

CURRICULUM VITAE



NAME Dr. Nishan Singh Deol
DESIGNATION Professor and Head
QUALIFICATION Ph.D., NET (UGC), M.Phil, M.P.E., B.P.E.
INSTITUTION Punjabi University, Patiala (Punjab) India, 147002.
CONTACT Department of Physical Education, Punjabi University, Patiala,
(Punjab) India
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EXAMINATION	SCHOOL/ INSTITUTE	BOARD/ UNIVERSITY	YEAR	DIVISION
Ph.D.	LNIFE, Gwalior	Jiwaji University, Gwalior	2004	Cleared
NET (UGC)	LNIFE, Gwalior	U.G.C.	1995	Cleared
M.Phil.	LNIFE, Gwalior	LNIFE, Gwalior	1994	First
M.P.E.	LNIFE, Gwalior	LNIFE, Gwalior	1993	First
B.P.E.	LNIFE, Gwalior	LNIFE, Gwalior	1991	Second

RESEARCH INTEREST: Sports Biomechanics, Exercise Physiology, Science of Sports Training.

POSITIONS HELD

- Presently working as Dean, Faculty of Education and Information Science, Punjabi University, Patiala.
- Presently working as Provost, Punjabi University, Patiala since 2014.
- Presently working as Co-Coordinator Centralized Admission Cell since 2012, Punjabi University, Patiala.
- Acted as Co-Coordinator Ph.D./M. Phil Entrance Test 2012, 2013, 2014, 2015, 2016 Punjabi University, Patiala.

CONFERENCE DIRECTOR: - International Conference on Futuristic Trends in Physical Education – Icf-2013, held on 24,25 & 26th January 2013 at Punjabi University, Patiala, Punjab, INDIA.
- National Conference on Wellness Through Physical Activity: Future Perspective, held on 17th and 18th January ,2014 at Punjabi University, Patiala, Punjab, INDIA.

JOB EXPERIENCE / PROFESSIONAL OFFICES HELD

1. Lecturer in Physical Education at S.L. Bawa D.A.V. College, Batala from July 1994 to March 1995.
2. Director of Physical Education at SGGGS Khalsa College Mahilpur from July 1995 to July 1996.
3. Lecturer in Physical Education at Govind National College Narangwal, Ludhiana from July 1996 to September 2005.
4. Associate Professor in Physical Education at Punjabi University, Patiala, Punjab from September 2005 to till date.
5. **Professor In Physical Education At Punjabi University, Patiala, Punjab From October 2011 To Till Date.**

INVITED SPEAKER:-

- Hayward University U.S.A.
- Alberta University Canada.
- Guru Nanak Dev University, Amritsar.
- Harvard campus, Boston, U.S.A.

COORDINATOR and CO - COORDINATOR:

- Co - coordinator for Orientation Course held at Academic Staff College (2013), Punjabi University Patiala.
- Coordinator for Refresher Course in Physical Education (2014), held at Academic Staff College, Punjabi University Patiala.

MEMBER- Board of Studies: Panjab University Chandigarh, MDU Rohtak, Delhi University Delhi, Guru Nanak Dev University Amritsar, Shimla University Shimla, Guru Kashi University Talwandi Sabo.

SEMINAR/ CONFERENCES/ WORKSHOP ATTENDED

S.No	Seminar/ Conferences/ Workshop	Venue	Period
1	Sex Education- A Paradox in Indian Context	Gwalior (M.P)	September(2001)
2	National Seminar on Application of statistics and Computers in Physical Education and Sports	Gwalior (M.P)	March (2005)
3	Akhand Dia - Shops on Gats and Education	Patiala(Punjab)	December(2005)
4	International Conference on Gats & Education	Punjabi University Patiala	December(2005)
5	National Seminar on Emerging Trends in Physical Education.	Punjabi University, Patiala	December(2006)

7	National Workshop on Sports Excellence	G.N.D.U. Amritsar, Punjab	October(2007)
8	National Conference on Holistic Approach to Health & fitness	Punjabi University, Patiala	February(2008)
9	Workshop on Kin anthropometry and Soft Tissue Manipulations	Punjabi University, Patiala	February(2008)
10	National Seminar on “Sports, Exercise, Health Connections”	Punjab University, Chandigarh	February(2008)
11	National Seminar on Yoga Therapy	Koviloor, Karaikudi	November(2008)
12	National Conference on Scientific Temperaments	Bhagho Majra, Punjab	November(2008)
13	SPAI Sponsored National Conference In Sports Psychology	Bhagho Majra, Punjab	January (2012)
14	International Forum of Physical Education and Sports Sciences	Punjab University, Chandigarh	October(2012)
15	National Conference on ‘Role of Physical Activities and Sports in Balancing Education	I.G.I.P.E.S.S, Delhi	January (2013)
16	Global scientific conference on physical education, health & sports science.	G.N.D.U. Amritsar, Punjab	January (2013)

SESSION CHAIRPERSON/CO-CHAIRPERSON AT CONFERENCES

1. Chair the Session at *National Seminar on Sports, Exercise, Health Connections* Organized by Panjab University Chandigarh in March 2008.
2. Co-Chair the Session at *National Conference on Scientific Temperaments in Physical Education and Sports* Organized by S.K.R.C.of Physical Education, Bhagoo Majra, Mohali, Punjab in November 2008.
3. Chair the Session at *National Seminar on Yogic Parameters for Healthy Happy Life* Organized by G.G.N. Khalsa college Ludhiana in September 2009.
4. Chair the Session at *National Conference on Physical Education in the 21st Century*, Organized by Arya College Ludhiana Punjab in March 2009.

5. Chair the Session at *Global scientific conference on physical education, health & sports sciences, organized by Guru Nanak Dev University, Amritsar.*
6. Chair the Session at International Journal of Arts and Sciences' (IJAS) conference in Harvard campus, Boston , USA.
7. Acted as chairperson in National Conference on "Health Sports and Society: Recent Trends and Challenges" organized by *Indian Association of Health and Fitness*, 3-4 December 2011.
8. Acted as chairperson in UGC sponsored National Conference on "Role of Physical Activities and Sport in Balancing Education", 15-16 February, 2013.
9. Acted as chairperson in "International Congress on Contemporary Enrichment in Physical Education and Sports" organized by University of Mumbai, Department of Physical Education, ICCEPES, 2012.
10. Acted as chairperson in "International Conference on Sports, Health and Sports Economics" organized at Guru Granth Sahib World University, Fatehgarh Sahib on 3 & 4 March, 2015.
11. Acted as Chairperson in "International Conference on Physical Education & Sports Science" Organized by IECRC University, Jaipur on 6 & 7 January, 2015.
12. Acted as Chairperson in "International Seminar on Scientific Approach in Physical Education and Sports" organized by P.G.S. Government College of Physical Education, Patiala on 14th January 2012.

BOOKS PUBLISHED

1. An Introduction to Health and Physical Education, 21st Century Publication, Patiala, 2008.
2. An Introduction to Health and Physical Education, 21st Century Publication, Patiala, (Hindi) 2008.
3. Practical File for Physical Education (English), Pearl Publication, Patiala, 2007.
4. Physical Education and Sports for Class XI, Kalyani Publishers, Ludhiana, 2004-2005.
5. Physical Education and Sports for Class XII, Kalyani Publishers, Ludhiana, 2004-2005.
6. Research Methodology and Statistics in Physical Education, (In Press).
7. Physical Education and Sports for (B.A-I) A.P. Publishers, 2008-09, (In Press).
8. Physical Education and Sports for (B.A-II) A.P. Publishers, 2008-09, (In Press).
9. Physical Education and Sports for (B.A-III) A.P. Publishers, 2008-09, (In Press).
10. Text book of physical education and sports(B.A-I) A.P. Publishers,Jalandhar,2013-14.

11. Text book of physical education and sports(B.A-II) A.P. Publishers,Jalandhar,2013-14.
12. Text book of physical education and sports(B.A-III) A.P. Publishers,Jalandhar,2013-14.
13. Text book of Futuristic Trends in Physical Education. Vol: I, 21st Century Publication, Patiala, 2013.
14. Text book of Futuristic Trends in Physical Education. Vol: II, 21st Century Publication, Patiala, 2013.
15. Text book of Futuristic Trends in Physical Education. Vol: III, 21st Century Publication, Patiala, 2013.
16. Text book of Futuristic Trends in Physical Education. Vol: IV, 21st Century Publication, Patiala, 2013.
17. Text book of Wellness Through Physical Activity: Future Perspective. 21st Century Publication, Patiala, 2014.
18. Handbook of Sports Training, Friends Publications (India), New Delhi, 2018.
19. Yog Vashtunishth Prashan, Om Shree Divine Publications, Sirsa Haryana.

PAPER PUBLISHED

(INTERNATIONAL LEVEL)

- 1 Baljinder Singh ,Sukhbir Singh and **Nishan Singh Deol** (2008) “Analysis of the Personality Traits of Medalist and Non-Medalst Atheletes” The Sheild – Research Journal of Physical Education and Sports Science, Vol- 3, Sindh, Pakistan.
- 2 Baljinder Singh, **Nishan Singh Deol** and Parminder Jeet Kaur(2008) “ Eco friendly analysis of an electro gymnasium to generate electricity” Vol-8 (1)Bangladesh Journal of Sports Science , Dhaka, Bangladesh.
- 3 Mandeep Singh, **Nishan Singh** and Manmeet Gill (2008) "Physical Education for Special People: A Kinematical Analysis" Vol-8 (1-2),H.P.E. Forum Pokhara, Nepal.
- 4 Rekha Bhardwaj and **Nishan Singh Deol** (2008) “A Comparative Kinematical Analysis ofVertical Jump of Boys of Different Age Groups” Vol-8 (2) Bangladesh Journal of Sports Science, Dhaka, Bangladesh.
- 5 Baljinder Singh , **Nishan Singh Deol** and Parminder Jeet kaur (2009) “Relationship of Kinematic Variables with the Performance of Basketball Players in Lay Up Shot” Journal of Physical Education and Sport ,University of Petisti Vol-24(3), Romania.
- 6 Parminder Singh and **Nishan Singh** (2009) “ Anthropometric determinants of performance in handball players” Vol-9 (1-2) H.P.E. Forum Pokhara, Nepal.

- 7 Anil.R , **Nishan Singh Deol** and Manmeet Gill (2009) “Assessment of Body Mass Index and Health Related fitness among School Children” *Journal of Physical Education and Sport* ,University of Petisti Vol-24(4), Romania.
- 8 Kanwaljit Singh, Baljinder Singh and **Nishan Singh Deol** (2009) “Effects of Selected Meditative Asanas on Kinesthetic Perception and Speed of Movement” *Journal of Biomedical Human Kinetics* University of Physical Education, Warsaw , Poland. *Biomedical Human Kinetics*. Volume 1, Pages 92–94, ISSN (Online) 2080-2234, ISSN (Print).
- 9 **Dr. Nishan Singh Deol**, Baljinder Singh Bal and Perminder Jeet(2012) Kaur Relationship Of Kinematic Variables With The Performance Of Basketball players In Lay-Up Shot ISSN: 1582-8131 *International Journal Citius Altius Fortius*
- 10 **Nishan Singh Deol** (2012) “Swara Yoga: An Analysis” *Journal of Physical Education & Allied Sciences* Vol 2nd, Chandigarh, India.
- 11 **Nishan Singh Deol** and Pushpinder Singh (2013) “Comparative study of endurance level among the entrants and outgoing physical education students of professional colleges affiliated of punjabi university, Patiala” Kuala Lumpur, Malaysia.
- 12 **Nishan Singh Deol** (2013) “A Comparative Study of Personality Traits Among Combative(Judo) and Non Combative (Athletics) Sports Players” *Journal of Physical Education & Allied Sciences* vol 3rd, Chandigarh, India.
- 13 **Nishan Singh Deol** (2013) “Comparison of Vital Capacity Between Soccer and Basketball Players” *Journal of Physical Education & Allied Sciences* vol 3rd, Chandigarh, India.
- 14 Lect. Kamaljeet Kaur & **Dr. Nishan Singh Deol** (2014) Changing Face of Sports Marketing. International conference of futuristic trends in Physical Education, Punjabi university Patiala.
- 15 Navdeep Singh, **Dr. Nishan Singh Deol** and DR. A.G.K. Sinha (2014) Comparison of Physical Fitness Variables Between Injured And Non Injured Athletes. *International Journal of behavioral Social and Movement Sciences*, Vol. 3, Issue 23, ISSN 2277-7547.
- 16 Pushpinder Singh and **Dr. Nishan Singh Deol** Comparative Study of Depth Perception Among the Male Players of Hockey at Inter College and Intervarsity Level. *International Journal Of Behavioral Social And Movement Sciences* (ISSN: 2277-7547)
- 17 Dr. Amarpreet Singh and **Dr. Nishan Singh Deol** (2012) Study of Physiological Variables of Basketball Players at Different Levels of Competitions *International Journal of Behavioral Social and Movement Sciences* (ISSN: 2277-7547)

- 18 **Dr. Nishan Singh Deol (2014)** Effect Of Eight - Week Aerobic Training Program On Selected Hematological Parameters Of Deaf Male Students At Higher Secondary School Level at International Journal of Arts and Sciences' (IJAS) conference in Harvard campus, Boston , USA.
- 19 **Dr. Nishan Singh Deol** and Gurvir Singh (2014) Comparative Analysis of Progressive Muscular Relaxation Training and Stretching Relaxation Exercise on Concentration of Lactic Acid in College Level Athletes *Indian journal of sports science And Physical education*, Vol. 22, ISSN 0971– 0140
- 20 **Dr. Nishan Singh Deol** and Pushpinder Singh (2014) Effect of Eight - Week Aerobic Training Program on Blood Ph Level of Deaf Male Students At Higher Secondary School Level *Indian journal of sports science And Physical education*, Vol. 22, ISSN 0971– 0140
- 21 **Dr. Nishan Singh Deol**, Akwinder Kaur and Dr Manmeet Gill (2014) Comparative Study Of 100 Meter Performance And Cardiovascular Endurance Of University Level Male and Female Sprinters. *International Journal of Research Pedagogy And Technology in Education and Movement Sciences* ISBN: 978-93-80144-62-7
- 22 **Dr. Nishan Singh Deol** and Pushpinder Singh (2014) An Experimental Study on the Effect of Aerobic Training Protocol on Thrombocytes Count Among School Going Deaf Male Students *International Educational E-Journal*, Vol. 3, ISSN 2277-2456.
- 23 **Dr. Nishan Singh Deol** and Akwinder Kaur and Karanjot Kaur (2013) Effects of Four Week Plyometric Training on Explosive Strength of Volleyball Players, *International Journal of Human Movements Sports & Allied Science*, Vol. 1, No. 1, pp 55-59, ISSN 2347-4262.
- 24 Baljinder Singh Bal, **Dr. Nishan Singh Deol** and Gurmej Singh Dhaliwal (2014) Half Man and Half Women: The Duality of the Sexes in Sports – Concern for the 21st Century, *International Journal of Motor Learning & Sports Performance*, Vol. 3, No. 1, pp. 17-21, ISSN 2230-8628.
- 25 **Dr. Nishan Singh Deol**, Dr. Amarpreet Singh and Navdeep (2013), Comparison of Vital Capacity between Succor and Basket Ball Player, *Journal of Physical Education and Allied Science*, Vol. 3, No. 2, ISSN 2230-7397.
- 26 Chandni Jaswal, **Dr. Nishan Singh Deol** and Gurvir Singh (2013), Comparison of Vital Capacity between Cyclist and Yoga Participants, *Journal of Physical Education and Allied Science*, Vol. 3, No. 2, ISSN 2230-7397.
- 27 Pushpinder Singh and **Dr. Nishan Singh Deol** (2013), Effect of Eight Week Aerobic Training Programme on Selected Hematological Parameters of Deaf Male Student, *International Journal of Research Pedagogy and Technology in Education and Movement Science*, Vol. 2, issue 3, ISSN 2319-3050.

- 28 Gurpreet Singh, **Dr. Nishan Singh Deol** (2014), Comparative Study of the Football Players at Different Playing Position of Punjabi University, Patiala: An Anthropometric Analysis, *International Journal of Behavioural Social & Movement Science*, Vol. 3, Issue 2, ISSN 2277-7547.
- 29 Gurpreet Singh, **Dr. Nishan Singh Deol** and Pankaj Sasan (2014), Effect of Imagery Intervention on Performance of the Soccer Players, *International Journal of Behavioural Social and Movement Science*, Vol. 3, Issue 2, ISSN 2277-7547.
- 30 Chandni Jaswal, Amarpreet Singh and **Dr. Nishan Singh Deol** (2014), Comparative Study of Selected Somatotype and Anthropometric Variables of Active and Sedentary Females of Punjabi University Patiala, *International Journal of Behavioural Social and Movement Science*, Vol. 3, Issue 2, ISSN 2277-7547.
- 31 Pushpinder Singh and **Dr. Nishan Singh Deol** (2014), Comparative Study of Depth Perception among the Male Players of Hockey inter College and Intersarsity, *International Journal of Behavioural Social Movement Science*, Vol. 3, Issue 1, ISSN 2277-7547.
- 32 Ashutosh and **Dr. Nishan Singh Deol** (2014), Comparative Study of Perceptual Motor Coordination between Intellectual Children and Children with Mild Intellectual Disability, *International Journal of Research Pedagogy Technology in Education and Movement Science*, Vol. 2, Issue 3, ISSN 2319-3050.
- 33 Akwinder Kaur and **Dr. Nishan Singh Deol** (2014), Assessment of Performance & Cardiovascular Endurance of University Level Male Sprinters, *International Journal of Human Movements Sports and Allied Science*, Vol. 1, Issue II, ISSN 2247-4262.
- 34 Jaspreet Kaur and **Dr. Nishan Singh Deol** (2014), Analytical Study of Health Related Fitness of Rural Urban and Slum Girls, *Assian Academic Research Journal of Social Science & Humanities*, Vol. I, Issue 24, ISSN 2278-859.
- 35 **Dr. Nishan Singh Deol**, Jaspreet Kaur and Dr. Raj Kumar Sharma (2013), Comparison the body Composition Selected Physiology Variables between Active & Inactive Students, *Journal of Physical Education and Allied Science*, Vol. 3, No. 2, ISSN 2230-7397.
- 36 Dr. Laxmi Narayan Joshi and **Dr. Nishan Singh Deol** (2012), Swara Yoga: An Analysis, *Journal of Physical Education and Allied Science*, Vol. 2, No. 2, ISSN 2230-7397.
- 37 Gurvir Singh, Kuljinder Singh and **Dr. Nishan Singh Deol** (2013), A Comparative Study of Personality Traits Among Combative (judo) and non-combative (Athletics) Sports Players, *Journal of Physical Education and Allied Science*, Vol. 3, No. 1, ISSN 2230-7397.

- 38 Gurvir Singh and **Dr. Nishan Singh Deol** (2014), Comparative Analysis of Progressive Muscular Relaxation Training and Stretching Relaxation Exercise on Concentration of Lactic Acid in College Level Athletes, *Indian Journal of Sports Science and Physical Education*, Vol. 22, No. 1&2, ISSN 0971-0140.
- 39 Pushpinder Singh and **Dr. Nishan Singh Deol** (2014), Effect of Eight-Week Aerobic Training Program on Blood pH Level of Deaf Male Students at Higher Secondary School Level, *Indian Journal of Sports Science and Physical Education*, Vol. 22, No. 1&2, ISSN 0971-0140.
- 40 Jaspreet Kaur and **Dr. Nishan Singh Deol** (2015), Analytical Study of Mental Health of Rural, Urban and Slum Children, *International Journal of Research Pedagogy and Technology in Education and Movement Sciences*, Vol. 3, No. 3, ISSN 2319-3050.
- 41 Sukhdev Singh and **Dr. Nishan Singh Deol** (2015), Internationalship between Leadership Behaviour and Team Cohesion with Performance in Hockey, *International Journal of Asian Academic Research Associates*, Vol. 1, No. 31, ISSN 2319-2801.
- 42 Upma Bhagat and **Dr. Nishan Singh Deol** (2015), Comparative Study of Depth Perception between Softball and Cricket State Level Boys Players, *Global Journal for Research Analysis*, Vol. 4, No. 4, ISSN 2277-8160.
- 43 Upma Bhagat, Dr. Amarpreet Singh and **Dr. Nishan Singh Deol** (2015), Comparative Study of Depth Perception between Softball and Cricket State Level Boys Players, *Global Journal for Research Analysis*, Vol. 4, No. 4, ISSN No. 2277-8160.
- 44 Upma Bhagat, Dr. Amarpreet Singh and **Dr. Nishan Singh Deol** (2015), Comparative Study of Selected Anthropometric Physical Fitness and Psychological Variables between Softball and Cricket State Level Boys Players, *Indian Journal of Applied Research*, Vol. 5, No. 6.
- 45 Ravinder Kaur and **Dr. Nishan Singh Deol** (2014), Evaluation of Sports Performance in the Universities of Jammu and Kashmir, *International Journal of Behavioural Social and Movement Sciences*, Vol. 4, No. 3, ISSN 2277-7547.
- 46 **Dr. Nishan Singh Deol** and Davinder Singh (2015), An Analysis of the Components of Superstitions behavior and will to win in Basketball Performance, *American Journal of Applied Psychology*, Vol. 4, No. 5, pp. 129-136 ISSN 2328-5664.
- 47 Seema Rani and **Dr. Nishan Singh Deol** (2015), Comparison of Health Status between Active and Non Active Girls Student of Punjabi University, Patiala, *International Journal of Physical Education, Sports and Health*, Vol. 2, No. 1, pp. 137-139.

- 48 Seema Rani and **Dr. Nishan Singh Deol** (2015), Biomechanical Analysis of Javelin Throw, *International Journal of Physical Education, Sports and Health*, Vol. 2, No. 2, pp. 19-20.
- 49 Nishan Singh and **Dr. Nishan Singh Deol** (2016), The Study of Effect of Sand Training on Jump Abilities of University Level Volleyball Players, *Online International Interdisciplinary Research Journal*, Vol. VI, ISSN 2249-9598.
- 50 Nishan Singh and **Dr. Nishan Singh Deol** (2016), The Study of Effect of Sand Training on Speed Abilities of University Level Volleyball Players, *Journal of International Academic Research for Multisciplinary*, Vol. 4, NO. 1, ISSN 2320-5083.
- 51 Akwinder Kaur and **Dr. Nishan Singh Deol** (2016), Should Women train Differently from Men?, *2nd International Conference on Recent Technological Advancement & Entrepreneurship in Sports*, Vol. I, ISBN 978-81-923943-2-9.
- 52 Parmjit Kaur and **Dr. Nishan Singh Deol** (2016), Emotional Intelligence (EI) Among Female Baseball, Softball and Cricket Players: A Cross Sectional Analysis, *International Journal of Physical Education, Sports and Health*, Vol. 3(2): 437-439, ISSN 2394-1685.
- 53 Parmjit Kaur and **Dr. Nishan Singh Deol** (2016), An Analysis of Psychological Parameter Among Female Baseball Softball and Cricket Players, *Research Inspiration An International Multidisciplinary e-Journal*, Vol. 1, Issue III, ISSN 2455-443.
- 54 Akwinder Kaur and **Dr. Nishan Singh Deol** (2016), Kinematical Analysis of Javelin Throw, *International Journal of Physiology Nutrition and Physical Education*, Vol. 1, No. 1, 86-88, ISSN 2456-0057.
- 55 Sukhdev Singh **Dr. Nishan Singh Deol** (2016), A Study of Anxiety Level of Female Athletes from Different Levels, *Journal of International Academic Research for Multidisciplinary*, Vol. 4, Issue 6, ISSN 2320-5083.
- 56 **Dr. Nishan Singh Deol** and Davinder Singh (2016), An Analysis of the Components of Sport Imagery in Basketball Players, *Education and Linguistics Research*, Vol. 2, No. 1, ISSN 2377-1356.
- 57 **Dr. Nishan Singh Deol** and Davinder Singh, American Journal of Sports Science and Medicine, *Social Intelligence and Social Support in Basketball Players: A Key to Success*, Vol. 3, No. 3, ISSN 2333-4592.
- 58 **Dr. Nishan Singh Deol** and Davinder Singh (2016), A Comparative Analysis of Flow State in Basketball Performance: A Psychological Probe, *Medical-Biological Problems of Physical Training and Spots*, Vol. 1, ISSN 2308-7269.
- 59 **Dr. Nishan Singh Deol** and Davinder Singh (2017), Superstitious Behaviour : The Invincible and Invisible Phenomenon in Basketball Sports, *European Journal of Physical Education and Sports Sciences*, Vol. 3, Issue 10, ISSN 2501-1235.

- 60 Lalit M. Tiwari and **Dr. Nishan Singh Deol** (2016), Diurnal Location on the Performance of Co-ordinative abilities of Soccer Players, *European Journal of Physical Education and Sports Science*, Vol. 2, Issue 3, ISSN 2505-1235.
- 61 Lalit Mohan Tiwari and **Dr. Nishan Singh Deol** (2016), Effect of Diveral Variation on the Performance of Selected Moto Fitness components of Soccer Players, *International Journal of Research in Economics and Social Sciences*, Vol. 1-6, Issue 9, ISSN 5236-2015.
- 62 Akwinder Kaur and **Dr. Nishan Singh Deol** (2016), Diagnostic Study of Prevalence of Obesity among Female Employers of Punjabi University, Patiala, *Scholars World-International Referred Multidisciplinary Journal of Contemporary Research*, Vol. IV, No. IV.
- 63 Habtamu Tesfaye and **Dr. Nishan Singh Deol** (2016), Analytical Study of Attitude and Infrastructure of Physical Education Sport in Addis Ababa, Ethiopia, *International Journal of Physical Education Sports and Health*, Vol. 3, No. 6.
- 64 Gursharan Singh Gill and **Dr. Nishan Singh Deol** (2017), Polymeric Training: A Boon for Physical Fitness of Handball Players, *Online International Internal Sciplinary Research Journal*, Vol. VII, No. II, ISSN 2249-9598.
- 65 **Dr. Nishan Singh Deol** and Davinder Singh (2015), Social Intelligence and Social Support in Basketball Players: A Key to Success, *American Journal of Sports Science and Medicine*, Vol. 3, No. 3, ISSN 2333-4606.
- 66 **Dr. Nishan Singh Deol** and Akwinder Kaur (2017), Study of Energy Intake and Expenditure of Inter University Kabaddi and Judo Female Players, *Global Innovation and Research in Education Sports Sciences and Yoga under the proceedings*, Vol. 1, Akinik Publications, ISBN 978-93-87072-17-6.
- 67 Amandeep Kaur and **Dr. Nishan Singh Deol** (2018), Effect of Three Week Javelin Skill Training on the Javelin Throw, *International Journal of Yogic, Human Movement and Sports Sciences*, ISSN 2456-4419.
- 68 Gurpreet Singh and **Dr. Nishan Singh Deol** (2018), Effect of SAQ Training Program on Systolic and Diastolic Blood Pressure of Soccer Players, *International Journal of Advanced Research and Development*, Vol. 3, Issue 1, ISSN 2455-4030.
- 69 Gurpreet Singh and **Dr. Nishan Singh Deol** (2018), Effect of S.A.Q. Training Program on Selected Physical Fitness Variables of Soccer Players, *International Journal of Academic Research Development*, Vol. 3, Issue 1, ISSN 2455-4192.
- 70 Amrik Singh and **Dr. Nishan Singh Deol** (2018), An Analysis of Anxiety and Worm Management, Concentration Ability and Relaxation ability among National Level Sprinter and Long Distance Runner, *International Journal of Physiology, Nutrition and Physical Education*, Vol. 3(1), 596-600, ISSN 2456-0057.

- 71 Kiran Inder Singh and **Dr. Nishan Singh Deol** (2018), Effect of Six Weeks Conditioning Workout Plan on Physiological Variables of Track Cyclists, *International Journal of physiology Nutrition and Physical Education*, Vol. 3(1), 815-817, ISSN 2456-9057.
- 72 Krishna Kumar Vaishnroy and **Dr. Nishan Singh Deol** (2018), Socio-Economic Factor of Down Fall Hockey in Punjab, *International Journal of Yoga Physiotherapy and Physical Education*, Vol. 3, Issue 1, ISSN 2456-5062.
- 73 Mittar Pal Singh Sidhu and **Dr. Nishan Singh Deol** (2018), Analytical Study of Psychological Parameters: Locus of Control Communal Tension and Stress of Cyclists in Compact Time Situations, *International Journal of Physiology, Nutrition and Physical Education*, Vol. 3(1): 1679-1682.
- 74 Mittar Pal Singh Sidhu and **Dr. Nishan Singh Deol** (2018), Analytical Study of Psychological Cultural and Gender Factors Contributory Stress Among Cyclists in Competitive Situations, *International Journal of Physiology, Nutrition and Physical Education*, Vol. 3(1): 1683-1688.

(NATIONAL LEVEL)

1. **Nishan Singh** and Manmeet Gill (2008): Development of Psychomotor Evaluation Criteria in Volleyball: Vyayam-Vidnyan, H.V.P.Mandal Amravati, India.
2. **Nishan Singh**, Hardeep Singh and Amarpreet Singh (2008) "Comparative Study of Anxiety and Motivation between players and Non-players of Punjabi University." *Journal of Health, Physical Education, Recreation* January 2008, Bhopal-M.P.
3. Baljinder Singh and **Nishan Singh** (2008) "What is Essentially Wrong if performance is Enhanced." Bhopal - M.P.
4. **Nishan Singh** and Manmeet Gill (2008): "Job Satisfaction of Physical Education Teachers in government, Middle, High and Senior Secondary Schools of Punjab" , Coimbatore (India)
5. Sukhraj Singh, G.S. Kang and **Nishan Singh** (2008) Study of Physical Fitness Profile of National Level Indian Men Discus and Hammer Throwers, *Journal of Movement Education and Sports*. Patiala, Punjab.
6. **Nishan Singh Deol**, Manmeet Gill and Anil Vinayak (2008) "Relationship of selected Anthropometric Variables of Upper Limbs to the performance in female hockey Players" *Indian journal of Sports Science and Physical Education*, Patiala, Punjab.
7. Baljinder Singh, **Nishan Singh** and Manmeet Gill (2008) "Comparative Study of Selected Physical Fitness Components of Rural and Urban male Students" *Research Digest*, Bilaspur, Chattisgarh.
8. **Nishan Singh** and Gurwinder Kaur (2008) "The Athlete and Sudden Death" *Penalty Corner* : Vol.8 Issue-1.

9. **Nishan Singh**, Manmeet Gill, Poonam Rana: (2008) Comparative Analysis of Effect of Exercise on Physical Fitness between Active and Inactive Females, Gyan Vidnayan. H.V.P.Mandal Amravati, India.
10. Mandeep Singh, **Nishan Singh** and Sukhdev Singh (2008) “Survey of Selected Health Related Fitness Components of High School Boys in Kerela, Madhya Pardesh, Punjab, Rajasthan, Maharashtra and Jammu and Kashmir” Indian Journal of Yaga , Exercise & Sport Science and Physical Education , West Bengal.
11. Paramjit Kaur, Gurdev Singh and **Nishan Singh** (2009) “Study of Personality Traits of Cyclist at Various level of Participation” Indian Journal of Psychology and Mental Health, Malerkotla , Punjab.

SPORTS ACHIEVEMENTS

1. Represented Kendriya Vidyalaya Begdubi, Guwahati region in Basketball of the K.V.S. **National Sports Meet**, 1987 held at Kendriya Vidyalaya Vishakhapatnam.
2. Represented Jiwaji University, Gwalior in Basketball (Men) team West Zone **Inter-varsity** for the year 1992-1993.
3. Represented Jiwaji University, Gwalior in Basketball (Men) team West Zone **Inter-varsity** for the year 1993-1994.