

**Dr. JASWINDER KAUR**  
**Assistant Professor**

Department of Physical Education  
GGDSD COLLEGE Chandigarh  
India -160030

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**DOB: 11<sup>th</sup> September 1980**

**Educational Qualifications**

**Ph.D.in Physical Education**

Department of Physical Education, Panjab University  
Chandigarh, India (2020) Ph.D. Thesis:  
*PSYCHOLOGICAL AND MOLECULAR EFFECTS OF  
ASYNCHRONOUS MUSIC AND MEDITATION ON  
PERFORMANCE OF SHOOTERS*”, Ph.D. Supervisor: Dr.  
Amanendra Mann

Qualified U.G.C. in Physical Education

**M.P.Ed.-** Department of Physical Education,  
Panjab University Chandigarh, India(2009-2011)

**B.P.Ed.- Rajeev Gandhi College, Barkatullah  
University, Bhopal ,India (2006)**

**Graduation** MCM,DAV college Sector  
36,Chandigarh,India(2002)

**Teaching/Research  
Experience**

- 11 September 2020 till date  
**Assistant Professor** in Department of Physical  
Education, GGDSD College, Chandigarh

Teaching

19 JULY 2016 – 20 April 2020

**Assistant Professor** in Department of Physical  
Education, GGDSD College, Chandigarh

Taught Physical Education in GGS college 26  
Chandigarh as Assistant Professor on Contractual Basis

Taught Physical Education in DAV College 10  
Chandigarh as Assistant Professor on Contractual Basis

**Areas of Interest**

Sports training, Sports Psychology and Track & Field

**Publications**

**Journal Publications:**

**(Journal/Book Chapters)**

PASSPORT SIZE  
PHOTOGRAPH

J. Kaur, A. Mann and G. Singh, "Meditative and asynchronous music intervention boosts shooters' flow state and related domain: A pilot study" Journal of University of Shanghai for science and technology.

SCOPUS INDEXED, UGC Care List-Group II) Volume 24, Issue 11, November - 2022

**Seminars/  
Conferences/Symposiums  
(Paper Presented)**

- Presented paper on "Mental Imagery for sports performance" 25 & 26 Feb. 2021 at Indira Gandhi Institute of Physical Education & Sports Science University of Delhi on
- Attended conference as delegate on "Communication in Virtual Environment for Socio-Emotional Learning" March 26 – 27, 2021. Department of Education, Panjab University Chandigarh under the aegis of PMMMNMTT, Ministry of Education Govt. of India
- Presented paper at International (Online) Participated in the XI International Scientific Congress "Sport, People and Health" April 26 – 28, 2023 St. Petersburg University, Russia.

**Refresher  
Courses/Workshops/Training  
Programmes**

- Online Refresher Course 4 week Induction/Orientation programme Teaching Learning Centre, Ramanujan College University of Delhi 21st Aug to 19th Sep, 2021
- Seven Day FDP (faculty Development Programme) Course on NEP 2020 & Ethical Paradigms in Pedagogy UGC Human Resource Development Centre, PU Chandigarh 21-27 June 2022
- FDP/Short Term Course NEP 2020 Orientation & Sensitization programme UGC Malaviya Mission Teacher training Centre, Kumaun University, Nanital (UK) 10 Days 18-27 March, 2024
- Attended UGC-Sponsored Refresher Course UGC Human Resource Development Centre Kumaun University, Nanital, (UK) 13- 27 March 2024

**Invited Talks**

- Resource Person at Department of Law to conduct yoga sessions in the full time residential summer school programme from 15<sup>th</sup> July – 21<sup>st</sup> July 2022.

## **Projects**

### **MOOCS/Online Content**

- Nil

### **Administrative Experience**

- Warden, Mata Gujri Hall, Girls Hostel 1, Panjab University Chandigarh from February 2022 till date
- Member, Research Degree Committee in Economics, Postgraduate Board of Studies in Economics, Undergraduate Board of Studies in Economics, Department of Economics, Panjab University, Chandigarh
- Member Undergraduate Board of Studies in Economics, Himachal Pradesh University, Shimla 2018-2021
- Actively involved as Department Co- coordinator of Chandigarh Social Science Congress (an annual conference of Panjab University and affiliated colleges) since 2014
- Member, Swachhta (Cleanliness) Audit Team at Panjab University, Chandigarh 2016 under The Swachh Bharat Abhiyan, which is the most significant cleanliness campaign by the Government of India
- Successfully conducted University Exams (Centre-43) in 2010, 2012 (as Deputy Superintendent) and 2014, 2020, 2024 (As Coordinator)

**Dr. Jaswinder Kaur**