


Raof Ahmad Bhat, Ph.D

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Dedicated and enthusiastic professional with a positive attitude seeking a challenging position within an institution. Committed to utilizing acquired skills and intellect to effectively serve the organization. Passionate about facilitating students' learning health-based Physical Education & sports and enhancing their understanding and engagement.

Accomplishments

- Conducted 1st Breng Athletic Meet for Colleges of Kashmir Valley and School's of District Anantnag on 01 & 02 May, 2019.
- Member of Organizing committee of North Zone Inter-varsity Volleyball Women Championship, 2023-24 held at University of Kashmir.
- Coordinator of Workshop cum Math Festival under IMPACT in collaboration with Department of Mathematics, IUST, Awnatipora.
- Institutional Coordinator Unnat Bharat Abhiyan Project in collaboration with NIT Srinagar and IIT Delhi.
- Submission of IIQA and SSR as Coordinator IQAC of Government Degree College Vailoo Larnoo, Anantnag.
- Nodal officer Ek Bharat Shreshtha Bharat and Red Ribbon Club.
- Assistant Coordinator IGNOU of Study Center 1211, Government Degree College Anantnag.

Skills

- Diverse skill set in the domain of Physical Education/ Sport Science, Exercise Physiology and Organization and Administration of Sports Events. Has innate instinct for innovation and creativity guided towards strategic research and the establishment of health based models of Physical Education & Sports.

Work History

- **Physical Education Instructor**
Higher Education Department, Jammu & Kashmir
- **Lecturer (Contractual)**
Directorate of Sports & Physical Education, University of Kashmir
- **Meditation Ambassador Har Ghar Dhayan Programme**
Art of Living Center
- **Worked With Athletic Club, AMU**
Games Committee, Aligarh

2017-09 - Current

2016-01 - 2017-01



Education

- **2021-01** ● **Ph.D: Physical Education**
AMU - Aligarh
- **2014-01** ● **NET**
UGC
- **2016-01** ● **SET**
Kashmir University
- **2015-01** ● **Masters: Physical Education**
AMU - Aligarh
GPA: Gold Medalist
- **2013-01** ● **Bachelors of Physical Education**
LPU - Punjab
- **2011-01** ● **B.A**
Kashmir University
- **2006-01** ● **S.S.S.C**
JKBOSE
- **2004-01** ● **S.S.C**
JKBOSE



Certifications

- **2023-10** ● Completed a certificate level course on Scientific Writing in Health Research jointly conducted by Indian Council for Medical Research and National Institute of Epidemiology.
- **2022-11** ● Successfully Completed Professional Development Programme on Implementation of NEP-2020 for University and College Teachers organized by Staff Training and Research Institute of Distance Education, IGNOU.
- **2022-11** ● International Workshop on Clinical Biomechanics in Sport



Academic orientations

- Orientation Programme on **Research Methodology: Islamic Perspective**, 01/27/18 - 02/09/18, Faculty of Social Sciences, AMU and Institute of Objective Studies, New Delhi
- 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
- Attended 7 days **Workshop on 'Officiating & Coaching Skills** organized by Department of Physical Education, on November 21 & 27, 2016.
- Completed Short Term Course on **Statistics and Writing Skills in Research** organized by Academic Staff College, AMU, Aligarh from 24-30 November, 2016

CONFERENCES AND SEMINARS:

- Presented Paper entitled "**Illuminating Lives through Islamic Prayer (Nimaz) and Yoga**" in International Conference.
- 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 Behavior 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, Organized 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.



Research and academic contributions

- Combined Associations of Physical activity and screen time with overweight/obesity among school going adolescents, *Research Demagogue*, 2350-1081
- Physical Activity levels, overweight And obesity among school going adolescents and their associations with lifestyle habits, *European Journal of Physical Education and Sport Science*, 2501-1235
- Technology can be used to Reverse Health Concerns; it is just a question how it is used, *Academic Sports Scholar*, 2277-36652
- Handicapping (Headway Start) in Sports - a review, *International Journal of Physical Education, Sports and Health*, 2394-1693
- Impact Of 'Naraashan's Diamond Cricket' on Selected Cricket Specific Motor Fitness Variables and Psychological Behavior on the Students of Cricket Specialization, *Review of Research*, 2249-894X
- Determination of Training Status Of Batsmen in Open-net in Cricket, *Academic Sports Scholar*, 2277-3665, Co-Author
- Training Log to Determine Skills of Fielding in Cricket, *Golden Research Thought*, 2231-5063
- Contemporary Approach of Practicing in Cricket Net, *Review of Research*, 2249-894X
- Construction of Training Log for Wicket-Keeper in Cricket, *Golden Research Thought*, 2231-5063
- Need Based Cricket-Specific Training Log for Batsmen in Closed Net, *Review of Research*, 2249-894X
- Log to Determine the Status for Fast Bowler, *Research Direction*, 2321-5488
- Observatory Log for Spinners in the Game of Cricket, *Golden Research Thought*, 2231-5063
- Innovative Method to Practice & Improve the Game of Cricket, *Indian Streams Research Journal*, 2230-7850
- Development of Cricket-Specific Bowling Accuracy Test, *Academic Sports Scholar*, 2277-3665
- Novel Approach of Training the Skill of the Game of Cricket, *Research Dimensions*, 2249-386792
- Construction & Standardization of Fielding Test In Cricket, *Indian Streams Research Journal*, 2230-7850
- Unity of Health Through Yoga And Islamic Prayer Salah, *Academic Sports Scholar*, 2277-3665

Books

- NCDs in India, Physical Education - A Cost – Effective Way Forward, Text Book, 978-3-330-07217-6, LAP
- Health and Wellness: an Introduction, 9789390666218, Wular Publishing House



Patents

- Development of Cricket-Specific Fielding Test and Its Protocol for Cricketers, 2014, Published, Intellectual Property Office New Delhi, India



Membership of associations

- **GAPA (Global Advocacy For Physical Activity)**, 04/22/17, Member of Executive Committee
- **International Society for Physical Activity and Health (ISPAH)**, 12/01/16, Member
- **International Physical Activity and the Environment Network (IPEN)**, 2016, Member
- **National Positive Psychology Association (NPPA)**, Member
- **Physical Education Foundation of India (PEFI)**, J&K, Member



Awards and honours

- University Gold Medalist, University Level, Aligarh Muslim University, 02/27/16
- 2ND Place in Yoga Debate Competition, University Level, Department of Physical Education, AMU, Aligarh, 05/26/17



Other co curricular activities

- Represented M.M. Hall A.M.U in Inter Hall Volleyball Tournament, 2016-17
- Represented M.M. Hall A.M.U in Inter Hall Cricket Tournament, 2016-17
- Represented M.M. Hall A.M.U in Inter Hall Cricket Tournament, 2014-15
- Participated in Yoga Competition on the occasion of International Day of Yoga, 2016, Department of Physical Education, AMU, Aligarh
- Technical Table Official of 90th Inter-Hall Athletic Meet, 2016, Athletics Club AMU, Aligarh
- Official in 1st Kids Open District Athletic Meet, 2016, Athletics Club AMU, Aligarh
- Technical Table Official in 1st Farhan Memorial Open District Athletics Meet, 2016, Athletics Club AMU, Aligarh
- Technical Table Official in 1st Schools Athletic Meet, 2015, Athletics Club AMU, Aligarh
- Member (Volunteer) at College NSS Unit, 2009-10, 2010-11, 2011-12
- Successfully completed the Heritage Trek Expedition, Youth Hostels Association of India
- Represented KU in the Inter-University Volleyball Tournament, 2009-10, C.S.J.M.U Kanpur
- Represented GDC Dooru in Inter-College Volleyball Tournament, 2009-10, KU
- Represented GDC Dooru in Inter-College Cricket Tournament, 2009, KU



Languages

- Kashmiri
- English
- Urdu



Personal Information

- Father's Name: Ab. Salam Bhat
- Mother's Name: Rafiqqa Bano
- Date of Birth: 12/15/88
- Marital Status: married