

## **CURICULAM – VITAE**

**DR. RAVINDER KUMAR**

**Assistant Professor**

**Village Tawan, PO Kummi,**

**Tehsil Balh, Distt. Mandi**

**Himachal Pradesh – 175006**

**Contact No: +91-98174-69347**

**E-mail: 1978kravinder@gmail.com**



---

### **SPECIALIZATION:**

- ❖ Athletics, Kho-Kho and Kabaddi

### **ACADEMIC QUALIFICATION:**

- ❖ Ph.D. from Himachal Pradesh University Shimla in 2015.
- ❖ M.Phil from Tamilnadu University with 64.75% in 2008.
- ❖ M.PEd from Amravati University Maharashtra with 63.4% in 2004.
- ❖ B.PEd. from Amravati University Maharashtra with 73.6% in 2002
- ❖ Diploma in yoga Studies from Himachal Pradesh University Shimla with 57% in 2007.
- ❖ PG Diploma in Disaster Management from IGNOU with 68% in 2020.

### **PROFESSIONAL ELIGIBILITIES:-**

- ❖ Qualified National Eligibility Test (NET) in December, 2008.
- ❖ Qualified State Level Eligibility test (SLET) in November, 2006.
- ❖ Qualified Federation State Technical Officials (FSTO) of athletics in 2015 (Test conducted by AAFI)
- ❖ Qualified all India Kho-Kho Referee / Technical Official Test in January 2023 (Test conducted by KKFI)

### **SPECIAL ACHIEVEMENTS:-**

- ❖ Won Best Athlete Award in Sen. Sec. Schools Distt Athletics Championship held at Mandi H.P. in 1996.
- ❖ Won Best student Award in Shri Shivaji College of Education, Amravati (Faculty of Physical Education) (MS) in 5<sup>th</sup> Sep. 2002.
- ❖ Won Best sportsman Award in Amravati University Amravati (MS) in 10<sup>th</sup> March, 2004.
- ❖ Won Best student award in Amravati University Amravati (Maharastra) in 10<sup>th</sup> March 2004.

### **SPORTS ACHIEVEMENTS:-**

- ❖ Mumbai International Marathon 15<sup>th</sup> of February 2004 (Completed Medal)
- ❖ Represented Himachal Pradesh in Senior National Kho-Kho (Men) Championship (3 times)
- ❖ Represented Himachal Pradesh in 14<sup>th</sup> Sr. North Zone Kho- Kho (Men) Championship.

- ❖ Represented Amravati University in All India Inter-University Athletics (Men) championship held at L.N.I.P.E, Gwalior, 1999-2000.
- ❖ Represented Himachal Pradesh in 36 senior National cross- country Championship Held at Jabalpur(M.P.) India 10<sup>th</sup> February 2002
- ❖ Represented Himachal Pradesh in 20 sub- junior Kho-Kho (Boys) Championship. (As a Coach)
- ❖ Won Bronze medal National level open Karate Championship.
- ❖ Participated open National Marathon Thane Mumbai.
- ❖ Won Bronze medal Amravati District 28<sup>th</sup> Annual Cross Country Championship.
- ❖ Represented Mandi District in Senior State Athletic Championship.
- ❖ Represented Mandi District in Senior State School Athletic Championship.(2 times)
- ❖ Participated State Level Open Cross Country Championship (3 times)
- ❖ Won Bronze medal inter college Athletic meet (3 times)
- ❖ Won Gold, silver or Bronze medal District school Athletic Championship. (8 times)

#### **TEACHING EXPERIENCE (OVER 22 YEARS):-**

- ❖ Presently serving Department of Higher Education, Govt. of Himachal Pradesh wef 17-04-2017 to till date. (Presently posted at Govt. College Bassa, Gohar, Mandi)
- ❖ Assistant Professor (Physical Education) In M.L.S.M College Sundernagar from 20<sup>th</sup> September 2007 to 13<sup>th</sup> April 2017.
- ❖ Lecturer in Physical Education from 1<sup>st</sup> February 2007 to 30<sup>th</sup> April, 2007 in Bloom's College of Education, Kot, Mandi (H.P)
- ❖ Physical Education teacher from 01<sup>st</sup> June, 2003 to 22 september, 2006 in Shiva Adarash Sen. Sec. school, Kansa Chowk, Mandi (H.P)

#### **RESEARCH TOPIC:-**

- ❖ In M.Phil.: -“Comparison the level of physical fitness of sports hostel and Non-sports hostel girls players in Himachal Pradesh”
- ❖ In Ph.D:-“Kinanthropometric and fitness variables as predictors of Kho-Kho playing ability”
- ❖ In PGDDM, “ A study of landslides in Mandi district of Himachal Pradesh” (project work).
- ❖ In MPed, “Attitude towards sports of working and housewife of Amravati City” (MS).

#### **PUBLICATIONS:-**

#### **BOOKS:-**

1. Published a book on Kho-Kho in sports publications 7/26, ground floor, Ansri road Darya Ganj, New Delhi, Having ISBN: 978-81-7879-911-7
2. Published a book on Kabaddi in sports publications 7/26, ground floor, Ansri road Darya Ganj, New Delhi, having ISBN: 978-81-7879-967-4

3. Published a book on growth and development of physical education in friends publications (India) showroom-101, 4787/23 Ansari road, Darya Ganj New Delhi, having ISBN: 978-81-7216-488-1

#### **RESEARCH PAPERS:-**

- ❖ Published a research paper on “physical fitness variable as predictors of Kho-Kho playing ability” in the eternity research journal of humanities and social science stream having ISSN: 0975-8690 Volume: IV issue-1 January, 2013.
- ❖ Published a research paper on “Kinanthropometric variables as predictors of Kho-Kho playing ability” in international journal of physical education, sports and yogic sciences having ISSN: 2249-8575 volume 2 No. 2 February 2013
- ❖ Published a research paper on "comparison of physical fitness variables of sports hostel and non-sports hostel players" in international Journal of physical Education, sports and yogic sciences having ISSN: 2249-8575 Volume: 2 No:2 February 2013.
- ❖ Published a research paper on " physical and motor skill determinants in male state level school Volley ball players of Himachal Pradesh" in international Journal of physical education, sports and yogic sciences having ISSN : 2249-8575 Volume:2 No: 3 May 2013.
- ❖ Published a research paper on " Kinanthropometric and fitness variables as predictors of Kho-Kho playing ability "in penalty corner a premier sports sciences and physical Education journal, Referred , international standard serial number Journal having ISSN : 0976-5190 Volume :14 issue No:1 Sept. 2014.
- ❖ Published a research paper on "Physiological and motor skill determinants in male school Volley Ball players" In Horizon Palaestra International Journal of Health, sports and physical education having ISSN :2278-2982 Vol.4, No.1 July 2015.

#### **SEMINARS, WORKSHOPS AND CONFERENCES ATTENDED**

- ❖ Attended two day International Conference on "Localising Knowledge Formation: Towards strengthening the Vernacular Voices" organised by Govt. College Seraj at Lambathach, Mandi, H.P. from 18th to 19th October 2024.
- ❖ Attended one week National workshop on "Art of yoga for healing the Body, Mind and Soul during the Pandemic" organised by Vallabh Govt. College Mandi H.P. from 23rd to 29th June 2021.
- ❖ Attended National Conference on "Higher Education for Nation Building" organised by Himachal Pradesh Colleges Educational Association in January 2020.3.
- ❖ Attended "Multi-Disciplinary International Conference on Natural Resource Management for Socio-Economic Development of Western Himalayas: Opportunities & Challenges" organised by Vallabh Govt. College, Mandi, H.P. from 10th to 12th August 2019.

- ❖ Attended two day National workshop on "New Rules and Officiating Techniques in Football" organised by internal Quality Assurance Cell & Department of Education M.L.S.M. College, Sunder Nagar from 20th to 21st December 2019.
- ❖ Attended 5th Paramhans Yogananda International Conference on "Towards a Global and Multi-Disciplinary understanding of Spirituality and Science and Contemporary World" organised by Department of Music and Department of Commerce, Vallabh Govt. College, Mandi, H.P. from 23rd to 24th February 2024.
- ❖ Attended National Seminar on "Teaching Methods and Technology in physical Education and sports"( sponsored by UGC, New Delhi) and organised by Shree Hanuman Yayam Prasarak Mandal's Degree college of Physical Education, Amravati(MS) 27<sup>th</sup> to 29<sup>th</sup> December, 2002.
- ❖ Attended "All India paper presentation contest on physical education & sports sciences " organised by Post Graduate Department of Degree College of physical Education Amravati (MS) 19<sup>th</sup> to 21<sup>st</sup>December, 2003 .
- ❖ Attended International Conference on Futuristic Trends in physical Education (sponsored by UGC New Delhi) and organised by Department of physical Education Punjabi University, Patiala, Punjab (India) 24<sup>th</sup> to 26<sup>th</sup>. January 2013
- ❖ Attended National Seminar on " Technical Reules of Athletics" organized by MLSM College Sundernagar, Himachal Pradesh ( India) in 17<sup>th</sup> and 18<sup>th</sup> October, 2014
- ❖ Attend two days training programme on "Ergonomics Principle and Care For CWSN Locomotors In School And Classroom Environment" on 1st. and 2nd. September 2016 organised by CRC Sundernagar, Himachal Pradesh, India.
- ❖ Attend two days training programme on "Orthotics Management of Sports Injuries" on 13<sup>th</sup> and 14<sup>th</sup> Dec 2016 organized by Composite Regional Centre Sundernagar, Himachal Pradesh, India.

#### **ORIENTATION, INDUCTION, FACULTY DEVELOPMENT PROGRAM & REFRESHER COURSE**

- ❖ Attended 4-week Induction / Orientation programme for "Faculty in Universities/ colleges/ Institute of Higher Education" organised by Teaching Learning Centre, Ramanujan College, University of Delhi From 20 May to 18 June 2022.
- ❖ Attended one week National level faculty Development Programme on "Climate Literacy and the role of Educational Institutions" organised by Career development cell, Gokul Global University, Siddhpur, Gujarat from 14th to 19th August 2023.
- ❖ Attended two week in-service Teacher/ Induction Training (orientation) organised by Govt. College of Teacher Education, Dharamshala, H.P. w.e.f. 2nd to 14th may 2018.
- ❖ Attended one week National level Faculty Development programme on "folk media for Society and Social change" organised by Gokul Global University, Siddhpur, Gujarat from 30 September to 5 October 2024.
- ❖ Attended two week refresher course in "Teaching and Research in Social Sciences (all social science disciplines) organised by UGC-MMTTC Punjab University, Chandigarh from 14-27 January 2025.

- ❖ Attended to week inter-disciplinary Refresher course "Managing online classes and Co-creating Moocs" organised by Teaching learning centre Ramanujan College, University of Delhi from 11-25 November 2023.
- ❖ Attended Professional Development program on "implementation of NEP-2020 for University and College teachers" organised by Indira Gandhi National Open University, New Delhi from 21-29 September 2022.

### **KEY RESPONSIBILITIES**

- ❖ Member of Executive Council of Sports and Co-Curricular Activities Himachal Pradesh University, Shimla for the session 2024-25.
- ❖ Remained observer for Himachal Pradesh University Kho-Kho Men Championship held at Govt. College, Karsog in the session 2014-2015, M.L.S.M College, Sunder Nagar in the session 2020-2021, Govt. Sanskrit College Sunder Nagar in the session 2022-2023, Govt. College Anni Haripur, Kullu in the session 2024-2025.
- ❖ Remain observer for Himachal Pradesh University Kho-Kho Women Championship held at Govt. College Sarkaghat in the session 2014-2015, Govt. College, Seraj at Lambathach in the session 2023-24.
- ❖ Remained selector for Himachal Pradesh interiversity Kho-Kho (men and women) team since 2011.
- ❖ Member of various committee such a sports council, examination committee, discipline committee, construction committee, library committee, purchase committee of M.L.S.M. College.
- ❖ Remained paper setter of HP University for the session 2014-2015, 2016-2017, 2019-2020, 2021-2022, 2023-2024.
- ❖ Team manager of Himachal Pradesh inter-versity Kho-Kho Men Team for the session 2017-2018 & 2024-2025.
- ❖ Appointed as a Convener in Document Verification Committee in North Zone inter-versity football Women championship 2022-2023.
- ❖ Remained selector for Himachal Pradesh inter-varsity Kho- Kho men and women Teams since 2011.
- ❖ Team manager of Himachal Pradesh Inter-varsity Kho-Kho Women Team for the session 2009-2010.
- ❖ Remained technical delegate for State Level Athletic Meets of DAV schools of Himachal Pradesh in 2011, 2012 and 2014.
- ❖ Remained technical delegate for organised sports meet of Evergreen Publishers in 2013, 2014 & 2015.
- ❖ Remained technical Experts for state level DAV National Sports Girls Kho-Kho Championship on 16<sup>th</sup> and 18<sup>th</sup> Oct. 2015.
- ❖ Permanent member of Mandi district Kho-Kho Association w.e.f. 01/06/2011 till date.

## **TOURNAMENTS OFFICIATED AND ORGANIZED**

- ❖ Remained Organising Secretary of Himachal Pradesh University Inter college Kho-Kho (Men) championship for the session 2017-2018 held at Govt. College, Nerwa.
- ❖ Remained Organizing Secretary of Himachal Pradesh University Inter College Cross-Country (Men/Women) Championship for the session 2018-2019 held at GC Joginder Nagar.
- ❖ Remained Organising Secretary of Himachal Pradesh University Inter College volleyball (Women) Championship for the session 2018-2019 held at Government College Joginder Nagar.
- ❖ Remained Organising Secretary of Himachal Pradesh University Inter College Kho-Kho (Men/Women) Championship for the session 2019-2020 held at Government College, Joginder Nagar.
- ❖ Remained organizing secretary of Himachal Pradesh inter college Kho\_Kho (Men & Women) championship for the session -2009-2010.
- ❖ Officiated in All India Kho-Kho Men Championship held at SAI Sports ground near HPCA Cricket Stadium, Dharmshala organized by Central University of Himachal Pradesh Dharmshala from 27 to 30 march 2022.
- ❖ Officiated in Himachal Pradesh University Inter-College Kho-Kho (men & women) championship since 2009.
- ❖ Officiated in College of Engineering and Technology Kabaddi Championship held at Amravati (MS) in the years 2001-2002.
- ❖ Officiated in District level Shri Nilkanth Daud sports held at Amarvati -2001.
- ❖ Officiated in Amravati University Inter College Cross Country race held at Amravati Sports Complex on 2<sup>nd</sup> Oct. 2002.
- ❖ Officiated in Maharashtra University of Health Sciences Nashik Athletics Meet Sept. 2003.
- ❖ Officiated in Jawahar Navodaya Vidyalaya, Amaravati Regional Athletics meet 18<sup>th</sup>.to 20<sup>th</sup>. Sept 2003.
- ❖ Officiated in Government polytechnic Kabaddi and Kho- Kho Championship Held at Amravati (MS) in 16<sup>th</sup> to 17<sup>th</sup> Jan 2004.
- ❖ Officiated in North zone athletic meet held at Hamirpur (H.P) in 2015
- ❖ Officiated in 18<sup>th</sup> Himachal Pradesh Senior Kho-Kho (Men and Women) Championship held at Kansa Chowk (Balh) Distt. Mandi H.P.in 8<sup>th</sup> and 9<sup>th</sup> Oct, 2016.
- ❖ Remained Technical Official for NYCS Gailraftaar season-II, an athletics grassroots talent hunt district trial organised in district Mandi, H.P. in 4<sup>th</sup> Jan, 2017.

## **COACHING EXPERIENCE:-**

- ❖ Provided coaching to the Pune region athletics senior and junior Team during period 23-09-2003 to 10-10-2003. Which participated in NVS National games held at Bangalore.
- ❖ Provided coaching to the University H.P Kho-Kho (M) Team which participated in Inter-Varsity Championship held at Ranchi University Bihar for the session 2009-2010.

- ❖ Provided coaching to the University Kho-Kho (W) team which participated in inter-iversity championship held at GNDU Amritsar for the session 2009-2010.
- ❖ Provided coaching to the University Kho-Kho (w) team which participated in Inter-Varsity Championship held at Midnapur University Midnapur (WB) for the session 2010-2011.
- ❖ Provided coaching to the H.P University Kho-Kho (w) team which participated in Inter-Varsity Championship held at RML Avadh University Faizabad (UP) for the session 2011-2012
- ❖ Provided coaching to the H.P University Kho-Kho (M) team which participated in Inter-Varsity Championship held at LPU Phagwara Jalandher (PB) for the session 2012-2013.
- ❖ Provided coaching to the H.P University Kho-kho (W/M) team which participated in Inter-Varsity Championship held at M.D University Rohtak for the session 2013-2014.
- ❖ Provided coaching to the H.P University Kho-Kho (W/M) team which participated in Inter-Varsity (W/M) Championship held at CSJM University, Kanpur (UP) for the session 2014-2015.
- ❖ Provided coaching to the H.P University Kho-Kho (W) team which participated in inter-iversity championship held at Kumaun University Nainital (UK) for the session 2015-2016.
- ❖ Provided coaching to the University Kho-Kho (M) team which participated in inter-iversity championship held at Amity University Noida (UP) for the session 2015-2016.
- ❖ Provided coaching to the Kho-Kho (men/women) team since 2007 and the achievement of both the team are as follows:
  - 2007-08 women winner
  - 2008-09 men and women winner
  - 2009-10 men and women winner
  - 2010-11 men and women winner
  - 2011-12 men second position
  - 2012-13 men winner and women 3<sup>rd</sup> position
  - 2014-15 men winner and women 2<sup>nd</sup> position
  - 2016-17 men 3<sup>rd</sup> position and women 2<sup>nd</sup> position
  - 2018-19 men winner
  - 2024-25 men 2<sup>nd</sup> position

#### **REFERENCES:**

1. Prof. Sanjay Sharma, Director, Physical Education & Y.P. HPU Shimla Contact No. 94180-36208
2. Prof. Hari Singh, Chairman, Department of Physical Education, H.P. University, Shimla Contact No. 9418 119061.
3. Dr. Ramesh Chauhan Former Chairmen cum Director Physical Education and Y.P. Himachal Pradesh University Shimla, Contact No. 8894032355.

4. Dr. P.S. Guleria former principal M.L.S.M. College, Sundar Nagar District, Mandi, H.P. contact number 94180 57111.
5. Dr. B.B. Behal, former professor, Department of Physical Education, H.P. University, Shimla Contact No. 94186 53534.
6. Sh. Rajendra Kumar former Principal Government Senior Secondary School Jhanjeli, Mandi, Contact No. 9418044023.