



PUNEET

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Presently working as **Assistant Professor** in Dayanand Post Graduate College, Hisar.

Educational Qualification

- PhD. Thesis entitled “Study of psychological and physiological variables in determining the performance of football players” submitted.
- Qualified UGC National Eligibility Test (2014)
- Masters in Physical Education from Department of Physical Education, Kurukshetra University, Kurukshetra in 2004.
- Bachelors in Arts (B.A) from University College, Kurukshetra University, Kurukshetra in 2002.
- 12th In 1999 from C.B.S.E Board.
- 10th In 1997 from C.B.S.E Board.

Experience

- Five and a half years of experience as Assistant Professor in D.N. College, Hisar (October 2010 - Till Date)
- Worked as Sports Officer in KITM, Kurukshetra for two and half years (June 2008- October 2010)

Peer-reviewed Research Papers

International – 10

National- 04

1. **Puneet Tokas** and Parveen Kadyan. Study of physiological variables in determining the performance of female football players. International Journal of Social Sciences Review. 2016. Vol. 4(3):318-320.

2. **Puneet Tokas** and Parveen Kadyan. Significance of psychological variables on the performance of male football players. *International Journal of Education and Management Studies*. 2016. Vol. 6(3):326-329.
3. **Puneet Tokas** and Parveen Kadyan. 2016. Performance of male football players as influenced by physiological variables. *International Journal of Physical Education and Sports*. (Communicated)
4. **Puneet Tokas** and Parveen Kadyan. 2016. Effect of achievement motivation and anxiety on the performance of female football players. *International Journal of Physical Education and Sports*. (Communicated)
5. **Puneet Tokas** and Yashpal. Comparison of selected differential motives among contact, semi-contact and non-contact sports at district level. 2016. *Indian Streams Research Journal*. Vol. 5(12): 67-71.
6. **Puneet Tokas** and Yashpal. Sports achievement of contact, semi-contact and non-contact sports at national level. *International Journal of Social Sciences of Review*. 2016. Vol. 4(1):391-393
7. **Puneet Tokas**, Parveen Kadiyan, Kishore Kumar. Role of differentiation ability on kicking accuracy in football. *International Journal of Social Sciences Review* 2015. Vol 3(3): 406-407.
8. **Puneet Tokas** and Yashpal. Study of selected differential motives of players in sports achievement at State level. *International Journal of Social Sciences Review*. 2015. Vol 3(4-2): 602-604.
9. **Puneet**, Satish Kumar and Parveen Kadiyan. Relationship between core stability and performance variables of female soccer players. *Journal of Global Research & Analysis*.2014. Vol. 3(2): 297-300.
10. Kishore Kumar, Baljeet Girdhar and Puneet Tokas. A comparative study of cardiovascular efficiency of sports person and non-sports person. 2011. *Knowledge News: An International Journal of Ideas*. Vol. 1(1): 37-42.
11. Kishore Kumar, Baljeet Girdhar and **Puneet Tokas**. Socio Economic status and sports participation. *Knowledge News: An International Journal of Ideas* 2011. Vol 1(1): 42-46.
12. Baljeet Girdhar, Kishore Kumar and **Puneet Tokas**. The comparative study of psychological and physical fitness variables among football players. *Research News: National Journal of Ideas*. 2011. Vol 1(1): 43-53.

13. Baljeet Girdhar, Kishore Kumar and **Puneet Tokas**. Relationship of selected relative anthropometric measurement to the performance with aahper volleyball test. Research News: National Journal of Ideas. 2011. Vol 1(1): 53-59.
14. **Puneet Tokas**, Parveen Kadyan. Effect of balance coordinative ability on kicking accuracy in Football. International Journal of Social Sciences Review. Vol 3(3): 391-393.

Paper(s) presented in Conference (05)

1. **Puneet Tokas**. Relationship of orientation coordinative ability to kicking accuracy in female soccer players. International conference held from October 8th- 9th 2015. Organized by - Department of Psychology. P.G. Government College, Sector-46, Chandigarh.p 57
2. **Puneet Tokas**. Relationship of orientation ability to kicking accuracy in soccer. National conference held from March 20-21, 2015. Organized by - Department of Physical Education,Chaudhary Devi Lal University, Sirsa. p6
3. **Puneet Tokas**. Effect of Synthetic/Natural Food Preservatives on Human Health. National Seminar held from 13-14 Oct., 2015.Organized by - Chaudhary Ranbir Singh University, Jind.
4. **Puneet Tokas**. Women Empowerment: Rebuilding the Nation. National Conference on Role of Arya Samaj in Education held from March 28-29, 2014. Organized by Dayanand Post Graduate College, Hisar. p 243-245
5. **Puneet Tokas**. Utility and Value of Yoga in children. National Conference on Yoga and Diet for Holistic Health held from 29-30, 2013.Organized by Dayanand Post Graduate College, Hisar. p 47.

E-Learning lessons (05)

1. Jayanti Tokas, **Puneet Tokas**, Shalini Jain, Hariom Yadav. 2010. Pluripotency of Embryonic Stem Cells. URL: <http://www.pitt.edu/~super1/lecture/lec37101/index.htm>
2. Jayanti Tokas, **Puneet Tokas**, Shalini Jain, Hariom Yadav. 2010. Role of Cytokines in Stem Cell Self-Renewal. URL: <http://www.pitt.edu/~super1/lecture/lec37111/index.htm>

3. Jayanti Tokas, **Puneet Tokas**, Shalini Jain, Hariom Yadav. 2010. Scope and Application of Stem Cell Research in Livestock. URL: <http://www.pitt.edu/~super1/lecture/lec37121/index.htm>
4. Jayanti Tokas, **Puneet Tokas**, Rubina Begum, Shalini Jain, Hariom Yadav. 2010. Umbilical Cord Stem Cells. URL: <http://www.pitt.edu/~super1/lecture/lec37341/index.htm>
5. Jayanti Tokas, **Puneet Tokas**, Rubina Begum, Shalini Jain, Hariom Yadav. 2010. Mammary Gland Stem Cells Development and Regeneration. URL: <http://www.pitt.edu/~super1/lecture/lec37351/index.htm>

Other Achievements

1. Participated in 12th National Masters Aquatic Championship, 2015 conducted by Federation of India at Prakash Taran Pushkar, Tulsi Nagar, Bhopal from 9-12 October, 2015.
2. Committee member in National Conference on Yoga and Diet for Holistic Health. March 29-30. 2013. Organized by Dayanand Postgraduate College, Hisar, Haryana
3. Member of Discipline Committee in the National Technical Expo, 2009 (Kurukshetra Institute of Technology and Management (KITM), Bhor Saida, Kurukshetra).
4. Represented Kurukshetra University in the North Zone Inter-University Football Championship (2000-2001).
5. Represented Kurukshetra University in the North Zone Inter-University Football Championship (2001-2002).
6. Represented Kurukshetra University in the North Zone Inter-University Football Championship (2002-2003).
7. Sports merit certificate in Haryana State Sub-Junior Football Championship by DFA-Ambala held at Ambala Cantt. From 22-25 September, 1994.
8. Participated in the School State Football Championship (1994-1999)
9. Performed the duty of invigilator in the Examination from 2008 till 2016.

Personal Details

Name : Puneet
Father's Name : Late Ch. Hoshiar Singh
Date of Birth : 28th Jan' 1982
Nationality : Indian
Marital Status : Married
Sex : Male
Language Known : Hindi, English
Religion : Hindu

(Puneet)