
Dr. Varendra Singh Patial

Asst. Professor



Objective

"My aim is to make a difference to young peoples lives through education – helping them acknowledge their true potential and progress with confidence"

Contact Details

Mobile: 09779383103

Address: Block-18, Room No.-205, Department of Physical Education, Lovely Professional University, Phagwara, Punjab-144402

Email: yspatial@yahoo.com

Educational Qualifications

- 2013, Qualified National Eligibility Test.
- 2013, Qualified Himachal Pradesh State Eligibility Test.
- 2012, Qualified Utrakhhand State Eligibility Test.
- 2007, Ph.D. in Physical Education, Panjab University, Chandigarh.
- 2001, Diploma in Sport Coaching in Weightlifting, SAI NS NIS, Patiala.
- 2000, Master of Physical Education, Panjab University, Chandigarh.
- 1998, Bachelor of Physical Education, D.C.P.E. Amaravati, Maharashtra.
- 1997, Bachelor of Arts, G.G.D.S.D. College, Baijnath.

Professional Experience

Teacher / Fitness Trainer

- Working as an Asst. Professor in LPU since December 2010 in the department of Physical Education.
- Worked as a lecturer of physical education in St. Josephs Sen. Sec. School, Chandigarh from 12th April, 2004 to 15th May, 2006.
- Worked as Head Physical Fitness Trainer with Chandigarh Lawn Tennis Association, Chandigarh from 1st March 2002 to 15th November 2006.

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- Worked as a personal trainer with India's top ranked players like Olympian & Arjuna Awardees Sanamacha Chanu, Arjuna Awardees Kunju Rani and Pratima Kumari in the discipline of weightlifting.
 - Qualified AITA Level 1 Tennis Coach.

Sports Achievements

- 2006, Tennis, Chandigarh State Tennis Championship, Chandigarh.
- 2005, Tennis, Chandigarh State Tennis Championship, Chandigarh.
- 1999, Weightlifting, Chandigarh State Weightlifting Championship, Chandigarh.
- 1998, Softball, Inter College Tournament, Chandigarh.
- 1998, Weightlifting, All India Inter University Championship, Trivandrum.
- 1997, H.P. Weightlifting Championship, G.C Dehri.
- 1997, Weightlifting, All India Inter University Championship, G.N.D.U. Amritsar.
- 1997, Weightlifting, Inter College Tournament, G.C. Chowari.
- 1997, Judo, Inter College Tournament, G.C. Hamirpur.
- 1996, Judo, Inter College Tournament, G.C. Hamirpur.

Computer Skills

- Good computer knowledge

Languages

- English
- Hindi
- Punjabi

Hobbies

- Working
- Playing
- Traveling

Publications

Research papers:

- Patial Varendar Singh (July, 2012) *“Effect of selected pilates exercises on body fat percentage of obese people”* PH-IJHSPE - Horizon Palaestra-International Journal of Health, Sports and Physical Education, Published in Vol. I, No. I, pages 55-57, ISSN: 2278-2982.
- Patial Varendar Singh (January, 2013) *“Effect of tri-phase training on speed of sprinters”* Futuristic Trends in Physical Education, Published in Vol. 2 pages 266-268, ISBN: 978-93-80144-63-4.
- Patial Varendar Singh (March, 2013) *“Effect of tri-phase training on agility of sprinters”* IJMESS - International Journal of Movement Education and Social Sciences, Published in Vol. II, No. I, pages 17-20, ISSN: 2278-0793.
- Patial Varendar Singh (March, 2014) *“Comparative study of sports competition anxiety between north zone and south zone Kho-Kho players of all India inter university”* International online Physical Education & Sports Research Journal, Published in Vol.3, Issue.3, ISSN: 2277-3665.
- Patial Varendar Singh (January, 2014) *“Comparative Study of Pre and Post Match Anxiety Scores in Individual Sports”* Proceedings of Global Scientific conference on Physical education, Health & Sports science, Published in Vol.II, pages 25-27, ISSN: 978-93-8014-516-7.
- Patial Varendar Singh (January, 2014) *“Comparison of stress level among Physical Education and Non physical Education senior secondary students”* Proceedings of National Conference on Wellness Through Physical Activity: Future Perspective, Published in Vol.I, pages 16-18, ISSN: 978-93-8014-512-9.
- Patial Varendar Singh (January, 2014) *“Comparative Study of Pre and Post Match Anxiety Scores in Team Sports”* Proceedings of Global Scientific conference on Physical education, Health & Sports science, Published in Vol.II, pages 58-60, ISSN: 978-93-8014-516-7.

Presentations / Conference / Seminar

International Conferences:

- Presented paper in an International Conference on *“Futuristic Trends in Physical Education”* held at Punjabi University Patiala during 24-26 January 2013.

Topic: Effect of tri-phase training on speed of sprinters.

- Presented paper in an International Conference on “**Global Scientific Conference on Physical Education, Health & Sports Perspective**” held at Guru Nanak Dev University Amritsar during 24-26 January 2014.

Topic: Comparative study of pre and post match anxiety score in individual sports.

- Presented paper in an International Conference on “**Global Scientific Conference on Physical Education, Health & Sports Perspective**” held at Guru Nanak Dev University Amritsar during 24-26 January 2014.

Topic: Comparative study of pre and post match anxiety score in team sports.

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National Conferences:

- Presented paper in National Conference on “**Wellness through Physical Activity: Future Perspective**” held at Punjabi University Patiala during 16-18 January 2014.

Topic: Comparison of stress level among physical education and Non physical education senior secondary students.

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National Seminar:

- Presented paper in National Seminar on “**Refocusing Teacher Education: Challenges and Perspectives**” held at Guru Gobind Singh College of Education on 9th February 2013.

Topic: Problem in Teacher Education.

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Research Guidance

M. P. Ed.

- **Four students have completed their M. P. Ed. Dissertation under my supervision.**

M. Phil.

- **Three students have completed their M. Phil theses under my supervision.**

Ph. D.

- **One student is pursuing his Ph. D. under my supervision.**

Personal Profile

- **Father's Name** : **Late Sh. O.C. Patial**
- **Mother's Name** : **Smt. Santosh Patial**
- **Date of Birth** : **January 27, 1977**
- **Sex** : **Male**
- **Marital Status** : **Married**
- **Permanent Address** : **Village: Lower Garh, Post Office: Pragpur, Tehsil: Dehra,
District Kangra, Himachal Pradesh – 177107**

Assistant Professor
