

**Dr. Tahir Ramzan Bhat**  
**Physical Training Instructor**  
**Govt. Degree College Boys Sopore, Baramulla**



**B.P.E., M.P.Ed. (D.C.P.E Amt.), NET-JRF. Ph.D.**

**Address:** Village: Dardapora Khaitangan, District: Baramulla,

**State:** Jammu & Kashmir, India, **Pin no:** 193101

**Date of Birth:** 11/03/1993

**Medium of Educational Background:** English

**Language Known:** English, Hindi, Urdu, Kashmiri.

**Email id:** sahilbhat92@gmail.com.

**Mobile no:** +91 8817552515, +91 9697424516

## CAREER OBJECTIVE

To be involved in work where I can utilize skill and creatively involved with system that effectively contributes to the growth of organization

## PROFESSIONAL ACADEMIA QUALIFICATIONS

- **Ph.D.**, (Doctor of Philosophy) 16<sup>th</sup> March 2022. Laxmibai National Institute of Physical Education
- **M.P.Ed.**, (Master of Physical Education), 10<sup>th</sup> June 2016, (Degree College of Physical Education, DCPE) SGBAU India, 74.35%
- **B.P.E.**, (Bachelor of Physical Education), 16<sup>th</sup> May 2014, DCPE SGBAU India, 72.10%

## EDUCATIONAL QUALIFICATION

- Passed Intermediate from J&K BOSE in 2010.
- Passed High School from J&K BOSE in 2008.

## MAJOR ACHIEVEMENTS

- Qualified **National Eligibility Test** in Physical Education with **Junior Research Fellowship** in July-2016

## PROFESSIONAL EXPERIENCE

- Presently working as Physical Training Instructor in J&K Higher Education Department.

## EXPERIENCE

- Officiating in District level athletics Competition.
- Officiating in state level Competition.
- Officiating in all India Deaf and Dumb Athletics competition in Amravati.
- Acted as a Volunteer in ICC 6<sup>th</sup> ODI between India and Australia on 30<sup>th</sup> of oct.2013 at Vidarbha Cricket Association Jamtha, Nagpur.

## GAMES SPECIALISATION

- Football,

## SUBJECT SPECIALIZATION

- Exercise Physiology

## OTHER INTERESTS

Baseball, Softball, Volleyball, Kabaddi, Cricket, Basketball and Swimming.

## EXTRA-CURRICULUR ACCOMPLISHMENTS

- Certificate course in **Aerobics** from D.C.P.E., Hanuman Vyayam Prasarak Mandal, Amravati in 2011-12.
- Certificate course in **First Aid** from D.C.P.E., Hanuman Vyayam Prasarak Mandal, Amravati in 2012-2013.
- Certificate Course in **Swimming** from D.C.P.E., Hanuman Vyayam Prasarak Mandal, Amravati 2015-16.
- Diploma in **Information Technology** rewarded by Rashtriya Institute of Technical Education.

## MAJOR ACHIEVEMENTS IN SPORTS

- Participated in National Federation Games {**Twfi**} in 2011 at Aizawl Mizoram.
- **Runner-up** in Intercollegiate Baseball tournament at Amravati University in the session 2012-13.
- Represented DCPE in Intercollegiate Baseball team in 2013-14 at SGBAU.
- Participated in Inter college **Soft Ball** tournament in session 2013-14
- Secured position in many games at regional level.

## LIST OF SEMINARS /CONFERENCE / WORKSHOP ATTENDED

- Presented paper on “**Association of Cardio-metabolic Syndrome with Physical Activity and Dietary Habits**” in International Conference on Sports & Allied Sciences by Department of Exercise Physiology LNIPE, Gwalior (M.P.) on 23 & 24 February 2021.
- Participated in 7 Days Online Faculty Development Programme on “**Sports Coaching & Sports Science**” Organized by Swarnim Gujarat Sports University, from 23<sup>th</sup> June 2020 to 29 June 2020.
- Attended one week National Level Faculty Development Programme on “**The Challenges and Strategies in Teaching/Coaching Physical Education**” Organized by Govt. First Grade College Hungund Karnataka, from 18<sup>th</sup> June 2020 to 24<sup>th</sup> June 2020.
- Participated in one week online Faculty Development Programme on “**Recent Trends in Research & Applied Statistic**” Organized by Sunrise University Alwar Rajasthan, from 13<sup>th</sup> June 2020 to 19<sup>th</sup> June 2020.

- Participated in one week online Faculty Development Programme on **“Development of Research Tools in Physical Education”** Organized by CALEM & Punjab University, Chandigarh from 10<sup>th</sup> June 2020 to 15<sup>th</sup> June 2020.
- Participated in one week online Faculty Development Programme on **“Rebooting Physical Education Faculties in the Outbreak of Covid-19”** Organized by SPDM Arts, SBB & SHD Commerce and SMA Science College Shirpur Dhule Maharashtra from 09<sup>th</sup> June 2020 to 13<sup>th</sup> June 2020.
- Presented paper on **“Assessing The Relationship Of Lifestyle, Body Composition With Cardiovascular Profile Among Adolescents”** in International Conference on New Ideas in Sports Management held at New-Delhi by LNIPE, Gwalior (M.P.) on 8-10 March 2018
- Attended 7 days **National Workshop on Therapeutic and Sports Massage** held at LNIPE, Gwalior from 28 Feb.-6 March, 2018.
- Attended 7 days **National Workshop on Nutrition for Sports, Exercise & Weight Management** held at LNIPE, Gwalior from 5-11 February 2018.
- Presented paper on **“Effect Of 8 Week yogic Exercises On Selected Physiological Parameters Of Yoga Practitioners”** in 4<sup>th</sup> International Conference on Future Prospective of Physical Education Sports Science & Yogic Science held at SGBAU Amravati Maharashtra from 15-16 December 2017
- Attended 7 days UGC-sponsored Short Term Course on **“Research Methodology”** from 12-18 January 2017 at LNIPE Gwalior.
- Attended National Seminar on **“Sustainability of Gandhiji’s Thoughts: Present Context”** Feb. 26<sup>th</sup> -27<sup>th</sup> 2016 at Degree College of Physical Education Amravati.
- Presented paper on **“Gandhi as the father of the Nation”** in Gandhian Thoughts on Women Empowerment in the Eyes of Mahatma Gandhi from Feb. 27<sup>th</sup> -28<sup>th</sup> 2015 at DCPE Amravati.
- Presented paper in International Convention on Comparative and Multidisciplinary Studies in Social and Sports Science on **“Physical Education is key to Improve the Childs’ Confidence, Brain Power and Healthy Lifestyle”** organized by SES’s College of Physical Education and College of Education Jalgaon (M.S) on 17<sup>th</sup> -18<sup>th</sup> January 2015.
- Presented paper in International Seminar on Sports for All & Sports Tourism on **“A Traditional Game of Kashmir Saz Long for All”** organized by shree H.V.P.Mandals Degree College of Physical Education Amravati on 5<sup>th</sup> -6<sup>th</sup> September 2014
- Attended International workshop on **“Rope Skipping”** organized by Shree Hanuman Vyayam Prasarak Mandal Amravati on Sep 1st - 03 2014 at HVPM Amravati
- Attended Technical Seminar on **“Aerobics”** organized by Maharashtra Sports Aerobics & Fitness Association on 29 August 2011 at HVPM Amravati.

## PUBLICATIONS

- 1) **V Vikashpaul & Tahir Ramzan Bhat (2019)**, “Comparative Study of Eye Hand Coordination and Depth Perception among Hockey and Volleyball Players”, International Journal of Yoga, Physiotherapy and Physical Education; 4 (3): 59-60. ISSN: 2456-5067; Impact Factor: RJIF 5.24

- 2) **V Vikashpaul & Tahir Ramzan Bhat (2019)**, “Physiological Profiles of Male Basketball Players of L.N.I.P.E. Gwalior”, International Journal of Physical Education, Sports and Health 2019; 6(3): 163-165, ISSN: 2394-1685
- 3) **V Vikashpaul & Tahir Ramzan Bhat (2019)**, “Relationship Of Selected Anthropometric Measurement to the Performance of Sprinting Events in Athletics”, International Journal of Physiology, Nutrition and Physical Education 2019; 4(1): 1458-1459, ISSN: 2456-0057
- 4) **Tahir Ramzan Bhat (2018)**, “Association between Dietary Habits and Lipid Profile among College-Going Students”, Lokavishkar International E-Journal 2018,7(1), 118-123, ISSN 2277-727X
- 5) **Tahir Ramzan Bhat, Prof. S. Mukherjee & Shahbaaz (2018)**, “The Influence of Exercise Programme on Blood Lipid Profile of Obese Sedentary Males”, European Journal of Physical Education and sports Science,[S.I], feb. 2018. ISSB 25012428
- 6) **Tahir Ramzan Bhat, Prof. S. Mukherjee(2017)**, “Cardiometabolic Health and Its Association with Physical Activity and Dietary Habits”, Multidisciplinary Scientific Reviewer:4(2): 113-118, ISSN: 2393-9893
- 7) **Tahir Ramzan Bhat, Prof S. Mukherjee & Makakmayum Abdul Wahid(2017)**, “Effect Of 8 Week yogic Exercises On Selected Physiological Parameters Of Yoga Practitioners”, Research Demagogue, DOI: 10.22183/23501081( Impact Factor 5.21)
- 8) **Tahir Ramzan Bhat & Shahbaaz (2017)**, “Comparison of Selected Psychological Variables With Playing Ability of Volleyball and Basketball Players”, International Journal of Movement Education and Social Science, Vol.6 No.2, ISSN: 2321-3779
- 9) **Tahir Ramzan Bhat & Mukesh Chandra Bisht (2017)**, “Effect of Seasonal Variation on Selected Physiological Parameters of Football Players”, Indian Journal of Physical Education sports medicine and exercise Science, Vol.12 No. 1&2, pp.76-79. ISSN: 0976-1101
- 10) **Tahir Ramzan Bhat (2017)**. “A Comparison of Health Related Physical Fitness among Volleyball, Handball and Basketball Players”, International Journal of Physiology, Nutrition and Physical Education, Vol.2, No. 01, pp.279-282. ISSN: 2456-0057
- 11) **Tahir Ramzan Bhat (2016)**. “Comparative Study of Coordinative Abilities of Selected Team and Individual Sports Players”, Vyayam-Vidnyan, Vol.49, No.4, pp.17-25. ISSN: 0975-8895
- 12) **Tahir Ramzan Bhat (2015)**. “Gandhi as the Father of Nation” 5<sup>TH</sup> national seminar on Mahatma Gandian thoughts, Degree College of Physical Education Amravati, Feb. 27-28, ISBN: 978-81-92335-6-9

## COMPUTER EFFICIENCY

- Statistical tools: SPSS, AMOS
- Operating system: MS Windows
- Office suits: MS Office (03, 07 and 10)
- Having a Typing speed of 35 WPM with accuracy of 95%

## PERSONAL DETAILS

Father's Name	:	Mohmad Ramzan Bhat
Mother's Name	:	Haneefa Begum
Date of Birth	:	11 March 1993
Language Known	:	English, Hindi, Kashmiri, Urdu
Marital Status	:	Married

I, hereby declare that all the above information given is true and correct to the best of my knowledge and Belief.

**Dr. Tahir Ramzan Bhat**