

RESUME / CURRICULUM VITAE

Dr. MOHAMMAD ASHRAF KHAN

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District: Budgam
State: Jammu and Kashmir (UT)

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❖ Academic Qualification (Physical Education)

Qualification	Year of Passing	University/Board	Percentage (%)
Ph. D.	2020	SGB Amravati University, Amravati.	79
M. Phil	2018	Dr. C.V. Raman University	73.2
D.Y. Ed	2016	SGB Amravati University, Amravati.	57.2
M. P. Ed	2014	SGB Amravati University, Amravati.	70.4
B. P. E	2012	SGB Amravati University, Amravati.	71.45
H. S. C	2008	JKBOSE.	42.66
S. S. C	2005	JKBOSE	34.6

Sports / Achievements:

- ❖ Participation in 62th Squash Senior National Championship held at Cricket Club of India Stadium Mumbai, Maharashtra from 04th-6th Feb 2015.
- ❖ Participation in Inter Department Cricket Tournament 22th January 2014 by “Organizing committee, Post Graduate Teaching Department of Physical Education, Sant Gadge Baba Amravati University Amravati.
- ❖ Participation in Inter-College Kabaddi Game 2014 by “Organizing committee, K.L College Amravati in Sant Gadge Baba Amravati University Amravati.

- ❖ Participation in Inter-College Handball Game 2014 by “Organizing committee, H.V.P.M Physical College Amravati in Sant Gadge Baba Amravati University Amravati.
- ❖ Participation in Inter-College Kabaddi Game 2013 by “Organizing committee, K.L College Amravati in Sant Gadge Baba Amravati University Amravati.
- ❖ Participation in Inter-College Athlete Hurdle Run/400mtr Run 2013 by “Organizing committee, H.V.P.M Physical College Amravati in Sant Gadge Baba Amravati University Amravati.
- ❖ Participation in Inter -College Cricket Game October 2013 by “Organizing committee, Sant Gadge Baba Amravati University Amravati.
- ❖ Participation in Inter-College Basketball Game 2013 by “Organizing committee, H.V.P.M Physical College Amravati in Sant Gadge Baba Amravati University Amravati.
- ❖ Participation in Inter Department Cricket Tournament 4th February 2013 by “Organizing committee, Post Graduate Teaching Department of Physical Education, Sant Gadge Baba Amravati University Amravati.
- ❖ Participation as Umpire in BLIND, DEAF and DUMB Cricket Tournament held at Amravati from 27-29 January 2014-15.

International/National Conference and Seminar /Paper Presentation/ Participation:

- Presented the paper on the topic National Seminar on *EMERGING TRENDS OF RESEARCH IN YOGA AND NATUROPATHY* “**Importance of Dance Aerobics for Health and Fitness, 6-7 March 2021** Organized by- *Departments of Physical Education, Ram Sahai Govt. Degree College Bariri, Shivrajpur, Kanpur Nagar (UP).*
- Presented the paper on the topic “**Comparison of Psychological Profiles of Football and volleyball players of Jammu and Kashmir State**, Organized by Department of Physical Education Punjabi University Patiala, (Punjab) 27 & 29 November 2019.
- Presented the paper on the topic, “**EFFECT OF PHYSICAL EXERCISE AND YOGIC PRACTICES ON PHYSICAL FITNESS AMONG COLLEGE STUDENTS**, Organized by Lucknow University, (UP) 18 & 19 October 2019.
- Presented the paper on the topic, “**COMPARATIVE STUDY OF MENTAL TOUGHNESS BETWEEN MALE AND FEMALE PLAYERS**, Organized by Department of Physical Education IQAC Dr. Ambedkar College Nagpur with collaboration of International Conference Sports psychology and Yoga Science 16 & 17 February 2019.
- Presented the paper on the topic, “**ADVANTAGES AND DISADVANTAGES DOPING**, Organized by Delhi University 30 & 31 January 2019.
- Presented the paper on the topic, “**COMPARATIVE STUDY OF PHYSIOLOGICAL PARAMETERS AMONG KORFBALL AND DROPBALL PLAYERS**, Organized

by Department of Physical Education Bandera Engineering College Amravati, SGB Amravati University (M.S) 13 & 14 December 2018.

- Presented the paper on the topic, “**ROLE OF NUTRITION IN SPORTS**”, Organized by (O I V G C) Korari Mal College of Physical Education, University of Delhi (DU) 25 & 27 September 2018.
- Presented the paper on the topic, “**HEALTH BENEFITS OF DANCE FOR AN INDIVIDUAL**”, International Interdisciplinary Conference of Music, Recreation and Philosophy “Role of Recreational Activities and Music for the Wellbeing of Society” Organized by Mahatma Jyotiba Fule Mahavidyalaya, Amravati. 09-10, March 2015.
- Presented the paper on the topic, “**YOGA AS A LIVING STYLE**”, International Conference on Leadership Training and Job Opportunities in Recreational Sports at Global Level, Organized by Sant Gadge Baba Amravati University Post Graduation Department of Physical Education, Amravati, Maharashtra India, 21-22, March 2014.
- Presented the paper on the topic, “**Religious Equality Through Sports**”, National Conference on Sarvdharm Sambhaav Hetu Shiksha Ki Bhumika Ek Vivechan, Organized by Department of Higher Education, Government of Uttar Pradesh, India, 10-11, February 2013.
- **Mohammad Ashraf Khan**, “**Member and Participation**”, International Conference on Research on Recreational Activities Leisure and Traditional Sports, Organized by Sant Gadge Baba Amravati University Post Graduation Department of Physical Education, Amravati, Maharashtra India, March 25-26, 2013.
- **Member of Organizing Committee** at International Conference on “Research on Recreational Activities Leisure and Traditional Sports”, Organized by Sant Gadge Baba Amravati University Post Graduation Department of Physical Education, Amravati, Maharashtra India, March 25-26, 2013.

National Level Workshop:

- National Level Workshop on, “**Research Techniques and Scientific Writing**”, organised under Best Practices in the University, 13th to 18th February 2017, by Department of Home Science, in Sant Gadge Baba Amravati University, Amravati (M.S).
- National Level Workshop on ‘**Videographic Technique on Sports Motion Analysis**’ organised by Post Graduate Teaching Department of Physical Education Amravati, (March 5-7, 2014) in Sant Gadge Baba Amravati University, Amravati.
- National Level Workshop on, **Research Methodology in Physical Education and Education**, one Day State Level Workshop, Organised by Ph.D. Scholar’s Alumni Association (Reg-MAH/296/2011) Amravati, (M.S) on March 06, 2016.

Publications in Souvenir/ Journals:

- ❖ “COMPARATIVE STUDY OF PHYSICAL FITNESS AND PHYSIOLOGICAL PARAMETERS BETWEEN DEAF/DUMB AND BLIND STUDENTS OF VIDARBHA REGION”, [http://www.gjstx-e.cn/High Technology Letters](http://www.gjstx-e.cn/High%20Technology%20Letters), Volume 27, Issue 2, 2021, ISSN NO : 1006-6748.

- ❖ “Comparative Study of Physical Fitness and Physiological Parameters Between Deaf/dumb and blind Students of Vidarbha Region”, *Edu Sportivo, Indonesian Journal of Physical Education*, e-ISSN: 2745-942X. Received: 21September2020; Accepted 16 November 2020; Published 05April 2021.
- ❖ “Study of Health Related Physical Fitness among Athletes and Non Athletes”, *International Multidisciplinary E Research Journal*, ISSN: 2348 -7143, Special Issue 76: Self Employability Skills Development in Physical Education and Sports Sciences UGC Approved No. 40107 & 44117, December 2018.
- ❖ “Comparative Study of Physiological Parameters among Korfball and Drop ball Players”, *Aayushi International Interdisciplinary Research Journal (AIIRJ)*, ISSN: 2349-638x Impact Factor: - 4.574 Peer Reviewed and Indexed Journal. Special Issue Published in Dec.2018.
- ❖ “Study of Aggression Level among Education Students and Other Professional Students of Kashmir University”, *Jurnal Media Ilmu Keolahragaan Indonesia*, p-ISSN 2088-6802 / e-ISSN 2442-6830, Volume 8, Nomor Edisi Juni 2018.
- ❖ “An analytical study of obesity and Physical fitness among Citizen of Kashmir City”, *Online International Interdisciplinary Research Journal*, ISSN 2249-9598, and Volume: 08, Special Issue, May 2018.
- ❖ “An Analytical study of obesity and strength and endurance among citizens of Bilaspur city”, *International Journal of Academic Research and Development*, ISSN: 2455-4197, Impact Factor: RJIF 5.22, Volume: 3, Issue: 2, March 2018.
- ❖ “Comparative Study of Arm Strength and Leg Strength of Volleyball and Handball Players”, *Aayushi International Interdisciplinary Research Journal (AIIRJ)*, SSN 2349 638x UGC Approved Sr. No: 64259, January 2018.
- ❖ Comparison of Psychological Profiles of Football and volleyball players of Jammu and Kashmir State”, *International Research Journal of Physical Education and Sports Sciences*, ISSN: 2394-7985, Volume: III, Issue: II, Feb 2017.
- ❖ “Study of Superstitious Behavior In Sports And Its Relationship To Related Personality Characteristics”, *International Educational E-Journal*, {Quarterly}, ISSN 2277-2456, Volume-Iv, Issue-I, Jan-Feb-Mar 2015.
- ❖ Effect of Plyometric Exercises On Flexibility and Leg Strength of Kho-Kho Players, *International Journal of Multidisciplinary Research and Development*, Online ISSN: 2349-4182, Print ISSN: 2349-5979, Impact Factor: RJIF 5.72, Volume: 3, Issue 7, July 2016.
- ❖ Comparative Study of Psychological Parameters between Rural and Urban Areas Boys of Inter-College Cricket Players, *International Research Journal of Physical Education and Sports Sciences*, ISSN: 2394 –7985, VOLUME: III, ISSUE: I, AUGUST 2016.

Book Publications:

- “Dr. Khan Mohammad Ashraf and Dr. Ranjeeta Langeh, “*Sports Training*” (Manisha Publications, Kadipora, Delhi), ISBN: 97893-89885-03-3, Year 2020, PP. 1-279.
- “Dr. Mohammad Ashraf Khan, “*Sports Management and Physical Education*”, (Manisha Publications, Kadipora, Delhi), ISBN: 97893-89885-10-1, Year 2020, PP. 1-301.

- “Dr. Mohammad Ashraf Khan, “*Sports Journalism, Physical Education and Sports*”, (Manisha Publications, Kadipora, Delhi), ISBN: 97893-89885-12-5, Year 2020, PP. 1-258.

Teaching Experience: (Two Year-2019-20 and 2020-21)

- Govt. Higher Secondary School Pakherpora, Budgam (J&K, UT)

Personal Profile:



Name : Dr. Mohammad Ashraf Khan
Date of Birth : 09 Feb 1989
Caste : Khan (Open)
Sex : Male
Nationality : Indian
Religion : Muslim
Marital Status : Unmarried
Languages : Kashmiri, Hindi/Urdu, Arabi, English

I hereby declare that all the details furnished above are true to the best of my knowledge.

Date: - / /

Place: Arath Narbal

(Dr. Mohammad Ashraf Khan)