

ASSISTANT PROFESSOR - PHYSICAL EDUCATION

DR. PAWAN KUMAR

79, Village- Rasul Pur, P.O- Rani Khera, N. Delhi 110081

Contact: +91 9312219030, +91 9958800233; **Email:** pawankdabas@gmail.com

- Creative, ambitious, talented & competent individual with excellence in providing coaching/ technical guidance on Physical Education at the mass level since last 21 years as Asst. Professor/ Teacher
- Expertise in Anatomy & Physiology, Health Education & First Aid, Sports Medicine, Education & Sports Psychology, Child Development, Professional Preparation and Curriculum Design, Research Process, Biomechanics and Kinesiology, Diet and Nutrition, Test and Measurement.
- Recipient of the Dr. S. Radhakrishnan Memorial National Teacher Award on 4th September 2009 at Shah Auditorium, Delhi.

Teaching Experience

- Working as Assistant Professor in PGDAV College, University of Delhi, Nehru Nagar, , Delhi since 16 Feb. 2022.
- Worked as Assistant Professor in Bhaskaracharya College of Applied Sciences, University of Delhi, Sec-2, Dwarka, Delhi from September 2012 to 15 Feb. 2022.
- Delhi Administration – GSVSBV NO- 1, Sarojini Nagar, New Delhi (July 2011-Sep2012)
- The British School, Chanakya Puri, Delhi (Aug 2010- June 2011)
- A.G.DAV Centenary Public School, Model Town, Delhi (July 2002- July 2010)
- Noida College of Physical Education, Noida (Sept 2001 - June 2002)

As a Freelancer (Officiating and Coaching):

- Manager of University of Delhi boys swimming team went to Jain University, Bangalore to play All India Inter-varsity Swimming Championship in October 2018-19.
- Manager of University of Delhi boys swimming team went to Chandigarh to play All India Inter-varsity Swimming Championship in October 2017-18.
- Manager of University of Delhi boys swimming team went to Chandigarh to play All India Inter-varsity Swimming Championship in October 2015-16.
- Manager of University of Delhi boys lawn tennis team went to Chandigarh to play North Zone Inter-varsity Lawn tennis Championship in 2015-16.
- Have been managing A.G. DAV Cricket & Basket Ball Academy
- Coached British School Senior Cricket and Basket Ball Teams
- Organizing Secretary, C.B.S.E, North Zone, Hockey Tournament, Delhi
- Technical Official, UP State, CBSE Annual Athletic Meet, Ghaziabad
- Referee, Senior National Rugby Football Championship, Sangrur (Punjab in 2001)

ASSISTANT PROFESSOR - PHYSICAL EDUCATION

- Coach - Athletics (2000-01) & Coach - Hockey (1999-2000), Guru Nanak Public School, Punjabi Bagh, Delhi
- Official, XIX FITA and V Indian Round National Archery Championship, Delhi, 1997
- Official, Delhi State Rugby Championship, 1998
- Official, Mini Marathon organized by DDA during 1997
- Organized various Athletic Meets at School and State Level

Educational Credentials

- **Ph. D.- A Demographic Study on Autonomic Function of Retired Sportsperson Belonging to Selected Games and Sports Predominated by Power and Aerobic Capacity**, from Department of Physical Education & Sports Sciences; Delhi University, India
- **M.P.E.S. - Physical Education Disciplines 2001**, IGIPES, Delhi; Delhi University; 80%
- **B.Sc. (P.E., H.E.,& Sports) - Physical Education Disciplines 1999**, IGIPES, Delhi; Delhi University; 69%
- **XII - Physics, Chemistry, English, Math & Physical Education, 1996**, CBSE, Delhi; 67%

Academic Accolades

- Successfully cleared UGC Test For JRF & Eligibility for Lecturer-ship June 2002
- Distinction of being a **Gold Medalist throughout Graduation and Post Graduation**
- Recognized for setting **2 Academic Records** in Masters Degree in Delhi University
 - **Attained 83.3% marks in MPES-I i.e. in the year 2000 (highest in Delhi University in any course of PE)**
 - **Achieved Distinction in all subjects of MPES- I and 11 out of 14 in Masers Degree**

Dissertation & Thesis

- PhD Degree Thesis on “A Demographic Study on Autonomic Function of Retired Sportsperson Belonging to Selected Games and Sports Predominated by Power and Aerobic Capacity”
- Master Degree Dissertation on” Comparative Study of Selected Physical Fitness and Components of Football Hockey Players.”

Project

Completed as one of the Principal Investigator of Delhi University Innovation Project-BCAS 301 titled “**Development of Norms of Selected Autonomic Nervous System Functions, Lipid**

ASSISTANT PROFESSOR - PHYSICAL EDUCATION

Profile, Electrolyte and Selected Respiratory Variables of College Students with and without Sports Background” form OCT-2015.

Courses/ Trainings Attended

- Short Term Training from Autonomic Function Laboratory, Department of Physiology, All India Institute of Medical Sciences, Delhi in June-July 2008
- Attended Computer Course Training on HTML and ASP from Delhi University Computer Center from 24-08-09 to 04-09-09
- Attended and completed National Refresher Course & State Referee Clinic in Tug of War in Delhi in Nov 1999

Books:

- **Kumar, P** & Shaw, D (2019). *Obesity Management (1st ed.)*. Khel Sahitya Kendra. ISBN: 978-93-88159-93-7
- **Kumar, P** (2021). *Fitness & Exercise Management (1st ed.)*. Friends Publication (India). ISBN: 978-81-7216-569-7
- **Kumar, P** (2021). *Assessment & Management of Obesity (1st ed.)*. Friends Publication (India). ISBN: 978-93-90649-45-7

International and National Publications

- **Pawan Kumar Dabas** and D. Shaw (Aug. 2010) “Reliability of Frequency Domain HRV Analysis” published in Springer, August 2010, Volume 31, pp 1615-1618, ISBN 978-3-642-14514-8.
- **Pawan Kumar, D. Shaw** and M. Rathi (Dec. 2013) “Reliability of Time Domain HRV Analysis”, *Intellectual Resonance- DCAC Journal of Interdisciplinary Studies*, December 2013, Volume – 1, pp 115-19, ISSN : 2321- 2594.
- **Pawan Kumar, D. Shaw** and M. Rathi (Jan. 2014) “Percentile Norms of Autonomic Sympathetic and Parasympathetic Reactivity Variables of Indian Sportsperson Withdrawn from Competitive Games and Sports from Power Events”, *proceedings of National Conference on Wellness Through Physical Activity: Future Perspective*, January 2014, pp 368-370, ISBN: 978-93-8014-512-9
- Paper ‘Percentile Norms of Heart Rate Variability Analysis (HRV) of Indian Sportspersons Withdrawn from Competitive Games and Sports’ published in proceeding of **International Congress on Sports Psychology- 2014**, 15-18 October, 2014, pp 82-89, ISSN: 978-81-7873-0776.
- Paper ‘A Comparative Study of Time Domain Analysis Recorded with Variable Recording Duration’, **International Congress on Sports Psychology- 2014**, 15-18 October, 2014, pp 131-39, ISSN: 978-81-7873-0776.
- **Pawan Kumar** (May- June 2015) “Frequency Domain Analysis of Persons Retired from Competitive Sports Recorded with Selected Recording Durations”, *Online International*

ASSISTANT PROFESSOR - PHYSICAL EDUCATION

- Interdisciplinary Research Journal, {Bi-Monthly}*, Volume-V, Issue-III, pp- 272-84, ISSN 2249-9598,.
- **Pawan Kumar** & Dhananjay Shaw (July-Aug. 2015) “Comparison between the Existing (Clinical) Norms and Developed Norms of Indian Retired Sportspersons”, *Online International Interdisciplinary Research Journal, {Bi-Monthly}*, Volume-V, Issue-IV, pp- 157-61, ISSN 2249-9598.
 - **Pawan Kumar**, Anil K. Bali and Lalit Kapur (March 2016) “A Comparative Study of Heart Rate Variability (Time Domain) of Selected Variables of Male Science Students from Sports and Non Sports Background”, *Online International Interdisciplinary Research Journal, {Bi-Monthly}*, Volume-VI, Spl. Issue, pp- 267-72, ISSN 2249-9598.
 - Anil Bali, **Pawan Kumar**, Lalit Kapur, et.al (2016) “Frequency Domain Analysis of Selected Heart Rate Variability (HRV) and Respiratory Variables of Male Sports Students and Non-Sports students from Science Stream Background- A Comparative Analysis”, *International Journal of Advances in Science Engineering and Technology*, Volume-4, Spl. Issue-2, pp- 1-5, ISSN: 2321-9009.
 - **Pawan Kumar**, Anil Bali, Lalit Kapur (Sept.- Oct. 2017) “ A Comparative Study of Heart Rate Variability (HRV) of Female Science Students from Sports and Non- Sports Background” *Online International Interdisciplinary Research Journal, {Bi-Monthly}*, Volume-07, Issue- 5, pp- 150-58, ISSN 2249-9598.
 - **Pawan Kumar**, Anil Bali, Lalit Kapur, et.al (2017) “Comparison of Selected Respiratory Variables of Science Stream Girls, with and without Sports background” *Proceedings of National Conference on Clean & Green Energy: The Chemical and Environmental Aspects*, 74-76, ISBN: 978-1-63535-362-4
 - Dhananjay Shaw , Balaram Pani , Anil Bali , Deepika Dhiman and **Pawan Kumar** (2017) “Selected Kinematics of Upper Punches (UP), Middle Punches (MP) and Lower Punches (LP) of Karate- (A Comparative Study)”, *DU Journal of Undergraduate Research and Innovation*, Volume 3, Issue 2, pp 64-70, ISSN: 2395- 2334
 - T. P. Singh, **Pawan Kumar**, Balaram Pani, L. Kapur and D. Shaw (2017) “ Biomechanical Variables of Sprinting and Dribbling Performance Highlight Gender Differences in football Players” *DU Journal of Undergraduate Research and Innovation*, Volume 3, Issue 1, pp 74-82, ISSN: 2395- 2334
 - Anil Bali, **Pawan Kumar**, Lalit Kapur (May- June 2019) “A Comparative Study of Lung Functions of College Boys and Girls” *Online International Interdisciplinary Research Journal, {Bi-Monthly}*, Volume-09, Issue- 03, pp- 44-49, ISSN 2249-9598.
 - **Pawan Kumar**, Anil Bali, Lalit Kapur, Dhananjay Shaw (2020) “Autonomic functions of college boys and girls (A comparative study)” *International Journal of Physical Education, Sports and Health*, 7(2):pp 134-139, EISSN 2394-1693.
 - Solanki, R., Sakya, S, Rathi, M. & **Kumr, P.** (2021). Psychological profiling of national level female volleyball players, *International Journal of Physical Education, Sports and Health*, 8(4): 29-32.

ASSISTANT PROFESSOR - PHYSICAL EDUCATION

- Solanki, R., Sakya, S, Rathi, M. & **Kumr, P.** (2021). A study of sports competition anxiety of national level female volleyball players, *Online International Interdisciplinary Research Journal*, 8(4): 33-36.
- Datta, C.S., Shukla, A. & **Kumr, P.** (2022). Comparison between Pretest and Posttest in regard to Selected Parasympathetic Reactivity Variable of Male Football Players, *International Journal of Physical Education Sports and Health*, 9(1): 259-262.
- Datta, C.S., Shukla, A. & **Kumr, P.** (2022). Effect of Six Months Vigorous Football Training on the 30:15 ratio (Heart Rate Response from Lying to Standing Test) of Male Football Players, *International Journal of Physical Education Sports and Health*, 9(1): 263-266.
- Datta S. & **Kumar, P.** (2022). Positive correlation between music and science, *International Journal of Advanced Academic Studies*, 4(2): 43-45

Seminar, Workshop, Conference and Paper Presentation

- Attended WORKSHOP ON ANTI-DOPING AWARENESS organized by IGIPSS, University of Delhi in collaboration with National Anti-Doping Agency (NADA) on 7th march 2019.
- Presented a paper on ‘Comparison of Selected Respiratory Variables of Science Stream Girls with and without Sports Background’ in National Conference on “Clean & Green Energy: The Chemical & Environmental Aspects” held at Bhaskaracharya College of Applied Sciences, Dwarka on 16-17 Feb 2017.
- Presented a paper on ‘Frequency Domain Analysis of Selected Heart Rate Variability (HRV) and Respiratory Variables of Male Sports Students and Non-Sports students from Science Stream Background- A Comparative Analysis’ in International Conference on Physical Education and Sports Science, held at New Delhi on 9 October 2016.
- Presented a paper on ‘Percentile Norms of Heart Rate Variability Analysis (HRV) of Indian Sportspersons Withdrawn from Competitive Games and Sports’ in **International Congress on Sports Psychology- 2014**, on ‘Exercise and Sports Psychology in 21st Century Research and Application Perspective & 25th National Conference of Sports Psychology, held at New Delhi on 15-18 October, 2014.
- Presented a paper on ‘A Comparative Study of Time Domain Analysis Recorded with Variable Recording Duration’ in **International Congress on Sports Psychology- 2014**, on ‘Exercise and Sports Psychology in 21st Century Research and Application Perspective & 25th National Conference of Sports Psychology, held at New Delhi on 15-18 October, 2014.
- Presented a paper on ‘Percentile Norms of Autonomic Sympathetic and Parasympathetic Reactivity Variables of Indian Sportsperson Withdrawn from Competitive Games and Sports from Power Events’ in **National Conference on Wellness Through Physical Activity: Future Perspective** held at Punjabi University, Patiala, Punjab on 17-18 January 2104.
- Presented a paper on ‘Percentile Norms for Swimmers Based on Frequency Domain HRV Analysis’ in **National Conference on ‘Role of Physical Activities & Sport in Balancing Education** held at IGIPSS, Vikas Puri, New Delhi on 15-16 February, 2013.

ASSISTANT PROFESSOR - PHYSICAL EDUCATION

- Presented a paper on “Reliability of Frequency Domain HRV Analysis” in ‘**6th World Congress on Biomechanics**’ (WCB 2010) held at **Singapore** from 1- 6 August 2010.
- Presented a paper on “Reliability of Time Domain HRV Analysis” in ‘**6th World Congress on Biomechanics**’ (WCB 2010) held at **Singapore** from 1- 6 August 2010.
- Presented a paper on “Development of Percentile Norms for Indian Sportspersons Based on Frequency Domain HRV Analysis” in **National Seminar on Sports Biomechanics and Exercise Sciences** from 16- 17 April, 2011 Held at St. Stephen’s College, Delhi University, Delhi.
- Presented a paper on “Development of Percentile Norms for Indian Sportspersons Based on Time Domain HRV Analysis” in **National Seminar on Sports Biomechanics and Exercise Sciences** from 16- 17 April, 2011 Held at St. Stephen’s College, Delhi University, Delhi.
- Presented a paper on “Repeatability of Frequency Domain HRV Analysis” in **National Seminar on Sports Biomechanics and Exercise Sciences** from 16- 17 April, 2011 Held at St. Stephen’s College, Delhi University, Delhi.
- Presented a paper on “Repeatability of Time Domain HRV Analysis” in **National Seminar on Sports Biomechanics and Exercise Sciences** from 16- 17 April, 2011 Held at St. Stephen’s College, Delhi University, Delhi.
- Presented a paper on “Frequency Domain Analysis of Person Retired from Competitive Sports Recorded with Selected Recording Durations” in **National Conference on ‘Role of Physical Activities on Holistic Personality Development’** held at Department of Physical Education and Sports Sciences and IGIPESS, University of Delhi, Delhi on 12 march 2010.
- Presented a paper on “Repeatability (Scientific Authenticity) of Time Domain HRV Analysis” in National Conference on ‘**Role of Physical Activities on Holistic Personality Development**’ held at Department of Physical Education and Sports Sciences and IGIPESS, University of Delhi, Delhi on 12 march 2010.
- Presented a paper on “A Comparative Study on Time Domain Analysis with Variable Recording Durations” in **National Conference and Exhibition on Resent Trends in Physical Education, Health Education and Sports Technology** held at Noida College of Physical Education, Dadri, U.P.
- Attended National Workshop on Design and Development of Curriculum for Post Graduate Courses of Physical Education on 28 April 2009 at University of Delhi
- Presented a Paper on”3-Dimensonal Center Of Gravity & Health Related (Body composition) variables co-ordinates of physical training: A Longitudinal Study on Male” during the conference held at Department of Mathematics, Indian Institute of Technology, Roorkee during March 7-8,2009
- Member of Organizing Committee of National Seminar on Qualitative Analysis of human movements in Sports Biomechanics at Delhi University in 2008
- Member of Organizing Committee of National Workshop on Instrumentation and Techniques of qualitative Analysis in Sports Biomechanics at Delhi University in 2008

ASSISTANT PROFESSOR - PHYSICAL EDUCATION

- Attended National workshop on Review & development of curriculum (Masters of Physical education) at Delhi University in 2008
- Attended workshop on “Revisiting Application Course: Fitness. Aerobics and Gym-operation” at Miranda House College, University of Delhi in March 2008
- Presented a paper on “Assessment of Cardio-vascular Autonomic Functions of Sports Person with High and Low Physical Training” in National Seminar held at Delhi University in Nov 2008
- Attended National Seminar on “Recent Researches in Physical Education and Sports” at Delhi University
- National Seminar on Sports Psychology: Current Status & Future Prospects at Meerut University in Dec 2003
- Presented a Paper on “Study on Expression “(Young scientist award session) at Meerut University in Dec 2003

Other Accolades

- Participated as Delhi University Softball player in Inter Univ. comp. at Rohtak, in 99-2000
- Represented Delhi in V National Games held at Manipur, in Feb, 1999 in Rowing.
- Secured IInd Position in Sr. National Central zone Baseball Championship held at Noida during Feb., 2002.
- Participated in 16th Senior National Baseball Championship held at Goa in Feb., 2002.
- Secured IIIrd Position in 12th Senior National Tug of War Championship held at Allahabad during Oct., 1999.
- Represented Delhi in First National Rugby Championship at Agra in the year 1998.
- Participated in Rajiv Gandhi Memorial National Football Championship held at during March, 2000.
- Participated in all India Basketball Tournament in the year 2000.
- Secured IInd Position in Inter College Water Polo Comp. in 1999.
- Won various positions in the Delhi, Zonal level comp. in Handball, Basketball, Triple Jump, Shot-put & 4 x 1000 in Relay etc. during 1995-96.
- Secured various positions in Inter – Sainik School competitions in Football, Hockey, and Javelin throw during 1993-95.
- Enrolled as a member of the National Cadet Corps since 1989 to 1995.
- Attended ‘Combined Annual Training Camp held at Chandigarh during nov.1994.

Date of Birth: 20th May 1979
Delhi

Dr. Pawan Kumar