

CURRICULUM VITAE



Raof Ahmad Bhat, Ms, Ph.D

https://www.researchgate.net/profile/Raof_Bhat

Department of Physical Education

SHMM Govt. Degree College Anantnag

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OBJECTIVE

To Serve the Institution with Positive Attitude with My Acquired Skills and Intellect and seek a challenging position in the institution. To facilitate the students in learning health based Physical Education better.

SKILLS

Diverse skill set in the domains of Physical Education/ Sport Science, Exercise Physiology, Volleyball & Cricket .Has innate instinct for innovation and creativity guided towards strategic research and the establishment of health based models of Physical Education.

EDUCATION

DEGREE	DATE EARNED	SCHOOL
Ph.D Physical Education	2021	AMU, Aligarh
NET	2014	UGC
SET	2016	Kashmir University
Ms. Physical Education (Gold Medalist)	2015	AMU, Aligarh
Bachelors in Physical Education	2013	LPU, Punjab
B.A	2011	Kashmir University
S.S.S.C	2006	JKBOSE
S.S.C	2004	JKBOSE

ICT SKILLS

Certificate course on Computer Concepts from DOEACC Society, 2007

Certificate in computing from the Ministry of IT, 2005

WORK EXPERIENCE

Working as College Director Physical Education & Sports in Higher Education Department, Jammu & Kashmir.

Worked as Assistant professor (Contractual) in Directorate of Sports & Physical Education, University of Kashmir

Worked with Athletic Club, Aligarh Muslim University during the session 2016-17

Meditation Ambassador Har Ghar Dhayan Programme

ACADEMIC ORIENTATIONS

Workshops & Short-Term Training Courses:

Attended 14 days Orientation Programme on Research Methodology: Islamic Perspective organized by Faculty of Social Sciences, AMU and Institute of Objective Studies, New Delhi from 27th Jan. – 9th Feb., 2018

Attended 7 days **Workshop on Yoga** on the occasion of International day of Yoga,2017 under the Ministry of AYUSH, Govt. of India organized by Department of Physical Education, AMU, Aligarh on 15-21 June 2017

Completed Short Term Course on **Statistics and Writing Skills in Research** organized by Academic Staff College, AMU,Aligarh from 24-30 November, 2016

Attended 7 days **Workshop on ‘Officiating & Coaching Skills** organized by Department of Physical Education, on November 21 & 27, 2016.

Completed Life Skills Training Conducted by GTT and NASSCOM Foundation at Aligarh Muslim University on 30th March 2017

CONFERENCES AND SEMINARS:

Presented Paper entitled “**Combined Associations of Physical Activity and Screen Time with Overweight/ Obesity among School going Adolescents**” in International Conference on Future Prospective of Physical Education, Sports Sciences and Yoga Practices, Organized by Department of Physical Education, S.G.B Amravati University on 15-16 Dec. 2017

Presented Paper entitled “**Pattern of Leisure Behaviour among School going Adolescents of Kashmir Valley**” National Conference on Sports , Exercise And Health Sciences, organized by Department of Physical Education, Aligarh Muslim University, Aligarh on 7th -8th October, 2017.

Presented Paper entitled “ **The Burden of Non-Communicable diseases (NCDs) in India; Physical activity- A Cost Effective Way Forward**” in International Conference on Physical Education and Sports Sciences, Organised by Department of Physical Education Manipal University, Jaipur on 5th-7th January ,2017

Presented a paper entitled “**Epidemiology of Diabetes in Indian Scenario and role of Physical Education in Promoting Healthy Life Style to manage Diabetes**” during the National Seminar on Promoting Physical Activity and Healthy Eating for a Healthier Nation , Organized by Department of Physical Education, AMU Aligarh

Participated in **Symposium on Yoga on International Day of Yoga, 2016** Organized by Department of Physical Education, AMU, Aligarh.

Presented Paper entitled "**An Investigation of Health Awareness Programme on CBSE Board Students**". National Conference On Recent Trends in Physical Education, Organized by Dept. of PE, Sitapur Shiksha Sansthan Group of Institutions, Sitapur, U.P. India, 29th& 30th March 2014

Participated in Regional Conference on “**Higher Education and Social Change (the J&K context) Issues- Interventions- Intent**” in 2010

Participated in college Awareness Camp/ Seminar on “**Social Responsibilities towards differently abled persons**” (UGC Sponsored) on 12th Sep. 2011.

Patents:

Filed a patent entitled “**Development of Cricket- Specific Fielding Test and Its Protocol for Cricketers**” to Intellectual Property Office New Delhi, India. **(Published),2014**

MEMBERSHIP OF ASSOCIATIONS:

Appointed as a Member of Executive Committee, **GAPA** (Global Advocacy For Physical Activity) on 22, April, 2017

Member of International Society for Physical Activity and Health (**ISPAH**) since December, 2016

Member of International Physical Activity and the Environment Network (**IPEN**) since 2016

Member of National Positive Psychology Association (**NPPA**)

Member of Physical Education Foundation of India (**PEFI**) from J&K State

RESEARCH AND ACADEMIC CONTRIBUTIONS

INTERNATIONAL PUBLICATIONS:

TITLE /PAGE NO./VOL./ISSUE	JOURNAL	ISSN/ISBN	AUTHOR/CO -AUTHOR	REFEREED	IMPACT FACTOR
Combined Associations of Physical activity and screen time with overweight/obesity among school going adolescents	Research Demagogue	ISSN 2350-1081	Author	Yes	5.210
Physical Activity levels, overweight And obesity among school going adolescents and their associations with lifestyle habits. Vol.3, Issue12 ,2017	European Journal of Physical Education and Sport Science	2501 -1235	Author	Yes	----
Technology can be used to Reverse Health Concerns; it is just a question how it is used. Vol 5, Issue 11, Nov. 2016	Academic Sports Scholar	2277-3665	Author	Yes	2.1052 (UIF)
Handicapping (Headway Start) in Sports-a review.Vol.3, Issue 4, Aug.2016,pp 117-121	International Journal of Physical Education, Sports and Health	23941693	Author	Yes	5.38
Impact Of 'Naraashans Diamond Cricket' on Selected Cricket Specific Motor Fitness Variables and Psychological Behavior on the Students of Cricket Specialization.Vol.4,issue 10, July 2015,pp 1-5	Review of Research	2249894X	Co-Author	Yes	3.140 (UIF)
Determination of Training Status Of Batsmen in Open-net in Cricket.vol.4,issue 2, February 2015, pp 1-3	Academic Sports Scholar	2277-3665	Co-Author	Yes	2.1052 (UIF)
Training Log to Determine Skills of Fielding in Cricket.Vol.4, issue VIII, February 2015,pp1-3	Golden Research Thought	2231-5063	Co-Author	Yes	3.4052
Contemporary Approach of Practicing in Cricket Net.Vol.4,issue, 5, February 2015,pp 1-4	Review of Research	2249894X	Co-Author	Yes	3.1402 (UIF)
Construction of Training Log for Wicket-Keeper in Cricket.Vol.4,issue	Golden Research Thought	2231-5063	Co-Author	Yes	3.4052 (UIF)

,8, February 2015,pp 1-3						
Need Based Cricket-Specific Training Log for Batsmen in Closed Net.Vol.4,issue 5, February 2015,pp 1-3	Review of Research	2249894X	Author	Yes	3.1402 (UIF)	
Log to Determine the Status for Fast Bowler.,Vol.2,issue 8, February 2015,pp 1-3	Research Direction	2321-5488	Co-Author	Yes	2.1005 (UIF)	
Observatory Log for Spinners in the Game of Cricket.Vol.4,issue 8, February 2015, pp 1-3	Golden Research Thought	2231-5063	Co-Author	Yes	3.4052 (UIF)	
Innovative Method to Practice & Improve the Game of Cricket. Vol.4, issue 12, January-2015, pp 1-4	Indian Streams Research Journal	2230-7850	Co-Author	Yes	2.1506 (UIF)	
Development of Cricket-Specific Bowling Accuracy Test.Vol.3, issue 11, November 2014,pp 1-4	Academic Sports Scholar	2277-3665	Co-Author	Yes	1.3205 (UIF)	
Novel Approach of Training the Skill of the Game of Cricket. Vol. 2, issue 8, Oct 2014,pp	Research Dimensions	2249-3867	Co-Author	Yes	1.4992	
Construction & Standardization of Fielding Test In Cricket.Vol.4, issue 8, Oct 2014,pp 1-4	Indian Streams Research Journal	2230-7850	Co-Author	Yes	2.1506, (UIF)	
Unity of Health Through Yoga And Islamic Prayer Salah. Vol.3, Issue 10, Oct 2014,pp1-6	Academic Sports Scholar	22773665	Author	Yes	1.3205	

BOOKS PUBLISHED

Level of Publication	Type of Publication	ISSN/ISBN	Publisher	Title of Book
International	Text Book	978-3-330-07217-6	Lambert Academic Publishing	NCDs in India, Physical Education - A Cost – Effective Way Forward.

Curriculum Vitae

Raof Ahmad Bhat, Ms

roufsalam@gmail.com

AWARDS/HONOUR

Name	Level	Awarding Institution or Body	Date
University Gold Medalist	University Level	Aligarh Muslim University	Feb.27,2016
2 ND Place in Yoga Debate Competition	University Level	Department of Physical Education, AMU, Aligarh	26 th MAY 2017

STUDENT RELATED CO-CURRICULAR, EXTENSION AND FIELD BASED ACTIVITIES:

<ul style="list-style-type: none"> Invigilator for End -Term Examinations of (B.P.Ed & M.P.Ed) 2017-18 session
<ul style="list-style-type: none"> Invigilator for Mid-Term Examinations of (B.P.Ed & M.P.Ed) 2016-17 session
<ul style="list-style-type: none"> Invigilator for End -Term Examinations of (B.P.Ed & M.P.Ed) 2015-16 session
<ul style="list-style-type: none"> Appointed as a Member of Disciplinary Committee, Department of Physical Education, AMU Aligarh, session 2016-17
<ul style="list-style-type: none"> Member of Organizing Committee in National Workshop on Officiating & Coaching Skills, Organized by Department of Physical Education, AMU Aligarh on 21-27 Nov 2016
<ul style="list-style-type: none"> Deputed as a Member for Conducting Trade /Skill/Practical Test for the Post of Security Assistants in Proctor Office ,Aligarh Muslim University, Aligarh
<ul style="list-style-type: none"> Member of Anti-Ragging Committee Department of Physical Education AMU. Aligarh, session 2014-15
<ul style="list-style-type: none"> Volunteered in the 1st Ph.D. Scholar's Meet-2014 of Syed Tariq Murtaza, Ph.D. at Aligarh

OTHER CO-CURRICULAR ACTIVITIES (CULTURAL, SPORTS, NSS, NCC, ETC):

- Represented M.M. Hall A.M.U in Inter Hall Volleyball Tournament in 2016-17

- Represented M.M. Hall A.M.U in Inter Hall Cricket Tournament in 2016-17

- Represented M.M. Hall A.M.U in Inter Hall Cricket Tournament in 2014-15
- Participated in Yoga Competition on the occasion of International Day of Yoga 2016, Under the Ministry of AYUSH, Govt. of India organized by Department of Physical Education, AMU, Aligarh
- Technical Table Official of 90th Inter-Hall Athletic Meet of Aligarh Muslim University, organized by Athletics Club AMU, Aligarh,2016
- Official in Ist Kids Open District Athletic Meet, organized by Athletics Club AMU, Aligarh, 2016
- Technical Table Official in Ist Farhan Memorial Open District Athletics Meet, organized by Athletics Club AMU, Aligarh,2016
- Technical Table Official in Ist Schools Athletic Meet, organized by Athletics Club AMU, Aligarh,2015
- Member (Volunteer) at **College NSS Unit** during the sessions 2009-10/2010-11/2011-12
- Successfully completed the Heritage Trek Expedition organized by Youth Hostels Association of India.
- Represented **KU in the Inter- University** Volleyball Tournament held in C.S.J.M.U Kanpur 2009-10
- Represented GDC Dooru in **Inter- College Volleyball** Tournament held at KU in 2009-10
- Represented GDC Dooru in **Inter- College Cricket** Tournament held at KU in 2009

OTHER PROFESSIONAL ACTIVITIES:

- **Conducted a Futsal Tournament, Awareness Program and PEFI SIGNATURE PLEDGE** to create awareness about Health, Fitness & Sports among youth & public at Aligarh Muslim University, An Initiative by **Physical Education Foundation of India (PEFI)** in Feb. 2017.
- **Created an Educational Website (A Movement for Movement;** Momentum towards a More Physically Active Future) for Physical Education students to write their ideas about the state and status of physical education in India and how quality physical education can help in promoting required physical activity levels and healthy eating habits. [Home | A Movement for Movement](#)

SOFTWARE PACKAGES:**• SPSS**

(Research data analysis)

MS Office

(Word, Excel, PPT)

PRO 8

Biomechanical Analysis

PERSONAL VITAE:

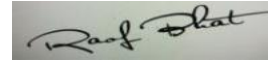
. Mother Name – Rafiq Bano

. Father's Name – Ab. Salam Bhat

. DOB – 15-12-1988

. Languages Known – Kashmiri, English, Urdu

Marital Status – Unmarried

Place: Anantnag-05/03/2019**Signature**