



**Dr. RAJINDER SINGH MANN**  
**Assistant Professor**  
Department of Physical Education  
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**DOB: March, 15<sup>th</sup>, 1975**

#### **EDUCATIONAL QUALIFICATIONS**

- **Ph.D.in Physical Education**  
Department of Physical Education, Panjab University Chandigarh, India (2007)
- **M.A. in Physical Education**, Department of Physical Education , Panjab University Chandigarh, India (1998-2000)
- **Bachelor of Arts (Honours, University College Kurukshetra University, Kurukshetra , Haryana (1995-1998)**
- Certificate Course in Yoga GCYEH , Panjab University, Chandigarh (2008)

#### **RESEARCH EXPERIENCE**

- 13-10-2003 to 11-11-2007 during Ph.D.

#### **TEACHING EXPERIENCE**

- Assistant Professor, P.G.G.C Sec-11, Chandigarh from 24.10.2007 to 31.03.2008
- **Assistant Professor** in Department of Physical Education at GGDSD College, Sec-32C, Chandigarh  
Teaching Physical Education at Undergraduate level & Managing College Sports teams for PU Inter College and University teams for participation

#### **AREAS OF INTEREST**

- Sports Psychology and Yoga

#### **PUBLICATIONS (JOURNAL/BOOK CHAPTERS)**

#### **MAJOR PUBLICATIONS:**

- Singh, Rajinder & Vishwajeet. June-2023, “Comparison of elite male and female pugilists in selected psychological variables” International Journal of novel research and development. **Vol. 8, Issue 6, ISSN-2456-4184, Peer Reviewed Refereed Journal.**
- Singh, Rajinder & Vishwajeet. June 2023, “Sports motivation and sports competitive anxiety of Junior male & female pugilists- A comparative study ” International Journal of novel research and development. **Vol. 8, Issue 6, ISSN-2456-4184, Peer Reviewed Refereed Journal.**
- Singh, Rajinder. Feb. 2021, “Comparative

analysis of psychological traits among male and female boxers of Indian universities” The Journal of oriental research Madras. **Vol. XXXVII, Peer-reviewed UGC Care listed, PP 57-67, ISSN-0022-3301, Vol. XCII-XI**

- Singh, Rajinder. March 2019, “A Case Study: Kartar Singh a Legendary Grappler” Research Journal of Social & Life Sciences **Vol. XXXVII, UGC Journal No. 40942, PP 157-161, ISSN-0973-3914,**
- **Singh, Rajinder. March 2019. “Role of eminent wrestler kartar Singh in Punjab State Sports” International Journal of Physiology. Nutrition and Physical Education, Vol. 4, Issue No.1, UGC Journal No. 44404, PP 942-944, ISSN 2456-0057.**
- Singh, Rajinder. Dec. 2018, “Effect of Mental Pressure on Pole Vaulters Perception about the Judgement of cross Bar Height” Research Journal of Social & Life Sciences **Vol. XXXVI, UGC Journal No. 40942, PP 94-98, ISSN-0973-3914,**

#### **BOOK CHAPTERS:**

- Singh, Rajinder (2017) “Corruption in Sports: A Challenge Worldwide” in Changing Educational Paradigms: Designing for Sustainable Future. Pp ISSN 978-93-86713-07-0, Bookman Publications
- Singh, Rajinder (2011) Water Temperature and Swimming Performance in “Physical Education: The key for holistic inter-disciplinary collaboration” pp ISSN
- “A.I. in improving the endurance of Athletes” ICSSR sponsored National Seminar on Recent Trends in I.T., GGD SD College Sec.32, Chandigarh (2022).
- National Seminar on Educational Empowerment and Teacher Sustainability,” Padam Shree Kartar Singh –as a Sports Promoter organized by SBHSM Khalsa College of Education, Mahilpur, Punjab (2019)
- National Seminar on Promotion of Inter University Sports , “Performance of India in World University Games” organized by Directorate of Sports , Panjab

#### **PRESENTATIONS IN SEMINARS / CONFERENCES / SYMPOSIUMS**

University, Chandigarh. (2019)

- “Mental Skill Training along with Goal Setting and its effects on performance of Indian Track and Field Athletes” International Conference on Olympism: Global Innovation Forum for Humanity and Sustainable Development from Ancient Olympia to India, Tokyo 2020 and Beyond organized by Dev Samaj College of Education Sec. 36, Chandigarh (2018).
- National Seminar on Emerging Trends in Physical Education & Sports sponsored by DHE Haryana “A Comparative Study on Selected performance variable between School Level Basketball & Netball Players organized by SD College Ambala Cantt. (2018)
- National Seminar on Sports Training “Aggression in Relation to Sports” organized by Directorate of Sports Panjab University, Chandigarh. (2017)
- National Seminar on Modern Trends in Physical Education & Sports “Role of Technology in Sports Performance” organized by Govt. PG College Sec 1, Panchkula, Hry.
- “Assessment of Achievement Motivation of Women Netball Players” International Conference organized by PGGC Sec.46 Chandigarh. (2015)
- “Surya Namaskar: A Gateway to Healthy Body and Mind” in National Seminar cum Workshop on Yoga organized by Directorate of Sports Panjab University, Chandigarh.
- “Yoga as a Stress Management tool for teachers” in National Seminar on Inclusive Education a Challenge for Modern Society (April 2014) organized by Tau Devilal Memorial College of Education Manana, Panipat.
- “Relationship of waist hip ratio and body mass index with hypertension of college students” in National Conference on Sports Sciences and Sports Physiotherapy Organized by Directorate of Sports Panjab Univ. , Chandigarh (2012).

**ATTENDED  
INTERNATIONAL  
SEMINARS /  
CONFERENCES**

- “Role of Sports Technology in 21<sup>st</sup> Century” in National Seminar on Preparing Teachers for Diversity in 21<sup>st</sup> Century Organized by Noida College of Physical Education Dadri, U.P. (April 2011)
- **Attainment of better mental health through physical activities in National Seminar on “Sports, Exercise, Health Connections”** organized by Dept. Of Physical Education, Panjab University, Chandigarh (2008).

**Ten (10)**

**REFRESHER COURSES /  
WORKSHOPS /  
TRAINING  
PROGRAMMES**

- **Orientation Programme** from 15.02.2014 to 14.03.2014 (UGC Sponsored) Organized by HRD Academic Staff College, Panjab University, Chandigarh.
- **Faculty Development Programme** on celebrating and reviving Physical Education and Sports Sciences in XXXII Olympiad organized by Directorate of Sports, Panjab University, Chandigarh and National Council of Sports Sciences and Physical Education from 24.04.2020 to 29.04.2020.
- **Refresher Course** of Sports, Physical Education and Yoga from 26.10.2020 to 9.11.2020 organized by UGC MHRD BPS Women’s University Haryana.
- **Refresher Course** of Physical Education Sponsored by UGC HRD organized by LNIPE, Gwalior from 11.12.2018 to 31.12.2018
- **Faculty Development Programme** organized by GGDS College, Sec. 32, Chandigarh on Instructional Skills Workshop from 22.05.2017 to 28.05.2017.
- **Refresher Course** in Education, Psychology and Physical Education sponsored by HRD organized by University of Kashmir Srinagar from 09.06.2014 to 28.06.2014
- One week **Faculty Development Programme:** jointly organized by University of Fraser valley and GGDS

College, Chandigarh from 29.04.2013 to 03.05.2013.

**RESEARCH  
SUPERVISER**

**Ph.D. Degree:**

Awarded: 01

Enrolled: 03

**AFFILIATION AND  
ADMINISTRATIVE  
EXPERIENCE**

- Dean Students Welfare (DSW) of GGD SD College Sector 32, Chandigarh from Sept.6, 2022 till date
- President GGD SD College Teachers Union from May 1, 2024 onwards
- Member of Board Of Studies (Post-Graduate) Panjab University Chandigarh from April 2024 onwards.
- Member of Board Of Studies (Undergraduate) Panjab University Chandigarh from April 2019 to March 2022.
- Secretary General , Chandigarh Amateur Boxing Association from 22.09.2019 to 23.09.2023
- Vice-President, Chandigarh Rugby Football Association from 2017 to 2021
- Executive member of Panjab University Sports Council for session 2020-21, 2021-22 and 2023-24.
- Hony. Secretary, Selection Committee of Panjab University Swimming, Waterpolo and Diving (Men & Women) club for All India Inter-University Participation from July 2012 June 2014.
- Executive Member Selection Committee of Panjab University Swimming, Waterpolo and Diving (Men & Women) club for All India Inter-University Participation for session 2011-12 and 2014 to till date.
- Paper Setter and Evaluator for BA 1,2,3 and B. P. Ed. / D. P. Ed. Classes of Panjab University, Chandigarh.
- Acted as Subject Expert for the selection of various Physical Education Lecturer and Assistant Professor positions.
- Acted as External and Internal Examiner for various Practical Examinations in B.A. 1,2,3, B.P.Ed.,D.P.Ed and M.P.Ed Examinations in campus and others colleges and Universities.
- Acted as Manager of P.U. Inter College Competitions and All India Inter University Competitions in various games like Swimming, Waterpolo, Diving, Boxing, Rowing, Chess, Kayaking, Canoeing, Dragon Boat, Yachting, Fencing, Kabaddi etc.
- Qualified (NTO) National Technical Officer of Boxing by Boxing Federation of India.
- Organized various Sports Meets, Championships and fests at College, State and National level.

**DR. RAJINDER SINGH MANN**