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VARUN MALIK

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CAREER OBJECTIVE

To work with an organization providing challenging tasks, ample Opportunities to learn and avenues to growth and a human work environment.

EDUCATIONAL QUALIFICATIONS

- Graduation from D.A.V. College, Panjab University, Chandigarh.(49.1%)
- 10+2 from Haryana Board.(54.8%)
- 10th from Haryana Board.(58.5%)

PROFESSIONAL QUALIFICATIONS

- Ph.D from Maharshi Dyanand University, Rohtak.
- Msc(yoga) from Open Globel University, Meghalaya 2014
- Qualify U.G.C NET in Physical Education April 2014
- M.Phill. from Vinayka Mission University, Tamilnadu(56%)
- M.P.Ed from N.C.P.E College, C.C.S.U, MEERUT.(68.8%)
- B.P.Ed. from I.G.I.P.E.S.S. College, Delhi University. (58.08%)

WORK EXPERIENCE

- Currently working with A.I.J.H.M, COLLEGE, ROHTAK , assistant professor.
- M.D.University Rohtak, Assistant Professor in Dept. physical Education.
- I.P.College of Education, jassia, Rohtak as a Lecturer in Physical Education.
- T.C.M college of Engg. Gannur, Haryana as a D.P.E .

- S.D.Public School, East Punjabi Bagh, New Delhi as a PET.
- M.D.H International School, Sector -6, Dwarka, New Delhi as a PET.
- Basket Ball coach in Blue Bells International School, East Kailash, New Delhi.
- Basket Ball coach in K.R Mangalam World School, Vikas Puri, New Delhi.
- Basket Ball Coach in Pragati Public School, Sector-13, Dwarka, New Delhi.

SPORTS ACHIEVEMENTS

- Winner—All India Inter University, Basket Ball Championship, Chandigarh.
- Winner—Panjab University Inter College, Basket Ball Championship, 2002-03, Chandigarh.
- Winner—Panjab University, Inter College, Basket Ball Championship, 2003-04, Chandigarh.
- Winner—Senior State Basket Ball Championship, 2003, Chandigarh.
- Winner—Senior State Basket Ball Championship, 2001-02, Chandigarh.
- Winner—Delhi Inter College Basket Ball Championship, 2004-05, Delhi.
- Participated in Senior National Basket Ball Championship in 2003, held at Hyderabad.
- Winner—Haryana Senior State Basket Ball Championship held at Sirsa, Haryana, 2005.
- 3rd position in Haryana Senior State Basket Ball Championship held at Hissar, Haryana, 2004.
- 2nd position in Haryana States Games, 2004 in Panchkula, Haryana.
- 2nd position in Junior Haryana Basket Ball Championship in 1999.
- Winner—Junior Haryana Basket Ball Championship in 2000.
- Winner—Junior Haryana Basket Ball Championship in 2001.
- Participated in Youth National Basket Ball Championship held at Chittorgarh , Rajasthan, 1999.

THESIS PH.D & M.PHIL

- Ph.d Impact of mass media coverage in the participation of university players in selected games
- M.phil Effect of mindfulness meditation and home-based resistance exercise on weight loss, weight loss behaviors, and psychosocial correlates in overweight adult

RESEARCH WORK

- Role of physical fitness for the improvement of sports performance. **Published in Penalty corner journal.(2009)**
- The impact of interest and motivation of university sports persons in respect of their socio-economic-status. **Published in Penalty corner journal.(2010)**
- A comparison of Physical Education Teachers and coaches in relation to their job satisfaction **Published in Penalty corner journal. (2011)**
- Comparative study of selected physical fitness variables of 15-16 years boys of urban and rural area of Rohtak district in relation to their age. **Published in Penalty corner journal. (2011)**
- Changing Attitude towards physical education and Modern life styles. **Published in International Journal (Yugshilpi 2013)**
- Delayed onset muscle soreness. **Published in International Journal (Yugshilpi 2013)**
- Teaching Science Through Experimental Method-A study **.Published in International Journal (Indian Journal of social concerns 2013)**
- Relationship of Selected Kinematical Variables With The Performance of Female Basketball Players in 3 Point Shot. **Published in International Journal (Penalty Corner 2013)**

Symposia/Conference/Seminar

- **International** global scientific conference on physical education ,health & sports sciences(**Guru Nanak Dev University, Amritsar, Punjab 2014**)
- **International conference** on Futuristics trends in physical education (**Punjabi University Patiala, Punjab 2013**)
- **International conference** on global innovation strategies & policies in physical education & sports science.(**Gurukul Kangri Vishwavidyalaya , Haridwar 2012**)
- **International symposium** on Global trends of Physical education and Sports in 21st century. (**Noida college of physical education 2011**)
- **National conference** on wellness Through Physical Activity: Future Perspective (**Punjabi University Patiala, Punjab 2014**)
- **National seminar** on scientific support in sports.(**Aligarh Muslim University,Aligarh 2011**)

- **National conference** on modern trends & directions of physical education & sports (**Gurukul Kangri Vishwavidyalaya, Haridwar 2010**)
- **National seminar** on challenges to teacher education in the era of globalization (**M.D.university, Rohtak 2013**)

EXTRA CURRICULAR ACTIVITIES

- Knowledge of Football, Volleyball, Yoga etc.
- N.C.C. Junior/Senior levels ['A' Certificate].
- Two year Diploma in Computers.

SKILLS SET

- Learnt to welcome and overcome challenges.
- Developed good communication skill while participating in Extracurricular Activities.
- Happy to work in a team

COMPUTER PROFICIENCY

Operating System	:	DOS & Windows
Language	:	C
Application	:	MS-Office

HOBBIES

- Playing Games
- Coaching
- Music
- Traveling

STRENGTHS

- Prefer working under deadlines.
- Extremely dedicated to work.

➤ Committed to self-improvement

PERSONAL DETAILS

Date of Birth : 14-09-1983
Nationality : Indian
Marital Status : Married
Languages Known : English, Hindi & Punjabi
Sex : Male

Date:

Place: Rohtak

(VARUN MALIK)