

CURRICULUM VITAE



Name: Dr. Neeraj Dewra

Summary : Dr Neeraj Dewra, Presently serving as Head of the Department of Physical Education in RSD College, Ferozepur. Passed multiple full-time degrees viz. Bachelor of Arts & Master's in Physical Education from Punjabi University, PHD (Topic: Study of Eating Attitudes, Self Esteem and Body Composition In Relation To Physical Activity Status Among College Teachers) from Punjab University, Chandigarh. Diploma in coaching, specialization in gymnastics from National Institute of Sports, Patiala in 1995. Qualified UGC in the 1996. Special Field of interest include sports, psychology and physical activities. Won multiple National Championships and All India Inter-Universities in gymnastics. Awarded as the Best Gymnast in All India Inter-university in 1992 & 1993. Awarded as Roll of Honour by Punjabi University, Patiala for being the best gymnast in All India Inter-University championship. In 1989 was selected for the International Tournament held at Bulgaria.

Member of Selection committee of Punjab University gymnastics team & RSD College co-curricular activity committee. Special interest in co-curricular activities & Prepared teams with so many items like general dance, gidha and music items for youth festival and won First, Second and third positions in Zonal and Inter-zonal level.

Published two papers in International Journal and two paper in National Conferences. Attended four short team courses and one workshop and presented many papers in different National Conferences.

PRESENT POSITION: HOD in Physical Education Department

RESEARCH AREA: Physical Activity & Psychology

BIOGRAPHICAL DATA

DOB: 08/01/1971

Marital Status: Married

Father's Name: Late Sh. Jyoti Prasad

Place of Birth: Patiala

Citizenship: Indian

EDUCATION

Ph.D: Doctor of Philosophy in Physical Education on the topic entitled (Study of Eating Attitude, Self Esteem and Body Composition in Relation to Physical Activity Status Among College Teachers) from Punjab University Chandigarh in the year 2020.

PG: Masters of Physical Education from Punjab Government College of Physical Education, Punjabi University, Patiala in the year 1994 with First Division.

UGC-NET: Qualified National Educational Testing in Physical Education in the year 1996

UG: Bachelor of Arts from Govt. college for women, patiala in the year 1992 with First Division.

12th : Passed from Punjab School Education Board in the year 1989 with First Division.

10th : Passed from Punjab School Education Board in the year 1986 with First Division.

Any Professional Qualification:

Diploma in coaching with specialization in Gymnastics from Netaji Subhas National Institute of Sports, Patiala in the year 1995.

TEACHING EXPERIENCE :

26 years of Experience in RSD College Ferozepur City

PUBLICATION LIST:

Sr. No.	Author/s	Title of the paper	Year, volume, page no.	Journal Name	ISSN no. & Impact factor
1.	Neeraj & Dr. Parminder Singh Ahluwalia.	Association of physical activity level with the eating attitude and body composition among female college teachers.	2020,5(1),228-232	International Journal of Physiology, Nutrition and Physical Education.	2456-0057
2.	Neeraj & Dr. Parminder Singh Ahluwalia.	Physical Activity, Self Esteem and Body Composition Among Male College Teachers.	2020,Vol-6,Issue-5	European Journal of Physical Education and Sports Science.	2501-1235

Conference Proceedings (Full Papers)

Sr. No.	Author/s	Title of the paper	Year, Volume, Page no.	Journal Name	ISSN/ISNB no.
1.	Neeraj Dewra, Yadwinder Brar	Comparative study of Energy Intake and Expenditure of Kho-Kho(Female)Players and Control Group.	Year-2012. Page No-42-46	“Physical Education: A Holistic Approach of Success”	978-81-921238-3-7
2.	Neeraj Dewra & Yadwinder Brar	Modern Training Method	Year-2011 Page No-108	Physical Education as a profession	-

CONFERENCE/SEMINAR ATTENDED: (present paper / poster etc)

- Attended National Seminar on Sports, Exercise, Health Connections- 29th Feb, 1st & 2nd March 2008.
- Participation and Paper presentation(Theme- Comparative study of Psycho-motor abilities among hockey and Basketball Players) in 3rd National conference on Opportunities and Challenges in Physical Education on 10th & 11th February 2009.
- Paper presentation(Theme- Health, Fitness & Wellness) in National Conference on Physical Education in 21st Century on 2nd & 3rd March 2009.
- Paper presentation(Theme- A comparative study of Psycho-motor ability among Rural and Urban Athletes) in 4th National Conference on Multidisciplinary approach in Physical Education on 1st & 2nd Feb 2010.
- Paper presentation(Theme- Modern Training Method) in National Conference on Physical Education as Profession on 11th to 12th Feb 2011.
- Paper presentation(Theme- Systematic Review of lifestyle body composition and health benefits of Physical Activity) in National Conference on Health,Sports and Society: Recent Trends & Challenges on 3-4 December,2011.
- Paper presentation(Theme- Comparative study of Energy Intake and Expenditure of Kho Kho Female Player and Control Group) in UGC Sponsored National Seminar on Physical Education: A Holistic Approach Of Success on 4th Feb 2012.
- Paper presentation(Theme- Role of Dance and Choreography in Women Gymnastics) in 1st National Conference on Sports Sciences and Sports Physiotherapy on 3rd & 4th March,2012.
- Paper presentation(Theme- Role of Biomechanics in sports) in International Conference on Futuristic Trends in Physical Education UGC Sponsored on January 24th to 26th 2013.
- Paper presentation(Theme- Role of Gymnastics in Promoting Good Health) in National Seminar on Policies of Indian Government in promoting Physical Education and Sports on 26th November,2013.
- Paper presentation(Theme- Role of execution in Gymnastics) in National Conference on Wellness Through Physical Activity: Future Perspective on 17th & 18th Jan,2014.
- Paper presentation in 10th National Conference of Praachi Psycho-cultural Research Association, Meerut on Need of Psychological Intervention in Global Society on 18th-19th March,2016.
- Paper presentation(Theme- A Comparative Study of Level of Achievement Motivation of Winners and Losers of Swimming Championship) in Global Conference on Scientific Culture in Physical Education and Sports Sponsored by ICSSR in 2016.
- Participation & Paper presentation(Theme- Comparison of body composition and self esteem on the basis of physical activity level among college teachers) in National Seminar Sports Training on January 12,2017.

AWARD (s) :

- Awarded with Roll of Honour with outstanding distinction in Best Gymnast of Punjabi University, Patiala and participated in Bulgaria(International Level)in March 1990.
- Awarded as Roll of Honour and College Colour in Sports (Gymnastics) by participating in gymnastics at national level and winning Gold-medal.
- Awarded as College Colour by Govt College of women, patiala in Gymnastics(Inter-university Level) and Participated in Bulgaria(International level) in March 1990.
- Awarded as Roll of Honour by Punjab Govt College of Physical Education for First Place in All India Inter University(Gymnastic) Gold Medal in the year 1993-1994.
- Awarded as Roll of Honour by Punjabi University for outstanding performance in Gymnastics in the year 1991-92.
- Awarded as College Colour as Best Gymnast in All India Inter-university and participated in International tournament held at Bulgaria in 1992.

FDPs / STCs / Workshops ATTENDED:

- Participated in the orientation course, organized by the academic staff college, Punjab University, Chandigarh from 2.08.2001 to 20.09.2001.
- Participated in UGC Sponsored Refresher course in Physical Education from 07.11.2013 to 27.11.2013 and obtained grade “A”.
- Participated in UGC Sponsored Refresher course in Environmental Awareness(Physical Education) Interdisciplinary from 03.03.2012 to 23.03.2012 and obtained grade “A”.
- Participated in UGC Sponsored Refresher course in Physical Education from 23.06.2011 to 13.07.2011 and obtained grade “A”.
- Participated in the 7 Days National Workshop on Research Methodology & SPSS on 12th -18th April, 2018 Organized by Department of Physical Education, Punjabi University Patiala, Punjab

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