



**Dr. Ashwani Kumar**  
**Assistant Professor and Head,**  
**Department of Physical Education**  
**St. Bede's College, Shimla (H.P)**



**Dr. Ashwani Kumar**  
**Assistant Professor and Head,**  
**Department of Physical Education**  
**Email:** [drashwin263@gmail.com](mailto:drashwin263@gmail.com)  
**Official Email:** [ashwani28.2010@rediffmail.com](mailto:ashwani28.2010@rediffmail.com)  
**Mobile No:** 9569090566, 9532797200

**EDUCATIONAL QUALIFICATIONS:** B.P.E., M.P.Ed., D.Y.Ed. (Yoga),  
C.Y.Ed. (Yoga), Ph.D.

Sr. No.	Degree	Specialization	College/University	Year of Passing
1.	B.P.E.	Physical Education	S.G.B. Amravati University, Amravati (M.S)	2005
2.	M.P.Ed.	Physical Education	S.G.B. Amravati University, Amravati (M.S)	2007
3.	D.Y.Ed.	Yoga Education	S.G.B. Amravati University, Amravati (M.S)	2008
4.	C.Y.Ed. Certificate Course	Yoga Education	S.G.B. Amravati University, Amravati (M.S)	2011
5.	Ph. D	Physical Education	S.G.B. Amravati University, Amravati (M.S)	2017
6.	Sports: Basketball, Badminton, Handball, Volleyball, Table Tennis		Intercollegiate, Inter- University, All India, Ashwmedha, National	



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**TOTAL TEACHING EXPERIENCE: 12 Years**

Teaching Experience at St. Bede's College: 03 Months

**SUBJECTS TAUGHT**

**UG:** Physical Education: Introduction to Physical Education, Olympic Movement, Organization & Tournament, Human Anatomy & Physiology, Sports Psychology, Sports Training, Physical Fitness and Yoga, Health Education, Sports Medicine, Physiotherapy & Rehabilitation.

**OTHER RESPONSIBILITIES**

**Convener:** National Sports Organization (NSO) and Health Club

**Members:** Admission Committee, NCC, Cultural Society, Civil Work & Building Committee

**RESEARCH ACHIEVEMENTS**

- ❖ Editor in Chief of International Research Journal of Sports Glimpses (Printed)-I.R.J.S.G., UGC-Approved-INDIA.
- ❖ Editor in Chief of International Research Journal of Physical Education and Sports Sciences, JIF-6.335, (Online)-I.R.J.P.E.S.S.-INDIA.
- ❖ Member of Editorial Advisory Board in Elixir International Online Research Journal, JIF- 5.525- POLAND.

[https://www.elixirpublishers.com/index.php?route=product/search&filter\\_name=ashwani&filter\\_type=Anywhere](https://www.elixirpublishers.com/index.php?route=product/search&filter_name=ashwani&filter_type=Anywhere)



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- ❖ Member of International Panel Review Committee in International Journal of Sports Science and Physical Education, Peer Reviewed, (IJSSPE)- U.S.A.
  - ❖ Member of Panel Reviewing Committee International Online Journal of Engineering Research and Sports Science (IJERSS), Peer Reviewed, JIF-0.621-INDIA.
  - ❖ Member of Panel Reviewing Committee International Online Journal for Engineering and Emerging Technologies (IJFEET.)-INDIA.
  - ❖ Member of Editorial Board in International Research Journal Velocity, (Printed)-INDIA.
  - ❖ Member of Editorial Board in International Refereed Research Journal of Engineering Research and Modern Education, JIF-7.018-Online, (T.N)-INDIA.
  - ❖ Member of Associate Editor in International Peer Reviewed Indexed Research Journal of Physical Education and Health, JIF-5.38-Online, New Delhi-INDIA.
  - ❖ Member of Editorial Board in International Journal of Advance Management Research (Enriched Publication), Peer Reviewed & Refereed, JIF-4.73, Printed/Online, New Delhi-INDIA.
  - ❖ Member of Editorial Board in International Journal of Science, Technology and Society, Indexed Journal, Online, NEW YORK NY-U.S.A.
- (<http://www.sciencepublishinggroup.com/journal/editorialboard?journalid=183>)



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- ❖ Member of Editorial Board in International Journal of Research-GRANTHAALAYAH, JIF-4.963, Indore-INDIA.  
<http://granthaalayah.com/editorial.html>
- ❖ Member of Editorial Board in International Journal of Research Link-Indore-INDIA.
- ❖ Associate Member of Editorial Board in International Journal Review of Research, JIF-5.70,-(M.S)-INDIA.  
<http://oldror.lbp.world/BoardEditors.aspx>
- ❖ Member of Panel Reviewing Committee in International Renowned Journal of Sports Science & Physical Education (IJSSPE) –U.S.A.  
<http://www.sciencepublishinggroup.com/journal/index?journalid=188>

#### **AWARDS AND HONORS**

- ❖ Received Dr. M. Robson (Youngest Researcher) National Award for Innovative Research in Physical Education, 04<sup>th</sup> PEFI National Awards, 25<sup>th</sup> Sep. 2019, at New Delhi-INDIA.
- ❖ Received International Scientist Awards (Young Scientist Award) for Research field, 16<sup>th</sup>-17<sup>th</sup> Nov. 2019 at Visakhapatnam (A.P)-INDIA.
- ❖ Received Best Distinguished Young Researcher National Award in Physical Education and Sports, Pride of Indian Education & Brands Impact, 19<sup>th</sup> Jan. 2020 at New Delhi-INDIA.



**Dr. Ashwani Kumar**  
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- ❖ Received (Best Researcher National Award-2020) in Physical Education and Sports on 03<sup>rd</sup> August 2020 by 'Scholars, Academic & Scientific Society-SAS', Assam-INDIA.
- ❖ Received International Young Researcher Award by IFPEFSSA Award, 20th Dec. 2020 at Telangana-INDIA.
- ❖ Received Humanitarian Excellence National Award by I Can Foundation-2020 at Jaipur (R.J)-INDIA, Dec.-2020.
- ❖ Received "Asian Education Awards"- Young Professor of the Year-2021.
- ❖ Received "Best Faculty Award" by Vertex and Research Technology at Trichy (T.N)-INDIA for the year of 2021-2021 (17/09/2021). \_

**BOOKS AUTHORED**

- Yoga a Way of Life, (ISBN 978-81-7524-764-2)
- Research, Statistics & Computer Application, (ISBN 978- 81-7524-894-6)

**Ph. D External Examiner**

- Appointed as external examiner in more than 05 Indian Universities.

**PAPER SETTER, PRACTICAL EXAMINER & EVALUATION**

- Dr. RMLA, University Faizabad (U.P) from 2014 (B.P.E.S./B.P.Ed./M.P.Ed. Courses) to till present.
- Meerut University (U.P) from 2015 (B.P.Ed. & M.P.Ed. Courses) to till present.



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- Siddhartha University Kapilvastu, Siddhartha Nagar (U.P) from 2018 (B.A in Physical Education & B.P.Ed Courses) to till present.

**RESEARCH PAPER PUBLICATIONS**

**Published in National Research Journals (Printed):**

- ❖ “Physiological and Motor Fitness variables among Basketball, Handball and Soccer Players” published in Voice of Sports Research Journal-Kerala, Vol: III, Issue: I, March-2009, p.p-48-53.
- ❖ “Status and Awareness of Health among Employees of Himachal Pradesh University” published in Voice of Sports Research Journal-Kerala, Vol:IV, Issue: II, March-2010, p.p-31-36.
- ❖ “A study of Recreational Activities of Government Employees working in Yavatmal District of Maharashtra State” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: II, Issue: I, June-2010, p.p-61-65.
- ❖ “Comparative Study of Motor Fitness of Hockey and Cricket Players of Sant Gadge Baba Amravati University, Amravati of Maharashtra State” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: II, Issue: I, June-2010, p.p-77-79.
- ❖ “Benefits of Yoga- “Why Yoga Exercise is Good for You” published in Vyayam Vidnyan Journal-HVPM, Amravati (M.S), Vol: XXXIV, Issue: 3, Aug.-2010, p.p-32-35.



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- ❖ “Effect of Yogasanas on Blood Pressure, Pulse and Respiration Rate of High School Students of Maharashtra State” published in Voice of Sports Research Journal-Kerala, Vol: VI, Issue: I, Sep.-2011, p.p-46-51.
- ❖ “Role of ‘Mann Whitney U Test’ in the Field of Education and Physical Education” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: IV, Issue: I, June-2012, p.p-158-161.
- ❖ “Role of Sports Psychology in Sports Performance of Athletes” published in Samaj Vigyan Sodh Patrika, Meerut (U.P), Vol: I, Issue: XIX, March-2013, p.p-173-176.
- ❖ “Relationship between selected Skill-related Physical Fitness and Anthropometric variables of Male Athletes participating in Intercollegiate Level” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: VI, Issue: II, Dec.-2014, p.p-16-20.

**Published in International Research Journals (Printed/ Online)**

- ❖ “Causes and Treatment of Sports Injuries” published in International Research Journal of Research Bulletin,-Amravati (M.S), Vol: I, Issue: I, Jan, 2011, p.p-29-32.
- ❖ “The Attitude of College Employees towards Health and Physical Education working in N.N.P.G., College, Nawabganj, Gonda District of Uttar Pradesh State” published in International Research Journal of Sportica, Amravati (M.S), Vol: II, Issue: II, Dec.-2011, p.p-98-100.
- ❖ “A study of Educational and Professional Achievements of Physical Education Lecturers working in Physical Education Colleges of



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Dr.R.M.L.A, University, Faizabad of Uttar Pradesh State” published in International Journal of Sports Sciences and Fitness, Bhopal (M.P), Vol: II, Issue: I, 2012, p.p-169-173.

❖ “Role of Mann Whitney U Test in Educational Field” published in International Research Journal of Research Link, Indore (M.P), Vol: XI, Issue: IX, Nov.-2012, p.p-145-146.

❖ “A study of Aerobic of Anaerobic Capacities of Students studying in different Classes of N. N. P. G. College, Nawabganj Gonda District of Uttar Pradesh State in India” published in International Research Journal of Sports Glimpses, Hamirpur (H.P), Vol: II, Issue: I, May-2013, p.p-100-103.

❖ “Comparison of selected Cardio-respiratory function between Intercollegiate and Interuniversity Players” published in International Journal Engineering Research and Sports Science-Online, Acharya Nagarjun University Guntur (A.P), Vol: II, Issue: I, Jan.-2015, p.p-11-12.

[http://www.ijerss.com/current\\_issues.php?key=Vm05c2RXMWxJRWxKSUMwZ1N](http://www.ijerss.com/current_issues.php?key=Vm05c2RXMWxJRWxKSUMwZ1NYTnpkV1VnU1N3Z1NtRnVkV0Z5ZVNBeU1ERTFMZz09)

[YTnpkV1VnU1N3Z1NtRnVkV0Z5ZVNBeU1ERTFMZz09](http://www.ijerss.com/current_issues.php?key=Vm05c2RXMWxJRWxKSUMwZ1NYTnpkV1VnU1N3Z1NtRnVkV0Z5ZVNBeU1ERTFMZz09)

❖ “A Comparative study of Physiological Parameters of Sports Person and Non-sportsperson studying in Senior Secondary Schools of Uttar Pradesh State in India” published in International Journal of Behavioral Social and Movement Sciences-Online, J&K, Vol: IV, Issue: I, Jan.-2015, p.p-01-06.

<http://ijobsms.in/current7a.html>





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- ❖ “Effect of Yogasana on selected Physical Fitness Variables” published in International Journal of Physical Education, Health and Sports Sciences, New Delhi, Vol: V, Issue: I, March-2016, p.p-11-14.
- ❖ “Body Composition and Physical Fitness of Girl Students of Physical Education” published in International Journal Engineering Research and Sports Science-Online, Acharya Nagarjun University Guntur (A.P), Vol: III, Issue: IV, April.-2016, p.p-60-62.  
[http://www.ijerss.com/current\\_issues.php?key=Vm05c2RXMWxJRWxKU1NBdEIFbHpjM1ZsSUVsV0xDQkJsEpwYkNBu1ERTJMZz09](http://www.ijerss.com/current_issues.php?key=Vm05c2RXMWxJRWxKU1NBdEIFbHpjM1ZsSUVsV0xDQkJsEpwYkNBu1ERTJMZz09)
- ❖ “A Comparative study of Socio-economic Status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State” published in International Recognition Interdisciplinary Research Journal-Online, Solapur (M.S), Vol: V, Issue: VIII, Aug.-2016, p.p-01-07.  
<http://oldpesrj.lbp.world/ArchiveArticles.aspx?id=56>
- ❖ “A Comparative study of Socio Economic and Health Status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State” published in International Research Journal of Granthalaya-Online, Indore, (M.P), Vol: V, Issue: VIII: SE, Aug.-2017, p.p-01-07.  
<http://granthaalayah.com/Publication-Volume-5-Issue-8-August-.html>
- ❖ “A Comparative Study of Anxiety Level of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India” published in International Journal of Sports and Physical Education (IJSPE)-Online, WY-USA, Vol: *IV*, Issue: *I*, 2018, p.p-04-06.



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<http://dx.doi.org/10.20431/2454-6380.0401002>

- ❖ “Relationship of Socio-Economic Status (SES) with Depression of Senior Citizens of Himachal Pradesh and Uttar Pradesh State” published on International Peer Reviewed and Indexing Research Journal: International Research Journal of Physical Education and Sports Sciences, Vol: IV, Issue: II, Feb-2018.
- ❖ “Comparative Study of Socio-Economic Status of Elderly Male and Female of Himachal Pradesh and Uttar Pradesh State” published in Peer Reviewed International Research Journal of Research Link, Indore (M.P), Vol - XVII (7), September- 2018, p.p-39-40.
- ❖ “Relationship of Socio-Economic Status (SES) with Depression of Senior Citizens Living in Himachal Pradesh and Uttar Pradesh State of India” published in International Journal of Sports and Physical Education (IJSPE)-Online, WY-USA, Vol: *V*, Issue: *I*, 2019, p.p-01-04.  
<https://www.arcjournals.org/pdfs/ijspe/v5-i1/5.pdf>
- ❖ “A Comparative Study of Area wise Socio-Economic Status and Emotional Fitness of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India” published in Peer Reviewed Indexed & Open Access, Elixir International Research Journal-Psychology, POLAND,132-(2019), p.p. 53357-53359.  
[https://www.elixirpublishers.com/articles/1563435424\\_ELIXIR2019056501A.pdf](https://www.elixirpublishers.com/articles/1563435424_ELIXIR2019056501A.pdf)



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- ❖ “Comparative Study of Academic Achievement of Higher Secondary Student's of Uttar Pradesh State in India” published in Journal of Management and Science (Open Access Journal)-Tamil Nadu-INDIA, 10(1) (2020) 27-31, DOI: 10.26524/jms.2020.4  
<http://jms.eleyon.org/index.php/jms/article/view/383/369>
- ❖ “Comparative Study of Emotional Intelligence and Intelligence Quotient between Boys and Girls of Secondary Schools” published in International Peer Reviewed Research Journal of IRJPRESS, Vol: VI, Issue: II, Feb-2020, p.p.1-6.
- ❖ “Comparison of Aerobic and Anaerobic capacity among the junior's Football and Hockey Players” published in International Journal of Physiology, Nutrition and Physical Education, Peer Reviewed, Vol: VII, Issue: I, 2022, p.p.420-422.JIF: 5.48.
- ❖ Attitude towards physical education and sports of higher secondary school students of Maharashtra state” published in International Journal of Physical Education, Sports and Health, Peer Reviewed, Vol: IX, Issue: I, 2022, p.p-407-411, JIF: 5.38.

**PAPER PRESENTATIONS IN CONFERENCES AND SEMINARS**

**National Seminar & Conferences:**

<b>Topic Presented</b>	<b>Level</b>	<b>Place</b>	<b>Year</b>
Management of People is the Heart of the....	<b>National Conference</b> on “Management in Physical Education and Sports”	H.V.P.M. Amravati (M-S)	05- 06.Oct.2007



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Shoulder Dislocation Injuries in various Games	<b>National seminar</b> on “Management of Sports Injuries”	H.V.S.K.M. Yavatmal (M-S)	02-03rd.Feb. 2008
Role of Media in Sports	<b>National seminar</b> on “Role of Media in Enhancing Performance in Sports & Games”	N. S. S. M. Nagpur (M-S)	28. Sep.2008
Status of Higher Education in Our Country	<b>National seminar</b> on “Role of IQAC in the Improvement of Academic and Administrative Performance in Institution”	Shri Shivaji College of Physical Education Amravati (M-S)	30-31 <sup>st</sup> Jan. 2009
Benefit of Pranayama on Our Life	<b>National Conference</b> on “Role of Yoga Therapy and Allied Therapies in Prevention, Cure and Rehabilitation of Psycho-Somatic Disorders”	HVPM, D.C.P.E. Amravati. (M-S)	07-08 <sup>th</sup> Feb. 2009
Need for Rules Changes in Indian Sports Scenario	<b>National Seminar</b> on “A Study of Improvements in Rules and Regulations of Certain Games”	Bharti College Amravati (M-S)	18 <sup>th</sup> Jan. 2010
Motivational Techniques of Coaches and Athletes	<b>National Seminar</b> on “Scientific Innovations in Sports”	(A.M.U)-Aligarh (U-P)	13-14th.Feb. 2010
Role of Colleges	<b>National Seminar</b> on	M.M.P.G.College	05 <sup>th</sup> March



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in Education of Our Country	“Need and Future of Games and Sports in Rural Environment of India”	Kalakaker Pratapgarh (U-P)	2011
A Study of Educational.....	<b>National Seminar</b> on “Physical Education as an Allied Science”	N.N.P.G.College Nawabganj Gonda (U-P)	04-05 <sup>th</sup> Dec. 2011
Psychological factors affecting Sports Performance	<b>National Conference</b> on “Contribution of Physical Education to Public Health Fitness Sports Promotion”	PEFI, New Delhi	29 <sup>th</sup> Aug. 2013
High Altitude Effects on Sports Performance of Athletes	<b>National Seminar</b> on “Health & Fitness”	Aryavart Group on Educational Institution, Lucknow (U-P)	11-12 <sup>th</sup> Jan. 2015
Why Does Indian Athletes Poorly Performed in Olympics	<b>National Seminar</b> on “Physical Education & Sports Science: Prescription for Healthy Life Style”	PEFI, New Delhi	16-17 <sup>th</sup> Dec. 2016
How to Choose a Good Scientific Problem in Research	<b>National Seminar</b> on “Emerging Trends, Issues & Challenges in Physical Education and Sports”	S.J.N .P.G College, Lucknow (U-P)	30 <sup>th</sup> Aug. 2017
Study of Socio-Economic Status of Senior Citizens of H.P. & U.P State	<b>National Seminar</b> on “Value based Innovative Research Methods in Physical Education”	D.A.V.P.G. College, Lucknow (U-P)	18 <sup>th</sup> Jan. 2018
The Problems of	<b>National Seminar</b> on	Dr. M.W.P.W.S.	24 <sup>th</sup> Feb.



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Old age in our Country	“Importance of Stretching Exercises for Enhancement of Sports Persons Performance”	Kamptee, Nagpur (M-S)	2018
Enhancing Athletic Performance with Ayurveda	<b>National Conference</b> on Yoga, Physical Education & Sports	BHU, Varanasi (U.P)	09 <sup>th</sup> April 2018
Traditional Games of India	<b>National Conference</b> on “Self-employability skills Development in Physical Education”	SGB, Amravati University, Amt. (M.S)	13 <sup>th</sup> -14 <sup>th</sup> Dec.2018
Common Health Problems of Indian Senior Citizens	<b>National Conference</b> on “Self-employability skills Development in Physical Education”	SGB, Amravati University, Amt. (M.S)	13 <sup>th</sup> 14 <sup>th</sup> Dec.2018

**Paper Presentation in International Seminars & Conferences:**

<b>Topic Presented</b>	<b>Level</b>	<b>Place</b>	<b>Year</b>
Research Cycle and Research Process	<b>International Conference</b> on “Current Trends in Education, Physical Education and Sports”	S.S.C.P.E. Amravati (M-S)	12-13 <sup>th</sup> March.2011
Role of Muslim Women's in Sports	<b>International Conference</b> on “Women Empowerment”	Ramkrushna College Darapur (M-S)	25-26 <sup>th</sup> Nov. 2011
Role of Sports Nutrition's: Enhance	<b>World Conference</b> on “Health and Fitness of	Abasaheb Pervekar College	11 <sup>th</sup> Feb. 2012



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the Sports...	Students"	Yavatmal (M-S)	
Sports Performance of Athletes through Yoga	<b>International Conference</b> on "Futuristic Trends in Physical Education"	Punjabi University Patiala (P-B)	24 <sup>th</sup> - 26 <sup>th</sup> Jan 2013
Personality Development in Children who Play Sports	<b>International Global Conference</b> on "Physical Education, Health & Sports Sciences"	GNDU University Amritsar (P-B)	24 <sup>th</sup> - 26 <sup>th</sup> Jan. 2014
Yoga for the Elderly-Seniors' way to be Fit	<b>International Interdisciplinary Conference</b> on "Role of Recreational Activities and Music for the Wellbeing of Society"	SGB, Amravati University, Amravati (M-S)	09 <sup>th</sup> -10 <sup>th</sup> March 2015
The Study of .....	<b>International Conference</b> on "Recent Technological Advancement & Entrepreneurship in Sports"	BHU, Varanasi (U-P)	12 <sup>th</sup> 13 <sup>th</sup> March 2016
Role of Statistical Package of Social Science (S.P.S.S) in Research	<b>International Seminar</b> on "Various Aspects of Physical Education, Yogic & Allied Sciences"	MGKV, Varanasi (U-P)	27 <sup>th</sup> - 28 <sup>th</sup> Sep. 2016
A Comparative study of Socio-economic and Health Status....	<b>International Conference</b> on "Future Perspective of Physical Education, Sports & Yogic Sciences"	SGB, Amravati University, Amt. (M.S)	15 <sup>th</sup> -16 <sup>th</sup> Dec. 2017
Technology in Sport: Benefits of	<b>International Conference</b> on "Recent Trends in Science and	SSSKR, College, Karnaja, Washim	22 <sup>nd</sup> - 23 <sup>rd</sup>



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Advanced Sporting Technologies	Technology”	(M.S)	March 2018
Comparative Study of Socio-economic & Health Status of Elderly Peoples Living in Himachal and Uttar Pradesh State	<b>International Seminar</b> on “Utility of Physical Education, Fitness, Wellness and Health in Present Scenario”	Lucknow University, (U.P)	18 <sup>th</sup> -20 <sup>th</sup> Oct. 2019
Stay active at Home during Lockdown with Yoga	<b>International Webinar</b> on “Innovation, Education and Sports with COVID-19”	S. M. College, Chandausi, (U.P)	17 <sup>th</sup> May 2020

### **Seminars & Conferences Attended-National/International Level**

- ❖ Attended the **National Conference** on “Association of Physical Education and Sports” (NAPESCON) at H.V.P.M, Amravati (M-S) on dated Feb 08-09-10-2008.
- ❖ Attended the **UGC National Conference** on “Scientific Temperaments in Physical Education and Sports” at Shaheed Kanshi Ram College of Physical Education, Mohali (P-B) on dated 15th Nov. 2008.
- ❖ Attended the **UGC National Seminar** on “Role of IQAC in the Improvement of Academic and Administrative Performance in the Institution” at Shri Shivaji College of Physical Education Amravati (M-S) on Jan 30 to 31-2009.
- ❖ Attended the **UGC National Conference** on “New Challenges in Indian Physical Education and Sports” on 15<sup>th</sup> Jan 2010.

### **WORKSHOP ATTENDED**





**Dr. Ashwani Kumar**  
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- ❖ Attended the **One day Workshop** on Curriculum Development of Physical Education for Training Colleges, 20<sup>th</sup> Nov. 2008 at Dr.B.N.C.P.E.Yavatmal (M.S).
- ❖ Attended the **Two day National Workshop** on Adventure Sports, Yoga & Physical Education, Paper entitled “Effects of Exercise on Pregnancy” 21<sup>st</sup> -22<sup>nd</sup> Nov. 2015 at B.H.U., Varanasi (U-P).
- ❖ Attended the **Seven Day National Workshop** on Basic Research Methodology & Statistical Analysis, 05<sup>th</sup> Jan. to 11<sup>th</sup> Jan. 2016 at B.H.U., Varanasi (U-P).
- ❖ Attended the **One National Workshop** on Respect for Women's and Children's, 26<sup>th</sup> Feb. 2016, Youth and Sports Welfare Department, at MGKV, Varanasi (U.P).
- ❖ Attended the **Seven Day National Workshop** on Research Methods and Statistical Measures in Behavioral Sciences, 08<sup>th</sup> Feb. to 14<sup>th</sup> Jan. 2017 at B.H.U., Varanasi (U-P).

### **RESEARCH PROJECTS**

Total Numbers of Dissertations Completed in Master Degree: 30

### **TEACHING AND COACHING EXPERIENCE**

- ❖ Worked as Lecturer in P.G. Department of Physical Education and Sports Sciences in Dr. B. N. C. P. E. Yavatmal (M-S) from July 2008 to July 2009.
- ❖ Worked as Assistant Professor in Nandini Nagar Post Graduate College, Department of Physical Education and Sports Science Nawabganj Gonda (U.P) from, July 2009 to July 2016.
- ❖ Worked as Head, Department of Physical Education and Sports Science in Nandini Nagar Post Graduate College, Nawabganj Gonda (U.P) from, July 2016 to 30<sup>th</sup> October-2021.



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**Assistant Professor and Head,**  
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**St. Bede's College, Shimla (H.P)**

- ❖ Worked as Principal, Enlightened College of Physical Education, Jhunir, Mansa, (P.B) from, 01<sup>st</sup> November 2021 to 16<sup>th</sup> May 2022.
- ❖ Working as a Assistant Professor in Department of Physical Education, St. Bede's College, Shimla, (H.P) from 18<sup>th</sup> May 2022 to till now.

**TEACHING SPECIALIZATION**

- ❖ Research & Statistics, Sports Psychology, Bio-mechanics, Computer Application, Anatomy & Physiology, Yoga Education & Sports Training etc.

**CONTRIBUTION TO ESTEEMED PROFESSIONAL SOCIETIES IN INDIA & ABROAD**

- ❖ Secretary PEPA (Physical Education Personnel Association)-INDIA.
- ❖ Secretary, Himachal Pradesh State Chapter-P.E.F.I.-INDIA
- ❖ State Coordinator of Himachal Pradesh State (PIP) Play India Play.
- ❖ Member of International Society of Eastern Sports & P.E., Pan Asian Society of Sports & P.E. South Korea (<http://www.isdy.net/html/profile>).
- ❖ Member of (Personnel Management & Yoga Education Resources)-INDIA.
- ❖ Member of Sports Physiotherapy-INDIA.
- ❖ Registered Member of (P.E.F.I.) Physical Education Foundation of India New Delhi.
- ❖ Registered Member of (PIP) Play India Play Indore (M-P)-INDIA.
- ❖ Registered Member of International Federation of Physical Education, Fitness and Sports Science.
- ❖ Registered Member of Indian Federation of Computer Science in Sports.