



**Dr. Shamsheer Kasnia**

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## **Qualification**

- Ph. D. from Chaudhary Devi Lal University, Sirsa in Physical Education in year 2021 on A Comparative Study of Anxiety, Aggression and Self-Concept Between Attackers and Defenders of Hockey Players of Haryana.
- B.Ed. from Chaudhary Devi Lal University, Sirsa in Education in year 2013.
- M. Phil from Chaudhary Devi Lal University, Sirsa in Physical Education in year 2012.
- M. P.Ed. from Chaudhary Devi Lal University, Sirsa in Physical Education in year 2009.
- D.P.Ed. now (B.P.Ed) from Chaudhary Devi Lal University, Sirsa in Physical Education in year 2007.
- UGC-NET in Physical Education in year 2012.

## **Experience**

### **Teaching Experience**

- Assistant Professor, Department of Physical Education, Chaudhary Devi Lal University, Sirsa. August, 2014 to till date

## **Research Paper publications, proceeding, conferences**

- A comparison on self-concept scale of attacker and defender hockey players, Conceptualization of Physical Education and Sports, Vol.2 ISBN: 978-93-84575-19, 2019.
- A comparative study of sports anxiety and aggression of attacker and defender hockey players International Journal of Physiology, Nutrition and Physical Education 2018 3(2): 495-497, ISSN: 2456-0057, 2018.
- Impact of Isometric and Isotonic Exercise on Leg Strength. International conference on Physical Education & Sports Science, 05-07 Jan, 2017, Conference Proceedings. ISBN 978-93-85449-35-2.
- A Study of Effect of Pranayama on Various Respiratory Volumes and Capacities. Scientific Culture in Physical Education and Sports, February, 2016, Conference Proceedings. ISBN 978-93-85446-45-0.
- Yoga-A way of Life and its Role in Overcoming Anxiety. International Conference on Sports, Health and Sports Economics, March 03-04, 2015, Conference Proceedings ISBN 978-93-80748-86-3.

- Influence of Sports and Health and Economy of the Nation. International Conference on Sports, Health and Sports Economics, March 03-04, 2015, Conference Proceedings ISBN 978-93-80748-86-3.
- Modern Lifestyle and Health. International conference on Physical Education & Sports Science, 06-07 Jan, 2015, Conference Proceedings. ISBN 978-81-89463-98-4.
- Effect of Prayanama on Various Lung Volumes. Journal of Health and Sports Sciences, Dec 2014, Refereed Journal ISSN 0975-4563.
- Managing State Anxiety with Yoga Practices. International Journal, Vol. 1, Issue 12, December 2014 Refereed Journal ISSN 2348-1404.
- Study of sports psychological variables in relation to different playing positions in field Hockey published in International journal of physical education, sports and Health. year 2022, Vol. 9, Issue 2

## **Achievements**

- Participated in North Zone Inter University Hockey Tournament in year 2004.
- Participated in North Zone Inter University Basketball Tournament in year 2008.
- Participated in North Zone Inter University Handball Tournament in year 2010.