

PAPERS PUBLISHED

(UNDER UGC LISTED/REFREED JOURNALS AND CONFERENCE PROCEEDINGS)

1. UNDERSTANDING THE SIGNIFICANCE OF PLYOMETRIC TRAINING IN ENHANCEMENT OF SPORTS PERFORMANCE: A SYSTEMATIC REVIEW
- Vidyabharti International Interdisciplinary Research Journal
Year : 2021, Volume : 11, Issue : 2
First page : (**141**) Last page : (**148**)
Web of Science ISSN : 2319-4979

2. EFFECT OF MOBILE SCREEN PSYCHOMOTOR DIGITAL IMAGEMOTIVATORS IN PERSON TECHNIQUE IN REDUCING ANXIETY LEVEL OF INTEVARSITY PLAYERS OF CLUSTER UNIVERSITY OF JAMMU
- International Journal of Engineering and Advanced Technology
Year : 2019, Volume : 9, Issue : 1
First page : (**3750**) Last page : (**3752**)
Scopus ISSN : 2249-8958

3. STUDY OF APPLIED KINEMATICAL VARIABLES AND THE CORRELATIONAL PERFORMANCE IN SET-SHOT
-International Journal Research in Engineering and applied sciences
ISSN-2249-3905, IF:6.573
Thomson Reuters ID-L 5236-2015
Vol.6,N0-8, Aug 2016,pp16-25

4. THE AWARENESS OF MOVEMENT AND FITNESS SCIENCES AMONG SCHOOL, UNDER GRADUATE AND POST GRADUATE LEVEL STUDENTS: EMPOWERING EDUCATION THROUGH PHYSICAL EDUCATION
-European Journal of Physical Education and Sport Sciences
Vol.4,N0-3, 2018
Pg:165-172

5. ANALYSIS OF SET SHOT IN BASKETBALL IN RELATION WITH THE TIME TO PERFORM THE COURSE AND DISPLACEMENT OF CENTER OF GRAVITY

-American Journal of Sports Science-USA
ISSN-2300-5540
Vol.2 No.5, Sept. 2014,pp.122-126

6. A COMPARATIVE STUDY OF COMPONENTS OF MOTOR FITNESS IN MALE KABADDI AND KHO-KHO PLAYERS

- International Journal of Research in Economics and Social sciences
ISSN-2249-7382, IF:6.225
Thomson Reuters ID- 5236-2015

7. A STUDY OF ADJUSTMENT AND EMOTIONAL INTELLIGENCE OF UNIVERSITY COACHES IN INDIA

- American Journal of Applied Psychology
ISSN-2328-5664
Vol.3, No.06, 2014,pp.122-126

8. EVALUATION AND IMPROVEMENT OF SPORTS TECHNIQUES THROUGH BIOMECHANICAL UPDATED ANALYZING TECHNOLOGY

-University News, Journal of Higher Education
Association of Indian Universities ISSN-0566-2257
Vol.48 No.05, Feb 01-07, 2010,pp.54-57

9. RELATIONSHIP OF SELECTED KINEMATICAL VARIABLES WITH THE PERFORMANCE OF FEMALE BASKETBALL PLAYERS IN 3 POINT SHOT.

-Asian Journal of physical education & computer Science in Sports
ISSN-0975-7732

10. NEED OF YOGIC ACTIVITIES TO MAINTAIN AGGRESSION AMONG HIGHER SECONDARY SCHOOL STUDENTS

- International Journal For Innovative Research

Year : 2020, Volume : 6, Issue : 4

11. IF: 6.497 ISSN : 2455-0620 KINEMATICAL COMPARISON OF TECHNIQUE OF MALE AND FEMALE SPRINTERS BY USING MOTION ANALYZING SOFTWARE

-Proceeding, International Conference on Learning Innovation in Science and Technology

King Mongkut's University of Technology

Thailand,2010

12. IMPACT OF PHYSICAL EDUCATION IN RELATIVE PERCEPTIONAL APPROACHES OF STUDENTS

- Infokara Research Journal

Year : 2020, Volume : 9, Issue : 1

First page : (776) Last page : (781)

IF: 5.3 ISSN : 1021-9056

13. COMPARATIVE STUDY OF HEALTH AND FITNESS IN BETWEEN PRIVATE CLUB PLAYERS AND GOVT. STADIUM PLAYERS IN NORTHERN INDIAN STATE

- Book: Emerging Trends in Fitness and Sports science (2017)

ISBN-978-93-85449-31-4, pp.669-1-702

14. RELATIVE ASSESSMENT OF PSYCHOMOTOR ABILITIES AND SELECTED SKILLS IN BADMINTON.

-Global Journal of Research Analysis

ISSN-2277-8160, IF: 3.62

Vol.6, No.01, Jan. 2017,pp.550-555

15. BIOMECHANICAL AND REGRESSION ANALYSIS OF RELEASING ANGLE OF BASKETBALL IN SHOOTING

-Proceeding, Global Excellence in Fitness and Sports Sciences
ISBN-978-81-89463-96-0
Vol.I , Jan. 2015,pp.223-227

16. EFFECT OF MEDITATION ON CONCEPTUAL CONCENTRATION LEVEL OF THE ATHLETES

- International Journal of Science and Research
ISSN-2319-7064, IF:6.391
Index Copernicus Value 2013
Vol.5, No.08, Aug, 2016

17. KINEMATICAL ANALYSIS OF HURDLE CLEARANCE TECHNIQUE IN 110m HURDLE RACE

-International Journal of Behavioral Social and Movement Sciences
ISSN-2277-7547
Vol.04,ISSUE 02, April 2015, pp28-35

18. EFFECT OF HIGH AND CONTRAST COMPLEX TRAINING ON PERFORMANCE OF FIELD GOAL SPEED TEST AND THROW FOR ACCURACY IN BASKETBALL

-Proceeding, Global Excellence in Fitness and Sports Sciences
ISBN-978-81-89463-96-0
Vol.I , Jan. 2015,pp.112-115

19. EFFECT OF PLANNED AND UNPLANNED DIETIC WORKOUT ON WEIGHT AND BODY COMPOSITION IN OBESE WOMEN AGED 35-45 YEARS

- Book: Scientific Culture in Physical Education and Sports (2016)
ISBN-978-93-85446-45-0, pp

20. BASKETBALL AND TECHNOLOGY: AN APPLIED APPROECH TO UNDERSTAND THE SKILL CAPTURING IN BASKETBALL

-International Journal of Engineering and Sports Science
ISSN-2348-2400
Vol.I Issue.10, Oct. 2014,pp.11-15

21. MANIFEST ANXIETY AMONG COLLEGE STUDENTS IN RELATION TO HOME HEALTH SOCIAL EMOTIONAL AND COLLEGE ADJUSTMENT

-Proceeding, Global Excellence in Fitness and Sports Sciences
ISBN-978-81-89463-96-0
Vol.I , Jan. 2015,pp.587-590

22. SENIOR AGE GROUP RELATIVE EXERCISES AND IMPACT ON THEIR LIFESTYLE

-International Journal of Behavioral Social and Movement Sciences
ISSN-2277-7547
Vol.03,ISSUE 04, Oct. 2014, pp78-82

23. CONCEPTUAL FRAMEWORK WTH REGARD TO UNDERSTAND THE PROBLEM AND MANAGEMENT OF DIABETES IN SCHOOL CHILDREN

-International Journal of Research Pedagogy and Technology in Education and Movement Sciences
ISSN-2319-3050
Vol.03,ISSUE 02,Dec. 2014,pp64-69

24. ADVANCED BIOMECHANICAL BASIC SKILL ANALYSIS OF VOLLY-SPIKING

International Scientific Journal of Sport sciences
ISSN-2277-2804
Vol.1,N0-1,2012,pp7-10

25. PHYSICAL EDUCATION FOR SPECIAL PEOPLE-A KINEMATICAL ANALYSIS.

-Professional Journal of H & P.E
Faculty of Education, Tribhuvan University-Nepal

26. THE EFFECT OF CARDIAC PRESSURE EXERCISES ON HEALTH RELATED PHYSICAL FITNESS COMPONENTS.
-Proceeding, National Conference on Exercise Physiology
L.N.U.P.E, Gwalior, Feb-2013
27. COMPARISON OF MAXIMUM OXYGEN CONSUMPTION OF PLAYERS BELONGING TO DIFFERENT SPORTS AND GAMES.
International Scientific Journal of Sport sciences
ISSN-2277-2804
Vol.1,N0-1,2012,pp33-39
28. STUDY OF ATTITUDE OF PHYSICAL EDUCATION STUDENTS TOWARDS LEARNING THROUGH ICT.
-Proceeding, International Conference on Learning Innovation in Science and Technology
King Mongkut's University of Technology
Thailand,2010
29. A STUDY ON THE ANXIETY LEVEL OF THE VETERAN TEACHERS OF DIFFERENT STATES OF India.
-Modern Educational Research in India
ISSN-0974-0554
Vol.-2 No.-3, July-Sep-2009,pp.16-18
30. M-LEARNING: A NEW APPROACH TO LEARN BETTER
-International journal of education and allied Sciences
ISSN-2231-4733
Vol.-2 No.2 July-Dec.2010,pp.69-72

31. COMPARATIVE EFFECT OF ISOTONIC AND ISOMETRIC EXERCISES ON THE PERFORMANCE OF CRICKET PLAYING SKILLS

-International Journal of Behavioral Social and Movement Sciences

ISSN-2277-7547

Vol.02,ISSUE 01,Jan 2013,pp277-287

32. A STUDY OF MENTAL HEALTH OF HIGH AND LOW ACADEMIC ACHIEVERS STUDYING IN GOVT. AND PRIVATE SCHOOLS OF VARIOUS STATES IN INDIA.

-Indian Journal of Physical Education, Sports Medicine and Exercise Science

L.N.U.P.E,Having ISSN

Vol.-19 No.2 July-Dec.2009,pp.57-67

33. AN ASSESSMENT OF ANXIETY ON EMOTIONAL INTELLIGENCE IN PUNJAB AND J&K PHYSICAL EDUCATION STUDENTS.

-International Online Physical Education & Sports Research Journal

Academic Sports Scholars

ISSN-2277-3665

Vol.-1No.1,2012

34. SURVEY OF SELECTED HEALTH RELATED FITNESS COMPONENTS OF HIGH SCHOOL BOYS IN KERALA,M.P.,PUNJAB,RAJASTHAN,MAHARASHTRA AND J&K.

-Indian Journal of Yoga Exercise & Sport Science and Physical Education

Vol.II, No.11-2008, pp.47-56

35. A STUDY OF SECURITY –INSECURITY FEELINGS AMONG ADOLESCENT NATIONAL PLAYERS IN RELATION TO SEX, FAMILY SYSTEM AND ORDINAL POSITIONS.

-Proceeding, International Conference in Sports Psychology

L.N.U.P.E, Gwalior-2009

36. A STUDY OF FAMILY STRESS AMONG WORKING AND NON-WORKING PARENTS.

-International Journal of Research in Social Sciences

37. MOVEMENT TECHNOLOGY OF AN INCLUSIVE CASE THROUGH KINEMATIC TECHNOLOGY.

-International Journal of Behavioral Social and Movement Science
ISSN-2277-7547
Vol.01, Issue01 Jan2012, pp40-44

38. KINEMATICAL ANALYSIS OF SPIKING IN VOLLEYBALL.

-Vyayam-Vidnyan
ISSN-0975-8895
Vol.45,No.02 May.2012, pp37-40

39. ADOPTION OF RECREATIONAL ACTIVITIES IN CURRICULAM FOR QUALITY TEACHER AND LEARNING IN EDUCATIONAL INSTITUTIONS.

-Edu World
ISSN-2319-7129
Vol.01,No.01 Dec.2012, pp145-150

40. COORDINATIVE ABILITIES OF VOLLEYBALL IN DIFFERENT AGE GROUPS: A COMPARATIVE STUDY

-International Journal of Behavioral Social and Movement Sciences
ISSN-2277-7547
Vol.03,ISSUE 03,July 2014,pp56-68

41. A STUDY OF JOB SATISFACTION AMONG COACHES IN GOVERNMENT AND PRIVATE JOBS

International Journal of Research in Engineering, IT and Social Sciences
ISSN-2250-0588
5.07 Vol.2,Issue 1,Jan.
2012,pp257-262

42. ASSESSMENT OF RECREATIONAL ACTIVITIES IN CURRICULAM FOR QUALTY TEACHER AND LEARNING IN EDUCATIONAL NSTITUTIONS.

Education at the Crossroads: An International Journal of Education and Humanities

ISSN-2320-0316

Vol.01,No.01 Dec.2012,pp15-19

43. A STUDY OF AGGRESSION AMONG ADOLLOSCENT NATIONAL PLAYERS IN RELATION TO SEX, FAMLY AND ORDINAL POSITION.

-Journal of Sports, Physical Education Allied and Alternative Sciences

ISSN-2230-7931

Vol.01 No.01 July2010,pp 50-55

44. HIGHER EDUCATION IN INDIA: QUALITY IS THE NEED OF THE HOUR

-International Journal of Research Pedagogy and Technology in Education and Movement Sciences

ISSN-2319-3050

Vol.02,ISSUE 02,Dec. 2013,pp115-119

45. PHYSICAL AND PHYSIOLOGICAL AFFECTS OF ZINC SUPPLEMENTATION ON BADMINTON PLAYERS

-Proceeding, National Conference on Physical Education and Sports Sciences

L.N.U.P.E, Jan 2014

46. ASSESSMENT OF ANXIETY AND PERFORMANCE OF ATHLETES

-Education at the Crossroads: An International Journal of Education & Humanities

ISSN-2230-0316

Vol.03 No.01 Jan.-Dec.2014,pp 173-175

47. ENERGY VARIATION OF SPORTS PERSON

-International Journal of Research Pedagogy and Technology in Education and Movement Sciences

ISSN-2319-3050

Vol.02,ISSUE 04,June 2014,pp18-21

48. PROMOTION OF RESEARCH CULTURE:ENHANCING QUALITY IN HIGHER EDUCATION

-International Journal of Behavioral Social and Movement Sciences

ISSN-2277-7547

Vol.02,ISSUE 02,April 2013,pp202-208

49. ACHEIVEMENT MOTIVATION AND EMOTIONAL INTELLIGENCE AMONG SCHOOL ATHLETES

-Research Paper Accepted for publishing in proceeding of INTERNATIONAL CONGRESS ON SPORT PSYCHOLOGY

ICSP-2014, by-IGIPE, Delhi University, 15-18 Oct, 2014

50. EFFEECT OF RECREATIONAL APPROACH IN CLASSROOM ON STRESS

-Research Paper Accepted for publishing in proceeding of INTERNATIONAL CONGRESS ON SPORT PSYCHOLOGY

ICSP-2014, organized by-IGIPE, Delhi University, 15-18 Oct, 2014

51. MOTION ASSESSMENT OF VOLLEYBALL OVERHEAD SERVE

- International Scientific Journal of Sport Sciences

Year : 2012, Volume : 1, Issue : 2

First page : (**105**) Last page : (**112**)

Print ISSN : 2277-2804. Online ISSN : 2319-4332

52. TRENDS AND DEVELOPMENT ASPECTS IN MAKING EDUCATION MORE SKILL ENRICHED

- International Interdisciplinary Research Journal

Year : 2018, Volume : 8, Issue : 2

First page : (**63**) Last page : (**67**)

ISSN : 2249-9598

53. A STUDY OF AWARENESS OF INHOUSE DOPING ERRORS AMONG NATIONAL LEVEL PLAYERS AND SPORTS ADMINISTRATION IN J&K STATE OF INDIA

- International Journal of Current Research
Year : 2017, Volume : 9, Issue : 1
First page : (**45226**) Last page : (**45227**)
IF: 7.76 ISSN : 0975-833X

54. PSYCHOLOGICAL FACTORS AFFECTING MOTOR SKILLS AND ENHANCING INTELECTUAL ABILITIES: AN ANALYSIS

-International Journal of Research Pedagogy and Technology in Education and Movement Sciences
Year : 2019, Volume : 7, Issue : 4
First page : (**12**) Last page : (**15**)
ISSN : 2319-3050

55. ASSESSMENT OF VOCATIONAL INTERESTS OF PAHADI & BAKARWAL SCHOOL STUDENTS IN RELATION TO THEIR GENDER

- International Scientific Journal of Sport Sciences
Year : 2018, Volume : 9, Issue : 3
First page : (**24817**) Last page : (**24819**)
CODEN: USA
If:7.3 Thomson Reuters ID: ISSN :0976-5051

56. EFFECT OF ISOLATED AND COMBINED TRAINING WEIGHT AND PLYOMETRIC TRAINING ON SELECTED PHYSICAL AND PHYSIOLOGICAL VARIABLES AMONG COLLEGE MEN

- International Scientific Journal of Sport Sciences
Year : 2012, Volume : 1, Issue : 2
First page : (**105**) Last page : (**112**)
Print ISSN : 2277-2804. Online ISSN : 2319-4332

57. EFFECTS OF LEARNING AND TRANSFER OF TRAINING HELPS IN PREVENTION FROM COMMON SPORTS INJURIES DURING TRAINING PERIOD AND WHILE PERFORMANCE

- Shodhaytan- Rabindranath Tagor University Journal
Year : 2019, Volume : 7, Issue : 12
First page : (**1232**) Last page : (**1234**)
ISSN : 2349-4190

58. CONCEPT AND CONTRIBUTION OF YOGA IN OUR DAILY LIFE

- International Journal For Innovative Research
Year : 2020, Volume : 6, Issue : 4
First page : (**230**) Last page : (**233**)
IF: 6.497 ISSN : 2455-0620

59. OBESITY AND RELATIVE UNDERSTANDING OF DIET AND BALANCED DIET

- Advances in Nutrition
Year : 2020, Volume : 2, Issue : Chapter
First page : (**51**) Last page : (**65**)
ISBN : 9789390217656

60. ASSESSMENT OF WATCHING COMPETITIVE SPORT PROGRAM AND GAINED RESPONSES BY STUDENTS

- Infokara Research Journal
Year : 2020, Volume : 9, Issue : 1
First page : (**906**) Last page : (**910**)
IF: 5.3 ISSN : 1021-9056

CONFERENCES/SEMINARS/CONGRES ATTENDED

1. INTERNATIONAL CONGRESS ON LEARNING INNOVATION IN SCIENCE AND TECHNOLOGY.
(Invited as Chairperson)

-King Mongkut's University, Thailand
24-26 Feb, 2010
2. 14TH COMMONWEALTH INTERNATIONAL SPORTS SCIENCE CONGRESS.

-MRIU, India
27-30 Sep, 2010
3. WORLD CONFERENCES ON HIGHER EDUCATION: NEED FOR PRIAM VARIATE REFORMS.

-LPU, Punjab
3-5 Aug. 2009
4. NATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORT SCIENCES

-L.N.U.P.E, Gwalior
30-31 Jan, 2014
5. EDUCATION FOR CHANGING WORLD: ANNUAL CONFERENCE OF THE COMPARATIVE EDUCATION SOCIETY OF INDIA.

- University OF Jammu, J&K
10-12 Oct, 2012
6. 4TH NATIONAL CONFERENCE ON MULTIDISCIPLINARY APPROACH IN PHYSICAL EDUCATION.

-Punjabi University, Punjab
1-2 Feb, 2010
7. III INTERNATIONAL CONGRESS ON SPORTS MEDICINE, EXERCISE SCIENCE, PHYSICAL EDUCATION AND YOGA SCIENCE.

-L.N.I.P.E, Gwalior, 12-15, 2008
8. NATIONAL SEMINAR ON TRENDS AND CHALLENGES IN PHYSICAL EDUCATION AND SPORTS.

-Kerala University, Kerala
20-21 Feb, 2003
9. NATIONAL CONFERENCE ON HOLISTIC APPROACH TO HEALTH AND FITNESS.

10. NATIONAL SEMINAR ON TEACHER EDUCATION IN GLOBAL ERA.
-Punjabi University,Punjab
24-26 Feb,2008
11. NATIONAL SEMINAR ON QUALITY MANAGEMENT IN EDUCATION.
-Sri-Sai College of Education
Pathankot,Dec.12,2009
12. INTERNATIONAL CONGRESS ON FUTURISTIC TRENDS IN PHYSICAL EDUCATION.
-P.G.College of Education
Jaunpur(U.P.),12-13 Feb 2011
13. EDUCON- WORLD CONFERENCE ON SHAPING A FUTURE CLASSROOM.
-Panjabi University,Patiala
24-26 Jan, 2013
14. NATIONAL SEMINAR ON CREDIT BASED EVALUATION SYSTEM IN HIGHER EDUCATION.
-LPU
Jalander,Punjab,06-08 April 2012
15. INTERNATIONAL SEMINAR ON PHYSICAL EDUCATION, RECREATION AND YOGIC SCIENCES.
-University of Jammu
J&K,28 March 2012
16. INTERNATIONAL CONGRESS ON SPORT PSYCHOLOGY ICSP-2014.
-Banarus Hindu University
Banarus,19-21Jan 2012
17. INTERNATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORTS SCIENCES-2015.
-IGIPE, Delhi University
15-18 Oct, 2014
18. INTERNATIONAL CONFERENCE SCIENTIFIC CULTURE IN PHYSICAL EDUCATION AND SPORTS-2016.
-JECRC Univ. Jaipur,Rajasthan
6-7 Jan, 2015
19. INTERNATIONAL CONFERENCE SCIENTIFIC CULTURE IN PHYSICAL EDUCATION AND SPORTS-2016.
-Punjabi University,Punjab
Feb,2016

WORKSHOPS/SHORT COURSES/FDP ATTENDED

1. PATENT LAW FOR ENGINEERS AND SCIENTISTS.
-IIT MADRAS 12 Week online
2020

2. PATENT DRAFTING
- SWAYAM
2020

3. WORKSHOP ON RESEARCH METHODOLOGY, APPLIED STATISTICS & USE OF SPSS.
-L.N.I.P.E, Gwalior
1-7 Sep, 2008

4. RESEARCH METHODS: Refresher course
-Organised by, Panjab University ASC, Chandigarh
03-24 July, 2014

5. CERTIFIED STRENGTH AND CONDITIONING TRAINER (LEVEL I)
-Organised by, Exercise & Sport Sciences International Consultancy
Jan, 2015

6. ANTI DOPING COURSE.
-Organised by, Asian Federation of Sport Medicine, New Delhi
26-27 Sep, 2010

7. WORKSHOP ON DOPE CONTROL AND NUTRITIONAL SUPPLEMENTS.
-L.N.C.P.E (SAI)
3 March 2003

8. ORIENTATION OF TEACHER EDUCATORS ON RESEARCH METHODOLOGY IN ICT THROUGH EDUSAT NETWORK.

-Central Institute of Educational Technology
NCERT,
5-7 oct. 2009

9. ONE YEAR DIPLOMA IN COMPUTER APPLICATION (DCA).

-JK Computer Institute, J&k(REG.)
Jan 2005 to Feb 2006

10. THREE MONTH CERTIFICATE IN HARDWARE A+.

-Networking Solutions J&K (REG.)

11. GENERAL ORIENTATION COURSE

-DOCS, University of Jammu, J&K
30May-24June2012

12. NEURO PHYSIOLOGICAL CORRELATION OF MILD EXERCISES AND ITS IMPACT ON BODY & MIND

-International Conference Workshop, Delhi University
(ICSP-2014), Oct. -2014

BOOKS

1. *ANATOMY AND PHYSIOLOGY OF PHYSICAL EDUCATION*: FRIENDS PUBLICATION,NEW DELHI 2020; ISBN 978-3988-4577-98
2. *EDUCATIONAL TECHNOLOGY AND METHODS OF TEACHING IN PHYSICAL EDUCATION*: FRIENDS PUBLICATION NEW DELHI 2020; ISBN 978-83-88457-61-3
3. *HISTORY PRICIPLES AND FOUDAONS OF PHYSIAL EDUATION*: FRIENDS PUBLICATION,NEW DELHI 2020; ISBN 978-9388-4577-81
4. *INTRODUCTION TO OLYMPIC MOVEMENT*: FRIENDS PUBLICATION,NEW DELHI 2018; ISBN 978-18-7216-509-3
5. ***YOGA EDUCATION*: FRIENDS PUBLICATION, NEW DELHI 2021; ISBN 978-81-7216-554-3**
6. *CONCEPTS OF PHYSICAL EDUCATION*: FRIENDS PUBLICATION,NEW DELHI 2017; ISBN 978-18-7216-486-7
7. *HEALTH EDUCATION AND ENVIRONMENTAL STUDIES*: FRIENDS PUBLICATION,NEW DELHI 2017; ISBN 978-18-7216-487-4
8. *BASICS OF HEALTH AND PHYSICAL EDUCATION*: KHEL SAHITYA KENDRASK, INDIA 2009;ISBN 81-7524-522-0
9. *PHYSICAL EDUCATION FOR CLASS XII (CBSE)* : KHEL SAHITYA KENDRASK, INDIA ;ISBN 81-7524-5293-8
10. *PHYSICAL EDUCATION FOR CLASS XI (CBSE)* : KHEL SAHITYA KENDRASK, INDIA ;ISBN 81-7524-529-0

Dr. Mandeep Singh