

CURRICULUM VITAE

Name : SAKEENA BASHIR.
Date of Birth : 15th of October 1987.
Office Address : Physical Training Instructor
Govt. Degree College Pampore,

Residential Address : Alluchibagh, Samboora, Pampore.
Tehsil: Pampore. Dist.: Pulwama.
State: Jammu & Kashmir
Pin Code 192304.
Mobile No.: +91-9906481177

Educational Profile :

Examination	Year	Board/ University	Marks obtained	Out of	%age	Division
10 th	2001	JKBOSE	232	500	46.4%	2 nd
12 th	2004	JKBOSE	317	600	53%	2 nd
B.A	2007-08	UNIVERSITY OF KASHMIR	921	1800	51.16%	2 nd
B.P.Ed	2008-09	UNIVERSITY OF KASHMIR	986	1400	70.42%	1 st
M.P.Ed	2009-11	UNIVERSITY OF KASHMIR	1155	1600	72.18%	1 st

- Completed **Master of Philosophy** (M.Phil.) Degree in Physical Education from Awadhesh Pratap Singh University, Rewa Madhya Pradesh in the year 2012 with **Grade A. 8.10**

OTHER QUALIFICATIONS :

- ❖ Qualified **Jammu & Kashmir State Eligibility Test** for Lectureship conducted by University of Kashmir on 1st September 2013 in the subject Physical Education under SET Reference Number 2259/GEN/JKSET/1271 Roll No. 1290190. Certificate Number 171849.

PROFESSIONAL PROFILE/ EXPERIENCE :

Position Hold	University/Institute	Period	Salary
Contractual Lecturer	University of Kashmir	Academic session 2013	Consolidated
Contractual PTI	J&K Higher Education	Academic session 2014	Consolidated
Contractual PTI	J&K Higher Education	Academic session 2015	Consolidated
Lecturer	J&K School Education	From 26th February 2016 to 16th Sep. 2018	PB=9300-34800 GP= 4300
Physical Training Instructor	J&K Higher Education	17th Sep. 2018 to till date	PB= 15600-39100 GP= 6000

MEDALS AND AWARDS :

- ❖ Honor of receiving **Sheri-Kashmir Sports Award** for representing country in FIS Country Races in Turkey in 2007.

SPORTS CAREER/ACHIEVEMENTS:

- ❖ Participated in Basic snow ski course held at Gulmarg from 10-03-1998 to 24-03-1998, organized by department of Youth Services and Sports.
- ❖ Participated in Intermediate snow ski course held at Gulmarg from 15-02-2006 to 28-02-2006, organized by Directorate of Physical Education & Sports, University of Kashmir.
- ❖ Participated in Ski Coaching Camp held at Gulmarg from 07-01-2008 to 21-01-2008, organized by Winter Games Federation of India.
- ❖ Participated in 1st National Women Cross Country Sky Championship 2005, organized by J & K Cable Car Corporation.
- ❖ Represented India in FIS Cross Country Races held in Turkey from 26 to 30 March 2007.
- ❖ Participated in Ski Cross Country 5Kms event held in Gulmarg, Organized by Winter Games Association of Jammu & Kashmir. (2nd Position)
- ❖ Participated as a Player in V National Winter Games, 18-22 FEB, event Ski cross country 5 kms.
- ❖ Participated as a player in National Cross Country Ski Championship held at Gulmag on 18th March 2009 in 5Km Free Style.

- ❖ Participated as a player in National Cross Country Ski Championship held at Gulmag on 18th March 2009 in 10Km Free Style.
- ❖ Represented University of Kashmir in **Inter-University Cricket** tournament held at V.B.S Purvanchal University (U.P) 2010-11.

PAPER PRESENTATIONS:

- ❖ Three days International conference on **Futuristic trends in Physical Education** (ICFTPE), sponsored by University Grants Commission at Punjabi University Patiala, Panjab from 24th to 26th January, 2013.
- ❖ Two days National conference on **Role of Physical Activities and Sports in Balancing Education**, Sponsored by University Grants Commission at Indira Gandhi Institute of Physical Education and Sports Sciences, University of Delhi on 15th and 16th February, 2013.

RESEARCH PAPERS PUBLISHED:

- ❖ Paper entitled “ **A Comparative study of physical Fitness Components among Rural and Urban Female Students of Kashmir**”, *International Journal of Health, Sports and Physical Education [IJHSPE Referred Research Journal]*, Vol. 2, Issue 2, Jan. 2014, pp. 19–23, ISSN: 2278-2982.
- ❖ Published a paper entitled “**Comparative study of Minimal Muscular Fitness among Rural and Urban Students of Kashmir**”, *International Journal of Physical Education [IJPE Referred Research Journal]*, Vol. 6, Issue 2, Oct. 2013, pp. 91–94, ISSN: 0974-2638. NAAS Rating: 3.4
- ❖ Published a paper entitled “**Assessment of Muscular Fitness among the Students of Kashmir using Kraus-Weber Tests**”, *International journal of Physical Education Health and Sports Sciences [IJPEHSS]*, Vol.3, Issue 1, Mar. 2014, pp. 52-58, ISSN: 2279-0306.

WORKSHOP/SEMINAR/SYMPOSIUM/CONFERENCE/ PARTICIPATIONS:

1. UGC sponsored online Faculty Induction Programme organized by HRDC Guru Nanak Dev University Amritsar from 25th November to 22nd December 2020.

Personal Information:

Father's Name : Bashir Ahmad Lone.
Mother's Name : Rafeeqa Begum.
Religion : Islam
Marital Status : Married
Languages Known : English, Urdu, and Kashmiri.

Declaration:

I hereby declare that all the above information are true and correct to the best of my belief and knowledge.

Sakeena Bashir.