



Dr. Ashok Kumar Sharma

Email Id: - ashokcdlu@gmail.com, ashokparashar@cdu.ac.in

Associate Professor HoD, Department of Phy. Edu

Secretary Sports Council

QUALIFICATION:

Ph.D from MDU Rohtak in Physical Education in year 2006

M.Phil. from KU Kurukshera in Physical Education in year 2002

M.A. from MDU Rohtak in Physical Education in year 2002 **With Gold Medal**

NET (UGC) in Physical Education 2004

Experiences:

Teaching Experiences

- Associate Professor Dept. of Physical Education Ch. Devi Lal University, Sirsa 2019-current.
- Assistant Professor Dept. of Physical Education. Ch. Devi Lal University Sirsa 2007-2019.
- Lecturer in Phy. Edu. (contractual basis) G.B.D.College, Rohtak 2002-2007.

Administrative Experiences:

- HoD Dept. of Phy. Edu. Ch. Devi Lal University, Sirsa 2020-current.
- Secretary Sports Council Ch. Devi Lal University, Sirsa 2017-2019.
- Secretary Sports Council Ch. Devi Lal University, Sirsa 2020-current.
- Hostel warden 2010 to 2012.

Research Area:

- Physical Education, Health Education and Sports.

Research Publications:

1. Study of Personality of rural and urban school going students-Parveen Dhayal and Dr Ashok Kumar
2. Study of motor fitness components of rural and urban school going students
3. Awareness of sportsperson towards Doping: A brief Report- Jaipal, Dr Ashok Kumar
4. Role of Ayurveda in Sports- Dr Ashok Kumar Sharma
5. Comparative study of Health Consciousness between students of Haryana and Rajasthan- Dr Ashok Kumar Sharma, Sunil Kumar and Suman
6. Study of Motor fitness of Judo players in relation to different level of participation
7. Role of Sports in Maintaining Physical Fitness of Sports-person – Sadha Singh and Dr Ashok Kumar Sharma
8. Emerging Issues relating to sports development in India- Dr Ashok Kumar Sharma and Sadha Singh
9. Effects of Ashwagandha on Physical Fitness level of School going Students-Rampal and Dr Ashok Kumar Sharma
10. Doping in Sport: A Review- Mahipal and Dr Ashok Kumar Sharma
11. A comparative study of effects of Ashwagandha on Speed and Explosive Strength of School going students- Rampal and Dr Ashok Kumar Sharma
12. A comparative study of attitude of Parents towards girls sports of Sirsa and Bathinda district-Gagandeep Kaur, Dr Ashok Kumar Sharma
13. Relationship of Motor Ability Between National and International male Judo Players-Mr. Chetan Sharma, Dr Ashok Kumar Sharma
14. Relationship of Selected Anthropometric Variables with the Performance of Judo Players-Mr. Chetan Sharma, Dr Ashok Kumar Sharma
15. Drugs in sports-Parveen Dhayal, Dr Ashok Kumar Sharma
16. A Comparative Study of Attitude of Parents towards Sports in relation to Socio-economic Status- Neelampreet Kaur, Tejpall Dr Ashok Kumar Sharma
17. A comparative study of Cardiovascular efficiency of Hockey and football female Players-Suman, Jaipal, Dr Ashok Kumar Sharma
18. Comparative study of Physical fitness between Aarohi and Government school's boys students- Amit Kumar, Dr Ashok Kumar Sharma
19. Role of Music in augmenting the performance of sportsperson- Pooja, Maya Rani Tak, Dr Ashok Kumar Sharma
20. Impact of Dancing and Rhythmic activities on Physical Fitness of Sports Persons-Mr Sadha Singh, Dr Ashok Kumar Sharma

21. A comparative study on health consciousness between sportsmen and non-sportsmen- Dr Ashok Kumar Sharma
22. Study of effects of Yogic exercises on Lipid Profile- Dr Ashok Kumar Sharma
23. Environment Awareness of different streams of Students- Mahender Kumar, Dr Ashok Kumar Sharma
24. Comparative study of Physiological variables between Aarohi and Government school's boy's students- Amit Kumar Yadav, Dr Ashok Kumar Sharma
25. Comparison of Flexibility and Explosive strength among Throwers and Jumpers - Dr Ashok Kumar Sharma
26. Comparison of Flexibility and Explosive strength among Throwers and Jumpers - Dr Ashok Kumar Sharma
27. Comparative of Lipid Profile of North and South Hockey Players Dr Ashok Kumar Sharma
28. Effect of Hath-Yog on spiritual Intelligence of students- Dr Ashok Kumar Sharma
29. Sports tourism in India- Virender, Parveen Dhayal, Dr Ashok Kumar Sharma
30. A study of effects of Aerobic exercises on lipid profile of girls hockey players. Dr Ashok Kumar Sharma, Jaipal
31. A study of Health Consciousness between male and female students of different streams- Mahender Kumar, Dr Ashok Kumar Sharma
32. A comparative study of Speed and Agility variables of Basketball and Handball players- SourabTriakha, Dr Ashok Kumar Sharma
33. A comparative study on Personality level of National and International Korfball players- ParveenDhayal, Tejjpal, Dr Ashok Kumar Sharma
34. Contribution of Haryana state to the promotion of boxing in India- a critical study- Ajay Solanki, Dr Ashok Kumar Sharma
35. A comparative Assessment of coordinative abilities among different team players- Dr Ashok Kumar Sharma
36. A study of dietary profile of North and South Indian Hockey players- Suman, Dr Ashok Kumar Sharma
37. A comparative study of Motor ability and Physiological level of different game players- SourabTriakha, Dr Ashok Kumar Sharma
38. Vascular efficiency among adolescents – Jaipal, Dr Ashok Kumar Sharma
39. Dietary Profile and its Components among Players: A Survey Study.
40. Dr Ashok Kumar Sharma, Jaipal
41. A comparative study of attitude of students towards sports in relation to intelligence- Jaipal, Tejjpal,
42. Dr Ashok Kumar Sharma
43. Comparative study of psychological variables of Kho-Kho and Kabaddi players of Haryana State- Balbir Singh and Dr Ashok Sharma
44. Comparative study of Physical fitness of Kho-Kho and Kabaddi players of Haryana State- Balbir Singh and Dr Ashok Sharma
45. A comparative study of test anxiety among sportsmen and non-sportsmen of Ch. Devi Lal University, Sirsa- Jaipal, Dr Ashok Kumar Sharma
46. Gene Doping in Sports: Associated health risk and legal perspective in India- Jaipal, Dr Sakti Singh, Dr Ashok Kumar Sharma, Dr Sushil Lega
47. Erythropoietin Abuse in Sports: A Health Hazard Approach-Jaipal, Vipin, Dr Ashok Kumar Sharma, Dr Sushil Lega

Book Chapters:

Research Guidance:

Ph.D Students

2021

Sunil Kumar

Sadha Singh

Parveen Dhayal

2019

Rampal

2017

Amit Yadav

Mahender Kumar

Chetan Sharma

2016

Ajay Solanki

2015

Suman

2014

Sourab Trikha

2012

Tejpal

2011

Balbir Singh

Ramesh




M.Phil. Students

Conference/Workshops/Seminar Attended

Invited Talks/ Resource person

Email Id: - ashokcdlu@gmail.com

Sports Achievement:

-  Two time Participation in A I I U. Athletics Championship
-  Won 2 Gold, 2 Silver and 4 Bronze Medal in MDU Athletics Inter College championship.
-  Best Athlete of MDU and Jat College Rohtak.

(Ashok Kumar Sharma)