

CURRICULUM VITAE

Personal Profile

- Heera Singh (Assistant Professor) Physical Education
- Father's Name : Sh. Sangram Singh
- Date of Birth : 1st June 1981.
- Gender : Male.
- Language Known : Hindi, and English.
- Hobbies : Games & Music



Career Objective

- To impart the best knowledge of physical education and sports to learners and to obtain a position this allows me to make use of my communication skills.

Professional Qualification

- **M.P.Ed** from Noida College of Physical Education Noida (U.P).
- **B.P.Ed** from Noida College of Physical Education Noida (U.P) .
- **U.SET(Uttarakand State Eligibility Test) 2012 .**

Working Experience:-

- **H.N.B Garhwal University Srinagar (Uttarakhand):-** Worked as a **Lecturer** in the Sports Department in Govt. P.G College Karanparyag (Uttarakhand). (1 September 2009 to 20March 2010)
- **M.D.University Rohtak (Haryana) NACC Accredited 'A' Grade: -** Presently Working as a Lecturer of Physical Education in **Darsh College of Education Gohana Sonapat (Haryana)**. (2010 to 2013)
Taught- Sport and Physical Education(C.P.Ed)Anatomy(C.P.Ed)
Kinesiology (C.P.Ed)Yoga (B.Ed)Physical Education and Yoga (D.L.Ed)
- **Sridev Suman University Tihri Garhwal (Uttarakand):-**Working as a Lecturer (Guest Faculty) of Physical Education in Late. S.S.S.S.J.B.Govt. PG College Ranikhet Almora.
- **Kumaoun University Nainital (Uttarakand):** Worked as a Lecturer (Guest Faculty) of Physical Education in Dr.P.D.B.Govt. PG College Kotdwara (Pauri Garhwal) Uttarakand.

SEMINARS/CONFERENCES

International Conference

- International Conference on Stress Management held at Lakshmi Bai National Institute Of Physical Education, **Gwalior**. 20th to 22nd Oct 2008.

National Seminar

- National Seminar on “Sports, State & Society” held at Department of Physical Education Maharishi Dayanand University Rohtak. March 26, 2011

National Conference “

- National Conference on “The Role of E-Learning In Distance Education problems and prospects in India”

Worked as a official

- Worked as Official in 9th All India Yoga Championship & Artistic Yoga Sport Championship held in Palwal.
- Worked as Official Special Olympic Bharat National Cricket Coaching camp Delhi.
- Officiated in 1st All India Championship held in Delhi. Organized by R.K.Y.K Delhi.
- Officiating in 1st National Yoga Championship held at Haridwar (Uttarakahad)

Organized sports events

- Intercollegiate Cross Country Tournament in 2016(Kumaun University Uttarakahand)
- Intercollegiate Cross Country Tournament in 2017(Kumaun University Uttarakhand)

Professional Achievements

- Participated in **15th International Yogasana** Held at Pondicherry.
- Participated in **16th International Yogasana** Held at Pondicherry.
- Participated in **27th National Yogasan** Championship held at Chandigarh.
- Participated in **27th Delhi State Judo** Championship.
- Got Bronze medal in **3rd Delhi State Yogasana** Championship.
- Participated in 8th All India Yoga Championship.
- Got **Silver medal** in **1st All India Yoga championship & Bharat Ratana championship 2009**. At Delhi



Achievements under my Coaching and Supervision:

Sr.No	Game	Tournament	University	Position	Session
1	Cross Country (W)	Intercollegiate	Kumaun University	Runner Up	2016-17
2	Sepak Takraw	Intercollegiate	Kumaun University	Runner Up	2016-17
3	Cross country	Intercollegiate	Kumaun University	Runner Up	2017-18
4	Drop-ro Ball	Intercollegiate	Kumaun University	Winner	2017-18
5	Sepak Takraw	Intercollegiate	Kumaun University	Runner up	2017-18
6	Football(M)	Intercollegiate	Kumaun University	Runner Up	2018-19
7	Cross Country(W)	Intercollegiate	Kumaun University	Runner Up	2018-19
8	Football(M)	Intercollegiate	SDS University	Winner	2019-20

Sridev Suman Uttarakhand University Tihri Garhwal

Sr.No	Game	Cat.	Tournament	University	Position	Session
1	Football	M	Intercollegiate	SDS University Tihri Garhwal	Winner	2019-20
2	Volley Ball	W	Intercollegiate	SDS University Tihri Garhwal	Winner	2019-20
3	Athletics	M	Intercollegiate	SDS University Tihri Garhwal	Winner	2019-20
4	Athletics	W	Intercollegiate	SDS University Tihri Garhwal	Winner	2019-20

All India Inter University/North Zone Championship participate
Kumaun University Nainital

<u>Session</u>	<u>Medal</u>	<u>Organized by</u>
<u>2017-18</u>	3 Gold 1Silver 1 Bronze	<u>M.D.University Haryana</u>
<u>2018-19</u>	7Gold 5Silver 3 Bronze	<u>Lovely Professional University Punjab</u>

➤ **Personal Experience**

- Presently working as a President of Sepak Takraw game of Pauri Garhwal. Recognized by Uttarakhand Sepak takraw Association.

Specialized Subjects

- Yoga , Anatomy,Sports Training

Specialized Area of Game

- Yoga ,Volleyball ,Judo ,Badminton, Athletic, Sepak Takraw

Computer knowledge:-

- **Desk Top Publishing course** from Mind Home Multieducational society Delhi.