



مولانا آزاد نیشنل اردو یونیورسٹی

MAULANA AZAD NATIONAL URDU UNIVERSITY

(A Central University established by an Act of Parliament in 1998)

(Accredited with "A+" Grade by NAAC)

مولانا آزاد نیشنل اردو یونیورسٹی

Curriculum Vitae

Mrs. Firdaus Tabassum

Assistant Professor

Department of Education

School of Education & Training

Department of Education & Training, Maulana Azad National Urdu University, Gachibowli, Hyderabad.

Telangana

500032

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Contact No.:



• Highest Education : Ph.D. (Physical Education)

• Academic/Research/Industrial Experience

| From Year | To Year | Position Held | Organization |
|------------|------------|---------------------|---------------------------------------|
| 14-10-2019 | 11-03-2024 | Assistant Professor | Maulana Azad National Urdu University |
| 25-08-2014 | 15-12-2018 | Lecturer | Guskara College, Burdwan University |

• Publications

Papers In Journals

- 1 Tabassum, F. (2016).Scientific Aspects of Lever.*International Journal of Scientific Researches* 5(5), 2277-8179
- 2 Tabassum, F. (2017).Analysis of Shoulder Alignment to assess pace bowling action: A Pilot Study.*Analysis of Shoulder Alignment to assess pace bowling action: A Pilot Study* 3(2454-9916), 2454-9916
- 3 Thander, D.A., & Tabassum, F. (2020).Relationship of selected Kinematic variables to the phases of Pre delivery and Delivery stride during Cricket Fast Bowling.*Shodh Sarita- UGC-CARE LIST* 7(2348-2397), 2348-2397

Papers In Conference Proceedings

- 1 Tabassum, F. (2012).Understanding and Managing Stress in Modern Age .*Stress management and Sports Psychology in Physical education* 1(978-81-923736-0-7), 978-81-923736-0-7
- 2 Tabassum, F. (2015).Sports Surface and its Mechanics.*Nutrition and Wellness* 1(1), 978-93-80736-09-6
- 3 Tabassum, F. (2015).An Analytical study of relationship of leg and arm strength with goal shooting accuracy of Inter-Collegiate Hockey players.*Modern Physical Education Sports and Globalization* 1(1), 978-93-84667-06-1
- 4 Tabassum, F. (2016).The Risk Factors of Mixed Action pace Bowling Technique in Cricket.*Scientific Culture in Physical Education and Sports* 1(1), 93-85446-45-0
- 5 .,A.K., & Tabassum, F. (2020).Analysis on the Effect of Brisk Walk on the Blood Pressure and Body Fat on March.*International Conference on Enhancing Skills in Physical Education and Sports Science 2020* 1(978-1-913482-91-6), 978-1-913482-91-6

Chapter In Book

- 1 Tabassum, F. (2023).Health, Hygiene and Nutrition in Early Childhood. 1(), 978-81-968517-1-2
- 2 Tabassum, F. (2023).Planning & Management in School. 1(), 978-81-968517-2-9

Edited Book

- 1 Thander, A. (2018).Psychic Physical Education and Society. 1(), 978-93-82623-83-0
- 2 Tabassum, F. (2018).Method of Categorization of bowling action from transverse plane,A two Dimensional study. 1(), 978-93-82623-83-0
- 3 Tabassum, F. (2018).Modeling and Simulation of Table Tennis Ball Feeder machine. 1(), 978-93-82623-83-0

• **Teaching Experience**

| Academic Session | Program Level | Program | Course Name |
|------------------|---------------|----------------------------------|--|
| 2019-2020 | Bachelor's | B.Ed | Bachelor of Education (B.Ed) |
| 2019-2020 | Diploma | Advance Course in Yoga Education | Diploma in Elementary Education (D.El.Ed) |
| 2020-2021 | Bachelor's | Health & Physical Education | Bachelor of Education (B.Ed) |
| 2020-2021 | Diploma | Advance Course in Yoga Education | Diploma in Elementary Education (D.El.Ed) |
| 2021-2022 | Diploma | Advance Course in Yoga Education | Diploma in Elementary Education (D.El.Ed) |
| 2021-2022 | Master's | MCJ | GE- HEALTH PSYCHOLOGY |
| 2021-2022 | Master's | M.COM | GE-Health Psychology |
| 2022-2023 | Bachelor's | Health & Physical Education | Bachelor of Education (B.Ed) |
| 2022-2023 | Diploma | Advance Course in Yoga Education | Diploma In Elementary Education (D.El.Ed) |
| 2023-2024 | Bachelor's | Health & Physical Education | Bachelor of Education(B.Ed) |
| 2023-2024 | Diploma | Advance Course in Yoga Education | Diploma in Elementary Education (D.El.Ed) |

• **Awards**

| Award Level | Award Name | Organization | Award Date |
|------------------|-----------------------------|---|------------|
| National Level | J.R.F-MANF | University Grant Commission (UGC), New Delhi | 14-02-2015 |
| University Level | Shri Guru Govind Singhji | University Gold Medal, RTMNU, Nagpur University(M.P.Ed) | 17-02-2015 |
| University Level | Krida Mandal Silver Jubilee | University Gold Medal, RTMNU, Nagpur University(M.P.Ed) | 17-02-2015 |
| University Level | Principal Dr. Sanjay Pande | University Gold Medal, RTMNU, Nagpur University(M.P.Ed) | 17-02-2015 |
| University Level | Best Library User Award | Central Library, Visva Bharati University | 28-10-2017 |

• **Participation in Academic Events**

| Event Type | Event Level | Title | Held At | Organised By | Duration | Role |
|------------|------------------|--|--|---|-------------------------------|-----------------|
| Workshop | National Level | Research Methodology Course on Qualitative Research in Social Sciences | Department of Education, Visva Bharati University | ICSSR, New Delhi and Department of Education, Visva Bharati University | From 11-04-2016 To 20-04-2016 | Participant |
| Workshop | National Level | National Workshop on Lifestyle Management Technique | Department of Physical Education, Visva Bharati University | Department of Physical Education, Visva Bharati University | From 25-08-2017 To 28-08-2017 | Paper Presenter |
| Workshop | University Level | Workshop for vetting of B.Ed (ODL) SLM | DDE, Library, MANUU | Directorate of Distance Education, Maulana Azad National Urdu University, Hyderabad | From 16-02-2022 To 17-02-2022 | Resource Person |

| | | | | | | |
|-----------------------------|--------------------------------|---|--|--|-------------------------------|-----------------|
| Faculty Development Program | University Level | UGC- sponsored Guru Dakshta Faculty Induction Programme (Online) | HRDC, LNUPE, Gwalior | HRDC, Lakshmbai National Institute of Physical Education, Gwalior | From 22-02-2022 To 28-03-2022 | Participant |
| Workshop | University Level | Research Methodology in Social Science | Maulana Azad National Urdu University, Hyderabad | UGC-HRDC, Maulana Azad National Urdu University, Hyderabad | From 17-08-2022 To 23-08-2022 | Participant |
| Conference | International (Within Country) | International Conference on Recent Advances in Physical Education, Fitness and Sports science | Department of Physical Education, Palamuru University | Department of Physical Education, Palamuru University in association with IFPEFSSA, India | From 07-01-2023 To 08-01-2023 | Paper Presenter |
| Workshop | University Level | One Day Workshop on SLM Writing | CPDUMT, MANUU | STRAQ Unit of Directorate of Distance Education & Centre for Professional Development of Urdu Medium Teachers, MANUU | From 24-05-2023 To 24-05-2023 | Participant |
| Seminar | National Level | The Art of Presentation | CPDUMT Auditorium, MANUU | School of Education and Training, MANUU | From 22-06-2023 To 22-06-2023 | Participant |
| Seminar | National Level | Ganga Jamuni Tahzeeb in the context of Mental Health and Peace | School of Education & Training, MANUU | School of Education & Training, MANUU | From 11-07-2023 To 11-07-2023 | Paper Presenter |
| Refresher Course | National Level | Inter-Disciplinary Two week Refresher Course in Managing Online Classes & co- creating MOOCS(Online) | Ramanujan College, University of Delhi | Teacher Learning Centre, Ramanujan College, Univeersity of Delhi | From 05-12-2023 To 19-12-2023 | Participant |
| Refresher Course | National Level | Managing Online Classes & Co-creating MOOCS | Teaching Learning Centre, Ramanujan College , University of Delh(Online) | Teaching Learning Centre, Ramanujan College , University of Delhi | From 05-12-2023 To 19-12-2023 | Participant |
| Seminar | National Level | Shaping the Future of Education @ 2047 | Department of Education & Training, MANUU | Department of Education & Training, MANUU | From 29-02-2024 To 01-03-2024 | Paper Presenter |

• **Administrative Responsibilities**

| From Date | To Date | Responsibility Description | Scope of Resp. | Organization |
|------------------|----------------|--|-----------------------|---|
| 14-10-2019 | 13-03-2024 | Contribution in conducting various events of DPES | University Level | Directorate of Physical Education & Sports, MANUU |
| 14-10-2019 | 13-03-2024 | Sports Coordinator (Inter School Tournament) | School Level | Department of Education & Training |
| 24-10-2019 | 04-08-2022 | Physical Education Lab Incharge | Departmental Level | Department of Education & Training |
| 04-11-2019 | 04-08-2022 | Residential Warden (Gulzar Hostel) | University Level | Girls Hostels, MANUU |
| 18-12-2019 | 04-08-2022 | Member, Alumni Achievement Cell | Departmental Level | Department of Education & Training |
| 31-01-2022 | 11-03-2024 | Assistant Academic Co ordinator | Departmental Level | Department of Education & Training |
| 31-10-2022 | 05-11-2022 | Member of Six Day Students Induction Programme- Deeksharambh Comiittee | University Level | Dean Students Welfare, Maulana Azad National Urdu University, Hyderabad |
| 09-08-2023 | 11-03-2024 | Sports Warden, Girls Hostel, MANUU | University Level | Girls Hostels, Maulana Azad National Urdu University, Hyderabad |
| 08-11-2023 | 08-11-2023 | Member in the Azad Walk of Azad Day Celebration | University Level | Azad Day Celebration, Maulana Azad National Urdu University, Hyderabad |

I hereby declare that the above mentioned information is true to the best of my knowledge and belief.

Date : _____

Place : _____

Firdaus Tabassum