

## Profile

**HARISH KUMAR (ASSISTANT PROFESSOR)**  
**DEPARTMENT OF SPORTS SCIENE PUNJABI**  
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### **LIST OF Ph.D./ M. PHIL STUDENTS GUIDED UNDER DIRECT SUPERVISION**

<b>NAME OF CANDIDATE</b>	<b>TITLE OF THESIS</b>	<b>YEAR OF AWARDED</b>
MADHURI SHARMA	ENERGY INTAKE AND EXPENDITURE OF PRE AND POST MENOPAUSE PERIOD IN FEMALES	2009
PUSHPDEEP SINGH	COMPARISON OF HAMSTRING STRETCHING AND CORE TABILIZATION IN CHRONIC LOW BACK PAIN: RANDOMIZED CONTROL TRIAL	2016
ABEBE ESHETU DEGATI INTERNATIONAL SCHOLAR FROM (ETHIOPIAN)	A STUDY ON ANTHROPOMETRIC, PHYSICAL FITNESSAND HYSIOLOGICAL PARAMETERS OF ETHIOPIAN JUNIOR SPRINTERS	2017
DEGELE SHOMORO	IDENTIFICATION OF PHYSIOLOGICAL, PHYSICAL AND ANTHROPOMETRIC PARAMETERS OF INTERSCOLASTIC SPORTS TEAM IN RELATION TO ETHNIC AND DEMOGRAPHIC VARIABLES	2018
GETU TEFERI HAILU	ASSESSMENT OF PHYSICAL ACTIVITY ON PRESCRIPTION FOR CHRONIC ISEASES IN HOSPITAL SET UP ADDIS ABABA, ETHIOPIA	2018
MOHAMMEDBIRHAN MOSSA	ASTUDY OF NATIONAL LEVEL ETHIOPIAN FOOTBALL PLAYERS OF VARIOUS ALTITUDES WITH REFERENCE TO HEALTH AND MOTOR PERFORMANCE PARAMETERS	2018
OM PARKASH	THE RELATIONSHIP BETWEEN BODY COMPOSITION AND LIPID PROFILE OF NATIONAL AND INTERNATIONAL LEVEL INDIAN WRESTLERS	2019
ANTENEH KUMLACHEW	A STUDY OF MORPHOLOGIAL CHARACTERISTICS, HEALTH RELATED FITNESS AND SPECIFIC SKILLS OF ETHIOPIAN YOUTH SPORT ACADEMYS SOCCER PLAYERS	2020
MOHAMAD ENDRIS	RELATIONSHIP OF PHYSICAL FITNESS WITH SKILL PERFORMANCE OF ETHIOPIAN BASKETBALL PLAYERS IN REFERENCE TO AMHARA REGION	2020
PARVEER SINGH	“ESTIMATION OF PEAK LEG POWER OUTPUT- DETERMINANTS OF MAXIMUM PERFORMANCE IN THROWERS”	2021
RAHUL TIWARI	EFFECT OF SELECTED KINETIC AND KINEMATIC PARAMETERS ON AGILITY AND SHORT SPRINTACCELERATION RUN IN HOCKEY PLAYERS.	2023
PRABHJOT KAUR (M.Phil.)	DIETARY INTAKE AND EXPENDITURE OF CHILDREN RANGING IN AGE 7-11 YEARS.	2016

KAMALJIT SINGH (M.Phil.)	A STATUS OF DIETARY IRON AND CALCIUM CONSUMPTION IN HOCKEY AND FOOTBALL PLAYERS	2018
SANDEEP KAUR (M.Phil.)	STUDY OF FLEXIBILITY IN CYCLING PLAYERS	2019

#### Research Papers, Publications in National/International Journals

S. No.	Title with page nos.	Journal	ISSN/ISBN No.	Whether Peer reviewed impact Factor, if any	Whether you are Main Author
1	Age changes in Various Biomechanical correlates of 30-meter sprint running of age 8-16 years vol 1 page 43-47 (year 2010)	Asian journal of Sports science 2009	0975-7732	yes	Harish Kumar, S.K. Verma
2	Comparison of ECG responses to graded Treadmill test among Sedentary, Aerobic and Anaerobic Sports men	Indian Journal of sports Science P. Edu. vol19(1-12) 2010	0971-0140	yes	Harish Kumar, S.K. Verma and M. Dersey
3	Comparison of PR and ST segment responses of graded treadmill test among sports men	British Journal of Sports Medicine 44(suppl1) 126-127 2010. www.bmj.com	1473-0480	2.9 Impact Factor	Harish Kumar, SK Verma, Deresey Mekonnen
4	Comparison of QRS complex in graded treadmill test among normal sedentary aerobic and Anaerobic sports men	National Quarterly Research Journal Research Dimension vol 1 page 74-80 2010	0976-8564	yes	Harish Kumar, S.K. Verma and M. Dersey
5	Supplementation effect of Ashwagandha on Physically active males. Page 35-38 vol ii July 2011	Research Dimension	0976-8564		Harish Kumar

6	Effect of supplementation of different antioxidants combination (vit A,C,E) on physically active females.	International Research Journal SONDH Vol.1 PP14-18, Jan 2012	2249-717		Harish Kumar
7	The Relationship of Body composition and lipid Profile in young Male Wrestlers. Page 19-25 Vol 1 2011	International Journal of fitness and exercise science 2015	978-81302-0141-2 ISBN		Harish Kumar and Simranjeet Singh
8	Dietary intake and expenditure of children ranging in age 7-11 years, Page 195-199 Vol ii 2015	International Journal of fitness and exercise science. Vol ii 2015	978-81302-0141-2 ISBN		Prabhjot Kaur Harish Kumar

9	Serum lipid Profile status of elite Indian female wrestlers. Page36-39 Vol ii	International Journal of fitness and exercise science. Vol ii 2015	978-81302-0141-2 ISBN		Om Parkash Yadav and Harish Kumar, Sunil Purohit
10	A status of Dietary Iron consumption in Female Hockey Players. Page 64-70s	International journal of neo sciences No 1 Vol. 1 2015	ISSN no 2394-4846	yes	Harish Kumar and Kamaljit Singh
11	Role of Hamstring Stretching in chronic Low back pain: Experimental Study.	International Journal of fitness and exercise science. Vol ii 2015	978-81-302-0141-2		Pushpdeep Singh and Harish Kumar
12	Anthropometric Profile of elite Indian male Wrestlers.	Research dimensions vol.vi (1) 1-4 2015	ISSN 09768564	yes	Yadav O.P, Singh Momo Y., Kumar Harish.
13	Blood Doping: Scientific Challenge	International Journal of Applied Health Sciences. Vol.2 No.2 October 2015	ISSN 23486856		Harish Kumar and Yadwinder Singh
14	Relationship between body image concern and body composition profiles of weight category event players	Research Dimensions Vol. VI (1)712-2016	ISSN 09768564	yes	Singh Simranjit, Kumar Harish and Sandhu Damanjit
15	Study of Dietary patter in American football players of age 19-28 years.	Journal of Punjab Academy of Sciences. vol.13-14 No 1&2 Jan - Dec 20142015 Page 26-31		yes	Harish Kumar and Rinchan Takur
16	Physical activity Prescription for non-communicable disease: Practices and barriers among healthcare professionals in hospital setting, Addis Ababa, Ethiopia.	International organization of scientific Research (IORS journal of Sports and Physical education vol.4 issue1, Jan-Feb. 2017	E ISSN; 2347-6737	yes	Getu Tafari, Harish Kumar and Paramvir singh
17	The Relationship between selected physical fitness variables with the performance of Ethiopian junior sprinters and middle-distance athletes across Genders	Published in IORS Journal of sports and physical Education. Vol.4, Issue1, Jan-Feb.2017	E ISSN; 2347-6737	Peer Reviewed Journal	Ebeba Eshtu and Harish Kumar

18	Anthropometric Characteristics and basic body measurements of interscholastic sports teams of different ethnic and demographic background in Ethiopia	Research Dimensions. Vol. VII (3) 2017	ISSN 9768564	Peer Reviewed	Degele Shomoro and Harish Kumar
19	Healthcare Professionals Habits of Physical Activity and their confidence to prescribe/ counsel Physical Activity in Hospital setting, Ethiopia.	American Journal of Sports science (2017). Vol 5 Issue 1 PP16, Published in 24 April 2017	ISSN	Indexed Journal and Peer Reviewed	Getu Tereffi and Harish Kumar
20	Physical fitness characteristics of Interscholastic teams of different Ethnic Background and Sporting Performance in Ethiopia.	Human Biology Review, 6(3) Published in July -Sept 2017 Issue	ISSN; 2277-4424	International Peer Reviewed Journal of Biological Anthropology. www.humanbiologyjournal.com	Degele Shomoro and Harish Kumar, Parmvir Singh
21	Relationship of Physical Fitness with Skill Performance of Ethiopian Basketball Players in Reference to Amhara Region.	International Journal of Physical Education and Sports Sciences, 12(2) Published in 2018	ISSN; 2231-3745	Peer Reviewed	Mohammed Endris, Harish Kumar
22	Prevalence of hamstring tightness and its Relation with low back pain in fast bowlers of Punjab.	Review of Research Volume-7 [Issue-4] January-2018 UGC Approved Journal No. 48514	ISSN; 2249-894X	Impact Factor: 5.2331 (UIF)	Aruna Gulati, Rita Jain, Harish Kumar and Amandeep Singh
23	Morphological characteristics and health-related physical fitness of male soccer players Ethiopian youth sports academy.	International Journal of Research and Analytical Reviews	ISSN; 2348-1269	Peer Reviewed	Anteneh Kumlachew, Harish Kumar
24	The current status of morphological characteristics and health-related fitness of youth football academies.	International Journal of Research and Analytical Reviews	ISSN; 2455-5746	Peer Reviewed	Anteneh Kumlachew, Harish Kumar

25	Assessment of Anthropometric profile, dietary intake and energy expenditure of female footballers in relation to playing position.	Review of Research Volume-8 [Issue-7] April-2019	ISSN; 2249-894X	Impact Factor: 5.2331 (UIF)	Rita Jain, Aruna Gulati, Amandeep Kaur and Harish Kumar
26	Relationships of Lower Body Maximum Strength, Power, Speed Field Tests with Performance of Men. Javelin Throwers.	Sports Research Volume-1 [Issue-1] January 2019	ISSN; 2321-6557	Peer Reviewed Journal of NIS Patiala	Parveer Singh, Dr. Harish Kumar, Dr. Simrajeet Singh and Patwant Kaur
27	An analysis of the Olympic, Commonwealth, and Asian Games Best Performances Till 2010, of the Event Long Jump	Anthology: The Research Volume-5 [Issue-8] November-2020	ISSN; 2456-4397	Peer Reviewed Journal	Aruna Gulati, Rita Jain, Harish Kumar and Dheeraj Kumar

28	Assessment of nutritional status of female soccer players	Human Biology Review www.humanbiologyjournal.com Volume-10(2), 178-187 [Issue-2] March 2021	ISSN; 22774424	International Peer Reviewed Journal of Biological Anthropology	R.Jain, A.Kaur, H.Kumar and A. Gulati
29	“Upper extremity muscles interactions during forward walkover activity on balancing beam. an-Electromyographic analysis.”	Human Biology Review www.humanbiologyjournal.com Volume-10(2), 178-187 [Issue-2] March 2021	ISSN; 22774424	International Peer Reviewed Journal of Biological Anthropology	Harish Kumar, Aruna Gulati, Rita Jain and Rahul Tiwari
30	“A study o the trunk muscles interactions during Forward Walkover Activity on Balancing Beam using Electromyographic techniques”	Online International Interdisciplinary Research (OIJR) Volume-11/Issue/ISSN 2249-9598 May 2021	ISSN 2249-9598	Peer Reviewed, Referred and Indexed Open Access Journal	Harish Kumar, Aruna Gulati and Rita Jain
31	Effects of Vertical Jump Performance on Short Sprint Acceleration Run and Agility in Hockey Players.	The Wesleyan Journal of Research Volume-14(24)-546-556 September 2021	ISSN; 0975-1386	UGC Approved Journal	Tiwari, R.:Kumar, H.; M.D. Ranga, M.D.; Jain, R. and Gulati, A
32	Morphological Characteristics and Health Related Physical Fitness in Ethiopian Youth Sports Academy Female Soccer Players.	The Wesleyan Journal of Research Volume-14(26)—985-1001 September 2021	ISSN; 0975-1386	UGC Approved Journal	Kumlachew, A; Kumar, H.; Gulati, A. and Jain, R.
33	Kinematic Predictor for agility and short sprint acceleration run in field Hockey Players	Journal of applied Sports Science	ISSN; 2322-4479	Scopus indexed	Harish Kumar and Rahul tewari, Aruna gulati , Rita jain
34	Correlation of peak take-off velocity during counter movement jump with agility run and short sprint acceleration run in field Hockey trainees.	YMER Vol.22 issue 01, Jan -23 <a href="https://ymerdigital.com/archives">https://ymerdigital.com/archives</a>	0044-0477	Scopus active and UGC care group-II journal	Rahul Tewari and Harish Kumar

#### Articles/Chapters Published in Magazine/s Books

S. No.	Title with page nos.	Book Title, editor & Published	ISSN/ISBN No.	Whether Peer reviewed	
1	□□ □□□□□□□□ □□□□□□□□□□ Page 4546	□ □□□□□□□□□□ 2013	978-81-302-0260-0		Harish Kumar

2	□□□□□□□□□□□□□□ □□□□□□ page 21-22	N.S.S. Bulletin	978-81-302-0088-0 vol.1		Parmvir and Singh Harish Kumar
3	Reduction of Body weight A Scientific Method Page 40-41	N.S.S. Bulletin	978-81-302-0088-0 vol.1		Parmvir and Singh Harish Kumar
4	History of women in summer Olympic Games Page 532-536	Mainstreaming Gender issues and challenges By Maju Verma Publication Bureau Punjabi University, Patiala.	978-1-84626-094-0		Harish Kumar
5	Nutritional status of essential fatty Acids in Athletes (omega 3 and 6 F.A) Page 19-21 vol ii 2013	Futuristic trends in Physical Education. By Nishan Deol. Publisher Twenty first century publication	978-93-80144-63-4		Harish Kumar and Parvir Singh Gurdip Singh
6	To study Metabolic Equivalent of task (METs) and Cardio respiratory fitness of Kabaddi players' Page 1317	Proceeding Book of 2012 Pre-Olympic congress on Sports Science and computer Science in Sports. IACSS2012. Liver pool, UK July 24-25 Publisher World Academic Union PO Box 166442 Edgbaston, B16 6SX ENGLAND, UNITED KINGDOM	978-1-84626-094-0	yes	Harish Kumar and Maninder Singh
7	Blood Group Based diet	Vygian the nakas Punjabi University Publication Dec.2015	978-81-302-0260-0	yes	Harish Kumar and Ripudhman Singh



**Full Length Research Papers Published in Conference Proceedings /Journal**

S. No.	Title with page nos.	Details of Conference Publication	ISSN/ISBN No.	
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1	To study Metabolic Equivalent of Task (METS) and Cardiorespiratory fitness of Kabaddi players. Page 13-17	Proceeding of 2012 Pre-Olympic Congress on Sports Science and computer Science in Sports. IACSS2012. Liver pool, UK July 24-25 2012	978-1-84626-094-0	Harish Kumar and Maninder Singh
2	Synchronizing Ayurveda with Sports; treating Partial Ligament Injuries using Janu Basti Page 591-594	Proceeding of the UGC Sponsored international congress on RENAISSANCE. IN SPORTS, Strategies, Challenges and Sports 29-30 August 2014	978-81-908942-2-7	Yadwinder Singh and Harish Kumar, Gurpreet Singh, Sukhvir singh
3	Comparison of Hamstring Stretching and Core stabilization in chronic Low Back pain: Randomized Control Trial Page 65-69	Proceeding of the UGC Sponsored international congress on RENAISSANCE. IN SPORTS, Strategies, Challenges and Sports 29-30 August 2014	978-81-908942-2-7	Pushpdeep Singh and Harish Kumar
4	Efficacy of Hamstring Stretching and core Stabilization along with Hot packs in chronic Low Back Pain: A Comparative Study. Page 65-69	Global Scientific Conference on Physical Education, Health, and Sports Sciences. Vol 1 (2013) Publisher Twenty first Century Publications Patiala.	978-93-8014-515-0	Harish Kumar
5	Randomized control Trial on Hamstring Stretching and core stabilization in chronic Low back Pain	Women Health and Empowerment	978-81-89463-47-2	Harish Kumar

#### Books Published as single author or as editor

S. No.	Title with page nos.	Type of Book & Authorship	Publisher ISSN/ISBN No.	Whether Pee reviewed	No of Co-authors	Whether you are the main author
1	Comparison of ECG responses to graded Treadmill test	VDM Publisher Mauritius	978-3-639- 25137-4	year of publication 2010	Harish Kumar, S.K.Verma and M.Dersey	Main author
2	An Introduction to Sports Journalism	Saptarishi Publication Chandigarh	978-93-90642-29-8	Year of publication Edition 2020	Dr. Harish Batish, Dr. Aruna Gulati, Dr. Rita Jain & Mr. Rajnish Sharma	Main author

3	Biochemistry made easy	SSDN Publishers & Distributers New Delhi 110002	ISBN No 978-93-9279-813-9	Year of publication 2022	Dr. Harish Kumar, Dr. Rita Jain, Dr. Aruna Gulati and Jyotsna Goyal	Main author
4	Drugs and Doping in Sports	In Progress	In Progress	Year of publication 2023	Harish Kumar	Main author

**Paper Presented in International /National conference.**

1	Dietary status of wrestlers	Health Fitness 2011 National Seminar on Sports & Fitness culture: Role of Media. 28 <sup>th</sup> September, 2011	Department of Sports Science. Punjabi University, Patiala	
2	Supplementation effects of Ashwagandha on active male	International conference on Physical education and Sports Science 25-27 Feb 2011	S.V Stridor Caculo College of Commerce SAG & NAPESS GOA	International
3	Energy intake and expenditure of Pre and Post Menopause period in Females.	Indian Association of Sports Medicine 33 <sup>rd</sup> IASM Congress 2011 1920 November, 2011	Department of Orthopedics, PGIMER, Chandigarh	National
4	History of Women in Summer Olympic games.	International Conference on Mainstreaming Gender: Issues and Challenges. November 25-26, 2011	Women's studies Centre Punjabi University, Patiala	International
5	Status of dietary intake and Expenditure of Punjabi University Wrestlers.	Health Fitness 2011 on Sports and Fitness Culture: Role of Media 28th Sept, 2011	Department of Sports Science. Punjabi University, Patiala	National
6	Metabolic equivalents of Tasks (METS) and Cardio respiratory fitness of Kabaddi Players.	1 <sup>st</sup> National Conference. Sports sciences and physiotherapy 3 <sup>rd</sup> & 4 <sup>th</sup> March 2012	Directorate of Sports, Punjab University, Chandigarh	National
7	Role of ATP in athletics	Health fitness 2013 National Seminar on Nurturing Sports Through Science. 27 September 2013	Department of Sports Science. Punjabi University, Patiala	National
8	As a convenor Scientific committee	Health fitness 2013 National Seminar on Nurturing Sports Through Science. 27 September 2013	Department of Sports Science. Punjabi University, Patiala.	National
9	Efficacy of hamstring Stretching and core Stabilization along with hot packs in chronic Back pain : A Comparative Study	Global scientific Conference on physical Education, health, and sports Sciences. GLOPEHSS-2013 24-26 Jan, 2014	Department of Physical Education Guru Nanak dev University, Amritsar	International
10	Organizing Secretary	Health Fitness 2014 International Seminar on Sports Science: Challenges	Department of Sports Science Punjabi	International Seminar

		and endeavors. 9-10 Feb. 2015	University, Patiala.	
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**Invited Lectures and Chairmanships at national or international conference/seminar**

<b>S. No.</b>	<b>Title of Lecture/Academic Session</b>	<b>Title of Conference/ Seminar</b>	<b>Organized by</b>	<b>Whether International/national</b>
1	Beating Low back pain	First Indo Japan conclave 2012. 22- 23 <sup>rd</sup> December 2012	Manav Rachna international University, Faridabad	Lead Lecture in international conclave
2	Chairperson	National Conference on Health, Physical Activity and Sports: Recent Trends and Challenges December 20-21 2012	Akal college of Physical Education, Mastuana Sahib, Sangrur, Punjab	National Conference
3	Health Fitness of women and sports perspective	International conference on Women and development. November 22-23, 2013	Women studies center Punjabi university, Patiala.	International conference. as a Rapporteur
4	Women Empowerment and health Fitness	International Seminar on Health Fitness and Women Empowerment	Akal College of Physical education Mastuana Sangrur. 17 oct. 2014	Keynote Address In International Seminar
5	Blood Doping; An Epidemic and mammoth Challenge.	39 <sup>th</sup> National Conference of Indian society of Blood Transfusion and immuno hematology. (ISBTI)	Govt Medical College Patiala. And Punjab Medical Council Oct. 17-19 2014	National Conference as a Resource person
6	Leave the Rest live the best		As a resource Person in Training Course Organized by Department of Empaneled Training Institution, NSS. Punjabi University, Patiala 5-11 December 2013.	
7	Role of Essential Fatty Acids		As a resource person in training course. Organized by Empaneled Training Institution, NSS. Punjabi University, Patiala 7-13 November 2013.	
8	Physical Fitness in masses		As a resource person in training course. Organized by Empaneled Training Institution, NSS. Punjabi University, Patiala 12-18 November 2014	
9	Nutritional status of Man & women		As a resource person in training course. Organized by Empaneled Training Institution, NSS. Punjabi University, Patiala 27 nov-3rd December 2014	
10	Physical fitness and sports nutrition		As a resource person in training course. Organized by Empaneled Training Institution, NSS. Punjabi	

			University, Patiala 24- 30 December 2014	
11	Physiological differences and Health fitness of men and women		As a resource person in training course. Organized by Empaneled Training Institution NSS. Punjabi University, Patiala 2 -8 Jan 2015	
12	Non-Specific Low back Pain in women		As a resource person in training course. Organized by Empaneled Training Institution NSS. Punjabi University, Patiala 28 Jan-03rd Feb. 2015	
13	Diabetes Mellitus and Role of Exercise	Recorded talk 15 May 2016	5AAB Tv	Live record on you tube
14	Lean dietary Plan for women	September 25, 2016	Govt Senior Secondary School Seona PTA	Invited talk
15	Functional foods and Nutraceuticals	UGC sponsored seminar 24 March 2017	DAV college Lahore Ambala city	National seminar
16	Overuse of internet and Physical activity	Panel discussion talk on DD Punjabi	20 Nov 2017	
17	Associations between sport participation, demographic, and socio- culture factors in Sports and games	Chaired a technical session	D.A.V. College Lahore Ambala City. 18-06-2022	National Seminar
18	Enhancing work efficiency through Holistic Health	As a resource Person	Seven-day workshop August 2 to august 8 2022	Organized by women study center. Punjabi University, Patiala.
19	IEW 2022 HWWE	As a chairperson in technical session	20 th international conference	Organized by Department of Sports Science 24-26 Nov. 2022

## 2. Academic Staff College Orientation/Refresher/Short term Course Attended

Name of the Course Summer School	Place	Duration	Sponsoring Agency
Orientation Course	Academic Staff College, Punjabi University, Patiala.	03-01-2011 to31-012011	University Grants Commission (UGC) New Delhi
Refresher Course	Academic Staff College, Punjabi University, Patiala.	19-11-2012 to 8-122012	UGC New Delhi
Short term course	HRDC Punjabi university, Patiala	22 Dec. to 28 Dec.2015	University Grants Commission New Delhi.
Refresher course	HRDC Punjabi university, Patiala.	11 Jan to 31 Jan 2017	University Grants Commission, New Delhi

Refresher course	HRDC Punjabi university, Patiala. Online mode	1 September to 14 September 2022	University Grants Commission, New Delhi.
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	<b>Contribution to Corporate Life and Management of the Institution</b>	<b>Yearly/Semester wise responsibilities</b>
1	Member of admission committee	2011 to 2015
2	Member Faculty of medicine	16-8-2024
3	Member of BPSAR	2011
4	Subject expert in college selection	2014
5	ACD Secretary	2010 to 2011 and 2016 to 2017
	<b>Professional Development Activities</b>	
1	To Provide Special Career Guidance to Govt school	Professional Expert
2	Sub Editor of International Journal of fitness and Exercise Science	2011-2015
3	Business Editor of Journal of Exercise Science and physiotherapy	2009-2014
5	Life member of Punjab science academy	
6	Life Member of NAPPESS	
7	Founder Member of EFHA	2009-14
8	Life member of Nutrition society of India	
9	Daily Health columnist in Punjab Heritage newspaper	Since 2020 to till date

Dr. Harish Kumar  
(Assistant Professor)