana Azad National Fellowship for minorities from UGC.

Membership of Professional Bodies/Organisations: Member of Panjab University selection committee for Rugby Inter-University teams (Men and Women).