

BIO-DATA

Name : **DR. GULAB SINGH RUHAL**
Designation : Sports Officer
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Professional Qualifications : B.P.E., M.P.E., M.Phil., Ph.D., T.TC.C.Y.,
Diploma in Coaching (SWIMMING), N.E.T.,
Certificate in Computing

Specializations : In B.P.E.- Swimming.
In M.P.E.- Swimming.
In M.Phil.- Kinesiology & Biomechanics.

Teaching and administrative experience Working since 1996

Subject's taught: Kinesiology & Biomechanics, Sports Training, Research Methodology, Management
in Physical Education, Statistics, Officiating & Coaching, Sports Medicine

Classes Taught:-

B.P.E., B.P.Ed., M.P.Ed. and M.Phil. (Physical Education)

Research Experience:

- 1:- During M.Phil. Dissertation Presented on "Inter Relationship of Kinesthesia, Flexibility, Selected Anthropometric Measurements and Motor Fitness in College Men."
- 2:- Topic of Ph.D. "Biomechanical Comparison of Different Types of Starts in Swimming."
- 3:- Supervised two M.Phil. Dissertation submitted to Kurukshetra University, Kurukshetra.
- 4:- Co-Supervisor of M.Phil. Projects submitted to C.C.S. University, Meerut in year 2005.
- 5:- Two Ph.D. scholars awarded Ph.D. Degree from Bundelkhand University, Jhansi.

Professional Courses Attended:

- 1:- U.G.C. Sponsored Refresher Course in Physical Education held at L.N.I.P.E. Gwalior, from June 5 to 25, 1998.

2:- U.G.C. Sponsored Refresher Course in Physical Education held at L.N.I.P.E. Gwalior, from June 1 to 21, 2000.

3:- U.G.C. Sponsored Orientation Course in Physical Education held at L.N.I.P.E. Gwalior, from June 30th to Sep 26th, 2001.

4:- U.G.C. Sponsored Refresher Course in Physical Education held at L.N.I.P.E. Gwalior, from March 10 to 30, 2004 & obtained grade 'A'.

Seminars, Conferences, Workshops Attended:

1:- International Conference on Health, Sports & Physical fitness- need for Need for an Integrated Approach held at CCS.Haryana Agriculture University, Hissar. From Jan 16 to 18, 1995.

2:- International Seminar on 'Caring Cultures; Sharing Imaginations' held at Dayanand College Ajmer from Jan 20 to 21, 2004.

3:- International Conference on Interdisciplinary Approach in Physical Sciences held at C.C.S. University Meerut from Dec 29 to 31, 2005.

4:- Sports Medicine Conference held at L.N.C.P.E., Gwalior from Oct 5 to 6, 1990.

5:- Workshop on 'Sports Medicine' held at Dayanand College Ajmer from Sep 18 to 19, 1999.

6:- National Seminar on Sports Management held at Dayanand College Ajmer from July 15 to 16, 2000.

7:- National Seminar on the theme Sex Education – A Paradox in Indian Context and presented a paper entitled 'Sex Education & AIDS' held at L.N.I.P.E. Gwalior from Sep 25 to 26, 2001.

8:- National Seminar on the theme Research in Physical Education & Sports and presented a paper entitled 'Application of Computer in Research with Special Reference to physical Education & Sports' held at L.N.I.P.E. Gwalior from March 29 to 30, 2004.

9:- National Seminar on Application on Statistics and Computer in Physical Education & Sports and presented a paper entitled 'Role of Computer in Research with Special Reference to Physical Education & Sports' held at L.N.I.P.E. Gwalior from March 10 to 12, 2005.

10:- Workshop on Teaching Methodology (Lesson Plan) in Physical Education held at Noida College of Physical Education, Dadri on May 16, 2006.

11:- International Conference at Kanyakumari in August 2009.

12:- International conference in Thammasat Univ. Rangsit campus, Bangkok, Thailand, July 31~Aug.1, 2015.

13:- Chaired a scientific session in International Conference on Sports Engineering at Jaipur- October 2017 org by BITS, Pilani

14:- Chaired a scientific session National Conference on Sports Engineering at Kannur University, Kannur in February 2019.

15:- Chaired a scientific session International Conference on Sports Psychology at Panjabi University, Patiala- November-2019

Research Paper Published:

1-“Relationship of Selected Kinematics Variables With The Performance of Male Swimmers Using Different Types of Starts.” Research Bi-Annual For Movement.Vol. 14, No. 2, April 1998.

2-“Comparison of Different Types of Starts in Swimming.” Indian Journal of Sports Studies. Vol. 2, No. 2, July-Dec, 1997.

3:-‘Relationship of Selected Biomechanical Variables with the Performance of female Swimmers using different types of starts’, Vyayam Vidnyan Vol 30 No 3 & 4, Aug & Nov 1987

4:- ‘Relationship of Selected Physical Variables with the Performance of swimmers in different types of starts’, A Journal of Physical Education & Allied Sciences. A publication of NR & DC L.N.I.P.E. Gwalior, Vol 02 No 01, March 2005

Participation in Games & Sports:

1:- Represented Morena District Team in Football Competition of 25th Divisional School Competition held at Guna in 1981.

2:-Represented Gwalior District in MP. State Aquatics Championship held at Bhopal in 1986.

3:- Represented Jiwaji University, Gwalior in All India Inter University Aquatics Championships in 1986, 1987, and 1988 held at Nasik, Calcutta, and Madras respectively

Professional Experience:

1:- Worked as an official in 11th All India Home Guard and Civil Defense Professional and Sports Meet held at L.N.C.P.E., Gwalior in 1986.

2:- Worked as Swimming Coach at L.N.C.P.E., Gwalior during summer breaks in the years of 1988, 89, & 90.

3:- Worked as Technical Personnel in Bharatiyam held at J.N. Stadium, New Delhi on All India Basis in the year of 1989.

4:- Worked as Judge for throws in West Zone Intersarsity Athletics Meet held at L.N.C.P.E., Gwalior in the year of 1990.

5:-Honored with Excellent Grade for Completing One Month Computer Course in BASIC Language at L.N.C.P.E., Gwalior in the year 1990.

Others:

1. Qualified N.C.C, 'B' Certificate Sr. Wing from 8 M.P. Bn. Merit Scholarship holders for the year 1988.

2:- Worked as a Physical Education Teacher at Dayawati Modi Public School, Modinagar (U.P.) from Sept. 1992 to June 1993.

3:- Worked as Lecturer in Physical Education in Govt. College for Women, Faridabad (Haryana). From 31-10-94 to 31-3-95.

4:- Worked as Swimming Coach in U.P. Directorate of Sports at Bandha. From July, 1996 to November, 1996.

5:- Organizing Secretary in a National Seminar sponsored by U.G.C. held at Dayanand College Ajmer from 10th Dec 2001 to 12th Dec 2001.

- 6:- Worked as Lecturer in Physical Education in Dayanand College Ajmer from 30th November, 1996 to 1 Aug 2004.
- 7:- Member selection committee of Combined University Hockey Women team 2004-05.
- 8:- Manager of Combined University Hockey Women team 2004-2005 participated in Senior National Women Hockey Championship held at New Delhi.
- 9:- Worked as Coordinator Physical Education (BPed & MPed) self financed dept. of C.C.S. University Meerut from 2005 to 2006.
- 10:- Member of Board of Study (Physical Education) in C.C.S. University, Meerut.
- 11:- Secretary Sports Council of C.C.S. University, Meerut.
- 12:- Organizing intercollegiate tournaments of C.C.S. University Meerut since Aug 2004 in more than 30 Games/Sports.
- 13:- Org. Secretary in All India Inter University Hockey Championship in session 2004-05
- 14:- Org. Secretary in North Zone Inter University Cricket (M) Championship in 2006-07
- 15:- Manager of North Zone Universities Cricket (M) Team Participated in Vizzy Trophy and winner of Vizzy trophy during the session 2006-07
- 16:- Org. Secretary in North Zone Inter University Volleyball (M) Championship in 2008-09
- 17:- Organizing Secretary in North Zone and Inter Zone Inter University Kabaddi (M) Championship 2009-10
- 18:- Org. Secretary in All India Inter University Wrestling (M&W) Championship in 2009-10
- 19:- Org. Secretary in North East Zone Inter University Handball (M&W) Championship in 2010-11
- 20:- Organizing Secretary in North Zone Inter University Kabaddi (W) Championship in 2010-11
- 21:- Organizing Secretary in North Zone Inter University Football (M) Championship in 2010-11
- 22:- AIU observer in Archery (M&W) AIIU Archery (M&W) Championship-2011-12 org by PU, Patiala
- 23:- Org. Secretary in North East Zone Inter University Handball (M&W) Championship in 2012-13
- 24:- Organizing Secretary in North Zone and Inter Zone Inter University Kabaddi (W) Championship 2012-13
- 25:- Org. Secretary in North Zone Inter University Kabaddi (M) Championship in 2013-14
- 26:- Org. Secretary in All India Inter University Wrestling (M&W) Championship in 2013-14
- 27: AIU observer in Archery (M&W) AIIU Archery (M&W) Championship-2013-14 org by PU, Chandigarh
- 28:- AIU observer in Chess NZIU Championship-2013-14 org by LPU, Jalandhar
- 29:- Org. Secretary in North Zone Inter University Kabaddi (M) Championship in 2014-15
- 30:- Org. Secretary in North Zone Inter University Cricket (M) Championship in 2016-17
- 31:- Manager of North Zone Universities Cricket (M) Team Participated in Vizzy Trophy and winner of Vizzy

trophy during the session 2016-17

32:- Org. Secretary of National Seminar on “Mission Olympic through University Sports” MOTUS during march 06-07, 2018.

33:- Org. Secretary in North Zone & Inter Zone Inter University Chess (M) Championship in 2018-19

34:- AIU observer in Aquatics (W) AIIU Aquatics (W) Championship-2018-19 org by VTU Belgaum at Bangaluru

35:- Org. Secretary in All India Inter University Boxing (M&W) Championship in 2019-20

36:- Conducted One day workshop on “FIT INDIA MOVEMENT” on December 25, 2019 during AIIU Boxing

37:- AIU observer in Aquatics (W) AIIU Aquatics (W) Championship-2019-20 org by LPU, Jalandhar

38:- Member of GTCC- Games Technical Conduct Committee for Khelo India University Games 2020 held from February 22, 2020 to March 01, 2020 at Bhubaneswar.

39:- AIU observer in Aquatics (M&W) AIIU Aquatics (MW) Championship-2021-22 org by KIIT Bhubaneswar

40:- AIU observer in Archery (M&W) AIIU Archery (MW) Championship-2021-22 org by CU, Mohali

41:- University Contingent Manager for Khelo India University Games 2021 held at Bangalore from 23 April 2022 to May 03, 2022.

42:- Working as Sports Officer in Ch. Charan Singh University, Meerut since 2nd Aug 2004.

(G. S. Ruhai)