

Name: Dr. Harneet Singh

Designation: Assistant Professor

Specialization: Physical Education (Exercise Physiology)

Email: Singhsodi.singh187@gmail.com

Contact Number: +91- 7837316445



Education

M.P.ED (2012, Punjabi University, Patiala),

Diploma in sports coaching (2013 NSNIS, Southern center Bangalore)

National Eligibility Test (NET)-2013

Ph.D. (Nov, 2019, Punjabi University, Patiala)

Title of Ph. D Thesis: Effect of yoga and physical training protocol on selected hematological parameters and lipid profile of under-graduate male students

Professional Experience:

Department of Physical Education, M.M. Modi College, Patiala, India (19 January, 2016 to till date)

Department of Physical Education, Sri Guru Granth Sahib World University Fategarh Sahib (23 August 2015 to 18 January, 2016)

Department of Physical Education, Cordia College Snghol Fategarh Sahib (14 June 2014 to 23 July, 2015)

Department of Physical Education, S.K.R.C.P.E Badoo Majara Kharra. (1 September, 2013 to 15 March, 2014)

Research Interest:

- Exercise Physiology
- Sports Training
- Kinesiology
- Test Measurement & evaluation

Publications

1. Dr. Harneet Singh (2020). Review of Body Proportions Amid Females. *Studies in Indian Place Names (UGC Care Journal)*, Vol-40, Issue-60, March -2020, P- 583-586. <https://archives.tpsindia.org/index.php/sipn/article/view/5111>
2. Harneet Singh and Nishan Singh Deol (2019). Effect of yoga training and physical training protocol on hemoglobin level of under-graduate male students. *International*

Journal of Yogic, Human Movement and Sports Sciences, 4 (1) 71-72
<http://www.theyogicjournal.com/pdf/2019/vol4issue1/PartB/4-1-18-721.pdf>

2. Harneet Singh and Dr. Jagdish Singh (2019). Effect of yoga training and physical training protocol on erythrocytes count of under-graduate male students. *International Journal of Yogic, Human Movement and Sports Science*, 4 (1)149-150
<http://www.journalofsports.com/pdf/2019/vol4issue1/PartD/4-1-44-267.pdf>
3. Harneet Singh (2015). Comparative study on selected physical fitness and physiological variables between volleyball and handball players. *Online international interdisciplinary research journal*, 4 (10) 206-210
<https://elibrary.ru/item.asp?id=25409790>

Book/Book chapter

1. Harneet Singh (2015)." Statistic in physical education". Twentyfirst Century publications Patiala, 978-93-85446-64-1
<https://drive.google.com/file/d/1-B4BHi3g2BJTmH0DGm74LLEOKd6Hvh6U>

Conference / Seminars

A) Paper presented:

1. Dr. Harneet Singh (2020). Red Bull, Gatorade and Water Intervention on Cyclist Blood Ph Level. *UGC Sponsored 3rd National conference on Innovation in bioscience and technology*, 07 March, 2020.
2. Mandeep Kaur and Dr. Harneet Singh (2019). Fatigue in sports: causes, symptoms and treatment. *International conference on psychology in contemporary sports, health and fitness perspective*, 28-30 November 2019.
https://drive.google.com/open?id=1-UrOCz5JO8aM7Jjz2_PNVeFui99wDzPj
3. Dr. Harneet Singh and Amarjit Singh (2019). Biochemical responses of adults to general exercises. *International conference on psychology in contemporary sports, health and fitness perspective*, 28-30 November 2019.
https://drive.google.com/open?id=1-oJZKngCE6ONi9OE8dYSN_M4ta-YGlfW
4. Harneet Singh (2019).Biochemical parameters status of students during exercise. *10th National conference on recent advances in chemical and environmental sciences*, 11-12 April P-32-33.
<https://drive.google.com/open?id=1O2dmRlyKun5inl3wZ4yahRwOcLOpRl>
5. Harneet Singh (2018). Changing in total cholesterol after core stability exercise protocol among graduate students. *9th National conference on recent advances in chemical and environmental sciences*, 09-10 February, 2018, P- 141.
<https://drive.google.com/open?id=1-yO2dmRlyKun5inl3wZ4yahRwOcLOpRl>
6. Harneet Singh (2017). Critical analysis of teacher contribution to develop adults' cognition level. *National Seminar on higher education for development& role of*

- https://drive.google.com/file/d/10Fy_kF12T2Iy9uRA2_0lLavv60USqJw9
7. Harneet Singh (2016). Effect of jogging among obese college students. *2nd National symposium on emerging trends in biological sciences*, 12 November, 2016 P- 71.
<https://drive.google.com/open?id=10-V9ThQxcgn04YE9Ty2b91AowlluOwF5>
 8. Harneet Singh (2016). Comparative study of anxiety and social maturity among M.P.ED students of Punjabi university and Prof. Gursewak Singh Govt. College of physical education Patiala. *Global conference on scientific culture in physical education and sports*, P- 915-918.
<https://drive.google.com/open?id=1kpq4GaP9LiyYsxyzCRshspA9v6RhUhNc>
 9. Harneet Singh, A.B Singh Mal and Gurpreet Singh (2016). Relationship between selected specific physical fitness variables and playing ability of the college level kabaddi players. *Global conference on scientific culture in physical education and sports*, P-919-924.
<https://drive.google.com/open?id=1kpq4GaP9LiyYsxyzCRshspA9v6RhUhNc>
 10. Harneet Singh and Dr Jagdish Singh (2016). Comparative study on selected physiological variables between football and hockey players. *Global conference on scientific culture in physical education and sports*, - 20 February, 2016, P- 1862-1864.
<https://drive.google.com/open?id=1kpq4GaP9LiyYsxyzCRshspA9v6RhUhNc>
 11. Harneet Singh, Nishan Singh and Mandeep Kaur (2016). Comparison of psychological parameters among successful and unsuccessful intervarsity softball teams. *Global conference on scientific culture in physical education and sports*, 18 - 20 February, 2016, P-1865-1868.
<https://drive.google.com/open?id=1kpq4GaP9LiyYsxyzCRshspA9v6RhUhNc>
 12. Harneet Singh and Mandeep Kaur (2016). Comparative analysis of selected hematological parameters among school going male students. *Global conference on scientific culture in physical education and sports*, 18 - 20 February, 2016, P- 1869-1871.
<https://drive.google.com/open?id=1kpq4GaP9LiyYsxyzCRshspA9v6RhUhNc>
 13. Harneet Singh (2015). Whether any difference of selected anthropometric variables of arms among national and state level football male players. *International conference on physical education & sports science*, 06-07 January 2015, Vol I P- 523-525.
<https://drive.google.com/open?id=10-V9ThQxcgn04YE9Ty2b91AowlluOwF5>
 14. Harneet Singh (2015). Comparative study of physical fitness between Punjab and Haryana male rural elementary school boys. *International conference on sports, health and sports economics*, 03-04 March, 2015, P- 206-210.
https://drive.google.com/open?id=1-Qf_tjJcGBFSjKz8gobTkiQMhvLwKCD
 15. Satnam Singh, Nidhi Sharma and Harneet Singh (2014). Evaluation of physical fitness component of volleyball and basketball male players. *National conference on wellness through physical activity: Future perspective (UGC Sponsored)*, 17-18 January 2014, P- 663-664.
https://drive.google.com/open?id=1-EICYe_OXIf8EY81dLr345h0SYpGvv02
 16. Jaspreet Singh, Varinder and Harneet Singh (2013). Comparison of physical performance of rural and urban school boys. *Global scientific conference on physical education, health*

& sports science, 24-26 January 2013, Vol II P- 79-84.
<https://drive.google.com/open?id=1-FdzP7P6GI4ehmaxW21OKyzUTz7No35q>

17. Harneet Singh (2013). Yoga as a therapy on hypertension patients. *International conference on health, fitness & Environment: Issues & challenges*, 18-19 December, 2013.

https://drive.google.com/open?id=10JNj8ucP5QPGHxwK7eEISVo1_Aeajrjc

B) Attended

1. Harneet Singh (2011). UGC Sponsored National conference on physical education in 21st century. 25-26 February, 2011.

<https://drive.google.com/open?id=10DhoiL61cvDy4SG7QnqVP3R5tzYXzggq>

2. Attended One Day International Webinar on “Post COVID Challenges before Indian Education System” held on May 29, 2020 Organized by Council for Teacher Education Foundation (CTEF) (Punjab & Chandigarh Chapter) & Multani Mal Modi College, Patiala.

3. Attended National Webinar on “Impact of Sampling and Non-Sampling Errors on Survey Studies” on 18th May, 2020 organized by Department of Statistics, St. John’s College, Agra.

Webinars

1. Attended webinar on “Health and Fitness: Challenges and Opportunities During Covid-19 Pandemic” Organized by Department of Physical Education and Sports, Barnala on 11th July, 2020.

2. Attended National webinar on “Yoga and Meditation as a Therapy During Covid-19 Pandemic: Impact and Future Challenges” organized by Department of Physical Education & Sports and IQAC, PCM S. D College for Women, Jalandhar on 17th June, 2020.

3. Attended International webinar on “Yoga as a Means of Healthier Lifestyle during Corona Virus Pandemic” held on 22 July, 2020 organized by Department of Physical Education, University of Kalyani and West Bengal, India.

4. Attended International webinar on “Impact OF Covid 19 on Physical Education & Sports Business Management held on 13th & 14th May 2020 organized by LNIPE Gwalior, India.

5. Attended one day National Webinar on the Theme “Hind Di Chadar: Sri Guru Tegh Bahadur.” Organized by Punjabi university Patiala on 26th august, 2020.

6. Attended webinar on “Motivation for Perpetual Learning” on 25th July, 2020 organized by KLE Society’s Degree College Nagarbhavi, Bangalore.

7. Attended One Day International Webinar on “Post COVID Challenges before Indian Education System” held on May 29, 2020 Organized by Council for Teacher Education Foundation (CTEF) (Punjab & Chandigarh Chapter) & Multani Mal Modi College, Patiala.

8. Attended Webinar on “National Capability Enhancement Conference: Education For Meaningful Life Part-3” Organized By Punjab Commerce & Management Association on 2 July, 2020.
9. Attended One Day National Webinar to celebrate 400th Birth Anniversary of Sri Guru Teg Bahadur ji on July 16, 2020 Organized by Department of NSS, NCC, & BSG under the Patronage of Department of Higher Education, Punjab.
10. Attended National Webinar on “Impact of Sampling and Non-Sampling Errors on Survey Studies” on 18th May, 2020 organized by Department of Statistics, St. John’s College, Agra.

Workshops and training courses

1. Attended international Workshop on yoga and wellness at JECRC University, Jaipur. (06-07 January, 2015).
https://drive.google.com/open?id=10Df96v3ffRS6mXzhbgzPvi-_PF-6yeq
2. Attended UGC Sponsored Faculty Development Program on the theme "Academic Writing from Critical Appreciation to Publication" at Multani Mal Modi College, Patiala. (9-16 January, 2017).
https://drive.google.com/open?id=10Df96v3ffRS6mXzhbgzPvi-_PF-6yeq
3. Attended One Week Faculty Development Program on "Contemporary Issues Higher Education" at Multani Mal Modi College, Patiala. (20-26 July, 2018).
<https://drive.google.com/open?id=10D60N5GHbJmEK3HmKhJra7BOUud8Uxyk>
4. Attended Faculty Development Program on "Emerging Issues & challenges in Higher Education" at Multani Mal Modi College, Patiala. (17-22 July, 2019).
https://drive.google.com/open?id=10BNBtK5QcZmg_ZpPC_Fw6DtdDjx1Ek
5. Attended one week International E- Symposium on “Online Modes of Teaching and Learning: A Global Perspective” held on 25th to 29th May 2020 organized by Guru Kasha University Talwandi Sabo, Bathinda, Punjab.
6. Successfully completed a 4-Week Induction/Orientation Programme for "Faculty in Universities/Colleges/Institutes of Higher Education" from June 04 - July 01, 2020 and

obtained grade A+ organized by Teaching Learning Centre, Ramanujan College University of Delhi under the aegis of Ministry of Human Resource Development.

7. Attended 7 Days Faculty Development Program on “Research Methodology For Social Science” Organized By Council For Teacher Education Foundation (CTEF) (Punjab & Chandigarh Chapter) & Multani Mal Modi College, Patiala from 21 to 27 June 2020.
8. Attended five-day online International Faculty Development Programme from 22nd June, 2020 to 26th June, 2020 on the topic “Gateway to Innovation” Organized Department of Information Technology, Computer Science & Bachelor of Management Studies of Sahajeevan Shikshan Sanstha’s, Khed-Ratnagiri, Maharashtra, India.
(21 May to 21 June, 2016)