

Name: Dr. Payal Sabharwal
Designation: Associate Professor
Department: Physical Education
Date of Birth: 22.Nov.1976



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Academic Qualification:-

Qualification	University	Year
Graduation	Kurukshetra University Kurukshetra	1997
Post Graduation	Kurukshetra University Kurukshetra	1999
UGC-NET	Physical Education	1999
Ph.D	Kurukshetra University Kurukshetra	2017

❖ **Area of Specialization:-** Anatomy & Physiology, Sports Training, Kinesiology.

❖ **Title of Thesis:**

A comparative study of physical fitness and physiological variables of combative sports during transitional and competitive season.

❖ **Professional experience –**

Worked as Part time Lecturer in Department of physical education Kurukshetra University Kurukshetra(1999-2000)

❖ **Publications**

Published Papers in Journal

Sr.No.	Title with Page No.	Journal	ISSN/ISBN No.
1	Indian Judo: A Survey Vol III, Issue-5 Page no.766-768 Sept.-Oct 14	International journal of social and applied sciences	2278-7062
2	A report on Boxing in India Vol-III Issue -6,Nov-Dec. 2014 Page no.773- 776	International journal of social and applied science	2278-7062
3	Wrestling: A Review Vol III, Issue 1, Jan-Feb 2015 Pages 820-822	International journal of social and applied sciences	2278-7062
4	A Comparative Study of Physical Fitness of Judo Players During Transitional Period and competition Period	International Journal of Movement and Sports Sciences	2321-7200

5	A Comparative Study of Physical Fitness of Wrestlers During Transitional Period and competition Period	International journal of social and applied sciences	2278-7062
6	Ethics of Sports and sportsmanship in contemporary Times	International Journal of Food and Nutritional Sciences	2319-1775
7	Problems of working Woman	Shodh Disha	0975-735X
8	Child Labour A-Bane	Shodh Disha	0975-735X

❖ Paper Presented in Conferences, Seminars, Workshops

Sr.No.	Title of Paper Presented	Organized By	National / International
1	VALUE OF PHYSICAL ACTIVITY IN THE SCENARIO OF MODREN LIFE	AKAL COLLEGE OF PHYSICAL EDUCATIONMASTUANA SAHIB SANGRUR	International
2	SWAMI VIVEKANAND: A SPIRITUAL REFORMER	RADHA KRISHAN ARYA COLLEGE NAWANSHAHR	International
3	PREVAILING ISSUES IN CONTEMPORARY WORLD OF PHYSICAL EDUCATION AND ROLE OF PROFESSIONAL TEACHERS AND COACHES	PUNJABI UNIVERSITY PATIALA	International
4	EFFECT OF SELECTED YOGIC EXERCISES ON BALANCE AND PERCEPTION OF COLLEGE LEVEL PLAYERS	DEPARTMENT OF PHYSICAL EDUCATION GURU NANAK DEV UNIVERSITY AMRITSAR PUNJAB	International
5	BODY COMPOSITION IN RELATION TO SPORTS	DEPART OF PHYSICAL EDUCATION PUNJABI UNIVERSITY PATIALA	National
6	CAREER IN PHYSICAL EDUCATION AND SPORTS IN 21ST CENTURY	MATA GUJRI COLLEGE FATEHGARH SAHIB PUNJAB	National
7	MENACE OF CORRUPTION AND REMEDIES TO ERADICATE	NEHRU MEMORIAL GOVERNMENT COLLEGE MANSA	National
8	JOURNALISM IN SPORTS	GOVT COLLEGE SECTOR- 1 PANCHKULA	National
9	DETERIORATION OF ETHICS IN SPORTS IN MODERN AGE	CH. ISHWAR SINGH KANYA MAHAVIDYALAYA FATEHPUR PUNDRI KAITHAL	National
10	DAYANAND SARASWATI A GREAT REVIVALIST OF THE VEDAS	PREET SAHITYA SADAN	National
11	A STUDY OF ADJUSTMENT OF SPORTS COACHES OF KRURKSHETRA	TWENTY FIRST CENTURY PUBLICATION PATIALA	National
12	WOMEN NEED EMPOWERMENT	WOMEN'S STUDIES CENTRE PUNJABI UNIVERSITY PATIALA	National

13	REIMAGINING VOCATIONAL EDUCATIONAL IN THE LIGHT OF NATIONAL EDUCATION POLICY 2020	S.D. KANYA MAHAVIDYALA, MANSA	National
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❖ Books/ Book Chapter

Title with Page No.	Type of Book, Authorship & Publishers	ISSN/ISBN No.
Anatomy and Physiology	Text book, Twenty First Century Publication, Patiala	ISBN:978-93-85447-20-4

❖ Courses /FDP attended

- Attended UGC sponsored refresher course in Physical Education from 04.09.2003 to 24.09.2003 organized by department of physical education under academic staff college Punjab university Chandigarh.
- Attended UGC sponsored 4 week orientation course from 24.05.2006 to 20. 06. 2006 at Kurukshetra University Kurukshetra .
- Participated in UGC sponsored three-week refresher course in the subject of physical education from 19.12.2007 to 08.01. 2008 at Kurukshetra University Kurukshetra.
- Attended UGC sponsored 3 week refresher course at Kurukshetra University Kurukshetra from March 2009 to 23rd March 2009.

❖ Award of Honour

- Received University colour for good performance as a member of the university hockey team in the year of 1996-97.

❖ Membership

- Member of Board of under graduate studies in physical education Punjabi University Patiala
Member, Sarvhitkari Vidya Mandir Zila Smiti, Mansa
Books or Book

Books/ Book chapters

Workshops and training courses

Resources Developed

Membership