



Paramvir Singh

Date/place of Birth : 24.01.1972 / Talwara
Marital Status : Married
Sex : Male
Employment : **Professor in the Department of Sports Sciences,
Punjabi University, Patiala.**

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QUALIFICATIONS :

➤ **Doctorate**

Ph.D. (Exercise Physiology and Biomechanics), 2001.

➤ **Post Graduation**

M.Sc. Sports Sciences 1993-1995 (72.87%) Goldmedalist, Punjabi University, Patiala, INDIA.

➤ **Graduation**

B.Sc. Medical 1989-1992 (60%), Panjab University, Chandigarh, INDIA.

➤ **Matriculation**

Matriculation in 1986 (72.08%), Punjab School Education Board, Mohali, INDIA.

ACADEMIC AWARDS / DISTINCTION / HONOURS / SCHOLARSHIPS :

- * First Class First-University Topper, Gold Medalist
- * UGC, National Level Eligibility Test (NET) Qualified in June, 97.

- * University Research Scholarship awarded in the Deptt. of Sports Sciences, Punjabi University, Patiala
- * **Junior Research** Fellowship and **Senior Research** Fellow for five years in the Department of Sports Sciences, Punjabi University, Patiala
- * Selected as **Associate Professor** in the Department of Sports Sciences, Punjabi University, Patiala & Programme Coordinator, National Service Scheme (NSS), Punjabi University, Patiala.

TEACHING & RESEARCH EXPERIENCE :

- Teaching of Kinesiology, Biomechanics, Exercise Therapy, philosophy of sports training and Therapeutic exercise to the classes of M.Sc. Sports Sciences and BPT course from last fourteen academic years.
- Expertise in Exercise physiology/bio mechanics Techniques (Bioscan-976 TMT, Ergometry, K2, K4, ECG, EMG and **biofeed back** Systems etc.).
 - Health and fitness expertise in Fitnessgram, Dynehealthy, Health and Fitness softwares.
 - Practicing as an exercise therapist for fourteen years in Punjabi University, Patiala, India, especially for the treatment of cervical and back ailment. Procurement of injuries before and after Surgery.
 - Regular resource person in many NGO's and Universities of India.

SCIENTIFIC VISITS : INTERCONTINENTAL/NATIONAL

- Participated and presented two Research Papers in **Pre-Olympic International Congress on Physical Activity, Sports and Health, In Dallas, TX, U.S.A.** from 10th July to 14th July, 1996.
- Participated as **Panel expert** of **International Conference for Child's right to play. A global approach**, held at **Hofstra University, New York USA** from 03 to 05 May, 2001 and presented two research papers.
- Participated in **83rd Indian Science Congress 1996** held at Punjabi University, Patiala.
- Participated and Presented a Research Paper in Ist Punjab Science Congress, held at Punjabi University, Patiala. April 28-30, 1997.
- Participated and presented a Research Paper in National Seminar on **Recent Advances in Human Biology**, held at Punjabi University, Patiala, Feb. 3-5, 1998.
- Participated and presented the invited talk on "**Ontology of physical activity**, during the international conference on Philosophical dimensions of physical activity, health and sports held by **University of Weston Ontario, Toronto, Canada** from May 30, 2007 to June 1, 2007.

PUBLICATIONS RESEARCH PAPERS :

- Survey Report of Nutritional Awareness and Supplementation Among International Players International Journal of Family and Home Science.2011 (ISSN 0973-2608 vol.(2))
- Implications of Infrastructural Investments and Health Fitness Prevalence in Rural and Urban Punjab International Journal of Fitness and Exercise Science. 2011(ISBN 0978-81-302-0141-2)
- Introduction to Skin Psoriasis International Journal of Fitness and Exercise Science. 2011(ISBN 0978-81-302-0141-2)
- Sports Women-Biologically Fit: Socially Disappointed International Conference On Mainstreaming Gender: Issues and Challenges, 2012 (ISBN 978-81-302-0182-5)
- Societal Attitude: A Key Behind The Female Feticide in Punjab International Conference on Mainstreaming Gender: Issues and Challenges,2012 (ISBN 978-81-302-0182-5)
- Women Sports Person & Sports Nutrition International Conference on Mainstreaming Gender: Issues and Challenges,2012 (ISBN 978-81-302-0182-5)
- The Hazards of Passive Smoking on Health in India- A Review Article Journal Punjab Academy of Sciences. 2012 (ISSN 2229-7014)
- Functional Evaluation of Fitness Centers in Punjab Journal Punjab Academy of Sciences. 2012 (ISSN 2229-7014)
- Traditional Bone Setting : Origin and Practice International Journal of Therapeutic Applications 2013 (ISSN 2320-138X)
- Health of Punjab Vigyan de Nakesh 2013(ISBN 978-81-302-0260-0)
- Magic of Vitamin –C, School Science 2013 (ISSN No. 0972-5060)
- Role of Women in Food Security Proceeding of 4th International Conference on Women, Peace and Security,2013 (ISBN978-81-302-0240-2)
- Nutritional Intake and Energy Expenditure of Working Obese Women Human Biology Review 2014 (ISSN 2277-4424)
- Illiteracy , Financial Insecurity and Loneliness as Key Factor for Geriatrics Depression in Elderly Populations of Punjab Human Biology Review,2014 (ISSN 2277-4424)
- Gatka Sikh Martial Art : Culture and Human Body Nanak Prakash Patrika Vol.I 2014 (ISBN-978-81-302-0280-8)
- The Biofeedback approach for reducing Pre-competition Anxiety: A comparative Study Iranian Journal of Psychiatry 2014 (ISSN-1735-4587, eISSN 2008-2215)
- Volkmanischaemic contracture: A Sequale of Bone Setting Indian Journal of Community Medicine (ISSN 0970-0218)
- Singh Paramvir : Dialogue a proposal : Sikhya Khoj Pattar A.E.I.A.R. India Vol: 32: 1-7, 2006.
- Singh Paramvir, Pankajpreet, Shini : ROM : A selecting criteria for female sports person. Journal of Punjab Academy of Sciences 2007 (Accepted)

- Singh Paramvir : Growing, Naturally in India, Child's right to play : A global approach. Green Wood Publications,2005 New York, USA.
- Singh Paramvir, Bhanot, J.L. and Kuldeep Singh : Physical fitness, Motor fitness and Skill performance of volleyball players with special reference to levels of representation. Journal of Punjab Academy of Sciences, Vol. I (N.S) 2002 : 72-77.
- Singh Paramvir, Bhanot, J.L and Kuldeep Singh : Prediction of Physical Fitness, Motor fitness and Skill performance of volleyball players with reference to age. Journal of Punjab Academy of Sciences, Vol. II, 2002 : 117-119.
- J.L Bhanot, M. K. Goyal, Kuldeep Singh and Paramvir Singh (1994) : Motor and skill performance of Football player with reference to different field positions. Indian Journal of Physiology and Pharmacology, 38 (5) : 38.
- Singh Paramvir and Bhanot, J.L. : Physical fitness, Motor fitness and skill performance of volleyball players with reference to age changes. APPI (Accepted).
- Singh Paramvir and Bhanot, J.L. : Prediction of Physical fitness, Motor fitness and Skill performance of volleyball players with reference to levels of representation. British Journal of Sports Sciences (Communicated).

BOOK PUBLISHED AS EDITOR :

- *Magazine Book (NSS Bulletin)(2014)*Registrar Punjabi University, Patiala PUBLISHERS (ISSN/ISBN No.978-81-302-0256-5)
- *Magazine Book (NSS Bulletin) (2013)*Registrar Punjabi University, Patiala PUBLISHERS (ISSN/ISBN No.978-81-302-0088-2)
- *Magazine (NSS Bulletin, Special Issue)(2012)*Registrar Punjabi University, Patiala PUBLISHERS (ISSN/ISBN No.978-81-302-0088-0)
- *Magazine (NSS Bulletin)(2012)*Registrar Punjabi University, Patiala / PUBLISHERS (ISSN/ISBN No.978-81-302-0088-0)

NATIONAL & INTERNATIONAL PROCEEDINGS:

- Sports Women-Biologically Fit: Socially Disappointed International Conference on Mainstreaming Gender: Issues and Challenges,2011 (ISBN 978-81-302-0182-5)
- Societal Attitude: A Key Behind The Female Feticide in Punjab International Conference on Mainstreaming Gender: Issues and Challenges,2012 (ISBN 978-81-302-0182-5)

- Role of Women in Food Security 4th International Conference on Women, Peace and Security, 2013 (ISBN 978-81-302-0240-2)
- Singh Paramvir (2007): Ontology of Physical Activity. Abstract book of International Conference on Philosophical Dimensions, Physical Activity Health & Sports, University of Weston Ontario, Toronto, Canada
- M.S. Sohal, J.L. Bhanot, Paramvir Singh and Ajita (1994) : Effect of different intensities of Exercise on Blood constituents of Indian female Hockey players. 40th National Conference of Health, Sports and Physical Fitness: Need for an integrated approach.
- J.L. Bhanot, Kuldeep Singh and Paramvir Singh (1995) : A study of some Motor performance parameters of Haryana athletes. FIPS, 1-3 March, 1995.
- J.L. Bhanot, Paramvir Singh, Kuldeep Singh and M. S. Sohal, (1996): Relationship between vertical reach and levels and representation of Volleyball players. International Pre-Olympic Scientific Congress. 10-14 July, U.S.A.
- Paramvir Singh (1996) : A study of carbohydrate metabolic index in different sportive events, international pre-Olympic Scientific Congress. 10-14 July, U.S.A.
- J.L. Bhanot, P.V. Singh, K. Singh, A. Walia and S. Kaur (1997) : Motor and Physical fitness of Boys and Girls with Rural and Urban Background. Ist Punjab Sciences Congress, April 28-30, 1997.
- J.L. Bhanot, Paramvir Singh and Kuldeep Singh (1998) : Skill performance in relation to Physical and Motor Fitness of Volleyball players of Punjab. Accepted for XXVI FIMS World Congress of Sports Medicine from 30th May to 4th June, 1998.
- Paramvir Singh, Kuldeep Singh and J.L. Bhanot (1998), A Study of fitness and skill performance parameters of Volleyball players. National Seminar on recent advances in Human Biology. Feb. 3-5, 1998.

RESEARCH ARTICLES :

- Yoga for Sports and Health. (2 Oct 2002 : The Tribune)
- Exercise : A preventive Modality (Time of India)
- Magical Fresh Fruit Vitamin. (Science Reporter)
- Osteoporosis : A Review (Science Reporter)
- Reversible CHD : Coronary Artery Diseases (The Tribune)
- Health, Sports & Yoga. (Rojana Ajit May 25, 2000)
- Health Vs Exercise (Rojana Ajit June 15, 2000)
- Be Healthy is the Best (Rojana Ajit August 31, 2000)

- Physical Education; Truth & its level (Punjabi Tribune)
- ਅਧਿਆਪਕ ਸਮਾਜ ਅਤੇ ਸਿੱਖਿਆ ਪੰਨਾ-5 ਪੰਜਾਬੀ ਟ੍ਰਿਬਿਊਨ 26 ਸਤੰਬਰ,2012 (RNI-32197-78)

BOOKS:

- Physical Education & Yoga. (Punjabi University, Patiala)-2008 (ISSN/ISBN No.978-81-302-0239-5)
- Basics of Environmental Education, Kalyani (English and Punjabi Additions) Publishers ,New Delhi 2007,2009,2011 (ISBN No. 978-81-272-4045-5),(978-81-272-4046-2)
- Natural Health Natural Medicine (Translation) Registrar Punjabi University, Patiala (Under Publication)

DOCTORATE DEGREES GUIDED

- A study of play facilities, fitness and socio economic status of school children of Punjab – 2006, Kamaljeet Singh
- Somatotype and Physical fitness of employees of railway workshops – 2007, Rupinder Kaur
- Effect on bio-chemical and physiological parameters after sub maximal exercise in patients of diabetes mellitus and obesity – 2008, Harpreet Kaur
- Effect of exercise rehabilitation programme on osteoarthritic knee with special reference to bio-chemical changes – Under process, Jagmohan Singh

WORKSHOP

- Training of Science Communication for enhancing science coverage in Mass Media Punjab State Council for Science & Technology, Chandigarh.

RESEARCH INTERESTS/ GOALS

Activity is the basis of life. Activity may be a movement born at the birth of living being and life is characterized by it; which is an inherent quality in the germ plasma of each individual. Watch a kitten chasing its tail, or a young child racing up and down the passage way of a familiar house, and you will see that physical activity is a needed and inherent characteristic of a developing mammal. A significant proportion of population is sedentary, and the proportion increases with age. Modern scientific development made people more inactive and sedentary. Physical work and labour has been eliminated from the lifestyles and workplaces. Homo-sepian has been dramatically

changed to homo-sedentarious. Human body by anatomy and physiology is meant for physically vigorous activities instead of remaining inactive and sluggish. This inactivity and adopted new lifestyle has created a new disease nomenclature i.e. hypo-kinetic disease.

Our emphasis for future research should lie on re-cultivation of physical work culture to avoid and prevent new born hypo-kinetic diseases. Physical activity act as preventive or complementary or alternative medicine in majority of hypo-kinetic diseases has been reasonably to be established through research i.e. exercise as preventive & rehabilitative modality viz.;

- Physical training (Yoga and stretch) to reduce the daily life dysfunctions (Functional Illness).
- Evaluation of Physical activity at midlife sickness and associated musculoskeletal injury risks.

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