

CURRICULUM VITAE

Dr. Sunil Sen

H.No.360/03, Jail Road Mandi (HP)

PIN -175001,

Career Objective

Be a part of an institution where my skills and abilities are optimally used towards comprehensive growth of the institution and for effective advancement in my career.

Specializations

- **Hockey & Yoga**

Academic Qualifications

- Ph. D. from Himachal Pradesh University, Shimla in 2015.
- M. Phil. (Phy. Edu.) with 63.40% marks from H P University, Shimla in 2006.
- MA (Phy. Edu.) with 67% marks from H P University, Shimla in 2005.
- Diploma in Yoga Studies with 50% from H P University, Shimla in 2005.
- B.Sc. (NM) with 52.80% marks from H P University, Shimla in 2003.
- Plus Two (NM) with 50% marks from H P Board in 1999.
- Matriculation with 64% marks from H P Board in 1996.

Professional Eligibilities

- Qualified National Eligibility Test (NET) in June 2011.
- Qualified National Eligibility Test (NET) in December 2012.
- Qualified State Level Eligibility Test (SLET) in April 2010.
- Qualified State Level Eligibility Test (SLET) in June 2013.
- Qualified State Level Eligibility Test (SLET) in 2015.
- Qualified Federation State Technical Official (FSTO) of Athletics in 2015, (test conducted by AAFI).
- Qualified Federation Technical Official (FTO) of Athletics in 2017, (test conducted by AAFI).
- Qualified Federation Technical Official (FTO) of Athletics in 2017, (test conducted by AAFI).
- Qualified Hockey India Umpire/ Technical Official Test Conducted on 29th March 2019.
- Passed Coach Education Programme (CEP) – Examination in Sports Sciences in 2020.
- Passed Coach Education Programme (CEP) – Examination in Athletics in 2020.

Special Courses

- Successfully completed Six weeks certificate course in Hockey with 'A Grade', held at Banaras Hindu University, Varanasi in 2016.
- Successfully completed "Special Water Sports Course" (Swimming) at Pong Dam conducted by Govt. of Himachal Pradesh in 2015.
- Successfully completed the "Basic Coaching Training Programme" organized by Special Olympic Bharat Himachal Pradesh State in 2004.

Orientation, Induction and Faculty Development Programmes

- Attended One Week Faculty Development Programme on “Yoga for Wellness” Organized by Govt. College Daultpur Chowk, Distt. Una (H.P.) w.e.f. 8th June to 14th June 2022.
- Attended Two Week In-service Teacher/Induction Training Programme (Orientation) organized by Government College of Teacher Education Dharamshala (HP)w.e.f. 2nd to 14th May 2022.
- Attended 4-week Induction/Orientation Programme organized by Teaching Learning Centre, Ramanujan College University of Delhi w.e.f. 21st August – 19th September, 2021
- Attended One Week Faculty Development Programme on Promoting Physical Education and Sports through Innovation in teaching and Learning, ICT & Professional Approach Organized by Guru Angad Dev Teaching Learning Centre, SGTB Khalsa College, University of Delhi w.e.f. 27th May to 2nd June 2021.
- Attended One Week Faculty Development Programme on “ICT- ENABLED TEACHING LEARNING” organized by Teaching Learning Centre, Ramanujan College University of Delhi in Collaboration with Dhing College Nagaon, Assam w.e.f. 20th to 26th September,2021
- Attended One Week Faculty Development Programme on Field Hockey Organized by Shri Shankarlal Sundarbai Shasun Jain College in collaboration with Hockey Unit of Tamil Nadu w.e.f. 23rd to 29th June 2020.

Special Achievements

- **Awarded Best Nation Builder Teacher Award-2022 by Avishkar Foundation.**
- Attended **India Camp in Hockey** for 7th Junior Men’s World Cup at Hyderabad, in September 2001.
- Attended **India Camp in Hockey** for Champions Trophy at Bangalore in March - April 2001.
- Won Best Player Award in North Zone Hockey Championship held at Gurukul Kangri, Haridwar in 2002.
- Won Best Player Award in Himachal Pradesh University Inter-College Hockey Men Championship held at VPGC Mandi, H.P. in 2001.
- Won Best Player Award in School State Hockey Championship held at Una, Himachal Pradesh in 1997.
- Won Best Player Award in Senior State Hockey Championship held at Una, Himachal Pradesh in 2003.

Sports Achievements

- **Represented Himachal Pradesh in Senior National Hockey (Men) Championships (3 times)**
 - In 62nd Senior National at Bhaini Sahib (Punjab) in 2006.
 - In 61st Senior National at Hyderabad in 2005.
 - In 60th Senior National at Jammu in 2000.
- **Represented Himachal Pradesh University in Inter-Varsity Hockey (Men) Championships (6 times)**
 - In the session 2004- 2005 at Lucknow University, Lucknow.
 - In the session 2003- 2004 at AMU, Aligarh.
 - In the session 2002- 2003 at CCS University, Meerut.
 - In the session 2001- 2002 at Delhi University, Delhi.
 - In the session 2000- 2001 at J.M.I. University, New Delhi.
 - In the session 1999- 2000 at P.A.U. Ludhiana.
- **Represented Himachal Pradesh in Junior National Hockey (Men) Championships (3 times)**
 - In Junior National Hockey Championship at Hyderabad in 2001.
 - In Junior National Hockey Championship at Bangalore in 1999.
 - In Junior National Hockey Championship at New Delhi in 1997.

- **Represented Himachal Pradesh in School National Hockey (Men) Championships (3 times)**
 - In XLIII School National Games at Patiala in 1997.
 - In XLII School National Games at Faridkot in 1996.
 - In XLI School National Games at Chandigarh in 1995.

- **Represented Mandi District in Senior State Hockey (Men) Championships (5 times)**
 - Winners in Senior State Championship held at Kullu in 2007.
 - Winners in Senior State Championship held at UNA in 2003.
 - Runners up in Senior State Championship held at UNA in 2000.
 - Participated in Senior State Championship held at Bilaspur in 1999.
 - Winners in Senior State Championship held at Bilaspur in 1997.
 - Runners up in Senior State Championship held at Bilaspur in 1996.

- **Represented Mandi District in Junior State Hockey Championship**
 - Participated in Junior State Championship held at Bilaspur in 1995.

- **Represented Mandi District in School State Championships (4 times)**
 - Winners in 40th School State Championship held at Una in 1997.
 - Winners in 39th School State Championship held at Sujanpur in 1996.
 - Winners in 38th School State Championship held at Bilaspur in 1995.
 - Participated in 37th School State Championship held at Mandi in 1994.

- **Represented Mandi District in Himachal Olympics (2 times)**
 - Winners in Himachal Olympics tournament held at Mandi in 2004.
 - Runners up in Himachal Olympics tournament held at Bilaspur in 1997.

Experience

Teaching Experience (17 years)

- Presently serving Department of Higher Education, Government of Himachal Pradesh w.e.f. 17.04.17 till date (Presently posted at Vallabh Government College Mandi)
- Served as Coordinator-cum-Assistant Professor in the Department of Physical Education for 7.7 years at LSIBET, MLSM College, Sundernagar (H.P.) w.e.f. 09.09.2009 to 17.04.17 .
- Served as Lecturer in Physical Education for 2.1 years at LSIBET, MLSM College, Sundernagar (HP) from 03.08.2007 to 08.09.2009.
- Served as Physical Education Teacher for 1.4 years at D.A.V. Centenary Public School, Mandi from 01.04.2006 to 31.07.2007.
- Served as Lecturer in Physical Education for 10 months at Himachal College for Physical Education, Shoghi, Shimla from June 2005 to March 2006.

Coaching Experience

- Provided coaching to the H P University Hockey (Women) Team which participated in Inter-varsity Championship held at GNDU Amritsar for the session 2016-2017.
- Provided coaching to the H P University Hockey (Men) Team which participated in Inter-varsity Championship held at Kurukshetra University for the session 2012-2013.
- Provided coaching to the H P University Hockey (Men) Team which participated in Inter-varsity Championship held at Jamia Milia Islamia University, NEW DELHI for the session 2011-2012.
- Provided coaching to the H P University Hockey (Men) Team which participated in Inter-varsity Championship held at Jamia Milia Islamia University, NEW DELHI for the session 2010-2011.

- Provided coaching to the MLSM College and VGC College Mandi Hockey (Men & Women) Teams since 2007 and the achievements of both the teams are as follows:

Position of Hockey teams in H P Uni. Inter-College Hockey Championships

<u>Session</u>	<u>Hockey (Men) Team</u>	<u>Hockey (Women) Team</u>
2007-2008	Runners up	Second position
2008-2009	Winners	Third Position
2009-2010	Winners	Fourth Position
2010-2011	Runners up	Tournament not organized by H P Uni.
2011-2012	Winners	Third Position
2012-2013	Winners	Fourth Position
2014-2015	Runners up	Third Position
2015-2016	Tournament not organized by H P Uni.	Tournament not organized by H P Uni.
2016-2017	Runners up	--
2018-2019	--	Winners
2019-2020	Runners up	Winners
2021-2022	Winners	Runners up
2022-2023	Runners up	Runners up

Tournaments Officiated & Organized

- Officiated in National Master Athletic Meet held at Dharamshala (H.P.) in 2015.
- Officiated in North Zone Athletic Meet held at Hamirpur (H.P.) in 2015.
- Officiated in Hockey Matches of Women National held at Hamirpur (HP) in the year 2009.
- Officiating Himachal Pradesh University Inter-college Hockey (Men & Women) Championships since 2009.
- Officiating in Himachal Pradesh University Annual Athletic Meet since 2007.
- Officiating in State Level Nalwar Fair Hockey Men Championship since 2012.
- Officiated in International Shivratri Fair Hockey Championship in 2014.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Annual Athletic Meet 2009.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Hockey (Men & Women) Championships for the session 2010-11, 2011-12, 2012-13, 2014-15, 2019-20 and 2022-23.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Kho-Kho (Men & Women) Championships for the session 2010-11, 2011-12 & 2015-16.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Cricket Championships for the session 2009-2010, 2010-11, 2011-12, 2014-15 & 2015-16.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Boxing Championship for the session 2012-2013 and 2019-2020.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Handball (Men & Women) Championship for the session 2013-14.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Wrestling Championship for the session 2013-14.
- Remained Organizing Secretary of Himachal Pradesh University Inter College Badminton (Men & Women) Championship for the session 2018-19.
- Remained organizing secretary of National Seminar on Technical Rules of Athletics in 2014.
- Remained member of organizing committee for Himachal Pradesh University Youth Festival Group-3 in 2013.
- Remained Joint Organising Secretary of 6th All India Rafting (Men & Women) Championship - 2018.
- Remained Joint Organising Secretary of XXXI Senior National Canoe Sprint (Men & Women) Championship -2021.
- Remained member organising committee of 9th Dragon Boat National Championship for (Men & Women) -2021.
- Remained Organizing Secretary of North Zone Inter Varsity Kabaddi (Women) Championship – 2021-2022.

Key Responsibilities

- Coordinating Department of Physical Education, LSIBET, MLSM College, Sundernagar and also managing overall sports activities of MLSM College.
- Member of Executive Council of Sport & Co-curricular Activities Himachal Pradesh University, Shimla for the session 2013-2014.
- Member of various councils/committees such as Sports Council, Purchase Committee, Discipline Committee, Hostel Committee & IQAC Committee of MLSM College.
- Remained Paper setter of Himachal Pradesh University for the session 2014-15, 2015-16, 2016-17, 2017-18, 2018-19, 2019-2020 and 2021-22.
- Remained observer for Himachal Pradesh University Kho-Kho Men Championship held at G.C. Karsog (H.P.) in the session 2012-13.
- Remained observer for Himachal Pradesh University Hockey (Men & Women) Championship held at G.C. Ponta Sahib (H.P.) in the session 2013-14.
- Remained selector for Himachal Pradesh Inter-varsity Hockey Men and Women Teams since 2009.
- Member of syllabus frame committee of BPE three years course under choice based credit system in 2013.
- Member of syllabus frame committee of BPED two years course under choice based credit system in 2015.
- Committee member of stock verification committee to check the stock of Himachal Pradesh University Sports and Co-Curricular Activity Department.
- Team manager of Himachal Pradesh Inter-varsity Hockey men team for the session 2013-14 and 2014-15.
- Remained technical delegate for state level Athletic Meets of DAV Schools of Himachal Pradesh in 2011, 2012, 2014 & 2015.
- Remained technical delegate for state level Athletic Meets of SVM Schools of Himachal Pradesh in 2013, 2014 & 2015.
- Remained technical delegate for organizing Sports Meet of Evergreen Publishers in 2013, 2014 & 2015.
- Elected General Secretary of PTA of MLSM Sunder Nagar 3rd time consecutively (2013-14, 2014-15 & 2015-16).
- Remained Chief Yoga Instructor for the 1st International Yoga Day (Deputed by 2 HP NCC Battalion Mandi H.P.) on 21st June, 2015.
- Remained member of State Level Task Force for the Implementation of NEP – 2020.

Publications

- Published a book, “Human Anatomy & Physiology” having ISBN-978-81-947485-8-8.
- Published a research paper on “The Physical Fitness Level of the Selected Men Hockey Teams of Sports Hostel and Non -Sports Hostel of Himachal Pradesh: A comparative Analysis” in Multi-disciplinary Research Journal Himachal Pradesh University Shimla (Peer Reviewed Journal) having ISSN No: 2277-1425 in June, 2020.
- Published a research paper on “Comparison of Structural Differences among the Selected Men Hockey Teams of Sports Hostel and Non - Sports Hostel of Himachal Pradesh” in UGC listed Research Journal, International Journal of Research and Analytical Reviews having- ISSN No: 2348-1269 and impact factor 5.75 in May, 2019.
- Published a research paper on “Relationship of Selected Upper and Lower Extremities Circumference Measurements with Hockey Playing Ability” in Multi-disciplinary Research Journal Himachal Pradesh University Shimla (Peer Reviewed Journal) having ISSN No: 2277-1425 in December, 2018.
- Published a research paper on “Relationship of motor fitness variables with hockey playing ability” in Indian Journal of Physical Education and Sports Science (Delhi University) (Peer Reviewed Journal) having ISSN No: 2320-7981 in January 2014.
- Published a research paper on “Relationship of selected anthropometric measurement with hockey playing ability” in Indian Streams Research Journal having ISSN No: 2230-7850 and impact factor 2.1506 (UIF) in September 2014.

- Published a research paper on “Comparative Study of selected physical fitness variables of under 19 boys of urban and rural area of Mandi district of Himachal Pradesh” in Physical Education and Sports Research Journal having ISSN No: 2277-3665 and impact factor 1.3205 (UIF) in October 2014.
- Published a research paper on “A comparative study of motor fitness of school state level hockey and football players of Himachal Pradesh” in International Journal of Physical Education Sports and Yogic Science having ISSN No: 2249-8575 in February 2013.
- Published a research paper on “Comparison of level of physical fitness and structural differences among selected Men Hockey teams of sports hostel and non-sports hostels of Himachal Pradesh” in Futuristic trends in Physical Education (International conference organized by Punjabi University, Patiala) having ISBN No: 978-93-80144-63-4 in January 2013.

Seminars, Workshops and Conferences Attended

- Attended International conference on Futuristic Trends in Physical Education organized by Punjabi University Patiala, Punjab, (India) in January 2013.
- Attended Global Scientific Conference on Physical Education, Health & Sports Sciences GNDU Amritsar, Punjab, (India) in January 2014.
- Attended Seminar on Technical Rules of Athletic organized by MLSM College, Sunder Nagar, Himachal Pradesh (India) in October 2015.
- Attended National Workshop on Research Methodology and Statistical Analysis organized by Maharaja Agrasen University Solan, Himachal Pradesh (India) in June 2014.
- Attended National Seminar on Natural Resource management for sustainable development present need and our common future organized by Maharaja Agrasen University Solan, Himachal Pradesh (India) in March 2014.
- Attended National Workshop organized by the department of exercise physiology, LNIPE, Gwalior from 14th to 20th December, 2018.
- Attended one week National Workshop on “Art of yoga for healing the body, Mind & Soul during Pandemic”, organized by Vallabh Govt. College Mandi H.P. from 23rd to 29th June, 2021.

Extra Co-curricular Activities / Achievements

- Gold Medal in 4X100 mtrs relay race, Silver Medal in 4X400 mtr relay race in Inter-college Annual Athletic Meet held at Hamirpur in 2003-2004.
- Participated in District Level Athletic meet in Cross Country held at Mandi 1996.
- Winners in Block level Volley ball tournament in 1995.
- 1st Prize for Exhibits in Block Vigyan Mela held on 14th Sept. 1994.
- Nominated SCA President (Sports) at VPGC Mandi in 2002-2003.
- NCC 'A' certificate holder.
- Attended combined Annual Training Camp (NCC) at Pandoh.
- State Level Social Service Certificate holder.

References:

1. Prof. Sanjay Sharma, Chairman, Department of Physical Education, H.P. University Summerhill, Shimla Contact No. 94180-36208.
2. Dr. P.S. Guleria, Former Principal MLSM College Sundernagar, Distt. Mandi (H.P.) Contact No. 9418057111.

Personal Information

Father's Name	~	Sh. Shyam Singh.
Date of Birth	~	6 th September, 1980.
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(SUNIL SEN)