

My CV

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Qualification: MPed, NET

PHD : Association of parenting styles Physical activity level, Physical Fitness & body Composition among Adolescents.

Experience: 17 years

Publication work:-

International publications:

1. The physiological factor limiting Endurance exercise capacity Spectrum: International journal of Humanities
WWW.spectrum journal.com ISSN2321-608 VOL (1),NO (111).
2. Predictive manner of During in the Field of Sports. ASR publication Ferozepur Punjab journal of Humanities & social
sciences. ISSN2319-1457 VOL(IV) Summer 2014.
3. A Maturity Evidence physiotherapy in the Field of practical Education and sports.Global Scientific Conference on Physical
Education, Health & Sports Sciences.Department of Physical Education (Teaching)G N D U, Amritsar.ISBN: 978-93-8014-
515-0
4. Association of Parenting Styles With body Composition among adolescentsISSN:2456-0057. Year: 2018: 129-132.UGC
list No: 41693. Journal of physiology Nutrition of Physical Education With correspondence author.
5. Examination the association b/w parenting styles with physical activity level in male adolescent Year 2019 Page no :
2195-2197. International journal of physiology, Nutrition & physical education. ISSN 2456-0057 UGC list no: 4404
principal Author.
6. A Relationship study of parenting styles and body composition among females adolescents Year : 2019 Page no: 259-262
International of yogic human movements & sports science ISSN 24564449 UGC list no: 49165 Principal Author.
7. Topic: integrating yoga into athletic training enhancing performance and recovery in sports 30/8 2021(july -Dec) Journal
of sports science and nutrition E-ISSN: 2707-7020 P-ISSN: 2007-7012 JSSN 2021:2(2): Page no 75- 79.
- 8 .Topic: structured physical education programs: a strategy to combat childhood obesity Journal of sports science and
nutrition E-ISSN:2707-7020 P-ISSN:2707-7012 JSSN 2022 ;3(1) Page no 65 -68
9. Effects of different activities program on will to win of hockey players Year: 2022 Page no: 96 to 99 Purana Issn no:
0555-7860 UGC list: group 1 Vol. LXV Issue -1, No .5
10. Sports psychology function in athletics and physical education Year: 2023 Page ISSN no:2278-6864 Education and
society UGC care group 1 Vol.no .47,NO 1
- 11 . A study to explore adapation of high- risk blood sugar patients toward yoga programme Year. :2023 Page :
ISSN:no UGC Care Group 1 Vol .No.

Book publication:

Fitness and Health education Year: 2023 ISBN: 978- 93- 94245-61-7 Sports Vision: Bhagwati Publishers Distributors
New Delhi Khel journal Sports and women empowerment International journal of physical education and sports and
health P- ISSN:2394-1625 E-ISsN: 2395-Page no 163 -167.