

CURRICULUM VITAE

PERSONAL PROFILE:

Name : Hasratjot Kaur

Date of Birth : 13/01/1997

Sex : Female

Nationality : Indian

Language Known : English, Hindi, Punjabi

Permanent Address : VPO. Mohlan, Teh. Malout
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PROFESSIONAL QUALIFICATION:

Examination	Name of the institute	University	Year	Percentage	Division Class
PSTET 2	State council of educational research and Training Punjab	-----	2023	Qualified	-----
PSTET 1	State council of educational research and Training Punjab	-----	2023	Qualified	-----
Ph.D.	Department of physical education.	Guru Nanak Dev University, Amritsar.	2021	Thesis submitted	Thesis submitted
M.P. Ed	Guru Nanak Dev university, Amritsar, Punjab	Guru Nanak Dev University, Amritsar.	2021	86.25%	Silver medalist
B.P. Ed	Guru Nanak Dev university, Amritsar, Punjab	Guru Nanak Dev University, Amritsar.	2019	87.12%	Gold medalist

ACADEMIC QUALIFICATION:

EXAMINATION	BOARD/UNIVERSITY	PERCENTAGE/CGPA
Bachelor of Arts	Panjab University, Chandigarh.	73.62%
12 th	Punjab School Education Board.	81.33%
Metric	Central Board of Secondary Education.	7.4 CGPA

SPORTS ACTIVITIES:

- Have been awarded the C grade sports gradation certificate.
- Participated in 59th National school games 2013-14 Kabaddi girls U-19 held at Madhya Pradesh.
- Gold and Silver medal in Punjab state Inter-District Kabaddi competition.
- Silver medal in Senior State Shahed-E-Azam Bhagat Singh Punjab games.

CULTURAL ACTIVITIES:

- Participated in Youth festival of Guru Nanak Dev University, Amritsar, Punjab in Folk dance "Sammi".
- First Runner up in Youth festival of Guru Nanak Dev University, Amritsar, Punjab in Folk dance "Luddi".
- Also, as a coach of Luddi team in Guru Nanak Dev University, Amritsar, Punjab.

HOBBIES:

- Exploring innovating things, Volunteering, Writing, Traveling, Yoga and meditation.

AREA OF INTEREST:

- Research and teaching.
- In research, those problems which are facing by the school going children.
- Lack of physical activity due to sedentary behaviour.
- Obesity and it's harmful effects on human body.
- Bone weakness, posture deformities, osteoporosis, etc.
- Gastrointestinal problems due to contaminated water.
- Fluoride present in groundwater above the permissible limit and its effect on human body, for example: Tooth decay, Changing in the colour of teeth, bone cell, IQ level of children, etc.
- Nutrition and balance diet.

EXPERIENCE:

- Research experience in my respective department of physical education at Guru Nanak Dev University, Amritsar, Punjab from the year 2021 to till now.
- As part time lecturer in the department of physical education at Guru Nanak Dev University, Amritsar, Punjab in the session 2024-2025.

RESEARCH WORK:

- Ph. D title “A study of postural deformities among the school children of different districts of Punjab with groundwater fluoride contamination.”

PUBLICATIONS:

- Prevalence of spinal deformities, gastrointestinal disorders and muscle weakness among the school children of districts of Punjab. (In Scopus, African journal of biomedical research)

Under process

- Prevalence of kyphosis deformity in the Amritsar and Mansa districts of Punjab.
- Effects of high fluoride water in children: A review.

CONFERENCES/TRAINING COURSES:

- **“International Conference on Physical Education and Exercise Sciences”** organized by Department of Physical Education, Punjabi University, Patiala from 22nd to 24th March 2023.
- **“5th National Interdisciplinary Research Meet”** organized by Sri Guru Granth Sahib World University, Fatehgarh sahib, Punjab from 28th to 29th March 2024.
- **“One Week Online Short-Term Course in Science & Technology of Psychological well-being, Yoga, Alternative Inventions”** organized by University Grants Commission Human Resource Development Centre, Guru Nanak Dev University, Amritsar, Punjab from 23rd to 29th March 2022.

REFERENCES:

- **Associate Prof. Dr. Amandeep Singh** Guru Nanak Dev University, Punjab, India
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