

# **CURRICULAM VITAE**

## **DR. ANUJ KUMAR**

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### **My Philosophy**

I believe there are no short cuts to success and hope my traits of hard work, determination and dedication towards whatever I do help me to achieve success.

### **Education Qualification**

- ❖ 12<sup>th</sup>(Arts) from R.A.GEETA.School, C.B.S.E Board (2004)
- ❖ 10<sup>th</sup> from R.A.GEETA.School, C.B.S.E Board (2006)

### **Professional Qualification**

- ❖ **PH.D** from I.G.I.P.E.S.S, University of Delhi. (2015)
- ❖ **M.P.ED** from I.G.I.P.E.S.S, University of Delhi. (2012)
- ❖ **B.P.ED** from I.G.I.P.E.S.S, University of Delhi. (2010)
- ❖ **B.A** from BHIM RAO AMBEDKAR COLLEGE, University of Delhi (2009)
- ❖ Qualified **UGC-NET** Examination in June 2013

### **Sports Achievements**

- ❖ Participated in 4<sup>th</sup> Senior Open TUG-OF-WAR National Championships.
- ❖ Represent All India University Wrestling Championship held at Kolhapur.
- ❖ Silver Medal In Delhi University Judo Inter College Competition.
- ❖ Silver Medal In Delhi University Wrestling Inter College Competition.
- ❖ Gold Medal in 22<sup>nd</sup> Delhi State TUG-OF-WAR Championship held at Teresa Public School, Delhi from 27 Nov 2010.
- ❖ Gold Medal in (MIX) 23<sup>rd</sup> Delhi State Tug-of –War Championship held at Delhi from 20<sup>th</sup> Nov 2011.
- ❖ Silver Medal in (Men) 23<sup>rd</sup> State TUG-OF-WAR Championship held at Dilshad Garden from 20<sup>th</sup> Nov 2011.
- ❖ Gold Medal in 25<sup>th</sup> Delhi State Tug-of –War Championship held at Greenfields School Delhi from 16<sup>th</sup> Aug 2013.

### **Professional Experience**

- ❖ Appointed as Assistant Professor on Ad-hoc basis in Mata Sundri College for Women, University of Delhi from 21<sup>st</sup> September 2015 to 27<sup>th</sup> October 2018.
- ❖ Appointed as Assistant Professor on Ad-hoc basis in Aryabhata College, University of Delhi from 28<sup>th</sup> October 2018 to till now,

### **Paper Publications**

S.No	Title	Publication type	Journals ISSN/ISBN	Referred	Sole/coauthor
1	A comparative Study on Physical Self-Description of Male and Female College Students	Journal	2277-9809(0) 2348-9359	IRJMSH/2016/A104238	Author
2	Comparative Study of Sports Facilities in relation to sports achievements between governments and public schools of karanal district	Journal	2319-9202	CASIRJ/2014/A101233	Author
3	Effect of yoga for development of physical fitness of college girls	Journal	2250-1959	IRJMST/2014/101234	Author
4	Bhiwani as Powerhouse on Indian Boxing	Journal	2277-9809	IRJMSH/2014/A101232	Author
5	Effect of Selected asanas and paranayamas on physical and Physiological parameters of School going students	Journal	2319-9202	CASIRJ/2014/A101589	Co-author
6	Assessment of attitude of school Students towards physical education and sports programme	Journal	2277-9809	IRJMSH/2014/A101597	Co-author

### **Seminars and Workshops**

- ❖ International Conference on youth enrichment through sports and physical education (YES PE) 21<sup>st</sup> Jan 2014.
- ❖ Publishing connect workshop, University of Delhi (11<sup>th</sup> Sept 2013).
- ❖ All India Priyasarshni arts and Painting Competition 10th Nov2009).

### **Computer Skill**

- ❖ Computer Course of SPSS conducted by University of Delhi.
- ❖ Knowledge of MS-Office, Word, Excel, Power Point

### **Subject of Interest**

- ❖ Research process and Statistical Procedures in Physical Education.
- ❖ Sports Training.
- ❖ Method of Teaching and Officiating
- ❖ Physiology of Exercise

### **Sports of Interest**

- ❖ JUDO (Specialization)
- ❖ Wrestling
- ❖ Volleyball
- ❖ Tug-of-War
- ❖ Badminton
- ❖ Basketball
- ❖ Kho-Kh0
- ❖ Athletics
- ❖ Table-Tennis

### **Strength**

- ❖ Keen interest in teaching and practicing
- ❖ Willing to work and learn
- ❖ Loyalty and Dedication towards profession
- ❖ Motivating Attitude
- ❖ Good Communication Skills
- ❖ Leadership Qualities

### **Personal Details**

Father's Name	:	Sh. Ashok Kumar
Mother's Name	:	Smt. Shyamwati Devi
Date of Birth	:	30 <sup>th</sup> Nov 1986
Gender	:	Male
Marital Status	:	Married
Nationality	:	Indian
Language Known	:	English and Hindi
Hobbies	:	Playing Sports, Workout in Gym, Books Reading and Collection of good Thoughts and Quotations

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Date-----

Place: New Delhi

(Dr. Anuj Kumar)