

DR. RAKESH KUMAR VERMA

Assistant Professor

Department of Physical Education

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DOB: June 06, 1971



Qualifications: **Ph.D. in Physical Education** from the Department of Physical Education, Panjab University Chandigarh, India in the year 2019. Ph.D. Topic: **“Mental Toughness, Decision Making and Sensation Seeking among Adventure and Combative Sportsperson”** under the supervision of Prof. (Dr.) Gurmeet Singh.

Masters Degree in Physical Education from Panjab University Campus, Chandigarh

Bachelor of Physical Education (B.P.Ed.) from Panjab University Campus, Chandigarh

Bachelors Degree in Arts from D.A.V. College – 10, Chandigarh (Panjab University, Chandigarh)

Exams Qualified: UGC-NET, SLET (Punjab)

Date of Joining: July 01, 2010

Research Publications

1. Published a research paper **“Sports Journalism – Its Growth and Future”** in UGC Sponsored National Conference on “Physical Education: The Key for Holistic Inter-disciplinary Collaboration. ISBN 978-81-921410-0-8, pp 432-434
2. Published a research paper **“Competitive Anxiety: A Comparative Study of Wrestlers and Judokas.”** Amar Research Journal Volume 01, Issue – 04, Version 1.3. (UGC List: 45395) ISSN 2348 – 1323, Double-blind Peer-reviewed Multidisciplinary Referred Journal.
3. Published a paper **“Job Stress and Job Satisfaction of Physical Education Teachers”** in the Global Conference on Scientific Culture in Physical Education and Sports 2016 sponsored by ICSSR, organized by Department of Physical Education, Punjabi University

Patiala, Punjab. ISBN 978-93-85446-45-0

4. Published a paper “**A Comparative Study on Mental Toughness of Para-Gliders and Wrestlers**” in Indian Journal of Psychology. ISSN 0019-5553 pp 104-107
5. Published a paper “**Sensation Seeking: A Comparative Study of Para-gliders and Rafters**” in Online International Interdisciplinary Research Journal (Bi-Monthly) ISSN 2249-9598, Volume 08, Issue 05, Sept.-Oct. 2018, pp 263-271
6. Published a paper “**A Comparative study of Sensation Seeking between Adventure and Combative Sports**” in Research Journal of Social & Life Sciences, UGC Journal No. 40942, ISSN 0973-3914, Volume XXVII, Year 14, Eng-I March, 2019, pp 90-98
7. Published a paper “**Performance failure Appraisal: A Study of Combative and Non-Combative Sports**” in International Journal of Physiology, Nutrition and Physical Education 2019: 4(1): 260-262. ISSN: 2456-0057
8. Published a paper “**An Examination of Mental Toughness of Intellectually Disabled and Normal Children**” in Wesleyan Journal of Research, Vol. 13 No. 73 (March 2021) pp 107-116, ISSN: 0975-1386 Peer Reviewed

Papers Presented in Seminar/Conference/Workshop

1. Presented a paper titled “**Role of Physical Exercises in Controlling Anxiety**” in the International Forum of Physical Education and Sports Sciences 2012 (Health, Physical Education, Sports and Wellness in Schools and Community: A Holistic And Innovative Approach) organized by Department of Physical Education, Panjab University Chandigarh from 20.10.2012 to 22.10.2012.
2. Presented a paper titled “**Role of Science & Technology in Sports**” in International Seminar on Sports Science: Challenges and Endeavours organized by Department of Sports Science, Punjabi University, Patiala from 09.02.2015 to 10.02.2015.
3. Presented a paper titled “**Practice and Competitive Anxiety**” in 1st National Conference on Sports Sciences & Sports Physiotherapy held from 03.03.2012 to 04.03.2012 organized by Directorate of Sports, Panjab University, Chandigarh.
4. Presented a paper titled “**Yoga – A Way to Life**” in National Seminar cum “Workshop on Yoga organized by Directorate of Sports, Panjab University, Chandigarh on 21.06.2015.
5. Presented a paper titled “**A Comparative Study of Decision Making of Basketball and Handball Players**” in the National Seminar on Modern Trends in Physical Education &

Sports, sponsored by Department of Higher Education, Haryana and organized by Government Post Graduate College, Sector-1, Panchkula, Haryana on 02.03.2016

6. Presented a paper titled **“Role of Physical Education in Educational Empowerment”** in One Day National Seminar on Educational Empowerment & Teacher Sustainability sponsored by DCDC, Panjab University, Chandigarh, organized by SBHSM Khalsa College of Education, Mahilpur, Hoshiarpur, Punjab on 02.02.2019.
7. Presented a paper titled **“Survey of A.I. Impact of Sports”** in ICSSR Sponsored National Seminar on Recent Trends in Information Technology organized by P.G. Department of Information Technology, GGSDS College, Chandigarh on March 25, 2022.

Conferences/Seminars/Workshops Attended

1. Participated in the **National Seminar on Economic Reforms: An Unfinished Agenda** organized by GGSDS College, Chandigarh on 11.02.2012
2. Participated in National Seminar on **Role of Physical Education and Sports in Society** sponsored by Directorate of Higher Education Haryana, organized by Govt. College Sector – 1, Panchkula, Haryana from February 17 – 18, 2012.
3. Participated in **UGC funded National Seminar on Representation of the Marginalized in Contemporary Literature**, organized by the Department of English, GGSDS College, Chandigarh

Orientation, Refresher & FDP Courses Attended

1. Participated in the **Faculty Development Program** organized by University of the Fraser Valley & GGSDS College, Chandigarh from 29.04.2013 to 03.05.2013
2. Participated in **102nd Orientation Programme** organized by the UGC Academic Staff College, Panjab University, Chandigarh from 10.5.2014 to 06.06.2014 and obtained **GRADE – A**
3. Participated in the **Refresher Course** in Physical Education organized by Department of Computer Science & Applications, Panjab University, Chandigarh under the auspices of the UGC – HRDC, Panjab University Chandigarh from 08.12.2015 to 28.12.2015 and obtained **GRADE – A**
4. Participated in International Faculty Development Programme – Instructional Skills Workshop, organized by GGSDS College, Sector – 32, Chandigarh from 22.05.2017 to 28.05.2017
5. Attended a Seven Days Online **Faculty Development Course** on Spirituality: **The root of**

Mental Health and Cognitive Fitness from 05.12.2020 to 11.12.2020 organized by UGC-Human Resource Development Centre, Panjab University, Chandigarh under RUSA 2.0 grant.

6. Attended a Seven Days Online **Faculty Development Course on Innovative Pedagogy in Remote Teaching** from 05.01.2021 to 11.01.2021 organized by UGC-Human Resource Development Centre, Panjab University, Chandigarh under RUSA 2.0 grant.
7. Participated in UGC Sponsored **Winter School on Science–Technology, Education–Research & Yoga, Meditation, Stress Management** (Online Mode) organized by UGC-HRDC, Gauhati University, Guwahati, Assam from 20.01.2021 to 02.02.2021 and obtained **GRADE – A**
8. Participated in the **UGC Sponsored Refresher Course in Pedagogy in Higher Education** organized by UGC–Malaviya Mission Teacher Training Centre, Panjab University, Chandigarh from 15.02.2024 to 28.02.2024 and obtained **GRADE – A**

Book Publication:

1. Authored a book BA 1st Year. Published by Akshu Pahuja for Mohindra Publishing House (ISBN 978-81-94698-84-5)

AdrenaRush Adventure Club (Adventure Club of GGSD College)

1. Founder and In-charge of the '*AdrenaRush Adventure Club*' of the college. The club was founded in 2020 and has taken two trekking expeditions to Churdhar (Sirmaur, H.P) and Kheer Ganga (Kullu, H.P.) in October 2021 and March 2023 respectively.

Noteworthy Performance as Sportsperson

1. Participation in All India Inter University Championship held at Chandigarh in 2018

Personal Adventurous Activities Accomplished

1. Amateur Solo Paraglider
2. Participated in number of Rafting Endeavors
3. Has undertaken the following cycling expeditions:
 - a) 7 Days solo cycling expedition from Srinagar to Leh in June 2023. Covered a distance of about 430 kms passing through Zojila Pass, Drass, Kargil, Fotula Top, Lamayuru, Magnetic Hill and Pathar Sahib Gurudwara.
 - b) 8 Days solo cycling expedition from Shimla to Manali (Spiti Circuit) in June 2024,

Covered a distance of about 600 kms passing through Kufri, Naldehra, Karcham, Nako, Tabo, Kaza, Chicham Bridge and Kunjum Pass.

- c) Cycling from Chandigarh to Shimla via Chail and Kufri, covering a distance of about 150 kms.
- d) 3 solo cycling expedition from Chandigarh to Shimla
- e) Cycling journey from Chandigarh to Haridwar and back, covering a distance of about 430 kms.
- f) Many cycling trips to Morni Hills.

Other Noteworthy Achievements & Positions Held

1. Member of the P.U. Basketball (Men & Women) Club for selecting P.U. Basketball (M & W) Teams since 2010.
2. Executive Member of Panjab University Sports Committee (PUSC) for the terms 2019 – 20 and 2022 – 23.
3. Member of P.U. Under-Graduate Board of Studies in Physical Education for the term April 2023 to March 2025.
4. NSS 'C' certificate
5. Vice President of Chandigarh Amateur Cycling Association (CACA)
6. Vice President of Chandigarh Gymnastics Association.

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