



CURRICULUM VITAE

Dr.Ramesh Chand
Associate Professor (Physical
Education)

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Educational Summary:

- 1. Passed 10th in March, 1990**
- 2. Passed +2 in March, 1992**
- 3. Passed BSc in April, 1995 from Govt. College Solan**
- 4. Passed MA Physical Education in April, 1998 from HPU**
- 5. Done Ph.D. (Physical Education) in April, 2005 from HPU**
- 6. Cleared NET (Phy. Education) in June, December, 1998**
- 7. Cleared SET (Physical Education) in 1998**

Career Profile :

- 1. Worked in GDC Arki, Distt. Solan w.e.f. 16.06.2006 to 23.10. 2009.**

2. Worked in GDC Banjar, Distt. Kullu w.e.f. 26.10.2009 to 4th April, 2012.

3. Worked in GDC Sanjauli, Distt. Shimla w.e.f. 5.04.2012 to 30.03. 2015.

4. Worked in GDC Chail- Koti, Distt. Shimla w.e.f. 30.03.2015 to 2.08.2017.

5. Worked in GDC Sanjauli, Distt. Shimla w.e.f. 2.08.2017 to 20.07. 2020.

6. Working in GDC Dhami at 16 Mile, Distt. Shimla w.e.f. 21.07.2020 to till date.

Refresher course/Orientation program/ FDP/Workshop/Short Term course

Dates/ Duration	Refresher course/Orientation program/ FDP/Workshop/Short Term course	Title	Organizer
3.04.2007 to 30.04.2007	Orientation Programme	OP 82	Academic Staff College HPU Shimla-5
4.07.2011 to 23.07.2011	Refresher course	Environmental Science (1D)	Academic Staff College HPU Shimla-5
19.12.2011 to 21.12.2011	Refresher course	Disaster Management	Academic Staff College HPU Shimla-5
13.08.2012 to 1.09.2012	Refresher course	Physical Education	Academic Staff College HPU Shimla-5
30.12.2017 to 5.01.2018	National Workshop	Research Methods, Reporting & Techniques	Department of Education (ICDEOL) HPU & Council for Teacher Education (CTE)
23.12.2019 to 28.12.2019	Workshop/ Short Term Course	Indigenous Knowledge & Indian Studies	Human Resource Development Centre HPU Shimla-5

Paper Presentation in National/ International Conferences

Dates	Type(National/International)	Title of Conference	Title of Research paper	Organizer
24 th -26 th January 2013	International Conference	Futuristic Trends in Physical Education (ISBN:978-93-80144-62-7)	Work Motivation of Physical Education Teachers in High Schools of Himachal Pradesh in Relation to Existing Sports Facilities.	Deptt. Of Physical Education Panjabi University, Patiala (India).
20 th – 22 nd October 2012	International conference	Forum of Physical Education and Sports Sciences (ISBN: 978-81-925348-0-0)	Sports Performance of HPU and their Affiliated Colleges in Inter-University Sports Tournament: A Case Study.	Deptt. Of Physical Education Punjab University, Chandigarh (India).
17 th – 18 th January 2014	National Conference	Wellness Through Physical Activities: Future Perspective (ISBN:978-93-8014-512-9)	Impact of participation Motivation on Hand Ball Players in Relation to Gender and Performance	Deptt. Of Physical Education Panjabi University, Patiala (India).
24 th – 26 th January 2014,	Global Scientific Conference	Physical Education, Health & Sports Sciences (ISBN:978-93-8014-515-0)	“Comparative Study of Selected Motor Fitness Variables of Attackers and Set- Uppers Male Volley Ball Players of Himachal Pradesh University”	Deptt. Of Physical Education Guru Nanak Dev University, Amritsar (India).
28 th – 20 th February 2016	Global Conference	Scientific Culture in Physical Education and Sports (ISBN:978-93-85446-45-0)	“Use of ICT in Teaching Physical Education and Sports”	Deptt. Of Physical Education Panjabi University, Patiala

				(India).
13 August to 01 September, 2012.	National Level	Refresher Course in Physical Education (RC-257)	“Load, Recovery and Adaptation”	UGC-Academic Staff College, H.P.University, Shimla-5
9 th -11 th December, 2016.	National Conference	Current Issues and Challenges in Contemporary World	“Exercise: A drug-free approach to lowering high blood pressure (Hypertension) “	Rajiv Gandhi Govt. Degree College, Shimla-4
18 th -19 th March, 2017.	National Seminar cum Workshop	Advances in Applied Sports Psychology	“Leg cramps: causes, prevention and available treatments”	DAV College, Sector-10 Chandigarh

3.2.1 Number of papers published in the Journals notified on UGC website during the year

Title of paper	Name of the author/s	Department of the teacher	Name of journal	Year of publication	ISSN number
A Study of Job Satisfaction among Physical Education Teachers working in Himachal Pradesh Schools.	Y.P. Sharma & Ramesh Chand Chauhan	Physical Education	Journal of Educational Research-(Indian Educational Review)	July 2005	ISSN : (0872-561X)
Comparison of Self-Concept of Inter- University Medalist and Non- Medalist Kabaddi Players.	Dr. Ramesh Chand Chauhan	Physical Education	Peer Reviewed Indian Journal for Research in Physical Education and Sports Sciences (IJRPES)	March 2013	ISSN: (0973-9025)
To Study the Influence of Performance Motivation on	Ramesh Chand Chauhan and	Physical Education	International Refereed Journal	December, 2013	ISSN: 2277-7733

the performance of Players.	Praveen Kumar		for Change and Development (Voice Of Research)		
To Study the Impact of Achievement Motivation on National Level Hand Ball Players.	Dr.Ramesh Chand Chauhan	Physical Education	International Journal of Allied Practice, Research and Review (IJAPPR)	December, 2014	ISSN: (2350-1294)
A review of Sports Nutrition: A Plan for Successful Diet Management .	Dr.Ramesh Chand	Physical Education	International Journal of Physical Education and Sports	April, 2018	(ISSN:2456-2963)
Exercise: A drug Free way to reduce the chance of Heart Diseases.	Dr. Ramesh Chand Chauhan	Physical Education	International Refereed Journal for Change and Development, (Voice Of Research)	March, 2017	ISSN: (2277-7733)
Exercise: A drug-free approach to lowering high blood pressure (Hypertension).	Dr. Ramesh Chand Chauhan	Physical Education	International Journal of Multidisciplinary Allied Research Review and Practices (IJMARRP)	April, 2017	ISSN: 2455-1570 online)
CALCIUM AS A BOON OR BANE FOR ATHLETE: A REVIEW.	Dr. Ramesh Chand Chauhan	Physical Education	Asian Journal of Research in Marketing, A peer reviewed journal (Asian Research consortium) www.aijsh .com	February 2022	ISSN: 2277-6621
Potential of water sports in running water in Himachal Pradesh	Dr. Ramesh Chand	Physical Education	International Journal of Physical Education, Sports and Health (www.kheljournal .com)	July, 2022	E-ISSN: 2394-1693,
“Leg cramps: causes, prevention and available treatments”	Dr. Ramesh Chand	Physical Education	International Journal of Yoga, Physiotherapy and Physical		ISSN

						Education Peer reviewed, Refereed Journal, UGC Journal No. 44415		
Sl. No.	Name of the teacher	Title of the book/chapters published	Title of the paper	Title of the proceedings of the conference	Name of the conference	National / International	Year of publication	ISBN/ISSN number of the proceeding
1.	Dr. Ramesh Chand		Work Motivation of Physical Education Teachers in High Schools of Himachal Pradesh in Relation to Existing Sports Facilities.	Futuristic Trends in Physical Education	Futuristic Trends in Physical Education	International Conference	January, 2013	(ISBN:978-93-80144-62-7) Vol. 1
2.	Dr. Ramesh Chand Chauhan & Gopal Singh Dasta		To Compare the Level of Adjustment of All India Inter-University Medalist and Non-Medalists Kabaddi Players.	Futuristic Trends in Physical Education	Futuristic Trends in Physical Education	international Conference	January 2013	(ISBN:978-93-80144-62-7) Vol. 2
3.	Pawan Kumar & Ramesh Chand Chauhan		Sports Performance of HPU and their Affiliated Colleges in Inter-University Sports Tournament: A Case Study.	Forum of Physical Education and Sports Sciences	Forum of Physical Education and Sports Sciences	international conference	October 2012	(ISBN: 978-81-925348-0-0) Vol. 1
4.	Dr. Ramesh		Impact of participation	Wellness Through	Wellness	National Conference	January 2014	(ISBN:978-93-8014-512-9)

	Chand Chauhan		Motivation on Hand Ball Players in Relation to Gender and Performance.	Physical Activities: Future Perspective.	Through Physical Activities: Future Perspective.			
5.	Dr. Ramesh Chand Chauhan		Comparative Study of Selected Motor Fitness Variables of Attackers and Set-Uppers Male Volley Ball Players of Himachal Pradesh.	Global Scientific Conference on Physical Education, Health & Sports Sciences .	Global Scientific Conference on Physical Education, Health & Sports Sciences .	international conference	January 2014	(ISBN:978-93-8014-515-0) Vol.1
6.	Dr. Ramesh Chand Chauhan		Use of ICT in Teaching Physical Education and Sports.	Global Conference on Scientific Culture in Physical Education and Sports .	Global Conference on Scientific Culture in Physical Education and Sports .	international conference	February 2016	(ISBN:978-93-85446-45-0)
7.	Dr. Ramesh Chand Chauhan		Iron Status And Physical Performance.	Global Conference on Scientific Culture in Physical Education and Sports	Global Conference on Scientific Culture in Physical Education and Sports	international conference	February 2016	(ISBN:978-93-85446-45-0)

Any research Experience: