

CURRICULUM VITAE

ARSHAD AYOOB LONE

Permanent Address

R/O: Rakhi-Lajoora (Kunj-pora) Pulwama
Jammu and Kashmir

School Of Physical Education,
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Objective

Looking for well growth and challenging opportunities to exploit the inner talent in the best working environment for the emergence as a competitive professional so as to serve the very purpose of the organization and the nation.

Personal Skills

I am Flexible, self motivated, a good team member, having comprehensive problem solving abilities, hard working, creative & an aspiring leader.

Examination Passed	Year	Board / University	School / College	Percentage (Grade)
M.Phil.	1yr. 2013-14	D.A.V.V INDORE	School of Physical Education	80.34%
M.P.Ed.	2 yr. 2012-13	University of Kashmir	Physical Education games and Sports University of Kashmir	70%
B.P.Ed. (1-year diploma)	1 yr. 2010	University of Kashmir	Govt.college of Physical Education Ganderbal	78%
B.A	3 yr. 2009	University of Kashmir	Govt.Boys Degree College Pulwama	51%
12 STD (Higher Secondary)	1yr. 2006	Jkbose	Govt.Hr.Sec.School Ratnipora	47%

Areas Of Interest

- ✓ **Health Education**
- ✓ **Computer**
- ✓ **Research Methodology**
- ✓ **Playing and organising games.**
- ✓ **Team Games**

Areas of Specialization

- ✓ **Khabbaddi**
- ✓ **Kho-Kho**

Sports and Academic Achievements

- ✓ Participated and **represented 12th Men/Women Senior National Karate championship 2009-10** ,organised by Nehru Yuva Kendra,A bad.Youth Affairs and Sports Govt.of India,PES College of Phy.Edu.Aurangabad.
- ✓ Participated and **represented state baseball Championship** organised by **Jammu and Kashmir Baseball Association** In 2012.
- ✓ Participated in **Inter-Collegiate kabbaddi Tournament** held at **UNIVERSITY OF Kashmir** in 2011.
- ✓ Participated in **Inter-Collegiate Football Tournament** held at **UNIVERSITY OF Kashmir** in 2012.
- ✓ Participated in **Inter-Collegiate Hockey Tournament** held at **UNIVERSITY OF Kashmir** in 2012

Computational Technical Skills and Other Achievements

- ✓ One year computer diploma
- ✓ MS Word, MS Excel, MS Power Point.etc.
- ✓ Internet

Workshops, Seminars and Presentations

- ✓ Attended a 7/days UGC Sponsored National Workshop on **Analytical Techniques In Physical Education and Sports Sciences** organised by **School Of Physical Education, DAVV, Indore** and held on **24-30th March,2014**
- ✓ Participated in International **Yoga** Workshop held at Shri Atal Bihari Vajpayee Government Arts and Commerce College, Indore (M.P) from 12-13 February 2014.
- ✓ Attended a departmental seminar on **Role of sports sciences in physical education** organised by **School Of Physical Education, DAVV,indore** and presented a paper entitled **Nanotechnology in Sports** held on **13th November,2013.**
- ✓ Attended a seminar on **“Open Access Resources”**, organised by **Allama Iqbal Library University of Kashmir** held on **18th December, 2012.**

- ✓ Attended International Conference on “Futuristic Trends in Physical Education and presented a Paper entitled Doping held on January 24th to 26th, 2013 organised by Punjabi University, Patella, sponsored by UGC.

RESEARCH EXPERIENCE

- ✓ Completed Dissertation on the title A study of Body Mass Index and Waist-hip Ratio of School going Children of Kashmir in Master's Degree 2012.
- ✓ Completed Research thesis on the title Investigation Of Achievement Motivation And Competitive State Anxiety Of Kabbaddi Players Of Different Levels Of Achievement in Master of Philosophy 2013-14

Personal Profile

- ✓ Name : Arshad Ayoob Lone
- ✓ Father's name : Mohd Ayoub Lone
- ✓ Mother's name : **Mrs. Shahzada**
- ✓ Date of Birth : **20/06/1988**
- ✓ Languages known : Urdu & English and Kashmir
- ✓ Marital Status : Unmarried
- ✓ Gender : Male
- ✓ Nationality : Indian

Currently I m working Physical education lecturer in department of youth services and sports in jammu and Kashmir

References

1. Prof. Surjit Singh Bali

Professor

Department of Physical Education University Of Kashmir.

E-mail- surjitbali@gmail.com

Mobile Phone- 09419442626

Declaration:-

I hereby declare that all the above information provided by me in this document is factual and correct to the best of my knowledge.

Place:

Signature

Date:

(Arshad Ayoob Lone)