



Dr.
Suman

Assistant
professor(PTT)

Departm
ent of physical
education,CDLU

Father's
name :
Ramchander
Beniwal

Mother's
name : Veena
Rani

Address:
885, ward no. 11,
Street no. 05,

Shah
Satnam ji
Chowk. Sirsa

Contact
no. 9813198136

Email:
drsumanbeniwal@gmail.com

Aadhaar
no.
535428254761

Qualificati on

- Ph.D.
from
Chaudha
ry Devi
Lal
Universit
y Sirsa in
Physical
Educatio
n in year
2015 on
a study
of
Dietary
profiles
physiolo
gical and
physical
fitness
variables
of
Hockey
players
- M.Phil.
from
Chaudha
ry Devi
Lal
Universit
y Sirsa in
Physical

Educatio
n in year
2011.

- M.ped
from
Chaudha
ry Devi
Lal
Universit
y Sirsa in
Physical
Educatio
n in year
2010.
- B.A.
from
Punjab
universit
y in year
2006.
- 12th from
CBSE
board in
year
2003.
- 10th from
CBSE
board in
year
2001.
- UGC
NET in
Physical
educatio
n in year
2012.

Experience

Teaching
experience :

- As an
assistant
professor
(contract
)in
CDLU

Sirsa
from
2016 to
2020.

- As an
assistant
professor
(PTT)
from
2022 to
till date.

Game experience (Hockey)

- Silver
medal in
All India
inter
universit
y.
- Bronze
medal in
All India
inter
universit
y.
- Silver
medal in
Nehru
national
gold cup
of
Hockey.
- B grade
certificat
e in
hockey.

Research Paperspubl ications,

conference, proceeding

- A study
of
Dietary
profile of
North
and
South
Indian
Hockey
players
publishe
d in
Internati
onal
Research
Journal
of
Manage
ment
Sociolog
y and
Humaniti
es, vol.4,
issue2,
year2013
, page
1204-
1210,
ISSN
2277-
9809
- Effect of
meditatio
n on
Spiritual
Intelligen
ce of
Female
Hockey
players
publishe
d in
Research
Reaction

&
Resolutio
n, Vol. 1,
year
2013,
page
no.17-20,
ISSN
NO.
2321-
7421

- Impact
of media
and
social
media on
sports
publishe
d in
internatio
nal
journals
of
applied
research
Vol.2,
Issue10,
year2016
, page
no. 722
to 724,
ISSN
2394586
9,2394-
7500
- Role of
biomech
anics in
sports
publishe
d in
internatio
nal
journal
of
Academi
c

Research
and
Develop
ment ,
vol.1,
Issue- 2,
year
2016,
page no.
55 to 57,
ISSN
2455-
4197

- Compara
tive
study of
health
consciou
sness
between
students
of
Haryana
and
Rajastha
n
publishe
d in 3rd
National
conferen
ce
physical
educatio
n and
sports,
year
2016,
page no.
154-156,
ISBN
NO. 978-
81-
927686-
5-6
- Increasin
gfat

during
the
utilisation
n of
exercise
publishe
d in
Emergin
g trends
in social
sciences,
year
2013,
page no.
95-96,
ISSN
NO.
2277-
8624

- A
comparat
ive study
of
physical
Fitness
compone
nts of
Football
and
Handball
players
of
Haryana
publishe
d in
journal
of
emerging
Technolo
gies
&Innovat
ive
Research
(JETIR)
peer

Reviewed,
Referred
Journal,
vol. 9,
Issue -3,
page no.
472-481,
ISSN
NO.
2349-
5162

- Information of technology in sports proceeding of Emerging Trends in Fitness And Sports Sciences, Vol. 3, page NO . 152-158
- A Comparative Study of Cardio-Vascular Efficiency of Hockey and Football Female players proceeding of Futuristic Trends in physical

Educatio
n , Vol.2,
page –
125-127

- Importan
ce of
yoga in
Health
and
sports,
proceedi
ng of
Emergin
g Trends
in
Fitness
and
sports
sciences,
vol.3,
page
152-158