1. Name of the Teacher: Dr. Mohd Tariq

2 .Department : Physical Education

4 .Qualifications acquired or Achievements during the session:

* U.P Secondary Education Service Selection Board Allahabad, (Prayagraj)-Appointed- Paper setter in - 2010, 2011, 2012 & 2014.
* U.P Secondary Education Service Selection Board Allahabad, (Priyagraj)-Appointed-Panel of the Experts in Physical Education for Teacher Recruitment
* Appointed as an Expert of Selection Committee for Appointment of Teacher in Jawahar Navodaya Vidyalaya 2012
1. Publications and details of the Research work carried out during the session
2. "Basic thinks that should be kept in considerations in curriculum planning." Page no. 57 to 61,A UGC Approved Journal no. 49297 (IIJIF) Impact Factor- 3.262, ISSN 2231-4113

 SODH PRAVHA Vol no-9 ISSUE III, March 2018.

1. "Different types of Methods for Power Training for Athletes" Page No.-291-294 JIGYASA AN INTERDICIPLINARY PEER REVIEWED REFEREED RESEARCH JOURNAL- A UGC Approved Journal No. 40957-IIJIF, Impact Factor: 4.172, Volume 13 March 2019, No. III, ISSN: 0974-7648.
2. "Determination of Selected Psychological, Physiological and Anthropometrical characteristics of state level power lifter in 59KG Category " Page No. 1-5, Review of research - A UGC Approved Journal No. 48514, Impact Factor: 5.7631, Volume 6, Issue 4 January 2019, ISSN: 2249-894X.
3. Effect of four weeks core strength training on agility, abdominal strength endurence and explosive strength" Page No. 1-5, Review of research - A UGC Approved Journal No. 48514, Impact Factor: 5.7631, Volume 8, Issue 4 January 2019, ISSN: 2249-894X.
4. "Level of stress between juveniledelinquent and non-juvenile deliquent" an international Journal of multidisciplinary educational research ISSN: 2277-7881 Impact Factor: 6.514(2020), IC Value 5.16, ISI Value: 2.286 Peer reviewed and referred journal, Volume 9, Issue 9 (6) September: 2020, Page No. 10-15
5. "Agression among juvenile and nonjuvenile deliquents: a compparative study" International Journal for Technological Research in engineering, Volume 8, Issue-3, No. 2020, ISSN 2347-4718, Page No. 115, 118
6. "Effect of Interactive audience on Performance of Sportsmen" Varansi Management Review -A Multidisciplinary Quarterly International Peer Reviewed Refereed Research Journal, A UGC Approved Journal No. 48402, JIFE impact Factor 3.21, Volume VI No.4 (October- December )2020 Page No.41-44
7. "Developing a Positive team Culture for Volleyball Team "Research Highlight- A Multidisciplinary Quarterly International Peer Reviewed Refereed Research Journal, A UGC Approved Journal No. 48441, JIFE impact Factor 3.23, Volume VII No.4 (October- December )2020 Page No.31-34, ISSN No. 2350-0611

Published books

1. Text Books-
2. **FUNDAMENTALS OF SPORTS MEDICINE,** Publisher Veer Bahadur Publication Lucknow, ISBN 978-93-84817-44-2, 2016.
3. **INDESPENSABLE OF SPORTS TRAINING**-Poddar Publication Varanasi, ISBN 978-93-84215-70-5, 2017.
4. **BASICS OF TEST & MEASUREMENT IN PHYSICAL EDUCATION**, Adyaa

PrakashanAhemdabad, ISBN 978-81-92732-34-3, 2017.

1. **"SHARIRIK SIHIKSHA MEIN PAATH YOJNA "**Ist Edition-2010.
2. **"SHARIRIK SIHIKSHA MEIN PAATH YOJNA"**Ist Revised Edition 2011**.**
3. **"SHARIRIK SIHIKSHA MEIN PAATH YOJNA "**IIND Revised Edition**2012.**
4. **"SHARIRIK SIHIKSHA MEIN PAATH YOJNA** IIIrd Revised Edition-2013,**ISBN-978-93-80969-72-5.**
5. Reference Books-
6. Research Publications in National and International Journals
7. Independent Authorship- (Please see API Format given at place- attached)
8. Co-Authorship -
9. Communicated Accepted Papers-
10. Papers presented in Conferences-(Please see API Format given at place- attached)UGC National Conference of Yoga, Physical Education Sports Medicine Ayurveda, Sports Law & Naturopathy, 27-28 July 2013 at BHU.
11. Memorandums submitted to National Commission/Committee/ State Bodies: \_\_\_\_\_\_

6 Details of Research Students

1. Number of Registered Students- 6
2. Number of students Ph.D. awarded degree- 5

7 Details of the Invited Talks

1. Delivered in any University

8 Any other relevant information about Academic Achievements

1. IJSIR-Member Advisory Board- International Journal of Scientific and innovative Research Volume-1, Issue-2 (July-December) 2013 PISSN 2347-2189
2. IJSIR-Member Advisory Board- International Journal of Scientific and innovative Research Volume-2, Issue-1 (January- June) 2014

 iii 2. Details of Research Papers/Books/Monograph/Translations, creative writing etc.

Text Books-

**1.FUNDAMENTALS OF SPORTS MEDICINE,** Publisher Veer Bahadur Publication Lucknow, ISBN 978-93-84817-44-2, 2016

**2.INDESPENSABLE OF SPORTS TRAINING**-Poddar Publication Varanasi, ISBN 978-93-84215-70-5, 2017

**3.BASICS OF TEST & MEASUREMENT IN PHYSICAL EDUCATION**, AdyaaPrakashanAhemdabad, ISBN 978-81-92732-34-3

**4."SHARIRIK SIHIKSHA MEIN PAATH YOJNA "**Ist Edition-2010.

**5. "SHARIRIK SIHIKSHA MEIN PAATH YOJNA"** Ist Revised Edition 2011**.**

6. **"SHARIRIK SIHIKSHA MEIN PAATH YOJNA "** IIND Revised Edition **2012.**

**7.SHARIRIK SIHIKSHA MEIN PAATH YOJNA** IIIrd Revised Edition-2013,

**ISBN-978-93-80969-72-5.**

1. Details of the Research projects: Running/ Completed

**Projects Running/Completed as Principal Investigator**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| SNo. | Title of the Project | Funding Agency | Duration | Status |
|  |  |  |  |  |
|  |  |  |  |  |

1. Details of the Conferences attended/Presented Paper-

 Chairperson – Workshop: -

16 Conference & Seminars Attended (Enclosures Attached)

 5. Details of the Participation in Summer School/Orientation Program/ Refresher Course -

One week faculty development program (FDP) YMCA Chennai -27/06/2020 to 03/07/2020

6. Details of the membership of Editorial board/Professional Bodies-

 Member Advisory Committee- National Conference on Environment Sustainable Development

1. Detail of Extra Curricular Activities1. Detail of Extra Curricular Activities

1. Curriculum Development-
* Prepared Syllabus for B.P.Ed, As per regulation of NCTE 23/04/2018 ,
* Member Faculty Board, Faculty of Arts.
* Member Board of Studies (BOS) in Physical Education.
1. Cultural/Extra Co-curricular activities-
* Acted as a camp Director leadership training camp, 2017 at Sattaal Ashram Nainital.
* Acted as a camp Director leadership training camp, 1-09 April2018 at Sattaal Ashram Nainital.
1. Sports/Community service-
* President Volleyball Lucknow University LUAA- 2015,
* Sports Editor ICN 2018.
1. Administrative assignments-
* Coordinator B.P.Ed 2013- 2019
* Assistant Proctor 2016-2019
1. Examination/Admission duties-
* Performduty of examination (theory and Practical) for B.P.Ed and M.PEd,
* M.P.Ed Entrance Test/Exam Conduct practical/Physical
* Fitness Test & Theory Test
* Checking Squad Duty, Invigilation & Evaluation & Practical Exams Duty, Practical Exams :- BA, B.P.Ed&M.P.Ed
1. Any other responsibility-
* Perform dutey in yuvakumbh2018,Perform duty on convocation day ,07-08/10/2018
* Entrance Exam Paper Setter Dr. RMLA University Faizabad
* Conduct Physical Fitness Test & Game Proficiency Test During Entrance Test of B.P.Ed&M.P.EdDr. RMLA University Faizabad
* Conduct Physical Fitness Test & Game Proficiency Test During Entrance Test of B.P.Ed at DDU Gorakhpur 05-08-2011
* Conduct Physical Fitness Test & Game Proficiency Test During Entrance Test of B.P.Ed- CSJM University Kanpur in 22-06-2009 & 2014

2. Any other relevant information not contained in the Performa

1. Appointed member of BOS KMCU, Arbi- Farsi University.
2. Appointed Experts BHU- Entrance Exam, Fitness test .
3. Appointed as a BOS member in Kapilvastu Sidarth university.
4. Observer UP CPMT Exam.
5. Appointed as a panel of experts for selection committee in Dr.Rajendrasingh (RajjuBhaiya) Prayagraj University, Prayagraj.
6. Appointed as a panel of experts for selection committee in Dr.RMLAwadh University, Ayodhya (30/07/2018).
7. Appointed as a panel of experts for selection committee in Dr.RMLAwadh University (31/07/2018).
8. Appointed as a panel of experts for selection committee in MJP Rohilkhand University Bareilly (23/05/2017, 27/08/17, 21/, 24/09/2017,08/2017, 24/09/2017 23/05/17)

 **-Research & Academic Contributions**

1. **Research Articles/Papers published in Journals: 11**

| Sl. No. | Title of Paper | Name of Journal with place of publication, Vol. No. and Year | Co-authorif any | Are themainauthor | Whether Peer Reviewed Impact Factor Provide (UGC list no.) | ISBN/ISSN No. | API Score | Encl. no. |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | "Basic thinks that should be kept in considerations in curriculum planning | SodhaPrawah Journal no. 49297 (IIJIF) Impact Factor- 3.262, SODH PRAVHA Vol no-9ISSUE III, March 2018.  |  NO | Yes | Yes3.262 | ISSN 2231-4113 | 30 |  |
| 2 | "Different types of Methods for Power Training for Athletes" | JIGYASA VOL 13, NO 3 MARCH 2019 | NO | Yes | YES4.172 | ISSN 0974-7648 | 30 |  |
| 3 | Determination of Selected Psychological Physiological and Anthropometrical characteristics of state level power lifter in 59KG Category | Review of research vol-8 ,issue-4, jan 2019, ISSN:2249-894X | NO | Yes | Yes5.7631 | ISSN:2249-894X | 35 |  |
| 4 | Effect of four weeks core strength training on agility, abdominal strength endurance and explosive strength | Review of research vol-8 ,issue-4, jan 2019, ISSN:2249-894X | No | Yes | Yes5.7631 | ISSN:2249-894X | 35 |  |
| 5 | Level of stress between juvenile delinquent and non-juvenile delinquent | international Journal of multidisciplinary educational Research | NO | YES | Yes6.514 |  ISSN: 2277-7881 Impact Factor: 6.514(2020), IC Value 5.16, ISI Value: 2.286 | 35 |  |
| 6 | Aggression among juvenile and non juvenile delinquents: a comparative study | international Journal for technology Research in engineering vol 8, issue 3 nov 2020 | NO | YES | YES | ISSN 2347-4718 | 15 |  |
| 7 | "Effect of Interactive audience on Performance of Sportsmen" | VARANASI MANAGEMENT REVIEW VOL-6, NO 4 OCT- DEC 2020 | NO | YES | YES3.21 | ISSN 2395-0390 | 30 |  |
| 8. | "Developing a Positive team Culture for Volleyball Team | RESEARCH HIGHLIHGTS VOL 7, NO 4, OCT – DEC 2020  | NO | YES | YES 3.23 | ISSN 2350-0611 | 30 |  |
| 9. | A comparative study of mental health between physical education and non physical education students | Times International journal of research, Jaipur, Issue-jan 2016 | Yes | Yes | Yes 2.106 | 2349-4867 | 30 |  |
| 10. | Kaleen UdyoghaurShahjahanpur | Talash, Lucknow, vol.4, 2016 | No | Yes | - | 23198427 | 15 |  |
| 11. | Relationship of body mass index with speed and agility of university level female basketball players | International journal of health physical education & computer science in sports, Hyderabad vol. 27, No.2 2017  | Yes | No | Yes 3.579 | 22313265 | 9 |  |

1. **Publications (other than Research papers)**

 **Chapters contributed in edited books**

| Sl. No. | Title of Chapter | Name of Editor and Book | Co-author if any | Name of Publishers(with place of Publication | Month & year of publication | ISBN/ ISSN No. | API Score | Encl. No. |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
| 1. | Basics of Test and Measurement in Physical Education | Dr. Mohd. Tariq | - | AdyaaPrakashan, Ahemadabad | 2017 | 978-81-92732-34-3 | 10 |  |
| 2. | Fundamentals of Sports Medicine  | Dr. Mohd. Tariq | - | Veer Bahadur Publication Lucknow | 2016 | 978-93-84817-44-2 | 10 |  |
| 3. | Indispensible of sports training  | Dr. Mohd. Tariq | - | Poddar Publication, Varanasi | 2017 | 978-93-84215-70-5 | 10 |  |
| 4. | SharirikShiksha meinPaath Yojana | Dr. Mohd. Tariq | Yes | Krishna PrakasakLucknow | Ist Edition-2010 | 978-93-80969-72-5 | 10 |  |
| 5. | Sharirik Shiksha meinPaath Yojana | Dr. Mohd. Tariq | Yes | Krishna PrakasakLucknow | IstRevisedEdition-2011 | 978-93-80969-72-5 | 10 |  |
| 6. | Sharirik Shiksha meinPaath Yojana | Dr. Mohd. Tariq | Yes | Krishna PrakasakLucknow | IInt RevisedEdition-2012 | 978-93-80969-72-5 | 10 |  |
| 7. | Sharirik Shiksha meinPaath Yojana | Dr. Mohd. Tariq | Yes | Krishna PrakasakLucknow | IIIrdEdition-2013 | 978-93-80969-72-5 | 10 |  |
|  | **Total** |  |  |

 **(a) Research guidance: No of Students awarded M. Phil /Ph.D. under your guidance: 3**

| **Degree** | **Numbers** | **API Score** | **Encl. No.** |
| --- | --- | --- | --- |
| M. P.Ed. (i) Awarded (ii) Submitted | 26 | 52 |  |
| Ph.D. (i) Awarded (ii) Submitted | 3 | 30 |  |

 **5. Patents, Policy Documents, Fellowship/Awards:**

| S.N. | Fellowship/Award name | Level(International/National/ State/University) | Name of Academic Body/ Association | Year | API Score | Enclno. |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | Outstanding Contribution in Sports category | National | ICN  | 2019 | 7 |  |
|  | **Total** |  |  |

| S. No. | Title of Paper | Subject of Conference/Seminar**6. Papers presented/ participated in Regional / National and International Seminars / Conferences / Symposium** | Dates of the Event | Organizing Institution and Place | Whether International/National/State/Regional/ University  | API Score | Encl. No. |
| --- | --- | --- | --- | --- | --- | --- | --- |
| 1 | Assessment of Volleyball Performance on the basis of anthropometrical Variables | Recent Trends in Physical Education & Sports Technology | 5 to 6 January 2010 | Noida College of Physical Education | National | 3 |  |
| 2 | Science & Sports Performance  | Recent Trends in Physical Education & Sports Technology | 5 to 6 January 2010 | Noida College of Physical Education | National | 3 |  |
| 3 | Constructive way of Life Through physical education & sports | Human Rights Law, Justice & Governance  | 26-27 April 2013 | BBAU Lucknow  | International | 5 |  |
| 4 | Causes and effect of global warming & environment  | Challenges & road ahead A macro Analysis of sustainable Development  | 1-2 February 2014 | VRAL GovtMahila Degree College, Bareilly  | National | 3 |  |
| 5 | Administration and organization of sports at the university level  | Emerging Trends in 21st Century  | 25-26 February 2014 | U.P Govt.- MPG PG College hardoi | National | 3 |  |
| 6 | Future Challenges and the role of physical education  | Human Impact on Environment  | 23-24 March 2014 | SKBB Govt. PG College HarakhBarabanki | National  | 3 |  |
| 7 | Yoga & Wellness | Management of obesity through yoga and Naturopathy | 30 November 2014 | U.P Naturopathy& Yoga Teachers and Physician Association Lucknow  | National | 3 |  |
| 8 | Sports Challenges for the youth in 21st century  | Dr. VSPS Mahavidyalaya Kanpur | 14-15 February 2015 | Indian youth in 21st century : Issues, Challenges and way forward | National | 3 |  |
| 9. | Sharirik Shiksha- Janjaativikaaskioor :ekvivechana | Globalization &Tibal Development: Current Challenges  | 20-22 March 2015 | Ethnographic& Folk Culture Society, Dept. Sociology |  National  | 3 |  |
| 10. | SwasthShareer, SwastMastisk, swacchh Uttar Pradesh | CSAUSE in Uttar Pradesh | 24-25 March 2015 | NSS LU JalEvamSwachhtaManch-Uttar Pradesh | National | 3 |  |
| 11. | Uttar Pradesh meinmaanavsansaadhanvikaasmeinshaaririkshikshaakibhumik | Human Resource development in India: Challenges and Possibilities  | 26-29 March 2015 | Dept. of Economics MGKV, Varanasi | National | 3 |  |
| 12. | A Critical Observation to enhance motivation and interest  | Role of Education in Sustainable environmental management and biodiversity Conservation  | 2-3 February 2016 | KMCU, Arabi-Farsi University | National | 3 |  |
| 13. | A comparative Study of Aggression between Power Lifters and Weight Lifters | Various Aspects of Physical Education, Yogic & Allied Science  | 27-28 September 2016 | Dept. of Physical Education MGKV, Varanasi | International | 5 |  |
| 14. | Mechanical Analysis Between Straddle and Hop techniques in High Jump | Various Aspects of Physical Education, Yogic & Allied Science | 27-28 September 2016 | Dept. of Physical Education MGKV, Varanasi | International | 5 |  |
| 15. | Global Warming  | Emerging Environmental Concerns and Sustainable Development  | 7 February 2016 | Dept. Of Political Science GG PG College Bindki, Fatehpur | National | 3 |  |
| 16. | A competitive Study of Sports aggression between Basketball and Volleyball Players  | Empowerment of India through Physical Education  | 22-23 October 2016 | Dept. of Physical Education LU | National | 3 |  |
| 17. | AadhunikYugmeinyuvaPeedikaaSwaasthkePratiiDrishtikon | Youth Empowerment: Issues, Challenges & Concerns  | 22-23 February 2017 | KMCU, Arabi-Farsi University | National | 3 |  |
| 18. | Effect of Physical Education on culture & Social Aspects of Life  | Indus-Saraswati Civilization: Script, Art, Culture & Authors | 08-09 May 2017 | Dept. of AIH LU | International | 5 |  |
| 19. | Yoga and MaansikSwaasthay | Yoga for health &Beyond | 21 June 2018 | Sports Section BBA University Lucnkow | National | 3 |  |

**6. Lecture/Special Lectured delivered in Institutions of repute within the country and outside.**

| Sl. No. | Title/Subject of Lecture | Name and Place of Institution | Date of Lecture | Remarks(Memorial lecture, invited lecture, etc.) | API Score | Encl. No. |
| --- | --- | --- | --- | --- | --- | --- |
| 1 | Samaj ki Adharshila me SaririkShikcha ki bhumika | DDU Govt.PG college Lucknow | 24/02/2017 | invited lecture | 3 |  |
| 2 | Special techniques in Football game  |  DDU Govt.PG college Lucknow | 29/09/2017 | invited lecture | 3 |  |
| 3. | Use of. Resources in sports and physical education | DDU Govt.PG college Lucknow | 01/12/2017 | invited lecture | 3 |  |
| 4. | Comparison of Balance Ability Among Various players | DDU Govt.PG college Lucknow | 07/12/2018 | invited lecture | 3 |  |
| 5. | Role of statistical in education | DDU Govt.PG college Lucknow | 14/09/208 | invited lecture | 3 |  |
| 6 | Sports medicine | DDU Govt.PG college Lucknow | 25/01/2019 | invited lecture | 3 |  |
| 7 | Bhartiya Sanskritikmulyaavamyog Darshan ka manavjivan me mahatva | DDU Govt.PG college Lucknow | 29/03/2019 | invited lecture | 3 |  |
| 8 | Behavioral Management in Physical Education and Sports | DDU Govt.PG college Lucknow | 01/11/2019 | invited lecture | 3 |  |
| 9 | New education policy2020 | DDU Govt.PG college Lucknow | 27/11/2020 | invited lecture | 3 |  |
| 10 | Fit India movement | DDU Govt.PG college Lucknow | 18/12/2020 | invited lecture | 3 |  |
|  | Total |  |  |