

BIODATA

[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

Name: Ashok Kumar
Father's: Sh. Satpal Chopra

Date of Birth: 27-08-1973

Marital Status: Married

Present Designation: Professor & Head

Department of Sports Science, Punjabi University Patiala-147002, (Punjab) INDIA

Pay Scale: Rs.37400-67000 **AGP-10000**

Official Address: Dr. Ashok Kumar, Assistant Professor, Room No. S-5, New Building, Backside Gol Market
Department of Sports Science, Punjabi University Patiala-147002, (Punjab) INDIA

Permanent & Postal Address: Dr. Ashok Kumar, c/o Sh. Satpal Chopra, Krishna Puri Street,
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Academic Qualifications

Examination	Board\University	Year of Passing	%age	Subjects
Matriculation	Punjab School Education Board, Mohali, India	1987	71	Science, Mathematics, Social Studies
10+2 Medical (2 Years)	Punjab School Education Board, Mohali, India	1989	60	Biology, Chemistry, Physics
Bachelor of Science in Medical (B.Sc.-3 Years)	Punjabi University, Patiala India	1992	66	Zoology, Botany, Chemistry
Master of Sports Sciences (M.Sc.-2 Years)	Punjabi University, Patiala India	1994	69	Human Anatomy, Physiology, Biochemistry, Genetics Growth Etc.
Ph.D. (Sports Sciences)	Punjabi University, Patiala India	1999 Thesis Submitted	April 2001 Awarded	Exercise Physiology
Postgraduate Diploma in Computer Applications (PGDCA-1 Year)	Punjabi University, Patiala India	2001	70	SAD, MIS, DBMS, C, Networking, OS, Etc.
Postgraduate Diploma in Physiotherapy & Nutrition (PGDPN-1Year)	Madhya Pradesh Bhoj (Open) University, Bhopal, India	2007	73	Clinical Physiotherapy, Human Physiology, Food & Nutrition, Food Science

Area of Specialization: Exercise Physiology

General Orientation/Refresher/Training Course(s) Attended: 04

1. General Orientation

Date: 02-12-2004 to 29-12-2004

Venue: Academic Staff College, Panjab University, Chandigarh

2. Refresher Course

Date: 03-12-2008 to 23-12-2008

Venue: Academic Staff College, Panjab University, Chandigarh

3. Refresher Course

Date: 05-03-2010 to 25-03-2010

Venue: Academic Staff College, Panjab University, Chandigarh

4. Hands on Training Workshop on Molecular Biology & Cytogenetic Techniques

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Date: 03-12-2010 to 15-12-2012

Venue: Govt. Medical College & Hospital (GMCH) Sector 32, Chandigarh

Experience: Teaching – 16 Years 10 months [Ph.D.;M.Phil;M.Sc. Sports Sciences; PG Diploma in Health Fitness Trainer;Diploma in Gataka;B.P.T.; B.P.Ed.; D.P.Ed.]

4 years Post Graduate Level [M.Sc. Sports Science] as a Ph.D. Research Scholar (1996 to 2000) in the Department of Sports Science at Punjabi University Patiala, India.

2 years Graduate & Post Graduate Level [Bachelor of Physiotherapy & M.Sc. Sports Science] as a Guest Lecturer (2001 to 2003) in the Department of Sports Sciences at Punjabi University Patiala, Patiala-147001, (Punjab) India.

10 months Graduate & Post Graduate Level [D.P.Ed. & B.P.Ed.] as a Regular Lecturer (July,2003 to May, 2004) at National College of Physical Education, Vill. Chupki (Samana-Patiala Road), Samana-147101, Distt. Patiala (Punjab) India.

11 years Graduate, Post Graduate & Doctorate Level [Ph.D.;M.Phil;M.Sc. Sports Science; Bachelor of Physiotherapy; PG Diploma in Health Fitness Trainer;Diploma in Gataka] as a Permanent Assistant Professor (Since **31st May, 2004** to till date) in the Department of Sports Science at Punjabi University Patiala, India.

Experience: Research – 16 Years (Excluding the period of Ph.D. research)

Lab Skills

Experience of handling & using the latest apparatus/ equipment in exercise science OXYCON [Treadmill & Bicycle Ergometer], Bicycle Ergometer [Monark], YSI Lactate Analyzer, Sport Tester [Polar Heart Rate Monitor Watch], EMG & Nerve Conduction Testing, Force Platform, Electronic Goniometer, High Speed Video Movie Camera, Digital Cameras, Electronic Body Composition Analyzer, Skinfold Caliper, Sliding Caliper, BIOFEEDBACK Unit for Heart Rate/EMG/ECG/Insomnia[MEDICAID]

Multi Interferential Stimulator, Electronic Muscle Stimulator, Transcutaneous Electrical Nerve Stimulator (TENS), Shortwave Diathermy, Continuous Passive Motion Machine (CPM), Grip Dynamometer, Leg & Back Dynamometer

Molecular Biology & Cytogenetic Techniques.

Practical Experience in Sport Physiology & Clinical Exercise Physiology -16 years

- Assessment
- Exercise Testing
- Athletes/ Patient Education and Counseling
- Exercise Prescription for disease management of cardiovascular, pulmonary, metabolic, orthopedic/musculoskeletal, neuromuscular, immunologic and hematologic disorders

conducts pre-participation health screening, maximal and submaximal graded exercise tests, and performs strength, flexibility and body composition tests for athletes, patients and clients challenged with cardiovascular, pulmonary and metabolic diseases and disorders, as well as with apparently healthy populations.

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Publications

1. Title: **Kinematic Analysis of Sprint Running in the Preadolescent Boys.** Ramesh Rai, Animesh Goel, Ashok Kumar & S.K.Verma. *NIS Scientific Journal* (ISSN 0970-7557) Vol., 18, No.3, pp. 29-35, 1995.
2. Title: **Your Aerobic Exercise Program Based on Scientific Facts.** Ashok Kumar & S.K.Verma. In: Proceedings of 15th National Conference on Punjabi Development (Science) Organized by Punjabi University Patiala, India., (Ed.) Prof. D.S. Sidhu, pp.196-205, Published by Publication Bureau Punjabi University Patiala, India, March 28-30,1998.
3. Title: **Heart Rate response to Submaximal Weight related workloads with special reference to age and work capacity.** Ajita, S.K.Verma & Ashok Kumar. In: Human Growth a multidisciplinary approach, (eds.) D.P. Bhatnagar, S.K. Verma, R.Mokha, Exercise Science Publication Society, Patiala, 1999.
4. Title: **Heart Rate Responses of Adult Male and Female Runners during 3000 m Running.** S.K.Verma & Ashok Kumar. *The Anthropologist* (ISSN 0970-9274) Vol. 1, pp. 1-6, 2001.
5. Title: **Age Changes in Some Health Related Components of Fitness among Jat Sikh Females of Punjab.** S.K. Verma, Nischint & Ashok Kumar. *Indian Journal of Sport Science and Physical Education* (ISSN 0971-0140) pp. 39-52 Vol. 11, No.1&2, Jan. & July 2002.
6. Title: **VO₂ Responses to Submaximal and Maximal Exercise in 10 to 18 years old Males.** Ashok Kumar & S.K.Verma. In: Proceedings of the P.C.Biswas Centenary National Seminar, March 29-31, 2003. Editors: A.K.Kalla and D.K.Bhattacharya Department of Anthropology University of Delhi, Delhi. pp.143-155.
7. Title: **Effect of a Conditioning Program on Subcutaneous Fat and LBM in Females aged 18-24 yrs.** Ashok Kumar & S.K.Verma. *Indian Journal of Sport Science and Physical Education* (ISSN 0971-0140) 13, pp.13-24. 2004.
8. Title: **Fat Distribution after a Conditioning Programme in Males & Females.** Ashok Kumar & Rupinder Mokha. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020), 1(1&2), pp.74-80, 2005.
9. Title: **Effect of a Conditioning Program on Subcutaneous Fat Distribution and LBM% in Males aged 18-24 yrs.** Ashok Kumar & S.K.Verma. *The Anthropologist* (ISSN 0972-0073) Vol. 8 (1), pp. 5-10, 2006.
10. Title: **Effect of a Conditioning Program on Heart Rate and Performance Time of 3000 m Running of Females.** Ashok Kumar & S.K.Verma. *Indian Journal of Sport Science and Physical Education* (ISSN 0971-0140) 17, No.1&2, pp. 13-24, 2008.
11. Title: **Yogic Therapy for Diabetes mellitus.** C.K. Mishra, R.K. Mishra & Ashok Kumar. *Biospectrum* (ISSN 0972-8023). Volume 9, No.1-4, pp.37-42, 2008.
12. Title: **Effect of a Conditioning Programme on Stride Time & Performance Time of Males during 300m Run.** Ashok Kumar & Dhananjay Shaw. In: Proceedings of UGC Sponsored National Conference on Scientific Temperaments in Physical Education & Sports Organized by Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar,Punjab. pp.16-30, March 14-15, 2008.
13. Title: **Stride Time & Performance Time Before & After a Conditioning Program of Females in 3000 m.** Ashok Kumar, S.K.Verma & Dhananjay Shaw. *Asian Journal of Physical Education & Computer Science in Sports* (ISSN 0975-7732) Vol.1, No.1, pp. 60-64. 2009.
14. Title: **A Study of Reaction Time & Speed in Football Players.** Ashok Kumar & Tejwant. *Asian Journal of Physical Education & Computer Science in Sports* (ISSN 0975-7732) Vol.4, No.1, pp. 37-39, 2011.
15. Title: **Motor Nerve Conduction Velocity of Radial & Sural Nerves in Athletes of an Aerobic Sport.** Jogbinder Singh Soodan & Ashok Kumar. *Asian Journal of Physical Education & Computer Science in Sports* (ISSN 0975-7732) Vol.4, No.1, pp.23-24, 2011.
16. Title: **Motor Nerve Conduction Velocity of Ulnar & Common Peroneal Nerve in Athletes of an Aerobic Sport.** Jogbinder Singh Soodan & Ashok Kumar. *Asian Journal of Physical Education & Computer Science in Sports* (ISSN 0975-7732) Vol.4, No.1, pp. 20-22, 2011.
17. Title: **Kinematic Analysis of Arm Movements in 3000m Running: Before & After a Conditioning Programme.** Ashok Kumar & S.K.Verma. *The Anthropologist* (ISSN 0970-9274) Vol. 13 (3), pp. 211-216, 2011.
18. Title: **Health Clubs & Scientific Guidelines: A Survey.** Ashok Kumar, S.K.Verma & Rajneesh Rattan. *Research Dimensions* (ISSN 0976-8564) Vol.II, No. 1, pp.18-20, July 2011.
19. Title: **Comparison of H-Reflex Response of Long Distance Runners & Non Athletes.** Ashok Kumar & Jogbinder Singh Soodan. *International Journal of Health,Physical Education & Computer Science in Sports* (ISSN 2231-3265) Vol.3, No.1, July to September, pp. 18-20, 2011.

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20. Title: **A Study of Body Mass Index & Lipid Profile in Type 2 Diabetic Punjabi Population.** Ashok Kumar & Gurdeep Singh. *International Journal of Health,Physical Education & Computer Science in Sports* (ISSN 2231-3265) Vol.3, No.1, July to September, pp. 21-24, 2011.
21. Title: **Relationship among Height, Weight and Motor Nerve Conduction Velocity in Aerobic trained Athletes.** Ashok Kumar & Jogbinder Singh Soodan. *International Journal of Health,Physical Education & Computer Science in Sports* (ISSN 2231-3265) Vol.3, No.1, July to September, pp. 32-35, 2011.
22. Title: **Waist-to-Hip Ratio is the better predictor of Abdominal Adiposity than BMI in Type 2 Diabetics** Ashok Kumar & Gurdeep Singh. *International Journal of Health,Physical Education & Computer Science in Sports* (ISSN 2231-3265) Vol.3, No.1, July to September, pp. 28-31, 2011.
23. Title: **Motor Nerve Conduction Velocity of Sprinters & Long Distance Runners of Selected Nerve of both Upper and Lower Limbs.** Jogbinder Singh Soodan & Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020),7(2), pp.95-98, 2011. (Indexed in Indmed/MedIND; Impact Factor-2.035)
24. Title: **Relationship among HbA1c and Lipid Profile in Punjabi Type 2 Diabetic Population.** Gurdeep Singh & Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020),7(2), pp.99-102, 2011. (Indexed in Indmed/MedIND; Impact Factor-2.035)
25. Title: **Comparison of Flexibility between JatSikh and Bania Girls.** Ashok Kumar, Anuradha Lehri & Monica. *Indian Journal of Sport Science and Physical Education* (ISSN 0971-0140) 21, pp. 19-27, 2012.
26. Title: **Flexibility of Various Joints & the Skinfold Thickness.** Ashok Kumar, S.K.Verma & Monica. In: a book *Global Trends in Physical education & Sports* (ISBN – 978-81-7216-334-1) (editors) Dr. Bhupinder Singh Ghuman & Dr. Satpal Kaur Kalsi, Friends Publications (India) New Delhi. Chapter 8 , pp.39-46, 2012.
27. Title: **A Study of Lipid Profile in Type2 Diabetic Punjabi Population.** Gurdeep Singh & Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 8(1), pp.7-10, 2012 (Indexed in Indmed/MedIND; Impact Factor-3.217)
28. Title: **Relationship among anthropometric Indices & motor Nerve Conduction Velocity of Radial & Ulnar Nerves in Aerobic Trained Athletes.** Jogbinder Singh Soodan & Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 8(1), pp.20-24, 2012(Indexed in Indmed/MedIND; Impact Factor-3.217)
29. Title: **Effect of Moderate Intensity of Aerobic Exercise Programme on Exercise Tolerance Capacity of Stable Angina Patients.** Soma Mazumdar, S.K.Verma & Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 8(1), pp.51-54, 2012 (Indexed in Indmed/MedIND; Impact Factor-3.217)
30. Title: **Functional Disability & Grip Strength of Cervical Radiculopathy Patients before & after Cervical Collar Use & Traditional Physiotherapy Treatment.** Manu Goyal, Ashok Kuma & Ruchika Sethi. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 8(2), pp.119-122,2012 (Indexed in Indmed/MedIND; Impact Factor-3.217)
31. Title: **Blood Lactate Response to Different Workload Patterns in Female Weight Lifters.** Ashok Kumar ,Reena & Rajesh Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 8(2), pp.87-92, 2012(Indexed in Indmed/MedIND; Impact Factor-3.217)
32. Title: **VO₂max & Haemodynamic Profile of Woman Boxers.** Ashok Kumar, Manisha & Rajesh Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 8(2), pp.123-127, 2012(Indexed in Indmed/MedIND; Impact Factor-3.217)
33. Title: **Comparison of H-Reflex Response of Sprinters & Non-Athletes.** Ashok Kumar & Jogbinder Singh Soodan. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 8(2), pp.63-66, 2012(Indexed in Indmed/MedIND; Impact Factor-3.217)
34. Title: **Strength, Pain & Functional Performance of Osteoarthritis Knee Patients before & after Mobilization and Resistance Training Programme.** Manu Goyal, Ashok Kumar & Priyanka Rishi. *Asian Journal of Physical Education & Computer Science in Sports* (ISSN 0975-7732) Vol.7, No.1, July to December, pp. 53-57, 2012.
35. Title: **Effect of Exercise Programme with & without Mobilization for the Patients with Limited Dorsiflexion after Ankle Sprain.** Manu Goyal, Ashok Kumar & Tanu Singh. *International Journal of Health,Physical Education & Computer Science in Sports* (ISSN 2231-3265) Vol.8, No.1, October to December, pp. 51-56, 2012.
36. Title: **Analysis of Motor Nerve Conduction Velocity (MNCV) of Selected Nerves in Athletes.** Jogbinder Singh, Ashok Kumar & Gobind Singh. *Journal of Health and Fitness* (ISSN 0975-9409) Vol.5, No.2, July to December, pp. 45-49, 2013.

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37. Title: **Effect of Wrist Manipulation & Cyriax Physiotherapy Training on Pain & Grip Strength in Lateral Epicondylitis Patients.** Manu Goyal, Ashok Kumar Aman Monga & Monika Moitra. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(1), pp.17-22, 2013 (Indexed in Indmed/MedIND; Impact Factor-4.652).
38. Title: **Treatment of Plantar Fasciitis by Taping vs. Iontophoresis: A Randomized Clinical Trial.** Manu Goyal, Ashok Kumar, Nikhil Mahajan & Monika Moitra. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(1), pp.34-39, 2013 (Indexed in Indmed/MedIND; Impact Factor-4.652).
39. Title: **Impact of Chronicity on Lipid Profile of Type 2 Diabetics.** Gurdeep Singh & Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(1), pp.46-50, 2013 (Indexed in Indmed/MedIND; Impact Factor-4.652).
40. Title: **Prevalence of Glycemic Status, Obesity & Waist Circumference of Punjabi Type 2 Diabetics.** Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(1), pp.1-5, 2013 (Indexed in Indmed/MedIND; Impact Factor-4.652).
41. Title: **Mechanical Power of Leg Extensor Muscles in Male Handball Players.** Baljinder Singh, Ashok Kumar & M. D. Ranga. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(2), pp.83-88, 2013 . (Indexed in Indmed/MedIND; Impact Factor-4.652).
42. Title: **Relationship between Blood Lactate, Load and Load Volume in Weight Lifters.** Ashok Kumar & Reena. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(2), pp.119-124, 2013 (Indexed in Indmed/MedIND; Impact Factor-4.652).
43. Title: **A Survey of Professionally Qualified Physiotherapist Working in Neonatal and Paediatric Intensive Care Units in Punjab.** Ashok Kumar, Navkaran Shergill & Jairaman. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(2), pp.140- 145, 2013. (Indexed in Indmed/MedIND; Impact Factor-4.652).
44. Title: **Effect of Back Extension Exercise on Quality of Life & Back Extensor Strength of Women with Osteoporosis.** Manu Goyal, Ashok Kumar, Monika Moitra & Aditi Pathania. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(2), pp.113- 118, 2013. (Indexed in Indmed/MedIND; Impact Factor-4.652).
45. Title: **Visual Response Time & Visuospatial Intelligence Scores of Athletes & Nonathletes.** Ashok Kumar & Vishal. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 9(2), pp.125-128, 2013 . (Indexed in Indmed/MedIND; Impact Factor-4.652).
46. Title: **Mechanical Power of Leg Extensor Muscles in Male Football Players.** Baljinder Singh, Ashok Kumar & M. D. Ranga. In a Book: *Wellness Through Physical Activity: Future Perspective*, Editor(s) Dr.Nishan Deol,Dr. Amanpreet Singh, Manoj Singh, Publied by Twenty First Century Publications Patiala, chapter 38 pp.170-173, 2014 (ISBN 978-93-8014-512-9).
47. Title: **Mechanical Power of Leg Extensor Muscles in Indian Male Hockey Players.** Baljinder Singh, Ashok Kumar & M. D. Ranga. In proceedings of Global Scientific Conference on Physical Education, Health & Sports Science, held on 24th to 26th January 2014, at Guru Nank Dev University Amritsar pp. 74-78, 2014 (ISBN 978-93-8014-515-0).
48. Title: **The Training Status of Professional Hockey Players Reflected by Lactate and Ventilatory Thresholds, Where Maximum Aerobic Power (VO₂max) remains Unchanged.** J.S.Soodan, Ashok Kumar & Lovejit Kaur. In proceedings of Global Scientific Conference on Physical Education, Health & Sports Science, held on 24th to 26th January 2014, at Guru Nank Dev University Amritsar pp. 517-521, 2014 (ISBN 978-93-8014-515-0).
49. Title: **Mechanical Jumping Power in Male Basketball Players.** Ashok Kumar , Baljinder Singh & M. D. Ranga. *International Journal of Health, Physical Education & Computer Science in Sports* (ISSN 2231-3265) Vol.13, No.1, January to March, pp. 4-7, 2014. (Indexed in Directory of Research Journal indexing)
50. Title: **Mechanical Jumping Power in Male Wushu Players.** Ashok Kumar Baljinder Singh & M. D. Ranga. *International Journal of Health, Physical Education & Computer Science in Sports* (ISSN 2231-3265) Vol.13, No.1, January to March, pp. 19-22, 2014.(Indexed in Directory of Research Journal indexing)
51. Title: **Mechanical Power of Leg Extensor Muscles in Male Boxing Players.** Baljinder Singh, Ashok Kumar & M. D. Ranga. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 10(1), pp.41-45,2014 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
52. Title: **Comparison of Vertical Jump Performance of Male Handball and Basketball Players.** Baljinder Singh, Ashok Kumar & M. D. Ranga. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 10(1), pp.64-68, 2014 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
53. Title: **Chest Physiotherapy Techniques Used in Neonatal & Paediatric Intensive Care Units in Punjab.** Ashok Kumar, Navkaran Shergill & Jairaman. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 10(1), pp.11- 15, 2014. (Indexed in Indmed/MedIND; SJIF; Impact Factor:4.652).
54. Title: **Effect of Cardiac Rehabilitation on Blood Pressure in Stable Angina Patients.** Soma Mazumdar, Ashok Kumar & S.K.Verma, *Journal of Exercise Science and Physiotherapy* (ISSN 973-2020) 10(1), pp.54-59, 2014 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).

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55. Title: **A Study of Speed, Power & Fatigue Index of Cricket Players.** Ashok Kumar & Lokendra Bahadur Kathayat . *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 10(1), pp.21- 24, 2014. (Indexed in Indmed/MedIND; SJIF; Impact Factor:4.652).
56. Title: **A Study of Anaerobic Power and Capacity of Football Players.** Ashok Kumar & Gurwinder Singh . *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 10(2), pp.97-103, 2014. (Indexed in Indmed/MedIND; SJIF; Impact Factor:4.652)
57. Title: **A Study of Haemodynamic and Aerobic Fitness Profile of Football Players.** Ashok Kumar & Mandeep Singh Brar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 10(2), pp.131-135, 2014. (Indexed in Indmed/MedIND; SJIF; Impact Factor:4.652)
58. Title: **A Study of Auditory Response Time of Type 2 Diabetic and Non-Diabetics.** Ashok Kumar, Vishal Kumar & Nariender Kaur. In a book "*Women's Health and Empowerment*", editor Dr. Gobind Singh, Published by Twentyfirst Century Publications Patiala (Punjab) in association with Kala Mandir Distributors, Delhi (ISBN 0978-81-89463-47-2) ,pp.54- 57, 2014.
59. Title: **Relationship among Speed, Power & Fatigue Index of Cricket Players.** Ashok Kumar , Lokendra Bahadur Kathayat & Govind Kadam . *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020 [print] ; ISSN 2454-6089 [online]) 11(1), pp.11-16, 2015. (Indexed in Indmed/MedIND; SJIF; Publication Impact Factor: 4.925) (UGC approved no.7485).
60. Title: **Audio and Visual Response Time of Type 2 Diabetics and Non- Diabetics.** Ashok Kumar, Vishal Kumar and Narinder Kaur . *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 11(1),pp.58-64, 2015. (Indexed in Indmed/MedIND; SJIF; Publication Impact Factor :4.925).
61. Title: **Body Mass Index and Waist-to-hip ratio among Junior Free Style Wrestlers.** Ashok Kumar & Parwinder Singh. *International Journal of Health,Physical Education & Computer Science in Sports* (ISSN 2231- 3265) Vol.19, No.1, July to September, pp. 70-75, 2015. (Impact Factor :1.937)
62. Title: **Subcutaneous Fat Distribution Pattern, Percent Fat and LBM in Junior Free Style Wrestlers.** Ashok Kumar & Parwinder Singh. *International Journal of Health,Physical Education & Computer Science in Sports* (ISSN 2231- 3265) Vol.19, No.1, July to September, pp. 81-89, 2015. (Impact Factor: 1.937)
63. Title: **Effect of Aerobics on Glycemic and Lipid Profile of Punjabi Type 2 Diabetics.** Ashok Kumar. In proceedings of VII International Congress on Sport, People and Health, held on 27th to 29th October 2015, at St. Petersburg, Russia pp. 517-521, 2015 (ISBN 978-5- 91021-002-2).
64. Title: **Comparison of Vertical Jump Performance of Male Hockey and Football Players.** Baljinder Singh, Ashok Kumar & M. D. Ranga. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 12(1), pp.81-86, 2016 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
65. Title: **A Study of Body Composition and Hand Grip Strength of Junior Free Style Wrestlers.** Parwinder Singh and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 12(2), pp.14-19, 2016 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
66. Title: **A Study of Physical Fitness Profile of Male Gatka Players.** Sukhjinder Singh and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 12(2), pp.42-45, 2016 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
67. Title: **A Comparative Study of Dietary Intake and Expenditure of Urban and Rural Adolescent Girls age 15-16 years.** Narinder Kaur, Ashok Kumar & Vishal Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 12(2), pp.46-49, 2016 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
68. Title: **Comparison of Auditory Response Time in Physically Active and Non-Active Type 2 Diabetics.** Vishal Kumar, Ashok Kumar & Narinder Kaur. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 12(2), pp.50-53, 2016 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
69. Title: **Biomechanical Analysis of Explosive Strength of Legs of Athletes.** Baljinder Singh, Ashok Kumar & M. D. Ranga. *Journal of Exercise Science and Physiotherapy* (ISSN 0973-2020) 13(1), pp.53-61, 2017 (Indexed in Indmed/MedIND;SJIF; Impact Factor:4.652).
70. Title: **Effect of Competitive Anxiety on Heart Rate and Shooting Efficiency of Female Air Pistol Shooter (10Mts).** Jogbinder Sigh Soodan, Sandeep Kaur and Ashok Kumar . *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 13(1), pp.67-70, 2017 (Indexed in Indmed/MedIND;SJIF;Impact Factor:4.652).

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71. Title: **Exercise Proteomics: Review.** Monika and Ashok Kumar . *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 13(1), pp.87-92, 2017 (Indexed in Indmed/MedIND;SJIF;Impact Factor:4.652).
72. Title: **Pulmonary Functions in Punjabi Type 2 Diabetics: Based on Chronicity of Disease.** Navkaran Shergill and Ashok Kumar . *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 13(2), pp.13-17, 2017 (Indexed in Indmed/MedIND;SJIF;Impact Factor:5.23).
73. Title: **A Study of Pulmonary Functions in Punjabi Type - 2 Diabetics and Non- Diabetics.** Navkaran Shergill and Ashok Kumar . *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 13(2), pp.60-64, 2017 (Indexed in Indmed/MedIND;SJIF;Impact Factor:5.23).
74. Title: **Relationship among Age, Height, Weight and Haemodynamic Variables at Rest of Cricket Players.** Lokendra Bahadur Kathayat and Ashok Kumar. *Asian Journal of Physical Education & Computer Science in Sports* (ISSN 0975-7732) Vol.17, No.1, July to December, pp. 119-122, 2017. (Indexed in J-Gate;I2OR;DRJI: JIFSAR; Impact Factor:3.44).
75. Title: **Anthropometric and Neurological Analysis of Radial and Ulnar Nerves in Aerobic Trained Athletes.** Jogbinder Singh Soodan and Ashok Kumar . In: Book –proceedings of Active Health and Human Performance through Physical Education and Sports . Editors Geeta Thakur and J.S. Soodan, ISBN 978- 93-8166-68-69-0, pp.26-31, 2017
76. Title: **Effect of the Percentage Body fat on Speed and Flexibility of Junior Free Style Wrestlers.** Parwinder Singh and Ashok Kumar. *International Journal of physical Education, Sports and Health* (print ISSN:2394-1685; e-ISSN: 2394-1685) 5(1), pp.208-210, 2018 (Indexed in Copernicus; Impact Factor: 5.38).
77. Title: **A Study on Body Weight and Body Composition of Junior Free Style Wrestlers.** Parwinder Singh, Ashok Kumar and Harinder Singh Chatha. *International Journal of Yogic ,Human Movement and Sports Sciences* (ISSN:2456-4419) 3(1), pp.545-547, 2018 (Impact Factor:5.18).
78. Title: **The relationship between body composition and aerobic fitness of junior free style wrestlers.** Parwinder Singh and Ashok Kumar. *International Journal of Physiology, Nutrition and Physical Education* (ISSN:2456-0057) 3(1): 762-765, 2018 (Impact Factor:5.43).
79. Title: **Effect of the Percentage Body Fat on Muscular Endurance of Junior Free Style Wrestlers.** Parwinder Singh and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (print ISSN 0973-2020; online ISSN: 2454-6089) 14(1), pp.1-5, 2018 (Indexed in Indmed/MedIND;SJIF;Impact Factor:5.23).
80. Title: **Aerobic Capacity, Speed, Power and Fatigue Index of Female Hockey Players.** Ramandeep Kaur and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 14(1), pp.9-11, 2018 (Indexed in Indmed/MedIND;SJIF;Impact Factor:5.23).
81. Title: **Relationship among Anthropometric, Body Composition and Physical Fitness of Basketball Skill Performance: A Study of Ethiopian University Players.** Tariku Assefa and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 14(1), pp.16-21, 2018 (Indexed in Indmed/MedIND;SJIF;Impact Factor:5.23).
82. Title: **A Study of Anaerobic Fitness of Cricket Players in Punjab.** Lokendra Bahadur Kathayat and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 14(1), pp.43-46, 2018 (Indexed in Indmed/MedIND;SJIF;Impact Factor:5.23).
83. Title: **Overweight and Obesity in Moderately/Highly Active Men in Punjab.** Nishibha Thapliyal and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 14(2), pp.11-15, 2018 (Indexed in Indmed/MedIND;SJIF;Impact Factor:6.115).
84. Title: **Eating Habits and Dietary Behaviour of Adolescent Boys and Girls.** Nishibha Thapliyal and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 14(2), pp.36-40, 2018 (Indexed in Indmed/MedIND;SJIF;Impact Factor:6.115).
85. Title: **Haemodynamic and VO₂max Profile of Punjabi Cricket Players.** Lokendra Bahadur Kathayat and Ashok Kumar. *Journal of Exercise Science and Physiotherapy* (ISSN 0973- 2020) 14(2), pp.45-49, 2018 (Indexed in Indmed/MedIND;SJIF;Impact Factor:6.115).

BIODATA

[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

Abstracts Published

1. Title: **HR and VE adjustments during submaximal exercise in boys: Age 10-18 Years.** In: Souvenir and Abstracts, Punjab Academy of Sciences, pp. 120, April 28-30, 1997.
2. Title: **VO₂ adjustment in children in relation to age, type and duration of exercise.** In: Souvenir and Abstracts, Punjab Academy of Sciences, pp.121, April 28-30, 1997.
3. Title: **Energy intake of Punjabi Jat Sikh Girls (Age 3-12 years)** In: Souvenir and Abstracts, 6th National Conference at Delhi College of Engineering, Delhi-6. Organized by NAPESS, DCE and GANSF, India. pp. 1, December 19-21, 1997.
4. Title: **VO₂ Responses to Submaximal and Maximal Exercise in 10 to 18 years old Males.** In: P.C. Centenary National Seminar on PEOPLES OF INDIA: AN ANTHROPOLOGICAL PERSECTIVE pp. 40, Organized By Department of Anthropology, University of Delhi on March 29-31, 2003.
5. Title: **Effect of a Conditioning Program on Subcutaneous Fat and LBM% in Males Aged 18-24 Years.** In: National Symposium on Advances in Industrial Biotechnology, pp.20, Organized by Department of Biotechnology, Punjabi University Patiala, February 23-24, 2004.
6. Title: **Motor Nerve Conduction Velocity and Sensory Nerve Conduction Velocity of Males Aged 18-25 years.** In: Souvenir and Abstracts of 9th Punjab Science Congress, organized by Guru Nank Dev Dental College & Research Institute, Sunam under the auspices of Punjab Academy of Sciences, pp. 66, February 7-9,2006.
7. Title: **Gene Doping: A Review.** In: Souvenir cum Abstract book of National Symposium on Biological Anthropology- Recent Perspectives Organized by Department Human Biology Punjabi University Patiala in collaboration with Department of Science and Technology, Government of India, New Delhi. March 24-25, 2006.
8. Title: **Effect of a Conditioning Programme on Stride Time & Performance Time of Males during 3000m Run.** In: Souvenir cum Abstract book of UGC Sponsored National Conference on Scientific Temperaments in Physical Education & Sports Organized by Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar, Punjab. March 14-15, 2008.
9. Title: **Effect of a Conditioning Programme on Shoulder Swing Time & Performance Time of 3000m Run of Males.** In: Souvenir cum Abstract book of 4th National Conference on Multidisciplinary Approach in Physical Education Organized by Department of Physical Education, Punjabi University Patiala, Punjab. February 1-2, 2010.
10. Title: **Stride Time & Performance Time Before & After a Conditioning Program of Females in 3000 m.** In: Souvenir cum Abstract book of Asian Conference on Physical Education & Computer Science in Sports under the auspices of International Association of Computer Science in Sports Organized by Indian Federation of Computer Science in Sports at Osmania University, Hyderabad. May 07-09, 2010.
11. Title: **A Study on Flexibility of Various Joints & the Skinfold Thickness in Two Communities of Punjab** In: Souvenir cum Abstract book of UGC Sponsored National Conference on Global Trends in Physical Education & Sports Organized by Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar, Punjab. January 25-26, 2011.
12. Title: **A Study of Reaction Time Speed in Football Players** In: Souvenir cum Abstract book of **International Conference on Physical Education & Sports Sciences** Organised by S.V's Sridora Caculo College of Commerce & Management Studies in association with National Association of Physical Education & Sports Sciences (NAPES) under the aegis of Sports Authority of Goa. February 25-27, 2011.
13. Title: **H-reflex response among long distance runners, sprinters and non-athletes.** In: Souvenir cum Abstract book of 22nd National Conference of Sports Psychology under the aegis of SPAI "Latest Trends in Performance & Psychological Approach" Organized by Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar, Punjab. January 25-27, 2012.
14. Title: **Comparison of P wave analysis in the electrocardiograms of athletes & non-athletes .** In: Souvenir cum Abstract book of International Conference on Better Life Better World, Through Yoga with Allied Sports Sciences at World University Service Centre, Chennai (Tamil Nadu) organised by Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS) 16th to 18th February 2012.
15. Title: **Relationship among Anthropometric Indices & Motor Nerve Conduction Velocity of Radial & Ulnar Nerves in Athletes of Anaerobic Sports.** In: Souvenir cum Abstract book of 1st

BIODATA

[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

National Conference on Sports Sciences & Sports Physiotherapy organised by Directorate of Sports, Panjab University, Chandigarh on 3rd to 4th March 2012.

Article(s) Published in English: 05

1. Title: **Importance of Physical Fitness and Wellness**. Ashok Kumar & S.K.Verma. In: BIOSPECTRUM (ISSN 0972-8023), pp.12-14, Volume 5, No.1& 2, 2003.
2. Title: **Exercises for the Prevention and Rehabilitation of Low Back Pain**. Ashok Kumar & S.K.Verma. In: BIOSPECTRUM (ISSN 0972-8023), pp.67-69, Volume 5, No.1& 2, 2003.
3. Title: **Horrible Headaches**. In: SCIENCE REPORTER pp.42-44, Vol.41, No.2 February, 2004 Published by National Institute of Science Communication & Information Resources [CSIR], New Delhi.)
4. Title: **Nutrition and Cellulite: Using & Abusing Food**. Ashok Kumar & Monika. In: BIOSPECTRUM (ISSN 0972-8023), pp.33-36, Volume 7, No.1&2, 2005.
5. Title: **Gene Doping and Sports**. Ashok Kumar & Monika. In: BIOSPECTRUM (ISSN 0972-8023), pp.1-5, Volume 8, No.1&2, 2006.

Article(s) Published in Punjabi: 04

1. Title: **Your Aerobic Exercise Program Based on Scientific Facts** (Published) In: Proceedings of 15th National Conference on Punjabi Development (science) Organized by Punjabi University Patiala, India. (Ed.) Prof. D.S. Sidhu, pp. 196-205, Published by Publication Bureau Punjabi University Patiala, India, March 28-30, 1998.
2. Title: **Importance of Physical Fitness & Wellness**. Ashok Kumar & Satish Kumar Verma. Vigan Dae Naksh (ISBN 81-7380-903-8) Vol. No. 40, pp. 84-86, December 2003 Published by Publication Bureau, Punjabi University Patiala.
3. Title: **Importance of Natural Resources & Conservation of Fauna of India**. Ashok Kumar & Monika. Vigan Dae Naksh (ISBN 81-7380-903-8) Vol. No. 41, pp. 47-50, December 2004, Published by Publication Bureau, Punjabi University Patiala.
4. Title: **Natural Resources of Drugs**. Ashok Kumar & Monika. Vigan Dae Naksh (ISBN 81-7380-903-8) Vol. No. 41, pp. 63-69, December 2004, Published by Publication Bureau, Punjabi University Patiala.

Published Book(s): 03

1. Title: **Haematology: A Practical Manual** (Authors: Dr. S.K.Verma, Ashok Kumar, Dr. R.Mokha, Harish Kumar Published by Exercise Science Publication Society, Patiala (Punjab) 1998,pages 59(ISBN:978-93-5087-675-3)
2. Title: **Exercise Prescription For Diabetics** (Authors: Dr. Ashok Kumar, Dr. Leena Verma & Dr. Monika ; Published by P.K. Publications, New Delhi, 2003,pages 182 (ISBN:978-93-5087-434-9)
3. Title: **Diabetes & Yoga** (Authors: Dr. Ashok Kumar, Dr. Monika, Dr. Chanderkant Mishra & Dr. Ramakant Mishra ; Published by Shiksha Prakashan Jaipur 2012, pages 277 (ISBN: 978-81-923876-3-5)

Conferences/Workshops/Seminars/Symposium- Attended/Participated: 66

1. **Participated in the Training Workshop “Training of Science Communication For Enhancing Science Coverage in Mass Media”** at Punjabi University Patiala, India. Organized & Sponsored by Punjab State Council for Science & Technology & NCST, DST, GOJ, February 23, 2000.
2. **Participated in National Seminar on “Health & Fitness 2002”** at Punjabi University Patiala, India. Organized by Indian Association of Health & Fitness and Department of Sports Sciences. December 26, 2002.
3. **Participated in P.C. Centenary National seminar on PEOPLES OF INDIA: AN ANTHROPOLOGICAL PERSECTIVE**. Organized by Department of Anthropology, University of Delhi on March 29-31, 2003.
4. **Participated in National Symposium on Advances in Industrial Biotechnology**, Organized by Department Biotechnology Punjabi University Patiala. February 23-24, 2004.
5. **Participated in the Training Workshop on “Manual Therapy in a Clinical Reasoning Perspective”** at Rotary Club, Patiala, India. Organized by Federation of Indian Manual Therapists & Exercise Fitness & Health Alliance, October 15 -17, 2004.
6. **Participated in EDUCON 2005 an International conference on GATS & Education**. Organized by Department Education & Community Services Punjabi University Patiala and All India Association of Educational Research. December 28-30, 2005.

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[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

7. **Participated in the Akhand Dia-Shops on “GATS & Education Using dialogue”** at Punjabi University Patiala, India. Organized by Department Education & Community Services Punjabi University Patiala and All India Association of educational Research. December 27, 2005.
8. **Participated in the Akhand Dia-Shops on “ICT & Constructivism”** at Punjabi University Patiala, India. Organized by Department Education & Community Services Punjabi University Patiala and All India Association of educational Research. December 28, 2005.
9. **Participated in the National Symposium on “Biological Anthropology- Recent Perspectives”** at Punjabi University Patiala, India. Organized by Department Human Biology Punjabi University Patiala in collaboration with Department of Science and Technology, Government of India, New Delhi. March 24-25, 2006.
10. **Participated in an International Conference on “Physical Education & Sports Sciences”** at Manipal, India. Organized by Kasturba Medical College, Manipal in association with Association of Indian Universities, New Delhi under the aegis of National Association of Physical Education & Sports Sciences. April 28-30, 2006. **(Note: also act as a co-chairperson)**
11. **Participated in Patent Awareness Workshop** held at Chitkara Institute of Engineering & Technology, Jansla (Patiala) & Patent Information Centre, Punjab State Council for Science & Technology (PSCST) Chandigarh with the sponsorship of technology Information Forecasting Assessment Council (TIFAC), DST, Government of India, New Delhi. January 20, 2007.
12. **Participated in 10th Punjab Science Congress dedicated to Shaheed-e-Azam Sardar Bhagat Singh on his birth centenary** at Jalandhar, India. Organized by DAVIET, Jalandhar in collaboration with PTU Jalandhar under the aegis of Punjab Academy of Sciences, Patiala. February 7-9, 2007.
13. **Participated in UGC Sponsored National Conference on Scientific Tempraments in Physical Education & Sports** Organized by Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar, Punjab. March 14-15, 2008.
14. **Participated in Conference held** at Kala Bhawan, Punjabi University Patiala, India. Organized by Department of NSS, Punjabi University Patiala. August 14, 2008.
15. **Participated in IPRs Awareness Workshop** held at Science Auditorium, Punjabi University Patiala, India. Organized by Department of NSS, Punjabi University Patiala & Punjab State Council for Science & Technology (PSCST) Chandigarh. November 19, 2008.
16. **Participated in Disaster Management Preparedness Workshop** held at Punjabi University Campus Patiala. Organized by Punjab State Council for Science & Technology (PSCST) Chandigarh & Department of NSS, Punjabi University Patiala. Sponsored by RVPSP, DST, Government of India. July 22-24, 2009.
17. **Participated in 4th National Conference on Multidisciplinary Approach in Physical Education** Organized by Department of Physical Education, Punjabi University Patiala, Punjab. February 1-2, 2010.
18. **Participated in Asian Conference on Physical Education & Computer Science in Sports** under the auspices of International Association of Computer Science in Sports Organized by Indian Federation of Computer Science in Sports at Osmania University, Hyderabad. May 07-09, 2010. **(Note: also act as a co-chairperson)**
19. **Participated in 3rd Concluding Pre-Commonwealth Games 2010 Sports Science Conference** Organized by SAI NS NIS, Patiala under the auspices of International Sports Division (ISD) & Ministry of Youth Affairs and Sports (MYA & S) Govt. of India. September 1-3, 2010.
20. **Participated in Training Programme on “Social Harmony & Human Rights”** held at Punjabi University Campus Patiala. Organized by Department of NSS, Punjabi University Patiala in collaboration with Rajiv Gandhi National Institute of Youth Development, Sriperumbudar. December 13-15, 2010.
21. **Participated in UGC Sponsored National Conference on Global Trends in Physical Education & Sports** Organized by Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar, Punjab. January 25-26, 2011.
22. **Participated in International Conference on Physical Education & Sports Sciences** Organised by S.V's Sridora Caculo College of Commerce & Management Studies in association with National Association of Physical Education & Sports Sciences (NAPES) under the aegis of Sports Authority of Goa. February 25-27, 2011.
23. **Participated in Health Fitness 2011- National Seminar on Sports and Fitness Culture: Role of Media**, 28th September, 2011 organised by Department of Sports Science, Punjabi University , Patiala (Punjab) India. **(Note: also act as joint organizing secretary)**

BIODATA

[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

24. **Participated in 5th Asia-Pacific Conference on Exercise & Sport Science** (APCESS) Organised by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 2-4, 2011.
25. **Participated in the International Symposium on “Adapted Physical Education”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 02, 2011.
26. **Participated in the International Symposium on “Chinese Traditional Sports”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 02, 2011.
27. **Participated in the Workshop on “Strength and Conditioning”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 02, 2011.
28. **Participated in the Workshop on “Technology, Sports and Movement”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 02, 2011.
29. **Participated in the Workshop on “Anthropometry”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 02, 2011.
30. **Participated in the International Symposium on “Exercise Physiology”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 03, 2011.
31. **Participated in the International Symposium on “Leisure and Wellness”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 03, 2011.
32. **Participated in the International Symposium on “Sports Biomechanics”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 04, 2011.
33. **Participated in the International Symposium on “Sports Nutrition”** at Shanghai University of Sport, Shanghai (China). Organized by Shanghai University of Sport, Shanghai (China) in association with Asian Council of Exercise and Sports Science (ACCESS). November 04, 2011.
34. **Participated in the International Conference of All India Association for Educational Research (AIAER) on Learning Community for Global Education Reform.** Organized by Institute of Professional Studies, Gwalior (Madhya Pradesh) India. November 18-20, 2011.
35. **Participated in the National Conference on Health, Sports and Society: Recent Trends & Challenges.** Organized by Indian Association of Health and Fitness at Mehr Chand Polytechnic College, Jalandhar (Punjab) India. December 03-04, 2011.
36. **Participated in 22nd National Conference of Sports Psychology** under the aegis of SPAI “Latest Trends in Performance & Psychological Approach” Organized by Shaheed Kanshi Ram College of Physical Education, Bhagoo Majra, Kharar, Punjab. January 25-27, 2012.
37. **Participated in 15th Punjab Science Congress “Science in the 21st Century”** at Amritsar, India. Organized by Guru Nank Dev University, Amritsar under the aegis of Punjab Academy of Sciences, Patiala. February 7-9, 2012.
38. **Participated in the seminar on “Training cum Awareness”** at Rotary Club (Midtown), Patiala (Punjab). Organized by Exercise Fitness & Health Alliance, Patiala (Punjab) in association with National Informatics centre (Ministry of Communication & Information technology, New Delhi). February 11, 2012.
39. **Participated in International Conference on Better Life Better World, Through Yoga with Allied Sports Sciences** held at World University Service Centre, Chennai (Tamil Nadu) organised by Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS), 16th to 18th February 2012. (**Note: also act as a chairperson**)
40. **Participated in the International Symposium on “Effect of Integrated Yoga Module on Selected Biochemical Variables among Adulthood”** at World University Service Centre, Chennai (Tamil

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[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

Nadu) organised by Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS), 16th February 2012.

41. **Participated in the International Symposium on “Effect of Varied Asana & Pranayam Practices on Selected Physiological & Biochemical Variables among Diabetes Women”** at World University Service Centre, Chennai (Tamil Nadu) organised by Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS), 17th February 2012.
42. **Participated in the Workshop on “Yoga & The Swiss Ball”** at World University Service Centre, Chennai (Tamil Nadu) organised by Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS), 16th February 2012.
43. **Participated in the Workshop on “Yoga & Wellbeing”** at World University Service Centre, Chennai (Tamil Nadu) organised by Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS), 17th February 2012.
44. **Participated in the Workshop on “Yoga Holistic Life”** at World University Service Centre, Chennai (Tamil Nadu) organised by Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS), 18th February 2012.
45. **Participated in 1st National Conference of Sports Sciences & Sports Physiotherapy** organised by Directorate of Sports, Panjab University, Chandigarh, 3rd to 4th March 2012.
46. **Participated in International Workshop on Health, Physical Education & Computer Science in Sports** organised by Indian Federation of Computer Science in Sports in association with the Department of Physical Education, Osmania University, Hyderabad, 11th to 12th August, 2012. **(Note: also act as a key speaker and chairperson)**
47. **Participated in Health Fitness 2012 - National Seminar on Health Fitness & Sports Technologies**, 12th October, 2012 organised by Department of Sports Science, Punjabi University, Patiala (Punjab) India. **(Note: also act as organizing secretary)**
48. **Participated in Hands on Training Workshop on Molecular Biology & Cytogenetic Techniques”** organized by **Punjab State Council for Science & Technology** organized by **Punjab State Council for Science & Technology (PSCST)** in collaboration with *Govt. Medical College & Hospital (GMCH)* Sector 32, Chandigarh from **3rd to 15th December, 2012** at Genetic Centre, GMCH, Sector 32, Chandigarh & supported by Department of Biotechnology, Govt. of India.
49. **Participated in Health Fitness 2013 - National Seminar on Nurturing Sports Through Science**, 27th September, 2013 organised by Department of Sports Science, Punjabi University, Patiala (Punjab) India. **(Note: also act as secretary exhibition)**
50. **Participated in the International Workshop on “Physiological Basis of Training and Exercise Prescription”** at Manav Rachna International University Faridabad (Haryana) organised by Department of Physiotherapy, Faculty of Applied Science, Manav Rachna International University Faridabad (Haryana), 15th January 2014.
51. **Participated in the UGC sponsored National Conference on “Wellness Through Physical Activity: Future Perspective”** at Punjabi University Patiala (Punjab) India organised by Department of Physical Education, Punjabi University Patiala (Punjab) India, 17th & 18th January 2014.
52. **Participated in the Global Scientific Conference on “Physical Education, Health & Sports Sciences” (GLOPEHSS-2013)** at Guru Nank Dev University, Amritsar (Punjab) India organised by Department of Physical Education, Guru Nank Dev University, Amritsar (Punjab) India, 24th to 26th January, 2014.
53. **Participated in Hands on Training Workshop on “Enzyme Production, Purification and Characterization”** organized by **Department of Biotechnology** from **20th to 21st March, 2014** at **Mata Gujri College, Sri Fatehgarh Sahib (Punjab)**.
54. **Participated in 25th Pan Asian Conference of Sports & Physical Education** organised by Indian Federation of Computer Science in Sports in association with the Pan-Asian Society of Sports & Physical Education & International Association of Computer Science in Sports,

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[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

Department of Physical Education, Osmania University, Hyderabad from 8th to 10th August, 2014. (**Note: also act as a key speaker and chairperson**)

55. **Participated in International Conference on Women's Health & Empowerment** organized by We for We & Indian Association of Health & Fitness on 12th October, 2014 at Pushpa Gujral Science City, Jalandhar-Kapurthala Road, Kapurthala (Punjab) India.
56. **Participated in 7th Asia Pacific Conference on Exercise and Sports Science (official conference of Asian Council of Exercise and Sports Science)** at Manav Rachna International University, Faridabad organized by Manav Rachna International University, Faridabad from October 14th to 16th 2015. (Title: Relationship among HbA1c, Lipid Profile and Motor Nerve Conduction Velocity in Punjabi Type-2 Diabetics)
57. **Participated in VII International Congress on Sport, People and Health** organised by International Social Organization for the Promotion of Science and Sport (St. Petersburg, Russia); The Lesgaft National State University of Physical Education, Sport and Health (St.-Petersburg, Russia) and International SAMBO Federation (FIAS) (Lausanne, Switzerland) under the auspices of Council of Europe, State Duma of the Federal Assembly of the Russian Federation, Ministry of Sport of the Russian Federation from 27th to 29th October, 2015. (**Note: also act as a key speaker**, Title: Effect of Aerobics on Glycemic and Lipid Profile of Punjabi Type 2 Diabetics **and chairperson**)
58. **Participated in 7th International Conference on Empowering Women, Empowering Humanity** at Punjabi University Patiala organized by Women's studies Centre, Punjabi University Patiala from December 11th to 12th 2015.(Title: Effect of Resistance Training on Glycemic and Lipid Profile of Punjabi Type-2 Diabetics)
59. **Participated in 19th Punjab Science Congress** organized by SUS Group of Institutions, Tangori, S.A.S. Nagar (Punjab) India from 07 to 09 February, 2016. (Title: Biomechanical Analysis of Explosive Strength of Legs of Athletes)
60. **Participated in Global Conference on Scientific Culture in Physical Education and Sports** (GLOCOSCPES-2016) at Punjabi University Patiala organized by Department of Physical Education, Punjabi University Patiala from February 18th to 20th 2016.(Title:)
61. **Participated in 8th National Conference on Recent Advances in Chemical Biological and Environmental Sciences** (RACES-2016) at Multani Mal Modi College Patiala organized by Multani Mal Modi College Patiala from February 19th to 20th 2016.(Title: Gene Doping and Sports)
62. **Participated in 7th Asia Conference on Kinesiology** (ACK 2016) at Incheon National University, Incheon, South Korea organized by Preparatory Committee for Foundation Asian Society of Kinesiology (PCFASK) from November 11th to 14th 2016.(Title: Yogic Healing Movements: Asanas) (**Note: act as a key speaker and chairperson of Young Investigator Award (YIA) session**)
63. **Participated in International Seminar on Active Health and Human Performance Through Physical Education and Sports Science** organized by Akal College of Physical Education, Gursagar Mastuana Sahib (Sangrur), Punjab, India on January 13th 2017. (Title: Yogic Asanas for Health Fitness and Athletic Performance) (**Note: act as a key speaker**)
64. **Participated in Indo Japanese Conclave-III "Olympism for Humanity Restoration Enterprise: Academic Legacy Goals, Scope and Foundations-Towards Tokyo 2020"** organized by Manav Rachna International University, Faridabad (India) from February 13th-14th, 2017.(Title: Obesity and Lipid Profile of Punjabi Type 2 Diabetics) (**Note: act as a chairperson of oral presentation session**)
65. **Participated in Prime Minister's "Olympic Task Force" – National Dialogue- State Level Conference at Chandigarh** on April 12th 2017.
66. **Participated in National Conference on Sports Training and Performance Enhancement (ETSTPE-2018)** organized by Akal College of Physical Education, Gursagar Mastuana Sahib (Sangrur), Punjab, India on March 16th -17th, 2018. (Title: Genes and Sports Performance) (**Note: act as a Lead speaker**)

Major Research Projects Handled: 01

BIODATA

[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

University Grants Commission's Major Research Project Awarded -2009 (Rs.5, 73,700/-)

Title: **Effect of Different Exercise Programme on Glycemic Control & Nerve Conduction Velocity in Type 2 Diabetes** (April 2009 to April 2014)

National/International Award (s): 01

Sports Science Fellowship by Sports Authority of India, New Delhi (1996).

Ph.D. Guided: 05

1. Title: **Determination of the Intensity of Exercise for Cardiac Rehabilitation for Stable Angina**
[Candidate: **Soma Mazumbara**, Date of Registration::**12/05/2005**, Date of thesis submission:, Date of Award of Degree: RAC meeting on 22/05/2012 (deemed date of the award of Ph.D. Degree:) No.Ph.D./671]
2. Title: **A Study of Nerve Conduction Velocity in Athletes**
[Candidate: **Jogbinder Singh Soodan**, Date of Registration: **07/07/2006**; Date of thesis submission:, Date of Award of Degree: RAC meeting on 22/05/2012 (deemed date of the award of Ph.D. Degree:) No.Ph.D./671]
3. Title: **Lipid Profile & Subcutaneous Fat Distribution Pattern in Type 2 Diabetic Men**
[Candidate:**Gurdeep Singh**; Date of Enrolment : 02/09/2009, Date of Registration:**12/10/2009**, Date of pre-submission seminar:29/10/2013; Date of thesis submission:28-01-2014;Date of Award of Degree:]
4. Title: **A Study of Selected Biomechanical Characteristics of Jumping In Athletes**
[Candidate:**Baljinder Singh**; Date of Registration:**18/09/2012**, Date of pre-submission seminar:29/10/2013; Date of thesis submission:28-10-2015;Date of Award of Degree:]
5. Title: **A Study of Health Related Physical Fitness of Junior Free Style Wrestlers**
[Candidate: **Parwinder Singh** ; Date of Enrolment: Date of Registration:**21-10-2011**, Date of pre-submission seminar: ,Date of thesis submission:, Date of Award of Degree:]

M.Phil. Guided: 03

1. Title: **A Study of Audio-Visual Reaction Time of Type 2 Diabetics & Non-Diabetics**
[Candidate: **Vishal**, Date of Enrolment: Date of Registration:, Date of thesis submission:, Date of Award of Degree]
2. Title: **A Study of Haemodynamic Variables & VO₂max of Cricket Players**
[Candidate: **Lokendra Bahadur Kathayat**, Date of Enrolment: Date of Registration:, Date of thesis submission:, Date of Award of Degree]
3. Title: **A Study of Anthropometric Profile of Basketball, Football & Cricket Players** [Candidate: **Mohabtpreet Singh**]; Date of Enrolment: , Date of Registration:, Date of pre-submission seminar:, Date of thesis submission:, Date of Award of Degree;]

Guiding Research at Ph.D. Level: 08

1. Title: **A Study of Pulmonary Functions in Physically Active and Non-Active Type 2 Diabetics**
[Candidate: **Navkaran Singh Shergill** ; Date of Enrolment: Date of Registration :30-10-2014, Date of pre-submission seminar:, Date of thesis submission:, Date of Award of Degree]
2. Title: **Impact of Duration of Type 2 Diabetes mellitus on Audio-Visual Response Time of Physically Active and Non-Active Diabetics**
[Candidate: **Vishal** ; Date of Enrolment:13-09-2012, Date of Registration :30-10-2014, Date of pre-submission seminar:, Date of thesis submission:, Date of Award of Degree]
3. Title: **A Study of Aerobic, Anaerobic Fitness and Haemodynamic Variables of Cricket Players**
[Candidate: **Lokendra Bahadur Kathayat** ; Date of Enrolment:12-09-2014, Date of Registration:, Date of pre-submission seminar:, Date of thesis submission:, Date of Award of Degree]
4. Title: **A Study of Health -Related Fitness and Motor Skill Performance of Female Kabaddi Players**
[Candidate: **Nariender Kaur** ; Date of Enrolment: Date of Registration:**21-10-2011**, Date of pre-submission seminar: ,Date of thesis submission:, Date of Award of Degree]
5. Title: **A Study of Anthropometric, Body Composition, Physical Fitness and motor Skill Performance of Inter University Male Ethiopian Basketball Players**
[Candidate: **Tariku Assefa**; Date of Enrolment: Date of Registration:**20-09-2016**, Date of pre-submission seminar: ,Date of thesis submission:, Date of Award of Degree] [International Research Scholar- Debra Markos University, Ethiopia]
6. Title: **Somatotype, Nutrition Intake and Obesity of Armymen in Punjab**
[Candidate: **Nishiba Thapliyal**; **Date of Enrolment**: Date of Registration:**29-08-2017**, **Date of pre-submission seminar**: ,**Date of thesis submission**:, **Date of Award of Degree**] [International Research Scholar- Debra Markos University, Ethiopia]

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7. Title: **A Study of Anthropometric variables, Aerobic and Anaerobic Fitness of University Male Volleyball Players**
[Candidate: **Ramandeep Kaur**; Date of Enrolment: Date of Registration:**20-09-2016**, Date of pre-submission seminar: ,Date of thesis submission:, Date of Award of Degree] [International Research Scholar- Debra Markos University, Ethiopia]
8. Title: **A Comparative Study of Anthropometric variables, Aerobic and Anaerobic Fitness of University Basketball and Handball Players**
[Candidate: **Harnek Singh**; Date of Enrolment: Date of Registration:**20-09-2016**, Date of pre-submission seminar: ,Date of thesis submission:, Date of Award of Degree] [International Research Scholar- Debra Markos University, Ethiopia]

Guiding Research at M.Phil. Level: 01

1. Title: **A Study of Audio-Visual Response Time of Male Gatka Players** [Candidate **Sukhjinder Singh** ; Date of Enrolment: , Date of Registration:, Date of pre-submission seminar:, Date of thesis submission:, Date of Award of Degree;]

Guided Research at M.Sc. (Dissertations) Level: 32

1. Title: **A Study of Nerve Conduction Velocity in Males** (Jogbinder Singh, 2005)
2. Title: **A Study of Forced Vital Capacity in Females** (Manpreet Kaur, 2006)
3. Title: **A Study of Slow Vital Capacity & Maximum Voluntary Ventilation in Females** (Harpreet Kaur, 2006)
4. Title: **A Study of Selected Variables of Electrocardiogram of Physical Active Males** (Nariender Singh , 2007)
5. Title: **Nutritive Analysis of Traditional Summer Recipes of Punjab** (Kavita, 2008)
6. Title: **A Study of Spirometric Forced Vital Capacity & Expiratory Volume in Girls & Boys** (Seema, 2008)
7. Title: **A Study of Grip Strength of Girls & Boys** (Karmjit Kaur, 2008)
8. Title: **A Study of Subcutaneous Fat Distribution & Waist to Hip Ratio of University Girls** (Rajbir Kaur, 2008)
9. Title: **A Study of Waist to Hip Ratio & Health Risks of Male Archers** (Tejwant, 2010)
10. Title: **A Study of Audio-Visual Reaction Time of Handball Players** (Vishal, 2010)
11. Title: **A Study of Selected Anthropometric Variables of Archery & Handball Male Players** (Puneet, 2010)
12. Title: **A Study on Selected Anthropometric & Cardiovascular Fitness Variables of under 17 years football Players** (Tarandeep Singh, 2011)
13. Title: **A Study on Audio-Visual Reaction Time & Speed of under 19 years Football Players** (Maninderjit Singh, 2011)
14. Title: **A Study on Blood Lactate Response to Different Workloads in Weight Lifters** (Reena, July 2012)
15. Title: **A Study on Aerobic Fitness & Haemodynamic Variables of Woman Boxers**(Manisha, August 2012)
16. Title: **A Study on Haemodynamic Variables of Wrestlers in Different Body Positions** (Gurjit, September

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2012)

17. Title: **A Study of Speed, Power & Fatigue index of Cricket Players** (Lokendera Bahadur Kathayat, October 2013)
18. Title: **A Study of Audio-Visual Response Time & Speed of Cricket Players** (Amandeep Singh , November 2013)
19. Title: **A Study of Anthropometric Profile of Wrestlers** (Mohabatpreet Singh, November 2013)
20. Title: **A Study of Anaerobic Power & Capacity of Football Players** (Gurwinder Singh, May 2014)
21. Title: **Haemodynamic & Aerobic Fitness Profile of Football Players** (Mandeep Singh Brar, July 2014)
22. Title: **Handgrip Strength and cardiovascular Profile of Archers** (Harjap Singh, April 2015)
23. Title: **A Study of Body Mass Index &Skinfold Thickness of Girl Players of Hockey** (Dhavneesh, July 2015)
24. Title: **A Study of Aerobic Capacity, Speed, Power and Fatigue Index of Female Hockey and Football Players.** (Ramandeep Kaur, August, 2016)
25. Title: **Physical Fitness Profile of Gatka Players** (Sukhjinder Singh, August 2016)
26. Title: **Physical Fitness Profile of Gatka Players** (Sukhjinder Singh, August 2016)
27. Title: **A Study of Anthropometric Profile and Common Health Problems among Female Students of Punjabi University** (Mandeep Kaur, August 2017)
28. Title: **Vision Examination of Female Archery Players** (Mandeep Kaur, July 2017)
29. Title: **Vision Examination of Male Archery Players** (Maninder Singh, July 2017)
30. Title: **A Study of Anthropometric and Dietary Assessment of Male and Female Archery Players** (Sandeep Attri, July 2017)
31. A Study of Anthropometric Variables and Aerobic Fitness of under 16 year Football Players (Charanjeet Singh, May 2018)
32. A Study of Anthropometric Variables and Agility of Gatka Players (Jaspreet Singh, April 2018)

Guided Project Work for Post Graduate Diploma in Health Fitness Trainer: 06

Guided Project Work for Diploma in Gatka Coaching: 04

Research Projects Handled during M.Sc, Ph.D., PGDCA, PGD Physiotherapy & Nutrition

1. **Title: Temporal Characteristics of Acceleration Phase in Sprint Running in the Preadolescence Age**
Year: 1994 (During M.Sc.)
Supervisor: Dr. S.K. Verma, Department Sports Sciences, Punjabi University, Patiala.
Co-Supervisor: Mr. Ramesh Rai, Department Sports Biomechanics, Netaji Subash National Institute of Sports (NS NIS), Patiala.
Place of Work: NS NIS Patiala. India
2. **Title: Study on Effect of Lactic Acid & Ingestion on Sports Performance**
Year: 1996 [Awarded by Sports Authority of India (SAI)]
Supervisor: Dr. Asis Goswami, Department Exercise Physiology, NS NIS, Patiala.
Place of Work: NS NIS Patiala. India
3. **Title: A Study of Selected Physiological, Biomechanical Variables and Effect of a Conditioning Programme on Running Performance.**
Year: 1996 (Ph.D.)
Supervisor: Dr. S.K. Verma, Department Sports Sciences, Punjabi University, Patiala.
Co-Supervisor: Dr. Dhananjay Shaw, Department Natural/Medical Sciences, Indira Gandhi Institute of Physical Education and Sports Sciences, New Delhi.
Place of Work: Indira Gandhi Institute of Physical Education and Sports Sciences, New Delhi.
Department of Sports Sciences, Punjabi University, Patiala. India
4. **Title: Monitoring of Research Projects of University**
Year: 2000 (During PGDCA)
Supervisor: S.A.S.Virk, Department of Computer Science and Engineering, Punjabi University, Patiala.
Place of Work: Punjabi University, Patiala. India

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[Dr.Ashok Kumar, Associate Professor, Department of Sports Science, Punjabi University Patiala, Punjab (India)]

5. Title: Hemiplegia

Year: 2007 (During PGDPN)

Supervisor: Madhya Pradesh Bhoj (Open) University, Bhopal.

Place of Work: Patiala, India

Invited Speaker or Chairman in Conferences/Workshops/Seminars/Symposium: 15

- 1. Title of Conference/Seminar etc.** - Physical Education & Sports Sciences
Date(s) of the event - April 28-30, 2006
Organised by- Kasturba Medical College, Manipal in association with Association of Indian Universities, New Delhi under the aegis of National Association of Physical Education & Sports Sciences.
- 2. Title of Conference/Seminar etc.** – National Seminar on Exercise physiology-oxygen debt, second wind, cardiac hypertrophy & hypokinetic diseases
Date(s) of the event - June 9-10, 2006
Organised by- Department of Physical Education, St. Joseph's College Irinjalakuda, Kerala.
- 3. Title of Conference/Seminar etc.** - Asian Conference on Physical Education & Computer Science in Sports
Date(s) of the event - May 07-09, 2010
Organised by- under the auspices of International Association of Computer Science in Sports Organized by Indian Federation of Computer Science in Sports at Osmania University, Hyderabad.
- 4. Title of Conference/Seminar etc.** - International Conference on Better Life Better World, Through Yoga with Allied Sports Sciences
Date(s) of the event – February 16-18, 2012
Organised by- Department of Yoga, Tamil Nadu Physical Education & Sports University, Chennai (Tamil Nadu) India in association with National Association of Physical Education & Sports Sciences (NAPESS).
- 5. Title of Conference/Seminar etc.** - **International Workshop on Health, Physical Education & Computer Science in Sports**
Date(s) of the event – August 11-12, 2012
Organised by- Indian Federation of Computer Science in Sports in association with the Department of Physical Education, Osmania University, Hyderabad.
- 6. Title of Conference/Seminar etc.** - **25th Pan Asian Conference of Sports & Physical Education**
Date(s) of the event – August 08-10, 2014
Organised by- Indian Federation of Computer Science in Sports in association with the Pan-Asian Society of Sports & Physical Education & International Association of Computer Science in Sports, Department of Physical Education, Osmania University, Hyderabad.
- 7. Title of Conference/Seminar etc.** - **25th Pan Asian Conference of Sports & Physical Education**
Date(s) of the event – August 08-10, 2014
Organised by- Indian Federation of Computer Science in Sports in association with the Pan-Asian Society of Sports & Physical Education & International Association of Computer Science in Sports, Department of Physical Education, Osmania University, Hyderabad.
- 8. Title of Conference/Seminar etc.** – **7th National Conference on Recent Advances in Chemical , Biological & Environmental Sciences**
Date(s) of the event – January 30-31, 2015
Organised by- Department of Biotechnology & Chemistry, Multani Mal Modi College Patiala (Punjab) India.
- 9. Title of Conference/Seminar etc.** – **7th National Conference on Recent Advances in Chemical , Biological & Environmental Sciences**
Date(s) of the event – January 30-31, 2015
Organised by- Department of Biotechnology & Chemistry, Multani Mal Modi College Patiala (Punjab) India.
- 10. Title of Conference/Seminar etc.** – **VII International Congress on Sport, People and Health**
Date(s) of the event – October 27-29, 2015
Organised by International Social Organization for the Promotion of Science and Sport (St. Petersburg, Russia);The Lesgaft National State University of Physical Education, Sport and Health (St.-Petersburg, Russia) and International SAMBO Federation (FIAS) (Lausanne, Switzerland) under the auspices of Council of Europe, State Duma of the Federal Assembly of the Russian Federation, Ministry of Sport of the Russian Federation.
- 11. Title of Conference/Seminar etc** – **International Women's Day**
Date(s) of the event- March 8th 2016
Organised by DAV Public School , Patiala Punjab

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12. **Title of Conference/Seminar etc - 7th Asia Conference on Kinesiology (ACK 2016)**
Date(s) of the event- November 11th to 14th 2016
Organised by Preparatory Committee for Foundation Asian Society of Kinesiology (PCFASK) from Incheon National University, Incheon, South Korea
13. **Title of Conference/Seminar etc - International Seminar on Active Health and Human Performance Through Physical Education and Sports Science**
Date(s) of the event - January 13th 2017
Organized by Akal College of Physical Education, Gursagar Mastuana Sahib (Sangrur), Punjab, India
14. **Title of Conference/Seminar etc - Indo Japanese Conclave-III "Olympism for Humanity Restoration Enterprise: Academic Legacy Goals, Scope and Foundations-Towards Tokyo 2020"**
Date(s) of the event - February 13th-14th, 2017
Organized by Manav Rachna International University, Faridabad (India)
15. **Title of Conference/Seminar etc - National Conference on Sports Training and Performance Enhancement (ETSTPE-2018)**
Date(s) of the event - March 16th -17th, 2018
Organized by Akal College of Physical Education, Gursagar Mastuana Sahib, Sangrur, Punjab, (India)

Membership of Professional Associations/Organizations/Bodies

American College of Sports Medicine (ACSM)
Asian Society of Kinesiology (ASK 2016, 2017)
European Colleges of Sport Science (ECSS)
International Society of Exercise & Immunology (ISEI)
BRICS Council of Exercise and Sports Science (BRICSCCESS) (Board of Director 2016, 2017)
Indian Federation of Computer Science in Sports (IFCSS)
National Association of Physical Education & Sports Sciences (NAPESS)
Exercise Fitness & Health Alliance (EFHA) [founder member]
Nutrition Society of India (NSI)
Indian Association of Biology Teachers [Colleges] (IABT)
Indian Red Cross Society (IRCS)

General Secretary of Exercise Fitness & Health Alliance (2005-07; 2007-09; 2009-11; 2011-13; 2013-15, 2015-17, 2017-19)

Assistant Editor of Journal of Exercise Science and Physiotherapy (2005-07; 2007-09; 2009-11; 2011-13; 2013-15, 2015-17, 2017-19)

Executive Editor of BIOSPECTRUM (2005-2007)

Member of Academic Council, Punjabi University Patiala (29-08-2018 to 26-07-2019)

Chairman of Departmental Academic & Administrative Committee [Department of Sports Science, Punjabi University Patiala] (07-04-2017 to 06-04-2018 ; 07-04-2018 to 06-04-2019)

Chairman of Board of Studies in Sports Science [Punjabi University Patiala] (07-04-2017 to 06-04-2018; 07-04-2018 to 06-04-2019)

Chairman of Departmental Research Board [Department of Sports Science, Punjabi University Patiala] (07-04-2017 to 06-04-2018 ; 07-04-2018 to 06-04-2019)

Member of Departmental Academic & Administrative Committee [Department of Sports Science, Punjabi University Patiala] (2004 -05, 2005-06, 2006-07, 2007-08, 2008-09, 2009-10, 2010-11, 2011-12, 2012-13, 2013-14, 2014-15, 2015-16, 2016-17, 2017-18)

General Secretary of Departmental Academic & Administrative Committee Sports Science Department [Punjabi University Patiala] (2010 -11; 2011-Feb.2012; 2014 July-15)

Member of Board of Studies in Physiotherapy & Sports Science [Punjabi University Patiala] (08-08-2006 to 02-07-2008)

Member of Board of Studies in Sports Science [Punjabi University Patiala] (26-07-2010 to 02-07-2012)

Member of Faculty of Medicine [Punjabi University Patiala] (09-10-2006 to 16-08-2008; 14-10-2010 to 16-08-2012; 16-08-2014 to 16-08-2016)

Member of Board of Research Project Evaluation in Home Science [Govt. Women College Patiala] (2010; 2014)

Member of Board of Examiners to adjudicate Ph.D. Thesis in Physical Education [Osmania University Hyderabad] (2011; 2012; 2013; 2014)

Member of Board of Research Project Evaluation in Exercise Physiology [SAI NS NIS Patiala] (2007; 2008; 2009; 2010; 2011; 2012; 2013; 2014)

Member of Board of Research Project Evaluation in Exercise Physiology [MM Mullana University Ambala] (2008; 2011; 2012)

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Joint Organizing Secretary: Health Fitness 2011- National Seminar on Sports and Fitness Culture: Role of Media, 28th September, 2011 organised by Department of Sports Science, Punjabi University , Patiala (Punjab) India.

Organizing Secretary: Health Fitness 2012 - National Seminar on Health Fitness & Sports Technologies, 12th October, 2012 organised by Department of Sports Science, Punjabi University, Patiala (Punjab) India.

Secretary Exhibition: Health Fitness 2013 - National Seminar on Nurturing Sports Through Science, 27th September, 2013 organised by Department of Sports Science, Punjabi University , Patiala (Punjab) India.

Member of Committee on Physical Health and Fitness Score Card and Fitness Programme launched in Kendriya Vidyalay, India. (February 27,2017)

Nominated (Dean College Development Council, Punjabi University Patiala) **Member of the Governing Body of Sardar Rajinder Singh Chahal College of Physical Education,** V.P.O. Kalyan, Tehsil & District Patiala (Punjab) (09-01-2019)

Nominated (Dean College Development Council, Punjabi University Patiala) **Member of the Governing Body of G.D. College of I.T. & Management,** Village Gurthari, District Bathinda (Punjab) (16-01-2019)