

Paramvir Singh

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

Permanent Address

Paramvir Singh
Q-13, Campus,
Punjabi University Patiala (PB).
India -147 002
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E-mail : *tparamvir@yahoo.com*

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 permanent lecturer in the Department of Sports Sciences, Punjabi University, Patiala.

TEACHING , RESEARCH & ADMINISTRATIVE 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 twelve academic years.
- Expertise in Exercise physiology/bio mechanics Techniques (TMT, Ergometry, Oxygen, 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 Five 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.
- Programme-Coordinator Department of NSS from five successive years.

SCIENTIFIC VISITS : INTERCONTINENTAL / NATIONAL

- "National Youth Convention" as organizing committee held during 14th National Youth Festival in Guru Nanak Dev University, Amritsar 12-16 January 2009 organized by Ministry of Youth Affairs & Sports, Govt. of India, New Delhi
- NSS Training and Orientation Course TOC (NSS) Ministry Culture, Youth Affairs & Sports, Govt. of India, New Delhi 10-19 March 2008 at Punjabi University, Patiala
- 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.
- Capacity Building Programme on Multimedia and E-content Development. CEC, UGC, New Delhi. 4-27 April, 2006
- Sports Rehabilitation Course' from 3-5 December, 2003 at Guru Nanak Dev University, Amritsar organized by FIMS and AFSM
- The Role of Forensic Science in Criminal Examination 12-14 February, 2002 at Members of Advisory Board, Bundel Khand University, Jhansi, Institute of Forensic Science & Criminology

- 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 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 a Research Paper in Ist Punjab Science Congress, held at Punjabi University, Patiala. April 28-30, 1997.
- Participated in **83rd Indian Science Congress 1996** held at Punjabi University, Patiala.
- 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.

PUBLICATIONS RESEARCH PAPERS :

- Singh Paramvir, Kaur Harpreet, Sohal M.S: Journal Punjab Academy of Sciences: Effect on Various Biochemical Parameters After Sub Maximal Exercises in Patients of Diabetes Mellitus 2010 (Accepted)
- Singh Paramvir, Kaur Harpreet, Sohal M.S: Journal Punjab Academy of Sciences: Effect on Various Biochemical Parameters After Sub Maximal Exercises in Patients of Diabetes Mellitus 2010 (Accepted)
- Singh Paramvir, Singh Jagmohan, M S Sohal: Indian Journal of Physiotherapy and Occupational Therapy: Effect of Exercise Rehabilitation Programme on Clinical Health Status of Osteoarthritis Knee Patients 2009,1 (2) 189-202
- Singh Paramvir, Kaur Rajinder: Environment Population: Repercussion of Cellular Phone June 2008 School Science Vol. 46: No. 1 & 2
- Singh Paramvir: Ontology of Physical Activity 2008: Scientific Temperaments in Physical Education and Sports
- Singh Paramvir, Pankajpreet, Shini : ROM : A selecting criteria for female sports person. Journal of Punjab Academy of Sciences 2007
- Singh Paramvir, Singh Jagmohan, Kaur Harpreet: Journal Punjab Academy of Sciences: Osteoarthritis: Etiology, Diagnosis and Therapeutic Interventions-A Review 2007

- Singh Paramvir : Dialogue a proposal : Sikhya Khoj Pattar A.E.I.A.R. India Vol: 32: 1-7, 2006.
- Singh Paramvir : Growing, Naturally in India, Child's right to play : A global approach. Green Wood Publications,2005 New York, USA.
- Singh Paramvir, Kaur Rajinder, Singh Pankajpreet, Shaini: Dil Di Dava: Kasrat 2004 Vigyaan De Naksh
- Singh Paramvir and Bhanot, J.L. : Physical fitness, Motor fitness and skill performance of volleyball players with reference to age changes. APPI (2003).
- Singh Paramvir, J.L. Bhanout, Singh Kanwaljeet, Kaur Rajinder: Vigyaan De Naksh: Chusat Jeevan Shelley: Ik Mudhli Jarurat 2002
- 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.
- 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 2000 vol.12 :1170-75 .
- 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.

NATIONAL & INTERNATIONAL PROCEEDINGS :

- 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 :

- gi kp ftzu yv ; lfGnkuko dh Tj koh fetl ehsh i kt/ (ni hs 21 wJh 2009)
- tX oj /fdb d/or pBkw ew; o (dt/ ; /te 18 nr; s 2009)
- u; s i htB Pbh wYbh l ops (dt/ ; /te 19 ; spo 2009)
- fJle yv fJle wvb fJle nop b'e (ni hs 20 wkou 2008)
- yv/ ns/nkeo; esk (ni hs 16 nespo 2008)
- Yoga for Sports and Health. (The Tribune 2 Oct 2002)
- Exercise : A preventive Modality (Time of India 3 Oct 2000)
- Magical Fresh Fruit Vitamin. (Science Reporter 1999, 11-15)
- Osteoporosis : A Review (Science Reporter 2001, 34-41)
- Reversible CHD : Coronary Artery Diseases (The Tribune 15 March 2002)

- 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)
- Umeed Te Naumidi de Aalam Cho Melalan Di Talaash (Punjabi Tribune Dec 14, 2000)

PROJECTS HANDLED

- Organized IPR two days workshop held at Punjabi University, Patiala sponsored by Department of Punjab State Council for Science & Technology, Chandigarh
- Organized National Integration Camp 22-28 June, 2008 held at Punjabi University Holiday Home, Andreta (HP) sponsored by Ministry of Youth Affairs & Sports, Government of India, New Delhi
- Organized National Integration Camp 19-25 December, 2008 held at S.G.T.B. Khalsa College, Anandpur Sahib sponsored by Ministry of Youth Affairs & Sports, Government of India, New Delhi
- Organized five workshops (3 days each) on Disaster Preparedness in four districts of Punjab sponsored by Punjab State Council for Science & Technology, Chandigarh & DST, Government of India.
- Organized blood donation camps in Punjabi University, Patiala and its colleges throughout the year from the last 2 years 6 months.

BOOKS

- Yoga and Physical Education. (Punjabi University Publication Patiala) - 2010
- Basics of Environmental Education, Kalyani Publishers, New Delhi – 2007
- wYbh tsktoD f; Ifynk, efbnkBh gpbhePB, Bthh fdZbh ^ 2007

DOCTORATE DEGREES GUIDED

- Effect of exercise rehabilitation programme on osteoarthritic knee with special reference to bio-chemical changes – 2010 Submitted, Jagmohan Singh
- Effect on bio-chemical and physiological parameters after sub maximal exercise in patients of diabetes mellitus and obesity – 2008, Harpreet Kaur
- Somatotype and Physical fitness of employees of railway workshops – 2007, Rupinder Kaur
- A study of play facilities, fitness and socio economic status of school children of Punjab – 2006, Kamaljeet Singh

WORKSHOP ATTENDED

- Training of Science Communication for enhancing science coverage in Mass Media Punjab State Council for Science & Technology, Chandigarh.
- Training on E-content development CEC, UGC, New Delhi.

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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