

Dr. Kuldeep Nara



Father Name : Ranbir Singh

Mother Name : Nirmala Devi

Date of Birth : December 26, 1977

Email Address nara_cool@rediffmail.com

Mobile No 919416050000

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- Ph.D (March, 2008) Entitled “*A Comparative study of frustration and Depression among university sports and non sports person in respect of their goal orientation*” Department of Physical Education, Maharshi Dayanand University. Rohtak-124001.
 - UGC-NET Qualified (2012) in Physical Education.

➤ Educational Qualifications

S.No		University / Board	Passing Year	Distinctions
1	10 th	BSEH, Bhiwani	1993	II nd
2	12 th / C P Ed	Directorate of Sports And Youth Services, Maharashtra Govt. Pune	1996	I st
3	Graduation/ B.P Ed (I, II and III)	Nagpur University, Maharashtra	2000	I st
4	M.A Physical Education	M.D University, Rohtak	2004	I st
5	LLB (Law)	M.D University, Rohtak	2010	I st
6	MJMC	M.D University, Rohtak	2013	I st

Teaching Experiences

- Assistant Professor in AIJHM College, Rohtak, Teaching from 01 Aug 2008 to 31 Mar 2009 (Months: 8)
- Assistant Professor Permanent in AIJHM College, Rohtak, Teaching from 04 Aug 2009 onwards, Still Working.

CATEGORY III : RESEARCH AND ACADEMIC CONTRIBUTIONS

(Dr. Kuldeep Nara)

A). Research Papers Published in Journals or Conference Proceedings

Sr. No	Title with name of author(s) as appearing in the Publication	Journal, Volume, Year, Page Numbers	Whether indexed/ refereed	Impact factor, if any	ISSN / ISBN	Whether you are Sole / first / Principal / corresponding author or other author
1	A comparative study of value orientation of Rural and Urban parents (V N Yadav, Subodh Kumar, Satish Kumar, Kuldeep Nara, Davender, Partibha, & Archana)	Indian Journal of Health and Well Being Vol. 03, Issue 01 March 2012, Page No. 263-265	Indexed and refereed	0.47	ISSN : 2229-5356	Co-Author
2	Happiness and life satisfaction: A correlational study (Davender, V N Yadav, Subodh Kumar, Satish Kumar, Partibha, Archana & Kuldeep Nara,)	Indian Journal of Positive Psychology Vol. 03, Issue 01, March 2012, Page No. 62-65	indexed/ refereed	0.47	ISSN : 2229-4937	Co-Author
3	A comparative study of Frustration among University Sports and non-sports person in respect of their Goal Orientation (Haryana) (Kuldeep Nara)	Journal of People & Society of Haryana Vol. 3, Issue 01, April 2012, Page No. 21-24	Indexed and refereed		ISSN: 2248-9029	Principal Author
4	A comparative study of emotional intelligence in sportspersons of MDU Rohtak in relation to their gender and locality (Kuldeep Nara)	International Journal of Languages, Education and Social Sciences, Vol. 02, Issue 01, Sept. 2012, Page No. 51-54	indexed/ refereed	2.55	ISSN : 2278-3970	Principal Author
5	A comparative study of job satisfaction among Physical Education Teachers (Kuldeep Nara)	International Journal of Languages, Education and Social Sciences, Vol. 04, Issue 01, April 2013, Page No. 22-25	indexed/ refereed	2.55	ISSN : 2278-3970	Principal Author
6	Emotional intelligence of sportsperson and Non-sportsperson (Kuldeep Nara)	Journal of People and Society of Haryana Vol. 3, Issue 01, April 2013, Page No. 80-87	indexed/ refereed		ISSN: 2248-9029	Principal Author
7	A comparative study of Frustration among University Sports and Non-sports person (Kuldeep Nara)	Research Journal of Humanities and Social Sciences Vol. 4, Issue: 2, April-June, 2013 Page No. 254-257	indexed/ refereed		ISSN: 0975-6795	Principal Author
8	A comparative study of self confidence of athletes belong to MDU, Rohtak and CDLU, Sirsa (Kuldeep Nara)	Darpan International Research Analysis Vol. 01, Issue 02 July 2013, Page No. 59-61	indexed/ refereed		ISSN No. 2321-3094	Principal Author

9	Self-Esteem of sportspersons: A study of male and female sportspersons (Kuldeep Nara)	International Journal of Physical Education, Sports and Health Vol. 1, Issue 2 Nov.-Dec., 2014, Page 34-36	indexed/ refereed	5.38	ISSN: 2394- 1685	Principal Author
10	Implications of Yoga in Sports Science (Kuldeep Nara)	Global Journal of Multidisciplinary Studies Vol. 04, Issue: 12 Nov. 2015, Page No. 297-300	indexed/ refereed	2.389	ISSN : 2348- 0459	Principal Author
11	Self Confidence among Handball and Volleyball players a comparative study (Kuldeep Nara)	Journal of Global Research and Analysis Vol. 4, Issue 2, Dec, 2012 Page No. 158-162	indexed/ refereed		ISSN No. 2278- 6775	Principal Author
12	शारीरिक शिक्षा में वर्णित योग साधना (Kuldeep Nara)	The Educand, Journal of Humanities and Social Sciences Vol. 6, Issue 01, July-Dec, 2016 Page No. 113-115	indexed/ refereed		ISSN – 2249- 9741	Principal Author
13	मध्यकालीन भारत में शारीरिक शिक्षा का विकास (Kuldeep Nara)	International Journal of Multidisciplinary Research and Development Volume 3; Issue 11; November 2016; Page No. 183-184	indexed/ refereed	5.72	ISSN No. 2349- 4182	Principal Author
14	शारीरिक शिक्षा में सामाजिक सिद्धांत और संस्थाओं का योगदान (Kuldeep Nara)	International Journal of Applied Research Vol. 2, Issue-12, Part A December, 2016, Page No.49-51	indexed/ refereed	5.2	ISSN No 2394- 5869	Principal Author
15	A study of physical fitness between basketball and football players of Haryana (Kuldeep Nara)	International Journal of Physiology, Nutrition and Physical Education Vol.2, Issue 1, Part A, Jan-June, 2017, Page No. 01-04	indexed/ refereed	5.43	ISSN: 2456- 0057	Principal Author
16	Study of mental health among sports persons (Kuldeep Nara)	International Journal of Physical Education, Sports and Health Vol.4, Issue 1 Part A ,2017, Page No. 34-37	indexed/ refereed	5.38	ISSN: 2394- 1685	Principal Author
17	Level of depression among the male and female athletes of Maharishi Dayanand University, Rohtak (Kuldeep Nara)	International journal of Physiology, Nutrition and Physical Education Vol 3 issue 1, 128-130 Jan-Jun 2018	indexed/ refereed	5.43	ISSN: 2456- 0057	Principal Author

➤ **B) Book/E-Book published by International Publishers/Subject:**

Sr. No	Title of the Book
1.	“Frustration, Depression and Goal Orientation in Sports” by Kuldeep Nara with Sarup Book Publishers (P) Ltd, New Delhi ISBN-9789352080694
2.	Organisation and administration of Physical Education by Ishwar Singh, Kuldeep Nara and Rajesh with Friends Publications (India) ISBN 9788172164720

➤ **D) Research Guidance**

Ph. D.	Ph.D. Registered	Thesis / Dissertation Submitted	Degree Awarded
01	Knowledge of Health, participation in Physical activity and Academic Performance of Students: A Relative Study (In Reference of Rohtak and Jhajjar District of Haryana State		25/02/2018

E)(i) Training and Workshops

Sr. No	Training /Name of Programme
1.	Attended Interdisciplinary Refresher Course Research Methodology (UGC-HRDC at GJUST, Hisar (from 15/11/2018 to 05/12/2018).
2.	Attended Refresher Course in Environmental Studies (UGC-HRDC at BPS Mahila Visvidhalaya, Khanpur, Sonapat (from 15/11/2017 to 06/12/2017).
3.	Attended Orientation Programme (22 nd) UGC-HRDC at BPS Mahila Visvidhalaya, Khanpur, Sonapat (from 22/04/2015-19/05/2015).
4	Attended Faculty Development Programme on “Advances in Research Methodology and Data Analysis” organized byCBLU, Bhiwani (from May 14 to 20, 2020)
5	Attended Faculty Development Programme on “Advances in Research Methodology : Tools & Techniques Analysis” organized byARSD College, University of Delhi. (from June 5 to 11, 2020)

E).(ii) Paper Presented in Conferences/ Symposia/ Seminar/Workshop etc.

Sr. No	Title of the Paper Presented	Title of the Conference/Seminar etc	Organizer	Date(s) of the event	International / National/ State/ University/ College level
1	A Comparative Study of Frustration among University Sports and Non-Sports Person in Their Goal Orientation (Haryana)	Gender Policy in India: Problems and Prospects	Dept. of Public Administration, MD University Rohtak	19 March, 2010	National
2	To assess and compare relation to frustration among sports and Non-sports person	Physical Education, sports and Society	Deptt. of Phy. Edu. Govt. College, Bhiwani	20-21 Feb. 2010	National
3	A comparative study of depression among sports and non-sports person	Contemporary issue in commerce economics management and IT	Govt. College, Julana	15-16 Nov. 2013	National
4	Sports Education and Sir Chhotu Ram	Sir Chhotu Ram : Life and Ideology	Centre for Haryana Studies and Chhotu Ram Chair, MDU, Rohtak	22 Nov. 2014	National
5	Level of self confidence in Handball and Volleyball players	Physical Education: emerging trends in sports and health sciences(NCPEET-2015)	Deptt. of Phy. Edu. CDLU, Sirsa	20-21 March, 2015	National
6	Contribution of sports activities in personality development	Global conference of scientific cultural in physical education and sports	Deptt. of Physical Education, Panjabi University, Patiala	18-20 Feb., 2016	International
7	बौद्ध धर्म का विदेशों में प्रचार	The role of Buddhism and its branches in peace making and cultural development	Hindu College, Sonapat	10 March, 2016	National
8	A study of stress and mental health	The Problems and challenges before women in the contemporary Indian society : A psychological perspective	Govt. college for Women Gurawara	16 March, 2016	National
9	Play method an innovative teaching in sports	Innovative startegies in Education :The Emerging	C.R. College of Education, Rohtak	27 March, 2016	National

		paradigm			
10	The language of sports news: A tool to curb the stress and frustration among the sports persons	Media : Language and Sensibility	A.I Jat H.M College, Rohtak	10-11 Nov. 2016	National
11	आज का शिक्षक व शिक्षा के बदलते संदर्भ	Diagnostic Role of Teacher in Indian Reality: Collaborative Explorations in Teaching-Learning	Gaur Brahman College of Education, Rohtak	15-16 December, 2016	National
12	Human growth hormone used in sports and its adverse effects on health	Drug menace on sports culture	Indra Gandhi National College Ladwa, (Kurukshetra)	25 January, 2017	National
13	A study on emotional intelligence and occupational stress	Emerging Trends in Sports Sciences, Yoga & Physical Education	Kanya Mahavidalya, Kharkhoda,(Sonipat)	04 Feb.2017	National
14	A study of Psychological skill in college level Female and male Athletic	Psychological Perspectives of Digital Evolution and Revolution	Vaish College Bhiwani	16 Feb. 2017	National
15	Gandhi Ji in twenty first century : A review	Gandhian Study Centre :Epoch-MakingSocial Thinkers of India	C.R College of Education, Rohtak	05-06 March 2017	National
16	Play Method-An Effective Tool of Learning	Constructivism :A new Paradigm in Teaching and Learning	C.R College of Education, Rohtak	23-24 March 2017	National
17	Emotional Maturity Among Rural And Urban Football Players	Challenges of Modern Sports in India	Arya P.G College, Panipat	25 March 2017	National
18	Drugs in Sports	Drug Addiction and Alcoholism: issues and Challenges in North-West Region	Deptt of Sociology, M.D University, Rohtak	29-30 March 2017	National
19	A Study on Sports Achievement Motivation Level Between Combat Sports and Team Sports Female players.	Olympics and Indian Values in Global Context	K.M. College, University of Delhi, Delhi	25-27 Sept 2018	International
20	Vartman Paripekesh me Bhartiya Nari ka Mansheek, Bodheek avam Sharireek Vikas	Womens Participation in Economics & Social Development inSouth Asia : Role, Status & Challenges	I. G. University, Meerpur, Rewari	21-22Feb. 2019	International
21	Issue and Challenges of Choice Based Credit System in P. G. Level	National Seminar Cum Orientation Programme on Choice Based Credit System At Post Graduate Level	Faculty Development Centre, M.D. University, Rohtak	1-2 Sept, 2019	National
22	Violence Against Women : A Psychological and Physiological stand point	International Conference on Violence and Peace : Analysis to Action	Directorate of Higher Education, Haryana and Rehabilitation Council of India, New Delhi	24-25 Feb, 2020	International