

About Faculty



Name- Dr. Akwinder Kaur

Designation – Assistant Professor
Department – Physical Education
MCM DAV College For Women, Chandigarh -India.



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Areas of Interest

- Sports coaching specially in Athletics
- Test, Measurement and evaluation in physical education
- Sports training and science of coaching
- Athletics speciality in Sprints & jumps

Educational Qualification

Degree	Year	Dept/University	Percent	Medals/ Positions
B.A.	2007	Panjab Uni. Chandigarh	68.70%	-
B.P.Ed	Panjab Uni. 2008 Chandigarh		79.9%	-
M.P.Ed	Punjabi Uni. 2010 Patiala		83.18%	
Coaching Diploma in Athletics	NSNIS Patiala	2011	70.93%	'A' Grade
Certificate course in yoga	Punjabi University, Patiala	2013	64.67%	-
Ph.D	Punjabi University, Patiala	2017	-----	-

GTMT Topper in coaching diploma at NSNIS Patiala, 2011

Professional Experience

Designation	From	To	Organization
LECTURER	11/07/2011 09/07/2012 13/02/2013	24/03/2012 03/09/2012 20/04/2013	A.S.COLLEGE FOR WOMEN, KHANNA
ASSISTANT PROFESSOR	21/10/2014	28/11/2017	PUNJABI UNIVERSITY, PATIALA
ASSISTANT PROFESSOR	29/11/17	25/10/2022	A.S.COLLEGE FOR WOMEN, KHANNA

Research Paper Publications

Title	Journal	Refereed	Date and Year of Publication	Online Link

Books Published

Title	Publisher	ISBN	Year of Publication
Beware: Youth of Punjab Getting Obese	LAMBERT academic Publishing, Saarbrucken, Germany	978-3-659-97430-4	2016
Practical file for Physical Education (Punjabi Uni. PAT) 2016	Published by Swan Publication, Jalandhar	-----	2016
Practical file for Physical Education (Panjab Uni. CHD) 2016	Published by Swan Publication, Jalandhar	-----	2016
Practical file for Physical Education (GNDU, Uni, ASR) 2016	Published by Swan Publication, Jalandhar	-----	2016
AP Text Book of Physical Education & Sports B.A.Ist Punjabi University, Patiala	Published by ASHOK KALRA, AP Publication, Jalandhar	978-81-89313-59-2	2018
AP Text Book of Physical Education & Sports B.A.IIInd Punjabi University, Patiala	Published by ASHOK KALRA, AP Publication, Jalandhar	978-81-89313-86-X	2018
AP Text Book of Physical Education & Sports B.A.IIIrd Punjabi University,	Published by ASHOK KALRA, AP Publication, Jalandhar	978-81-89313-87-8	2018

Patiala			
AP Text Book of Physical Education & Sports B.A.Ist Panjab University, Chandigarh	Published by ASHOK KALRA, AP Publication, Jalandhar	978-81-89313-80-0	2020
AP Text Book of Physical Education & Sports B.A.IIInd Panjab University, Chandigarh	Published by ASHOK KALRA, AP Publication, Jalandhar	81-89313-81-9	2020
AP Text Book of Physical Education & Sports B.A.IIIrd Panjab University, Chandigarh	Published by ASHOK KALRA, AP Publication, Jalandhar	81-89313-80-8	2020

Research Paper Presented and Published in International Conferences

PUBLICATIONS IN CONFERENCES/SEMINAR & WORKSHOP

ii. Research Articles in Books/Proceedings						
S No	Authors	Title of the Book	Title of the Article	Place of Publication	Publisher & ISBN	Page No
1	SAINI RAJINDER SINGH, AKWINDER KAUR & HARPREET SINGH	Under the proceeding of volume 3 of International conference on Futuristic trend in Physical education	Evolution of Hurdling Events	24-26 January, 2013 PUNJABI UNIVERSITY PATIALA	978-93-8014-512-9	236-239
2	KARMJOT KAUR, AKWINDER KAUR & Dr. MANMEET GILL	Under the proceeding of volume 4 of International conference on Futuristic trend in Physical education	Changing to a Healthy Lifestyle	24-26 January, 2013 PUNJABI UNIVERSITY PATIALA	978-93-8014-515-0	463-469
3	ASHUTOSH & AKWINDER KAUR	Under Proceeding of national Conference Wellness through physical activity: Future Perspective	A diagnostic study of cardiovascular fitness between rural and urban college girls of physical education classes	17-18 January, 2014 PUNJABI UNIVERSITY PATIALA	978-93-8014-512-9	429-433
4	AKWINDER KAUR, ASHUTOSH & HARPREET KAUR	Under the proceeding of volume 2 of International conference on Global Scientific	Comparison of Kinanthropometry measurements of selected lower limbs of female basketball and hockey players	24-26 January, 2014 GURU NANAK DEV UNIVERSITY, AMRITSAR	978-93-8014-516-7	201-204

		conference on physical education, health & sports sciences				
5	AKWINDER KAUR & Dr. NISHAN SINGH DEOL	Under the proceeding of volume 2 of International conference on Global excellence in fitness and sports sciences	Diagnostic study of selected physical fitness and body mass index variables between sedentary and active school girl students	6-7 January, 2015 JECRC UNIVERSITY JAIPUR	978-81-89463-96-0	301-306
6	AKWINDER KAUR & Dr. BHUPINDER SINGH GHUMAN	Under the proceeding of International conference on Sports, Health and Sports Economics	Winning over childhood obesity	SHRI GURU GRANTH SAHIB WORLD UNIVERSITY FATEGARH SAHIB.	978-93-80748-86-3	581-588
7	AKWINDER KAUR & Dr. BHUPINDER SINGH GHUMAN	Under the proceeding of national conference on Scientific culture in physical education and sports	Impact of literacy rate on obesity among school girls of Patiala district	18-20 February, 2014 PUNJABI UNIVERSITY PATIALA	978-93-85446-45-0	4-8
8	AKWINDER KAUR & Dr. NISHAN SINGH DEOL	Under the proceeding of 2 nd International conference on Recent Technological Advancement & Entrepreneurship in Sports	Should women train differently from men?	12-13 MARCH, 2016 BANARAS HINDU UNIVERSITY, VARANASI	978-81-923943-2-9	12-17
9	AKWINDER KAUR & Dr. NISHAN SINGH DEOL	Under the proceeding of International conferences on Physical Education and Sports Sciences "Emerging trends in fitness and sports sciences"	Exploratory study of prevalence of body composition among female employees of Punjabi University Patiala	5-7 JANUARY, 2017 MANIPAL UNIVERSITY, JAIPUR	978-93-85449-31-4	84-90
10	GURSHARAN SINGH GILL & AKWINDER KAUR	Under the proceeding of Scientific approach in physical education and sports	Effect of 12 week plyometric training program on physiological variables of handball players	April, 2017	978-93-85450-09-9	42-45

11.	Dr. Gursharan Singh Gill & Dr. AKWINDER KAUR	Under the proceeding of national conference on “Emerging trends in sports training & performance enhancement”	comparative study of selected physical fitness components of female boxers, fencers and Taekwondos	16-17 March, 2018	978-93-816-68-73-7	25
12.	DR. NISHAN SINGH DEOL & AKWINDER KAUR	Under the proceeding of volume-1 of International congress on Global Innovation and Research in Education, Sports Sciences and Yoga	Study of energy intake and expenditure of inter-university kabaddi and judo female players	10-11 December, 2018 Purba Medinipur, West Bengal, India	978-93-87072-17-6	29-34
13.	Dr. AKWINDER KAUR	Under the proceeding of volume-1 of International conference on psychology in contemporary sports, health and fitness perspective	Plyometric Training: A Boon for Handball Players	28-30 November, 2019 Punjabi University, Patiala	978938457518	375-379

i. Research Papers in SCI Journals

S No	Authors	Title of the Paper	Journal's Name & Place of Publication	Publication & ISSN	Vol./month/ Year of Publication	Impact Factor
1	AKWINDER KAUR & ARVINDER KAUR	Effects of Plyometric and Circuit Training program on Jumping Ability of Female Athletes On Standing Broad Jump	Journal of Physical Education and Allied Sciences	ISSN: 22307397	VOL-3 NO-1 JULY, 2013	-----
2	Dr. NISHAN SINGH DEOL, AKWINDER KAUR & KARMJOT KAUR	Effects of Four Week Plyometric Training on Explosive Strength of Volleyball Players	International Journal of Human movements, sports and allied sciences	ISSN: 2347-4262	VOI- 01 NO- 01 OCTOBER, 2014	-----
3	AKWINDER KAUR, Dr. MANMEET GILL & Dr. NISHAN SINGH DEOL	Comparative study of 100 meter performance and cardiovascular endurance of university level male and female sprinters	International Journal of Research pedagogy and Technology in education and movement sciences	ISSN: 2319-3050	VOL-02 NO-03 MARCH, 2014	-----
4	SANJIT SARDAR & AKWINDER KAUR	Effect of weight training and plyometric exercise on the performance of	Indian Journal of Sports Science and Physical Education	ISSN: 0971-0140	VOL-22 NO-1&2 JAN & JULY, 2014	-----

		vertical jump of volleyball players				
5	AKWINDER KAUR & Dr. NISHAN SINGH DEOL	Assessment of performance and cardiovascular endurance of university level male sprinters	International Journal of Human movements sports & allied sciences	ISSN:2347-4262	Vol-1 NO-2 SEPTEMBER, 2014	-----
6	ASHUTOSH & AKWINDER KAUR	Diagnostic study of perceptual motor coordination between children with mild intellectual disability and intellectual children	International Journal of behavioral social and movement children	ISSN:2347-4262	Vol-4 NO- 2 APRIL, 2015	1.806
7	MANOJ SINGH & AKWINDER KAUR	Relationship between performance and cardiovascular endurance of university level female sprinters	International educational E- journal	ISSN: 2277-2456	Vol-4 NO- 2 APRIL-MAY-JUNE, 2015	2.325 (ISRA:JIF)
8	AKWINDER KAUR & ASHUTOSH	Assessment of health status between active and non active girls student of Punjabi university Patiala	International Journal of physical education, sports and health	ISSN:2394-1685 (Print) ISSN:2394-1693 (Online)	Vol-2 NO-1 AUGUST,2015	(ISRA) 4.69
9	AKWINDER KAUR	Survey of obesity among various age group girls of Punjab	International Journal of physical education, sports and health	ISSN:2394-1685(Print) ISSN:2394-1693 (Online)	Vol-3 NO-2 2016	(ISRA) 4.69
10	AKWINDER KAUR & Dr. NISHAN SINGH DEOL	Kinematical Analysis of Javelin Throw	International Journal of physiology, Nutrition and Physical education	ISSN:2456-0057	Vol-1 NO-1 2016	UGC Approved journal No: 44404
11	ASHUTOSH, AKWINDER KAUR & CHARAN SINGH	Comparative study of physical fitness between rural & urban cricketers of Patiala	International Journal of physical education, sports and health	ISSN:2394-1685(Print) ISSN:2394-1693 (Online)	Vol-3 NO-3 2016	(ISRA) 5.38
12	AKWINDER KAUR	Impact of economic status on obesity among school girls of Punjab	An International multidisciplinary e- journal	ISSN:2455-443X	Vol-1 NO-3 2016	4.012 (IIJIF)
13	AKWINDER KAUR	Impact of Economic Condition on Obesity	American journal of Health Research (AJHR).	ISSN:2330-8788 (Print) ISSN:2330-8796 (Online)	Vol-4 NO-6-2 2016	-----

14	AKWINDER KAUR & Dr. NISHAN SINGH DEOL	Diagnostic study of prevalence of obesity among female employees of Punjabi university Patiala	International refereed multidisciplinary journal of contemporary research	ISSN: 2319-5789 (Print) ISSN: 2320-3145 (Online)	Vol-4 NO-4 OCT, 2016	4.433
15	AKWINDER KAUR	Punjabis Basal Metabolic Rate needs attention	International journal of current advanced research	ISSN: O: 2319-6475 ISSN: P: 2319-6505	Vol-6 NO-8 AUG, 2017	5.995
16	AKWINDER KAUR	Punjabis Basal Metabolic Rate needs attention	Indian journal of Human Relations An Interantional journal	ISSN: 0974-1089	Vol-51 NO-2 JULY-DEC, 2017	UGC Approved journal No: 42068
17	AKWINDER KAUR	Impact Of Plyometric And Saq Training On Physical Fitness Indices Of Handball Players	International Journal of Yoga Human Movement and Sport Sciences	ISSN: 2456-4419	Vol-3 NO-2 DEC, 2018	5.18 UGC Approved journal No: 44407
18	AKWINDER KAUR	Analytical Study Of Skeletal Muscle In Relation To Age Among Teenage School Girls	International Journal of physiology, Nutrition and Physical education	ISSN:2456-0057	Vol-4 NO-1 2019	5.48 UGC Approved journal No: 44404
19	AKWINDER KAUR	Growing Age Among Children Leads To Obesity	<i>Studies in Indian Place Names</i>	ISSN: 2394-3114	Vol-40 No-60- March -2020	6.30 (UGC Care Journal)
20	AKWINDER KAUR & Dr. NISHAN SINGH DEOL	Relationship of Mode of Conveyance and Skeletal Muscle Among School Girls of	<i>Studies in Indian Place Names</i>	ISSN: 2394-3114	Vol-40 No-60 March -2020	6.30 (UGC Care Journal)

		Punjab				
21	Dr. AKWINDER KAUR & Dr. NISHAN SINGH DEOL	BMR: Impact on overweigt and obesity	<i>Shodh Sanchar Bulletin</i>	ISSN: 2229-3620	Vol-10 No-37 March -2020	(UGC Care Journal)

Presented Research Papers in Conferences

1. Attended UGC Sponsored National Conference on “ Scientific temperaments in Physical Education and Sports” 14-15 November, 2008 Organised by Shaheed Kanshi Ram College of Physical Edfucation, Bhagoo Majra, Kharar, Mohali (Punjab).
2. Attended UGC Sponsored, National Seminar on “ Yogic Parameters For Healthy Happy Life” 26 September, 2009 Organised by the Department of Physical Education Gujranwala Guru Nanak Khalsa College, Ludhiana, Punjab).
3. Attended the 5th International Conference of World Council for psychotherapy (Asian chapter) “Psychotherapy, Science and yoga Traditions” 5-8 January, 2010 Chandigarh.
4. 4th National Conference “ Multidisciplinary Approach in Physical Education” Paper Presentation “ Comparison of Physical Fitness between Punjab male rural and Haryana male rural elementary school children”1-2 February, 2010 at Punjabi university Patiala.
5. National Conference on “Role of Physical Activities on Holistic Personality Development” March 12, 2010 Organised by the Deptt of Physical Education and & Sports Sciences and Indra Gandhi Instt of Phy. Edu. & Sports Sciences (IGIPSS) University of Delhi at IGIPSS.
6. National Conference “Global Trends in Physical Education and Sports” paper presentation “Relationship between performance and cardiovascular endurance of

university level female sprinters” 25-26th January, 2011 at S.K.R. College of Physical Education Bhagoo Majra, Kharar, S.A.S. Nagar, and Punjab.

7. National Conference “Physical Education in 21st Century” paper presentation entitled “Assesment of performance and cardiovascular endurance of university male sprinters” 25-26th February, 2011 at Mata Gujri College, Fatehgarh Sahib.
8. National Conference “Physical Education: The Key for Holistic Inter-disciplinary Collaboration” paper presentation entitled “Comparison between male and female sprinters on 100 meter performance and cardiovascular endurance” on 11-13 March, 2011 at PGGC Sec-11, Chandigarh.
9. National Conference on “Health, physical activity and sports: recent trends and challenges” paper presentation entitled “Cardio-vascular fitness through exercise” 20-21 December, 2012 at Akal college of physical education, Mastuana sahib, Sangrur, Punjab.
10. Presented a paper on title “ Evolution of Hurdling Events” in International Conference on Futuristic Trends in Physical Education (ICFTPE) UGC from 24th to 26th January, 2018 at Department of Physical Education, Punjabi university, Patiala. Punjab, India.
11. Presented a paper on title “ Changing to a Healthy Lifestyle” in International Conference on Futuristic Trends in Physical Education (ICFTPE) UGC Sponsored from 24th to 26th January, 2013 at Department of Physical Education, Punjabi university, Patiala. Punjab, India.
12. Participated in the SNS Seminar on “National Integration Challenges Before Modern India” organized by Sri Guru Tegh Bahadur National Integration Chair Punjabi University, Patiala on 24 September, 2013.
13. National conference on “Wellness Through Physical Activity: Future Perspective” presented paper entitled “ A Diagnostic Study of Cardiovascular Fitness between Rural and Urban College Girls of Physical Education Classes” from 17-18 January, 2014 at Department of Physical Education, Punjabi university, Patiala. Punjab, India .
14. Presented a paper on title “Comparison of Kinanthropometric Measurements of Selected lower limbs of Female Basketball and Hockey Players” in International Global Scientific

Conference on Physical Education, Health & Sports Sciences (GLOPEHSS-2013) from 24th to 26th January, 2014 at Department of Physical Education, Guru Nanak Dev University, Amritsar, Punjab, India.

15. National Seminar on “Yoga for Health, Wealth and Fitness” 22-23 December, 2014. at Rajesh Pilot Govt. College, Presented a paper entitled “ Kinematical Analysis of Javelin Throw”
16. International conference on Physical Education & Sports Science (ICPESS-2015) on 6-7 January, 2015 and presented paper entitled “Diagnostic study of selected physical fitness and body mass index variables between sedentary and active school girl students”, Organised by Deptt of Physical Education, JECRC University, Jaipur.
17. International conference on Sports, Health and Sports Economics on 3-4 March, 2015 and presented paper entitled “Winning over Childhood Obesity”, Organised by Deptt of Physical Education and Sports Technology, Sri Guru Granth Sahib World University, Fatehgarh Sahib, Punjab, India.
18. Attended the One Day Workshop on Anti- Doping Awareness held at Punjabi University, Patiala on 5 May, 2015.
19. Presented a paper on title “ Impact of Literacy Rate of Obesity Among School Girls of Patiala District” in Global Conference on Scientific Culture in Physical Education and Sports” ICSSR Sponsored from 18th to 20th February, 2016 at Department of Physical Education, Punjabi university, Patiala. Punjab, India.
20. 2nd International Conference on Recent Technological Advancement & Entrepreneurship in Sports held at Banaras Hindu University, Varanasi on 12-13 March, 2016 Presented a paper entitled “ Should Women Train Differently From Men?”.
21. International conference in Physical Education and Sports Science (ICPESS) on “Emerging Trends in Fitness and Sports Science” presented paper entitled “Exploratory Study of Prevalence of Body Composition from Female Employees of Punjabi University Patiala” 5-6 January, 2017 at Manipal University, Jaipur.

22. International conference on Scientific Culture in Physical Education, Yogic Sciences and Sports on 23rd October, 2017 and presented paper entitled “Comparison Of Dietary Patterns of Sprinters, Middle Distance And Long Distance Runners”, Public College, Samana.
23. One day National seminar on “Relevance of Yoga in the modern times” Presented paper “Stress Management through Yoga” 10 February, 2018 at Dasmesh girls college, Chak Alla Baksh, Mukerian. Punjab.
24. National conference on “Emerging trends in sports training & performance enhancement” presented paper entitled “comparative study of selected physical fitness components of female boxers, fencers and Taekwondos” 16-17th March, 2018 at Akal college of physical education, Mastuana sahib. Sangrur.
25. Attended the **7 days National workshop on Research Methodology and SPSS** from 12th to 18th April, 2018 at Department of Physical Education, Punjabi university, Patiala.
26. Participated in yoga camp and workshop on Yoga which is organized by department of physical education, Punjabi University, Patiala from 21st May to 21st June, 2018.
27. Attended the International Conference on “Psychology in Contemporary Sports, Health and Fitness Perspective” 28-30 November, 2019 at Department of Physical Education, Punjabi University, Patiala.
28. I have attended UGC Sponsored Online **Faculty Induction Programme from 2nd march to 29th march, 2021**, organized by Human Resource Development Centre (HRDC) Guru Nanak Dev University, Amritsar.
29. National conference on “Role of physical activities and sports in balancing education” presented paper entitled “Psychological care of injured Athlete” 15-16 February, 2013 at IGIPSS University of Delhi, New Delhi. ISBN 978-81-7873-3056-3.pp.170-171.

Others

DETAILS OF RESEARCH WORK

M.P.Ed Dissertation: A dissertation submitted to Punjabi University Patiala for degree Master of Physical Education in titled as “RELATIONSHIP BETWEEN PERFORMANCE AND CARDIOVASCULAR ENDURANCE OF UNIVERSITY LEVEL SPINTERS”

Ph.D Thesis: “EXPLORATORY STUDY OF PREVALENCE OF OBESITY AMONG SCHOOL GIRLS OF PUNJAB IN RELATION TO THEIR LITERACY AND ECONOMIC STATUS.”

RESEARCH WORK SUPERVISED AS GUIDE/MENTOR

Dissertation Supervised for Harleen Kaur in 2015-16 for the degree of Master of Philosophy to Punjabi University, Patiala, entitled “**Psychological Characteristics of Inter-Collegiate and Inter-University Basketball Players- A Cross Sectional Study**”

SPORTS ACHIEVEMENTS

- Bronze medal in 400 meter hurdles school national athletic championship in January 2003
- Bronze medal in 4x400 meter relay school national athletic championship in January 2003
- 7 times Participation in All India inter university athletic Competition.
- Gold Medal in 400 meter Athletic Inter College Competition.
- Declared **Best Athlete of Panjab University Athletic Championship in 2007-2008**

EXTRA CURRICULUM ACTIVITIES

1. **‘C’** Certificate in NCC
2. Worked as volunteer in **Commonwealth Games** held at New Delhi in 2010.
3. Qualified Federation Technical official exam in 2011 conducted by **Athletic Federation of India**
4. Acted as Official duty in 12th khalsai games 8-10 March, 2016 at Shri guru Granth sahib World University, Fatehgarh sahib.