

Vita

Communication Address:

Dr. Iqbal Kabir
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**Permanent Address:**

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Educational Qualifications: B.A, B.P. ed., M.P.Ed., M. Phil. and PhD

CAREER OBJECTIVE:

To carve a niche in competent work environment that allows the use of my skills and knowledge and fosters teamwork as well as allows independent responsibilities.

ACADEMIC QUALIFICATION:

Degree	Subject	Institution	Percent	Year
Ph.D.	Physical Education	Annamalai University, Chidambaram, Tamil Nadu, India	Awarded	2023
M.Phil	Physical Education	Mewar University Rajasthan, India	66.3	2019
M.P.ed	Physical Education	University of Kashmir, Srinagar, Jammu and Kashmir, India	76.9	2017
B.P.ed,	Physical Education	University of Kashmir, Srinagar, Jammu and Kashmir, India	76.2	2012
B.A	Arts	University of Kashmir, Srinagar, Jammu and Kashmir, India	60.3	2011

Academic Activities:

- **Ph.D. Topic-** “Impact of Home Based Physical Exercise and Self Regulative Techniques on Selected Health Related Physical Fitness, Psychological and Anthropometric Variables among Middle Aged Men” (Thesis Submitted).
- **M.Phil. Topic** – “Effects of Physical Exercise on Male and Female Reproductive Hormones” (Completed).
- **Post-Graduation Topic** – “Effect Of Sadbhavana Scheme On Sports Participation Of Youth In Kashmir Valley” (Completed)

Awarded Fellowships:

- Received University Student Fellowship (Annamalai University, Chidambaram, Tamil Nadu) from December 2019 to February 2021.

Paper Publications:

1. Mr. Iqbal Kabir 2019. Effects of Physical Exercise on Male and Female Reproductive Hormones. *International Journal of Fitness, Health Physical Education and Iron Games*. (Vol. 06, No. 01, Jan 2019)
2. Iqbal Kabir and Dr. S. Chidambara Raja 2021. Impact of Multidimensional Home-based Physical Exercise on Cardio-respiratory Endurance and Muscular Endurance among Middle-aged Men. *Vidyabharati International Interdisciplinary Research Journal*. (Special Issue on Emerging Techniques in Interdisciplinary Science, Vol. 06(V) 2021): 1377-1380
3. Iqbal Kabir and Dr. S. Chidambara Raja 2021. Effect of Home-based Exercise and Self-Regulative Techniques on Flexibility and Anxiety among Middle-aged Men. *Journal of Xi'an Shiyu University, Natural Science Edition*, Vol. 17(11) 2021:636-646
4. Iqbal Kabir and Dr. S. Chidambara Raja 2022. Influence of Aerobic Exercises and Yoga Practices During Covid-19 on Depression and Self-esteem of Middle-aged Peoples. *The Journal of Oriental Research Madras*, Vol. XCIII-I: 2022:78-85
5. Dr. Iqbal Kabir and Waseem Ahmad Bhat 2024. An Examination of Aggression and Achievement Motivation in Male and Female College level Kho –Kho Athletes: A comparative Study. *International journal of contemporary reserch in Multidisciplinary* Vol.3, 2024, 20-24.

Paper Presentations

1. Presented a Paper on “Influence Of Strength Training Endurance Training And Their Combination On Leg Strength Endurance Strength And Resting Pulse Rate”. The International Conference was Organised by Department Of Physical Education and Sports, Pondicherry University on December 11th & 12th, 2020.
2. Presented a Paper on “Yoga with Modern Medicine for the Promotion of Cardiovascular Health” The international conference was organised by the Department of physical education, Madurai Kamaraj University, Madurai, Tamilnadu, India on February 06th & 07th. 2020

Attended Seminars/ Conferences/Symposium/ workshop

1. Two Day International conference on “*Role of Sports Science and Yoga on Human Performance Enhancement*” held on 06th and 07th February 2020, Organized by Department of Physical Education, Madurai Kamraj University, Madurai, Tamil Nadu, India
2. Two Day “International Conference on “*Sports Management and women’s Role in Sports and Entrepreneurship 2020*”, Organized by Department of Physical Education and Sports, Pondicherry University, Pondicherry, India, held on 11th an 12th December 2020.
3. Attended Two Day National Conference on “*Anti Doping*” Prevention Of Doping In Sports Current Challenges and Innovation. Jointly Organized By National Doping Agency (*NADA*) & Physical Education Foundation Of India (*PEFI*), Dr. Ambedkar International Centre, New Delhi on January 30- 31, 2019.
4. One Day National Level workshop on “*Anti-Doping Awareness*” Organized by *M.P.Ed* Wing Directorate of Physical Education and Sports, University of Kashmir In Collaboration with National Anti-doping Agency (*NADA*) Ministry of Youth Affairs And Sports, Govt. of India, 20th June, 2019.
5. Twelve Day National Seminar titled “*Mental Health Booster and Natural O₂*” ,Organized by Faculty of Physical Education and Sports, Chennia, Tamil Nadu, India, On 16th to 29th June 2021. 56

Attended Online Webinars and Virtual seminars

1. International Webinar on “*Holistic Approach of Yoga and Physical Fitness during Pre and Post Pandemic Covid -19*”. Organized by sports Authority of

India, Lakshmibai National College of Physical Education, Trivandrum, Kerala, India, on November 25th – 26th, 2020.

2. One Day state level webinar on *“Health and Fitness”* organized by department of physical education, Marudhar Keseri Jain College for women, Vaniyambadi, Tamil Nadu, India on January 21st 01,2021.
3. One Day National Webinar on *“Doping in Competitive sports”* to celebrate *Azadi Ka Amrit Mahotsav*, Organized by Directorate of Physical Education & sports, university of Kashmir on January, 20th, 2022.
4. One Day International Virtual Seminar on *“Nutritional and Exercise for wellness Management”* Organized by RV College of Engineering Bengaluru, Department of Physical Education and Sports, held on 21st August 2021.
5. One Day International webinar on *“Advanced Statistics in Sports and Health Science”* Organized by Directorate of Physical Education and sports, University of Kashmir, Hazratbal, Srinagar, held on 31st July 2021.
6. One Day National Webinar on *“Tokyo Olympics 2020 – India’s Journey and Expectation”* Organized by National Sports University, Manipur, on 3rd July 2021.
7. One Day National Level Webinar on *“Challenges for Stress Management in the Backdrop of Pandemic”* organized by Department of Physical Education and sports and IQAC, Davangere University, Shivagangotri Campus, Davangere, India, held on 28th June 2021.
8. One Day National Live Seminar on *“Mental Fitness and Academic Performance during Pandemic”* organized by Department of Physical Education and sports, RV College of Engineering Bengaluru, Bangalore University held on 14th September 2021.
9. One Day National Online Seminar on *“Concept and Design of Sports Surfaces”* organized by Department of Physical Education and sports, RV College of Engineering Bengaluru, Bangalore University held on 31st August 2021.

Teaching Experience

1. One year of teaching experience in School up to 10th standard, Subjects taught Physical education and Sports.
2. One year work experience as Assistant Physical Trainer Instructor (2019) in Government Degree College (Boys) Sopore, Baramulla.

3. Worked as an Assistant Professor at Govt. College of physical education Ganderbal Kashmir academic year 2023.
4. Two years experience as an Assistant Professor at Department of physical education and sports Kashmir University.2024-2025.

Additional Qualification

- ✓ Knowledge in Internet access and Basics in Microsoft family.
- ✓ Two years of teaching experience.
- ✓ Knowledge in SPSS (Statistical Package for Social Sciences)

Extra -Curricular Activities

- Participated in National level Handball, and senior National level ball badminton.
- State level Volleyball
- Inter college football.
- Worked as a volunteer in Discipline Committee in GCOPE Ganderbal.

Declaration

I hereby declare that information and facts stated above are true and correct to the best of my knowledge and belief.

Personal Interests

Hobbies: Gardening, Driving, Reading, Traveling and Tracking

Sports: Football, Cricket, Volley Ball, Handball. and Athletic activities.

Updated Recently

IQBAL KABIR