

# CURRICULUM VITAE

Dr. Muzammil Ahmad Bhat

Assistant Professor

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## Area of Interest/ Specialization

Research Methodology

Test and Measurement

Anatomy

Exercise Physiology

Kinesiology and Biomechanics

Sports Nutrition

Sports Management

Sports Training

Kabaddi and Volley Ball

## Experience

2 Years of teaching experience in the post of Assistant Professor Since August 2023 in the Dept. of Physical Education , Govt. Degree College Surankote Jammu & Kashmir-185121

## Objectives

To remain on the cutting edge of technological advances and to apply my skills to the betterment of Society and myself I aim to work where I can synchronize my goals with the organization's goals and fulfill my role through my capabilities while further enhancing my skills and capabilities. For me, growth spells a bright future for my students and alleviation in my position in the organization.

## Competences

Well-versed and experienced in teaching my subjects Ability to involve the students in discussions and interact with them Make the subject interesting by giving vivid pictures. A qualified teacher who can effectively communicate with students from diverse back grounds or varying degrees of ability. A committed and dedicated professional with a proven ability to teach, motivate and direct students to maximum performance by encouraging a positive and energetic environment.

## Responsibilities

Taking lessons, conducting term tests, class teacher, conducting in-depth research projects and laboratory experiments, demonstrating proficiency in experimental design, data analysis and interpretation Collaborated with interdisciplinary teams to explore complex scientific inquiries and contributed to the development of innovative solutions

## Strengths

Good Team worker as well as individual worker.

Self-motivating, Hard Working, Creative

Good team leader.

A team player with good interpersonal and communication skills Good organization and problem-solving skills

Good presentation, communication and inter-personal skills including negotiation skills. Ability to learn quickly and master various computer programs

Excellent organizational skills and demonstrated ability to complete detailed work accurately and record thoroughly

Outstanding communication and presentation skills, Experience working within organizational matrix framework

## Professional Qualification

Professional Qualification	Description of Professional Qualification
Ph.D.	Ph.D. From Sant Gadge Baba Amravati University Amravati Maharashtra On Topic " <b>A Study of Postural Deformities Prevalence in School going Children's in South Kashmir Region of Kashmir of Division</b> "
M .Phil	M. Phil From Awadesh Pratap Singh University Rewa (M.P.)
M.P.Ed.	M.P.Ed. From Sant Gadge Baba Amravati University Maharashtra
B. P. Ed.	B.P.Ed. From Sant Gadge Baba Amravati University Maharashtra

## Academic Qualification

Academic Qualification	Description of Academic Qualification
B.A.	B.A. From University of Kashmir
12 <sup>th</sup>	12 <sup>th</sup> From JKBOSE
10 <sup>th</sup>	10 <sup>th</sup> From JKBOSE

## Research Related Experiences

Research Work	Description of Research Work
Published Research Paper's	Published more than eleven (12) research papers in international journals
Research Paper's Presented in the Conferences	Presented more than Seven (7) research papers in National and International Conferences
Attended Workshop	Participated in Four (4) workshops

## Research Paper Published in Refereed Journals

Sr. No.	Title	Journal	ISSN/ ISBN	Year	Vol./ Issue	Page No.	Impact Factor
01	Effect of Circuit Training on Motor Fitness Components and Skill Ability of Kabaddi Players	International Journal of Psychosocial Rehabilitation	1475-7192	2019	23	1896	10.61
02	Psychological Factors effecting Sports Performance	Research Nebula	2277-8071	2020		470	5.411
03	Effect of Swimming on Cardiovascular Endurance of Secondary School Students	Research Nebula	2277-8071	2020		165	5.411
04	Maintenance of Physical Fitness and Educational Studies during Covid-19	Ajanta	2277-5730	2020	Vol. IX Issue	108	6.399

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05	Effect of Selected Exercises on Flexibility and Coordination of Volleyball Players	Entire Research	0975-5020	2021		25	
06	Effect of Selected Weight Training on Strength Test of Volleyball Players	Research Nebula	2277-8071	2021		218	7.399
07	Effect of Selected callisthenic Exercises and Yogic Asanas on the Physical Components of Male Students	Research Nebula	2277-8071	2021		195	7.399
08	Effect of Aerobic Exercises on Physical Fitness of Adults	B.Aadhar	2278-9308	2021	Vol. XIII Issue . 313	241	7.675
09	Comparative Study of Fat Percentage and Lean Body Mass of College Students of hilly and Plain Areas	International Journal of Health, Physical Education and Computer Science in Sports	2231-3265	2021	Vol. 43 Issue . 1	374	7.217
10	A Study of Postural Deformities Prevalence in School Going Children's in South Kashmir Region of Kashmir Division	B.Aadhar	2278-9308	2022	Vol. XLVI Issue . 346	6	8.575
11	A Study of Lower Limb Deformities with Physiological Variables Prevalence in school going Children's in South Kashmir Region of Kashmir Division	International Journal of Physiology, Nutrition and Physical Education	2456-0057	2022	Vol. 7 Issue . 1	405	5.48
12	A Study of Upper Limb Deformities with Physical Fitness Components Prevalence in school going Children's in South Kashmir Region of Kashmir Division	International Journal of Yoga, Physiotherapy and Physical Education	2456-5067	2022	Vol. 7 Issue . 3	5	8

### Papers Presented in Conferences

Sr. No.	Title of the Paper Presented	Title of the Conference	Level of the Conference	Organized by	Date of the Event
01	Psychological Factors effecting Sports Performance	International Online Seminar & Workshop	International	Shri Shivaji College of Physical Education Amravati Maharashtra	May 2020
02	Maintenance of Physical Fitness and Educational Studies during Covid-19	Role Of Holistic Approaches to Yoga During Covid-19	National	Seth Kesaramal Porwal College of Arts & Science & Commerce, Kamptee.	29 <sup>th</sup> August 2020

03	Comparative study of Coordinative Ability and balance among Wrestlers in different weight categories	Post Covid-19 Challenges on Health and Sports Performance	International	Lakshmi Bai National Institute of Physical Education, Gwalior	23 <sup>rd</sup> -24 <sup>th</sup> February, 2021
04	Age Effect of Jumping technique and Lower Limb Stiffness during Vertical Jump of Adults	Sports Psychology Serving Athletes and Coaches	International and national	Indira Gandhi Institute of Physical Education & Sports Science, DU	9 <sup>th</sup> , 10 <sup>th</sup> & 12 <sup>th</sup> March 2021
05	Effect of Selected callisthenic Exercises and Yogic Asanas on the Physical Components of Male Students	International E-Conference on Career and Professional Development	International	Shri Shivaji College of Physical Education Amravati	10 <sup>th</sup> -12 <sup>th</sup> July, 2021
06	A Study of Lower Limb Deformities with Physiological Variables Prevalence in school going Children's in South Kashmir Region of Kashmir Division	National Conference on Self-reliant India	National	Swami Ramanand Teerth Marathwada University Nanded (M.S.)	28-29 March 2022
07	A Study of Postural Deformities Prevalence in School Going Children's in South Kashmir Region of Kashmir Division	International Conference on Challenges and Opportunities of Physical Education and Sports Science in the Next Normal	International	Mahisadal Swimming Club	29-30 March 2022

### Personal Profile

**Name:** Dr. Muzammil Ahmad Bhat

**Father's Name:** Ab Ahad Bhat

**Mother's Name:** Hafeeza Banoo

**Gender:** Male

**Permanent Address:** 473 Astanpora Chowgam Qazigund Kulgam Jammu and Kashmir 192231

### DECLARATION

I hereby declare that all the above mentioned information correct up to my knowledge



Dr. Muzammil Ahmad Bhat