



## **JYOTI BALA**

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**District Kullu, H.P. PIN:175131**

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"Run when you can, walk when you have to, crawl if you must".  
Sports thus represent the idea quoted above. Sports instill energy to our monotonous life. It erases the dullness which marks the humdrum life of a modern man. I derive my energy and zeal from my profession ie of a sports teacher. My every day teaching is thus enthused with the motto to make my students excel and make them aim for the higher in life...

**Post Held : Assistant Professor (Physical Education)**

**QUALIFICATIONS :** B.A. from Himachal Pradesh University (2008)  
M.PEd. from Himachal Pradesh University (2009-2011)  
M. Phil. from Himachal Pradesh University (2013-2014)  
Phd. Pursuing from Himachal Pradesh University

**OTHER QUALIFICATIONS:** SET Qualified - HPPSC (August 2011)  
B.PEd. from Himachal Pradesh University (2009)  
Diploma in YOGA STUDIES from Himachal Pradesh University (2011).  
NCC "B" & "C" certificate holder.

**WORK EXPERIENCE :** Worked as Assistant Professor (PHYSICAL EDUCATION) at Pandit Sant Ram Govt. Degree College Baijnath (April 2017 to October 2018) District Kangra.

Presently working as Assistant Professor (PHYSICAL EDUCATION) at Govt. Degree College Banjar, District Kullu (HP)

**Other Activity** : **Participated in Induction Training Programme at Govt. College Teachers Education Dharmashala from 25/06/2018 to 07/07/2018.**

**Workshop / Seminar** : **Attended National Workshop on laser and exercise physiology at Lakshmibai National Institute of Physical education Gwalior.**

**Attended National Global conference on scientific culture in Physical Education and sports at Punjabi University Patiala.**

**Attended National Conference of Himalayan studies at Himachal Pradesh University Shimla.**

**Attended International Conference on Fitness, Wellness and Sports Science at lakshmibai National Institute of Physical education Gwalior on 20<sup>th</sup> to 22<sup>nd</sup> November 2015.**

### **Attended International/National Webinar 2020**

- **Faculty development Programme on the topic of “Celebrating and Reviving Physical education and Sports Sciences in XXXII Olympiad” Organized by Directorate of sports, Punjab University Chandigarh on.24<sup>th</sup> April to 29<sup>th</sup> April 2020.**
- **National webinar on “Toward excellence in Higher Education in India in 21<sup>st</sup> century; Challenges and Opportunities” Organized by Guru Angad Dev University of Delhi on 1<sup>st</sup> May 2020.**
- **Webinar on “How to Avoid Plagiarism Using-URKUND as a Plagiarism Tool” Organized by e-Galactic in association with Post Graduate Government College for Girls-42, Chandigarh on 2<sup>nd</sup> May 2020.**
- **Virtual International Conference on “Creating Sports Culture in Universities” Organized by Faculty of Physiotherapy, SGT University Gurugram India on 9<sup>th</sup> to 11<sup>th</sup> My 2020.**
- **Webinar on “Awareness Programme on Understanding and Promoting Mental Health” Organized by Post Graduate Govt. College for girls sec-11, Chandigarh on 12<sup>th</sup> May 2020.**
- **International Webinar on “Impact of covid-19 on Physical Education & Sports Business Management” Organized by LNIFE Gwalior on 13<sup>th</sup> to 14<sup>th</sup> May 2020.**

- Webinar on “Reference Management Software for Students, Researchers and Academics” Organized by Post Graduate Government College for Girls-42, Chandigarh on May 13, 2020.
- International webinar on “Stress Management during Covid-19” Organized by Department of Physical Education, Saraswati P.G. College, Hathras held on 18<sup>th</sup> may 2020.
- Online participating in “Officiating of Volleyball” Organized by Swarnim Gujrat Sports University from 26<sup>th</sup> to 28<sup>th</sup> May 2020.
- Webinar on “Adventure Sports” Organized by Swarnim Gujrat Sports University on 31<sup>st</sup> May 2020.
- National webinar on “Achieving Excellence in Higher Education in India in 21<sup>st</sup> century; Challenges and Opportunities” Organized by school of business study & IQC Sharda University on 3<sup>rd</sup> June 2020.
- International E-Conference on “IMPACT OF GLOBALLY GROWING TURBULENCE ON THE WORLD ENVIRONMENT” Organised by CLM, Haridwar, SS College Shahjahanpur & SRBS on 5<sup>th</sup> June 2020.
- Webinar on “Carbohydrates and Athletic Performance : Myths and Misconception” Organized by IQAC in association with Department of Physical Education Fatima Mata National College (Autonomous) Kollam , Kerala , India on 8<sup>th</sup> June.

#### **OTHER ACHIEVEMENT :**

- Qualified the examination of DTO ( District Technical Officer) organized by Athletics Federation of India on 5<sup>th</sup> April 2021.

#### **WORKING IN DIFFERENT COLLEGE COMMITTEES i.e.**

- Administrative Co Curricular & Cultural Committees.
- College Development Committee.

- **Cultural Affair Committee.**
- **Campus Beautification Committee.**
- **Sports Committee**
- **Canteen Committee**
- **Discipline Committee**