

1.	Name in Block Letters	:	Dr. SUKHRAJ SINGH
2.	Father's Name/Mother's Name	:	S. GOBINDER SINGH/ S. NARINDER KAUR
3.	Department	:	PHYSICAL EDUCATION, UNIVERSITY COLLEGE, BARNALA
4.	Date of Place of Birth	:	09-07-1976, MOGA
5.	Sex	:	MALE
6.	Marital Status	:	MARRIED
7.	Nationality	:	INDIAN
8.	Indicate whether belongs to SC/ST/OBC Category	:	N A (Only Sikh)
9.	Address for correspondence (with Pincode)	:	VILLAGE- DHANAULA KHURD, PO. HANDIAYA, DISTRICT –BARNALA - 148107
10.	Permanent address (with Pincode)	:	VILLAGE- DHANAULA KHURD, PO. HANDIAYA, DISTRICT –BARNALA - 148107
11.	Telephone No.	:	8427647772
12.	Email	:	sukhraj Singh9776@yahoo.com

13. Academic Qualifications (Matric till post graduation)

Examination	Name of the Board/University	Year of Passing	Subject
Matric	PSEB Mohali	Mar 1990	Pbi,Eng, Sci, Math, SS.
10+2	PSEB Mohali	Sep 1992	Pbi,Eng,Eco,Phy.Edu,His
BA	Pbi.Uni. Patiala	Sep 1996	Punjabi, English, Geography, Physical Education, Religious study
D.P.Ed.	Nagpur University	June 1999	Principal & History of Phy. Edu., Education & Sports Psychology, Phy, Organization Admin. & Supervision of Phy. Edu., Anatomy Physiology & health education, Education Methodology,
MA	Pbi.Uni. Patiala	April 2000	Defense & Stre. Study
NIS	NSNIS Patiala	May 2001	Sp. Phy., Sp. Med., GTMT, SP. PSY.,Kin. Bio., Sp. Ant., Sport Discipline (Athletics)
MS	Pbi.Uni. Patiala	April 2003	Med, Phy, Anthro, Psy ,Research, Athletic, GTMT ,Biomech, Sci of Athletics.
M.P.Ed.	GNDU Amritsar	April 2005	Coaching, Research Psy, Measurement, Exer. Phy. Medicine.

14. Research Degrees (s)

Degree	Title	Date of Award	University	Subject
M.Phil	A STUDY OF PHYSICAL FITNESS PROFILES OF NATIONAL LEVELS OF INDIAN MEN DISCUS AND HAMMER THROWERS	Dec. 2007	Vinayaka Mission University Salem	Research Methodology, Training Method-I & II, Dissertation & Viva.
Ph.D./D.Phil.	PHYSICAL FITNESS AND MORPHOLOGICAL CHARACTERISTICS OF HAMMER THROWERS IN INDIA	Dec. 2011	PBI. UNI. PATIALA	Physical Education & Sports

15. Appointments held prior to joining this institution

Designation	Name of Employer	Date of Joining		Salary with Grade	Reason for Leaving
		Joining	Leaving		
LECTURER	YS HANDIAYA	01-10-2007	30-06-2008	8000/- (CONTRACT)	BETTER OPTION
ATHLETIC COACH	SPORTS DEPT. PUNJAB (BARNALA)	06-08-2008	14-09-2012	12000/- (LUMP SUM) (CONTRACT)	COACHING DREAM
ASSISTANT PROFESSOR	PUTPD MALWA COLLEGE, RAMPURA PHUL	15-09-2012	07-08-2018	(15600-6000)	TRANSFER

16. Posts held after appointment at this institution:

Designation	Department	Date of Actual Joining		Grade
		From	To	
ASSISTANT PROFESSOR	PHYSICAL EDUCATION, UNIVERSITY COLLEGE, BARNALA	07-08-2018	TILL DATE	(15600-6000)

17. Teaching Experience: PG classes (in years) - **NIL**
: UG classes (in years) – **07.5 YRS**
Coaching Experience: Athletic Coach: 4.1 years

18. Research Experience excluding years spent in M.Phil./Ph.D (in years) - **3 YRS**

19. Field of Specialization under the subject/Discipline

(a) Science of Coaching

(b) Athletics

20. a) Papers Published in Journals

S. No.	Title with page nos.	Journal	ISSN/ISBN No.	Whether Peer reviewed impact Factor, if any
1.	SOMATOTYPE OF INDIAN FEMALE HAMMER THROWERS OF DIFFERENT PERFORMANCE LEVELS PAGE 95-99	INTERNATIONAL JOURNAL OF BEHAVIORAL SOCIAL AND MOVEMENT SCIENCES Vol. 01, Oct. 2012, Issue 04	ISSN: 2277-7547 (ONLINE)	PEER REVIEWED
2.	STRESS RESILIENCE AMONG PLAYERS AND NON-PLAYERS PAGE 87-91	INTERNATIONAL JOURNAL OF RESEARCH PEDAGOGY AND TECHNOLOGY IN EDUCATION AND MOVEMENT SCIENCES (IJEMS) Vol. 01, Issue 02 ,Dec. 2012	ISSN: 2319-3050 (ONLINE)	PEER REVIEWED
3.	COMPARATIVE STUDY OF PHYSIOLOGICAL & ANTHROPOMETRIC VARIABLES OF COLLEGE LEVEL FEMALE LONG JUMPERS AND SPRINTERS PAGE 7-13	INTERNATIONAL JOURNAL OF RESEARCH PEDAGOGY AND TECHNOLOGY IN EDUCATION AND MOVEMENT SCIENCES (IJEMS) MAR.-APRIL-2015	ISSN – 2319-3050 (ONLINE)	PEER REVIEWED
4.	MAXIMUM STRENGTH PARAMETERS OF INDIAN MALE HAMMER THROWERS OF DIFFERENT PERFORMANCE LEVELS PAGE- 177-181	INTERNATIONAL JOURNAL OF BEHAVIORAL SOCIAL AND MOVEMENT SCIENCES Vol.02,Jan2013,Issue01	ISSN: 2277-7547 (ONLINE)	PEER REVIEWED
5.	A COMPARATIVE STUDY OF SPORTS PERSONOLOGY BETWEEN SPORTS-PERSONS AND NON SPORTS-PERSONS PAGE- 184-191	INTERNATIONAL JOURNAL OF BEHAVIORAL SOCIAL AND MOVEMENT SCIENCES Vol.02,April 2013, Issue 02	ISSN: 2277-7547 (ONLINE)	PEER REVIEWED
6.	EFFECT OF ANXIETY AND MOTIVATION ON THE LEVELS OF STRESS ON PLAYERS AND NON-PLAYERS PAGE-19-23	INTERNATIONAL JOURNAL OF BEHAVIORAL SOCIAL AND MOVEMENT SCIENCES Vol.02,April 2013, Issue 02	ISSN: 2277-7547 (ONLINE)	PEER REVIEWED
7.	RELATIONSHIP BETWEEN ANTHROPOMETRIC AND PHYSIOLOGICAL VARIABLES OF COLLEGE LEVEL FEMALE SPRINTERS AND LONG JUMPERS PAGE-85-93	INTERNATIONAL JOURNAL OF BEHAVIORAL SOCIAL AND MOVEMENT SCIENCES Vol.02,Nov.2013,Issue04	ISSN: 2277-7547 (ONLINE)	PEER REVIEWED

S. No.	Title of the Paper presented	Title of Conference/ Seminar	Organised by	Whether International / national/state/ regional/ college or university level
1.	General Fitness Profile Of Indian Hammer Throwers	4 th National Conference Of Physical Education From 1 st & 2 nd February, 2010	Deptt. Of Physical Education, Punjabi University Patiala	National
2.	Maximum Strength Parameters of Indian Male Hammer Throwers of Different Performance Levels	Health, Fitness & Sports Technologies 12 th October 2012	Department Of Sports Science, Punjabi University Patiala	National
3.	Relationship Between Anthropometric & Physiological Variables Of College Level Female Sprinters And Long Jumpers	Health, Physical Activity And Sports: Recent Trends & Challenges December 20-21, 2012	Akal College Of Physical Education, Mastuana Sahib, Sangrur.	National
4.	Relationship Between Anthropometric And Hammer Throw Specific Tests Of Male Hammer Throwers.	Futuristic Trends In Physical Education January 24 th To 26 th , 2013	Deptt. Of Physical Education, Punjabi University Patiala	International
5.	Effect Of Interval Training On Selected Physical Fitness Variables Of Softball Players.	Wellness Through Physical Activity: Future Perspective 17 th & 18 th January 2014	Deptt. Of Physical Education, Punjabi University Patiala	National

b) Papers presented in Conferences, Seminars, Workshops, Symposia

c) Additional Information

- 1) Attended the clinic in Throwing Events conducted by AFI under the expert guidance of a Bulgarian Throwing Coach Mr. Peter Rahmanliew from 14th to 20th Nov. 04.
- 2) Attended the PYKKA Master Training Course conducted by LNUPE, Gwalior in 2010
- 3) Participated All India Athletic championship held at Palayamkottai in the year of 1999.
- 4) Attended a NSS camp.
- 5) Participated in workshop on Dope control in sports conducted by NSNIS Patiala from 16-18 Nov.2001.
- 6) Participated in Seminar-cum-workshop on Modern Relevance Psychology in sport organized by the Department of sports psychology of NSNIS, Patiala from 18-22 June 02.
- 7) Attended Workshop cum Championship on Sports and fitness (Aerobics) held at NSNIS Pta. in Nov. 2002.
- 8) In Practical Examination of Master of Physical Education got distinction.
- 9) Trained Army (1st Armed Div.) cross country teams in Jan.2004.
- 10) Trained Throwers who won medals in All India Inter University, Youth Asia, Junior Asia, World Athletic Championships and presently having Three National Record in Hammer Throwing Event.