

BIO-DATA

DR. AJAY MALIK

(B.Ed, M.P.Ed, NIS Diploma in Coaching (Athletics), Ph.D)
Incharge / Secretary Sports Council
Assistant Professor,
Department of Physical Education & Sports,
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**Specialization: Exercise Physiology, Sports Training, Sports Medicine & Research Methodology
Track & Field, Squash, Handball, Softball & Hockey.**

Professional Experience

- ✓ Paper setter & Practical Examiner for B.P.Ed / M.P.Ed in K.U.Kurukshetra, CCS University Meerut, Himachal University Shimla, University of Patanjali Haridwar, M.D.U.Rohtak, MSU Sharanpur, SDSU BHU Varanasi & HNB University Garhwal.
- ✓ Secretary Sports Council.
- ✓ Member GKDU Institutions Innovation Council (IIC).
- ✓ Proctor
- ✓ Member of University EAI Cell.
- ✓ Vice President Physical Education Foundation of India.
- ✓ Secretary All India Swami Shraddhanand Hockey Tournament.
- ✓ Member of various University games selection committees.
- ✓ Life Member of Indian Red Cross Society.
- ✓ Life Member of the Indian Science Congress Association.
- ✓ Joint Secretary of Softball Association of India.
- ✓ Secretary of Uttarakhand State Softball Association.
- ✓ Executive Member Uttarakhand Squash Racket Association.
- ✓ Executive Member Indian Red Cross Society Haridwar.

PhD. Awarded : 03

Sports Achievements:

Athletics-

- Participated in North Zone Interuniversity held at Kanpur
- Third Position in North Zone Interuniversity held at Meerut
- Participated in All India Interuniversity held at L.N.C.P.E Gwalior
- Participated in All India Interuniversity held at M.G.Phule Kottayam
- University Gold Medalist in 100mt.200mt.Events
- Best Athlete in Jat College Rohtak
- Best Athlete in C.R College Rohtak

Handball-

- Second Position in All India Interuniversity held at Calicut
- Third position in XIV Junior National held at Rajasthan
- Participated in National Games held at Maharashtra
- Participated in XX Senior National held at Shimoga
- Participated in North Zone Interuniversity held at Ludhiana
- Participated in North Zone Interuniversity held at Faizabad
- Participated in North Zone Interuniversity held at Patiala
- Two times Haryana state champion.

Hockey-

- Participated in North Zone interuniversity held at Delhi
- Participated in North Zone interuniversity held at AMU Aligarh
- Participated three times in Haryana state championship

Cricket-

- Participated in XIX R.B.S.C. International Cricket Sixes held at Bangkok, Thailand (2003)

Softball-

- Two times Third Position in All India Interuniversity held at Chandigarh (1994-95-96)

Korfball-

- Participated in All India Interuniversity held at Delhi.

Throw ball.

- Participated in XVII Senior National held at Rohtak.

Book Published .

- ✓ Fundamental of Physical Education XI (ISBN No.9789350411902).
Saraswati House Publications Pvt. Ltd. (An ISO 9001:2008 Company).
- ✓ Fundamental of Physical Education XII (ISBN No.9789350411872).
Saraswati House Publications Pvt. Ltd. (An ISO 9001:2008 Company).
- ✓ Lab Manual- Fundamental of Physical Education XI & XII (ISBN No.9789350412350).
Saraswati House Publications Pvt. Ltd. (An ISO 9001:2008 Company)
- ✓ Lab Manual Physical Education XI (ISBN No. 9789351550211) 2014.
Full Marks Pvt. Ltd.
- ✓ Lab Manual Physical Education XII (ISBN No.9789351550228) 2015.
Full Marks Pvt. Ltd.
- ✓ Method of Yoga (ISBN No. 9789384986063) 2015.
Shiksha Deep Prakashan.
- ✓ Lakshay Sharirik Shiksha (ISBN No. 9788194799733) 2020
Friends Publications Delhi
- ✓ Anatomy and Physiology
Friends Publications Delhi.
- ✓ Khel Parsnotri (ISBN No. 9789384986063) 201
Friends Publications Delhi.
- ✓ Health & Physical Education Textbook Class 12th (ISBN No. 9789393730459) 2023
Ashoka Publishing House Delhi.

EDITOR.

- ✓ Gurukul Patrika (January-June 2014)
- ✓ Member of Various Journal's Editorial Board

Paper Published in Journals: 35

Paper Presented in Conferences/Seminars/Congress.

INTERNATIONAL-20

NATIONAL- 30

Seminar/Workshop- 15

Experience as Organizing Secretary:

- ✓ 5th National conference on Present Innovative Approaches & New Paradigm in Physical Education.
- ✓ Organized All India Inter University Squash Championship (2015).
- ✓ Organized Inter District Squash Championship (2014).
- ✓ Organized Junior National softball Championship at Rishikesh.
- ✓ Organized 83rd onwards All India Swami Shardhanand Hockey Tournament from 24th December 2014 to 2019.
- ✓ Organized National Squash Championship (2019).
- ✓ Organized 11 State Softball Championship (2019).
- ✓ Organized All India Inter University Squash Championship (2022).
- ✓ Organized North Zone Inter University Volleyball Championship (2024).
- ✓ Organized All India Inter University Hockey Championship (2024).



(AJAY MALIK)