

MANOJ SINGH

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Punjabi University Patiala (PUNJAB)

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**EDUCATION**

S.no.	Qualification	Year	Marks%	Board/University
1	Ph.D	2011	Pursuing	Punjabi University Patiala
2	M.P. Ed	2010	85.26%	Punjabi University Patiala
3	UGC, NET - JRF	2009	Qualified	UGC New Delhi
4	B.P.Ed.	2008	80.73%	Panjab University Chandigarh
5	Intermediate	2002	53.8%	ISC, New Delhi
6	High School	2000	54.17%	ISCE, New Delhi

Academics Achievements:

- Received Roll of Honour and College Colour in 2003-2004
- Gold Medalist in Bachelor Degree from Panjab University- 2008

Sports Achievements:

- Represented Chandigarh in Football at Senior National level held at Jaipur 2006-07.

Certifications:

- Six weeks certificate course in Sports and Coaching (Table Tennis) 2006-07 held at SAI Western training center, Aurangabad.
- Six weeks certificate course in Sports and Coaching (Health and Fitness) 2007-08 held at LNCPE, Thiruvananthapuram.

Research work:

1. A dissertation submitted to Punjabi University Patiala for degree Master of Physical Education entitled as “*Comparison of Vital Capacity between Swimmer and Long Distance Runner*”

PAPERS PUBLISHED IN APPROVED UNIVERSITY/ STANDARD RESEARCH JOURNAL:

- 1 Mr. Manoj Singh “Physical Activity As A Doctor of Osteoporosis” Futuristic Trends in Physical Education, Vol. 111, ISBN: 978-93-80144-71-9
- 2 Mr. Manoj Singh “What’s Wrong with Human Behaviour” Futuristic Trends in Physical Education, Vol. 111, ISBN: 978-93-80144-70-2

- 3 Manoj Singh “Comparative study of vital capacity between swimmers and long distance runners” Proceeding Wellness Through Physical Activity: Future Perspective, ISBN: 978-93-8014-512-9
- 4 Manoj Singh “Relationship of selected anthropometric and biomechanical variables to performance of kicking for distance in soccer” Journal of physical education and yoga” ISSN 0975-9301
- 5 Manoj Singh “Relationship between Performance and Cardiovascular Endurance of University Level Female Sprinters” International Educational E – Journal **ISSN 2277-2456**
- 6 Manoj Singh “Comparative Study of Selected Physical and Physiological Variables of Male Basketball Players at Different Levels of Competition” Asian Review of Social Sciences ISSN: 2249- 6319
- 7 Manoj Singh “A Study on Physical Fitness of Girls Volleyball Players of Rural and Urban Areas Of Punjabi University Patiala” GLOBAL Excellence in Fitness and Sports Science ISBN: 978-81-89463-96-0
- 8 Manoj Singh “Comparative Study of Social Maturity Among Non - Sports Women And Sports Women “ Global Journal For Research Analysis. Vol. 4 ISSN No 2277 – 8160
- 9 Manoj Singh “Comparative study of selected body composition variables between the male wrestler and yoga practitioners of inter college level” Journal of Physical Education and Allied Sciences. ISSN 22307397
- 10 Manoj Singh “Swara Yoga- Ancient Science of Breathing” Proceeding Yoga Education for Enhancing Quality in Teacher Education.