

**Bio – Data**  
**Dr. Rajeev Choudhary**  
**Professor and Head**  
**School of Studies in Physical Education**  
**Dean**  
**Faculty of Physical Education**  
**Pt. Ravishankar Shukla University**  
**(A State University of C. G. Government)**  
**Raipur, (C. G.), INDIA**

**Former Lecturer, LNIPE, Ministry of Youth Affairs & Sports, Govt. of India**  
**Former Principal, SSPCPE, Sardar Patel University, Gujarat**  
**Former Assistant Professor, BHU, Varanasi, UP**  
**Former Associate NCC Officer (Lieutenant & Tp. Commander), 3 UP AMD SQN, BHU**

**M. P. E., M. Phil., Ph. D., P. G. D. Y. M., P. G. D. Y. N.,**  
**Black Belt Diploma in Judo (JFI),**  
**CIS (NIS), NET & SRF Recipient (UGC),**  
**JRF Recipient (Ministry of HRD),**  
**AIU Medalist,**  
**Accolade of Excellence (OIUCM, Sri Lanka),**  
**Awarded “Professor of the Year-2014-15”, Pt. R. S. University, Raipur, C. G**

## VITAE

**NAME** : **Dr. RAJEEV CHOUDHARY**  
**FATHER'S NAME** : **SHRI RAM SINGH**  
**DATE OF BIRTH** : 27<sup>th</sup> February, 1972  
**DESIGNATION** : Professor, Head & Dean  
**ADDRESS** : SoS in Physical Education,  
 Pt. Ravishankar Shukla University,  
 Raipur, (C.G.) - 492010  
**Band Pay** :49660 (In Pay Band of 37400 – 67000)  
**AGP** :10000  
**Mobile** :+91-9691460272 & +91-9616557777  
**E-MAIL** :choudharyrajee@gmail.com



### EDUCATIONAL/ PROFESSIONAL QUALIFICATIONS

S. No.	EXAM/ DEGREE/ COURSE	UNIVERSITY/ INSTITUTE	YEAR	MARKS OBTAINED/ AGGREGATE	%	DIVISION/ GRADE/	REMARK
1.	B.P.E (Graduation)	Jiwaji University, Gwalior	1993	1804/3000	60	First	With merit scholarship
2.	M.P.E (Post Graduation)	Jiwaji University, Gwalior	1995	739/1150	64	First	With merit scholarship
3.	N.I.S.C.I.S.(Coaching Course)	NIS, Patiala	1994	-----	> 70	A Grade	-----
4.	Black Belt Diploma (I Dan)	Judo Federation of India.	1996	-----	-----	-----	-----
5.	Black Belt Diploma (II Dan)	Judo Federation of India.	2009	-----	-----	-----	-----
6.	P.G.D.Y.M. (PG Diploma in Yoga & Meditation)	Dr. H. S. G. U., Sagar	2006	379/600	63	First	-----
7.	P.G.D.Y.N. (PG Diploma in Yoga & Naturopathy)	Dr. H. S. G. U., Sagar	2014	3415/600	69.17	First	-----

### RESEARCH DEGREES

DEGREE	UNIVERSITY/ INSTITUTE	Date/Year of Award	MARKS OBTAINED/ AGGREGATE	%	Research Title
<b>M. Phil.</b> (Master of Philosophy in Physical Education)	L.N.I.P.E, Gwalior	1996	465/750	62	<b>Physiological Profiles of Inter College Level Judo Players</b>

DEGREE	UNIVERSITY/ INSTITUTE	Date/Year of Award	Research Title
<b>Ph.D.</b> (Doctor of Philosophy in Physical Education)	L.N.I.P.E, Gwalior	15/11/2000	<b>Psychological and Physiological Profiles of Indian Judokas as Functions of Age and Weight Categories</b>

### NET (National Educational Testing) & JRF (Junior Research Fellowship) Examination

Examination Conducting Agency	Date of Issue of Certificate	Reference
UGC (University Grants Commission)	31 OCT 1997	UGC-REF. NO.384/JRF (DEC.,96)

**Medal : All India Inter-Varsity Medalist in Judo**

### AWARDS

1. Awarded "Professor of the Year, 2014-15", Pt. Ravishankar Shukla University, Raipur
2. Awarded "Accolade of Excellence" from OIUCM, Colombo, Sri Lanka, 2009.
3. Awarded as "Best NCC Officer (ANO)" NCC Group HQ, Varanasi-A (Ministry of Defense, Government of India), 2011.
4. Awarded "Best in Computer Proficiency" by NCC Officer's Training Academy, Kamptee (Ministry of Defense, Government of India), 2011.
5. Awarded "Head Boy of Vidyalaya" KVR, 1988-89.
6. Awarded 1<sup>st</sup> Prize in Paper Presentation, International Conference on Tantra Sharir, Faculty of Ayurveda, IMS, BHU, 27 & 28 September, 2015.

### **SPECIALIZATIONS (Stage wise)**

- |                   |                        |                       |                       |
|-------------------|------------------------|-----------------------|-----------------------|
| 1. B. P. E.       | : Judo and Cricket     | 5. C.I.S. (N. I. S.)  | : Kabaddi             |
| 2. M. P. E.       | : Judo                 | 6. P. G. D. Y. M.     | : Yoga and Meditation |
| 3. M. Phil.       | : Exercise Physiology  | 7. Black Belt Diploma | : Judo                |
| 4. P. G. D. Y. M. | : Yoga and Naturopathy |                       |                       |

### **Research Projects Completed:**

1. Effect of Sahaja Yoga Meditation on the Life Style of University Students, Sponsored by UGC (As Principal Investigator).
2. A Survey study of Physical Education Infrastructure at Elementary Schools in India, Sponsored by UGC (As Co-Investigator).

### **Research Projects Ongoing:**

1. Prevalence and awareness of chronic disease among women of different profession in relation to life style and activity level, sponsored by Chhattisgarh council of Science & Technology (As a Co-Investigator).

## **TRAINING AND COURSES COMPLETED**

### **LABORATORY ORIENTATION SESSION COMPLETED**

S. No.	Name of Course	Duration	Venue	Organization
1.	Sports Science Laboratory Orientation Session	11-3-97 to 13-3-97	Amravati	HVPM

### **EXECUTIVE/ADMINISTRATIVE TRAININGS/COURSES COMPLETED**

S. No.	Name of Course	Duration	Venue	Organization
1.	Executive Training in Value Added Education and Academic Values	November 21 <sup>st</sup> to 26 <sup>th</sup> , 2006	Mount Abu, Rajasthan	BKES, Gyan Sarovar,
2.	Training Programme for the head of the institutions	10-11 March ,2007	Ahmadabad	IIMA

### **SUMMER/ WINTER SCHOOL COMPLETED**

S. No.	Name of Course	Duration	Name of Institute	Grade
1.	Summer school of computing	7-4-08 to 19-04-08	Banaras Hindu University	A Grade

### **ORIENTATION COURSES COMPLETED**

S. No.	Name of Course	Duration	Name of Institute	Grade
1.	Orientation Course	2-1-01 to 29-1-01	UGC,ASC, LNIPE, Gwalior	No provision of Grading
2.	Orientation Course	01-09-11 to 28-09-11	UGC,ASC, BHU, Varanasi	<b>A</b> <b>(Above 75%)</b>

### **REFRESHER COURSES COMPLETED**

S. No.	Name of Course	Duration	Name of Institute	Grade
1.	Refresher Course	17-12-01 to 6-1-02	UGC,ASC, LNIPE, Gwalior	No provision of Grading
2.	Refresher Course	10-3-04 to 30-3-04	UGC,ASC, LNIPE, Gwalior	<b>A</b> <b>(Above 75%)</b>
3.	Refresher Course	25-1-05 to 14-2-05	UGC,ASC, LNIPE, Gwalior	<b>A</b> <b>(Above 75%)</b>
4.	Refresher Course	01-10-10 to 21-10-10	UGC, ASC, Dr. BAU, Auranagabad	<b>A</b> <b>(Above 75%)</b>

**MOUNTAINEERING/ ADVENTURE/ LEADERSHIP COURSES COMPLETED**

S. No.	Name of Course	Duration	Venue	Organization	Grade	Remark
1	Condensed Rock Climbing Course	21-11-13 to 2-12-13	Rewari	H.S.E. Mountaineering & Allied Sports Institute	“B” (60-74 %)	An Energetic Climber
2	Adventure and Leadership Course held at height of 7000 ft. in Indian Himalayas	10-09-13 to 16-09-13	Manali	National School of Adventure	“A+”	N/A

**Workshop on Research Methodology**

S. No.	Name of Course	Duration	Venue	Organization
1	National Workshop on “Research Methods, Applied Statistics and use of SPSS”	1/9/08 to 7/9/08	Gwalior	LNPIE
2	National Workshop on “Research Methodology with SPSS”	04/02/15 to 10/02/2015	Gwalior	LNPIE
3	National Workshop on “Research Methodology and Applied Statistics”	25/05/15 to 31/05/2015	Gwalior	IPS

**Short Term Courses**

S. No.	Name of Course	Duration	Venue	Organization
1	UGC Sponsored Short Term Course on “Developing Communication Skills”	5/10/15 to 11/10/15	Raipur	UGC, HRDC, Pt. RSU

## EXPERIENCE OF EDUCATIONAL ADMINISTRATION AND TEACHING

### EXPERIENCE OF EDUCATIONAL ADMINISTRATION

S. No.	Duties performed	Duration	Working place
1.	Hostel Rector	07/09/96 to 18/05/97	P.E.S College of Physical Education, Aurangabad
2.	Control of Examinations	10/02/00 to 15/04/02	SGHS, Khalsa College, Panjokhra Sahib, Ambala
3.	In-Charge, Intramurals	17.8.99 to 15/04/02	SGHS, Khalsa College, Panjokhra Sahib, Ambala
4.	In-Charge, Extramurals	17.8.99 to 15.04.02	SGHS, Khalsa College, Panjokhra Sahib, Ambala
5.	Mess Warden	02/05/02 to 30/06/02	L.N.I.P.E., Gwalior
6.	Hostel Warden	01/07/02 to 30/04/03 01/07/04 to 30/04/05	L.N.I.P.E., Gwalior
7.	Asst. Mess Warden	10/07/03 to 06/09/05	L.N.I.P.E., Gwalior
8.	Dy. Director (Intramurals)	01/07/03 to 30/04/04	L.N.I.P.E., Gwalior
9.	Hostel Warden	01/05/08 to 15/11/12 <b>1. Hostel was awarded merit of excellence, 2009-10</b> <b>2. Hostel was awarded Hostel Excellence Award, 2011-12</b>	BHU, Varanasi
3.	Care Taker, NCC	01/07/08 to 30/06/10 <b>(With CO's remark 'OUTSTANDING PERFORMANCE')</b>	3 U.P. ARMD SQN, NCC, BHU, Varanasi
4.	Associate NCC Officer <b>(Rank: Lieutenant)</b> <b>Commission No.: 14110374</b>	05/06/10 to 20/11/12 <b>(With CO's remark 'OUTSTANDING PERFORMANCE', also received Best NCC Officer Award)</b>	<b>As a Tp. Commander</b> 3 U.P. ARMD SQN, NCC, BHU, Varanasi
5.	I/C Head	November, 2015 to December, 2015	SOS in Physical Education, Pt. RSU

**TEACHING/WORKING EXPERIENCE**

S. No.	Post	Institute	From	To	Remarks
1	<b>Graduate Teaching Assistant</b> (Under Sports Authority of India, GTA scheme)	LNIFE, Gwalior	Academic year <b>1993-94</b> & <b>94-95</b>		
2	<b>Teaching Assistant</b> (Under Ministry of HRD, JRF scheme)	LNIFE, Gwalior	Academic year <b>1995-96</b>		With a remark of Vice Chancellor and Registrar <b>“Sincere and diligent worker having excellent teaching caliber.”</b>
3	<b>Lecturer (Full Time)</b>	PES College of Physical Education.	<b>7.9.96</b>	<b>18.5.97</b>	With a remark of Principal <b>“Efficient supervisor and discharged the duties quite effectively”</b>
4	<b>Teaching Assistant</b> (Under UGC, JRF scheme)	LNIFE, Gwalior.	Academic year <b>1997-98</b> & <b>98-99</b>		With a remark of Vice Chancellor and Registrar <b>“Sincere and diligent worker having excellent teaching caliber.”</b>
5	<b>Lecturer (Regular Basis)</b> (Approved by Kurukshetra University, Notification No. CBA-146B/2000/7598 dated 27/09/2000) <b>Scale of 2200-75-4000</b>	SGHSK College, Ambala.	<b>17.8.99</b>	<b>15.4.02</b>	With a remark of Vice President <b>“Sincere, dedicated and helpful teacher. Possesses excellent teaching ability, presentation skills, research aptitude and coaching ability.”</b> With a remark of Principal <b>“Efficient supervisor. Sincere and diligent worker having excellent teaching caliber.”</b>
6	<b>Lecturer (Regular Basis)</b> (Approved by BOM, LNIFE, Ministry of Youth Affairs and Sports, Govt. of INDIA, dated 08/04/02) <b>Scale of 8000-275-13500</b>	LNIFE, Gwalior.	<b>16.4.02</b>	<b>6.9.05</b>	With a remark of Vice Chancellor <b>“Sincere and dedicated teacher.”</b>
7	<b>Principal (Regular Basis)</b> (Approved by Syndicate of Sardar Patel University, Notification No.D/B/10390 Dated 25/01/2006) <b>Scale of 12000-420-18300</b>	SSPCPE, V. V. Nagar.	<b>07.2.06</b>	<b>16.11.07</b>	With a remark of Registrar <b>“Sincere, hardworking and punctual. Actively take part in deliberations. Have courage to speak truth.”</b>
8	<b>Assistant Professor Stage-1 (Regular Basis)</b> <b>Pay Band 15600-39100</b> <b>AGP 6000</b>	BHU, Varanasi	<b>17.11.07</b>	<b>16/11/11</b>	With a remark of Head <b>“Sincere, hardworking, punctual and dedicated teacher with excellent presentation skills”</b>
9	<b>Assistant Professor Stage-2 (Regular Basis)</b> <b>Pay Band 15600-39100</b> <b>AGP 7000</b>	BHU, Varanasi	<b>17/11/11</b>	<b>20/11/12</b>	
10	<b>Professor (Regular Basis)</b> <b>Pay Band 37400-67000</b> <b>AGP 10000</b>	Pt.RSU, Raipur	<b>21/11/12</b>	<b>Till date</b>	

### **Recognition of Post Graduate Teaching**

1. Recognized as Post Graduate Teacher for **Ph.D.** in Physical Education by Sardar Patel University (Notification No. D. E./10/8779 dated 7/3/07)
2. Recognized as Post Graduate Teacher for **M. P. Ed. and Ph.D.** in Physical Education by Banaras Hindu University, Varanasi
3. Recognized as Post Graduate Teacher for **M. P. E.** by LNUPE (Ministry of Youth affairs and Sports, Govt. of India)
4. Recognized as Post Graduate Teacher for **Ph.D.** by Bhartiya University.
5. Recognized as Post Graduate Teacher for **Ph.D.** by SunRise University.
6. Recognized as Post Graduate Teacher for **Ph.D.** by Mahatma Gandhi Chitrakoot *Gramoday University*, Chitrakoot.
7. Recognized as Post Graduate Teacher for **M. P. Ed. M. Phil. and Ph.D.** in Physical Education by Pt. Ravishankar Shukla University, Raipur.

### **TOTAL TEACHING EXPERIENCE**

- a) **Under-graduate:** More than 18 years (As G.T.A., Lecturer/Assistant Professor, Principal and Professor)
- b) **Post-graduate** : More than 13 years (Including M. Phil. and Ph.D.)

### **Member of Selection Committee for Appointments**

1. Appointed as a Vice-Chancellor's nominee on the selection committee for the post of Principal in Shri V.J. Patel College of Physical Education, Mogri (12/05/06).
2. Appointed as a Member of selection committee for the post of TGT by Service Selection Board, Government of Uttar Pradesh (2011).
3. Appointed as a Vice-Chancellor's nominee on the selection committee for the post of Associate Professor in Guru Ghasi Das University, Bilaspur (01/04/2013).
4. Appointed as a Member of Scrutiny Committee for the post of Director in Physical Education Baster University, Jagadapur (28/02/14).
5. Appointed as a Subject Expert on the selection committee for the post of Professor and Assistant Professor in MATS University, Raipur (02/04/2014).
6. Appointed as a Subject Expert on the selection committee for the post of Sports Officer in Maharaja Agrasen College, Raipur (08/07/2014)
7. Appointed as a Vice-Chancellor's nominee on the selection committee for the post of Technical Assistant, in LNIPE, Ministry of Skill Development, Entrepreneurship, Youth Affairs and Sports, Government of India (28/01/2015)
8. Appointed as a Subject Expert on the selection committee for the post of Yoga Instructor, in LNIPE, Ministry of Skill Development, Entrepreneurship, Youth Affairs and Sports, Government of India (06/02/2015)
9. Appointed as a Expert on the selection committee for the post of Principal, in RITEE, Pt. RSU (06/04/2015)
10. Appointed as a Expert on the selection committee for the post of Assistant Professor, Professor/Dean in ITM University, Gwalior (11/06/2015)

**SUBJECTS/ACTIVITIES TAUGHT**

Courses Taught	Subjects/Activities	Name of University/ College/Institution	Duration/ Academic Year
i) U.G. (B.A./B.P.E. / B. P. E d.)	1. Judo (B.P.E.)	L.N.I.P.E	1993-94, 95-96 , 02-03, 03-04, 04-05
	2. Wrestling(B.P.E.)	L.N.I.P.E	1995-96, 97-98, 98-99, 03-04 , 04-05
	3. Weight Lifting(B.P.E.)	L.N.I.P.E	1994-95 ,95-96 ,97-98, 98-99
	4. Kabaddi(B.P.E.)	L.N.I.P.E	1995-96 , 97-98, 98-99
	5. Health and Physical Education (10+1)	S.G.H.S.K. College	17/08/99- 15/04/02
	6. Health and Physical Education (10+2)	S.G.H.S.K. College	17/08/99- 15/04/02
	7. Health and Physical Education (B.A. I)	S.G.H.S.K. College	17/08/99- 15/04/02
	8. Health and Physical Education (B.A. II)	S.G.H.S.K. College	17/08/99- 15/04/02
	9. Health and Physical Education (B.A. III)	S.G.H.S.K. College	17/08/99- 15/04/02
	10. Physiology(B.P.E.-II)	L.N.I.P.E.	2002-03
	11. Test and Measurement (B.P.E.-III)	L.N.I.P.E.	2003-04, 04-05
	12. Foundations of Physical Education (B.P.E.-III)	L.N.I.P.E.	2004-05
	13. Conditioning (B.P.E.-I)	L.N.I.P.E.	2002-03
	14. Conditioning (B.P.E.-II)	L.N.I.P.E.	2004-05
	15. Judo Specialization (B.P.E.-III)	L.N.I.P.E.	2002-03, 03-04, 04-05
	16. Judo Match Practice (B.P.E.)	L.N.I.P.E.	2002-03, 03-04, 04-05
	17. Officiating and Coaching (B.P.Ed.)	S.S.P.C.P.E.	2006-07
	18. Organization Administration and Supervision of Physical Education (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08
	19. Conditioning (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08
	20. Marching (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08
	21. Yogasanas and Suryanamaskar (B.P.Ed.)	S.S.P.C.P.E.	2006-07
	22. Kabaddi (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08
	23. Principles of Officiating and Coaching (B. P. Ed.)	BHU	2008-09, 09-10, 10-11, 11-12, 12-13
	24. Organization, Methods and Supervision of Physical Education (B. P. Ed.)	BHU	2007-08
	25. Principles of Coaching (B.P.E.)	BHU	2007-08 , 08-09
	26. Kabaddi (B.P.Ed.)	BHU	2007-08, 08-09, 09-10, 10-11, 11-12, 12-13
	27. Kabaddi (B.P.E.)	BHU	2007-08, 08-09
	28. Yoga (B.P.E.)	BHU	2008-09
	29. Yoga (B.P.Ed.)	BHU	2008-09, 09-10
	30. Soft Skill-Yoga (B.A., Hons.-3 <sup>rd</sup> Semester)	BHU	20011-12, 12-13
	31. Kabaddi (B.P.Ed.)	Pt. R. S. University	2012-13
	32. Conditioning (B.P.Ed.)	Pt. R. S. University	2012-13
	33. Teaching Practice (B.P.Ed.)	Pt. R. S. University	2012-13
	34. Match practice (B.P.Ed.)	Pt. R. S. University	2012-13
	35. Officiating and Coaching (B.P.Ed.)	Pt. R. S. University	2012-13
ii) P.G. (M.P.E./ M. P. Ed.)	36. Research Methods (M.P.E.)	L.N.I.P.E	2002-03 (SC)
	37. Judo Match Practice (M.P.E.)	L.N.I.P.E	2002-03, 03-04, 04-05
	38. Conditioning M.P.E.)	L.N.I.P.E	2003-04
	39. Thesis Supervision (M.P.E. Final)	L.N.I.P.E	2002-03, 03-04, 04-05
	40. Project Supervision (M.P.E. Previous)	L.N.I.P.E	2004-05
	41. Project Supervision (M.P.E. SC)	L.N.I.P.E	2002-03
	42. Thesis Supervision (M.P.E. SC)	L.N.I.P.E	2004-05
	43. Science of Coaching (M.P.Ed.)	P.E.S. College	07/09/1996-18/05/1997
	44. Research Methods (M.P.Ed.)	BHU	2008-09, 09-10, 10-11, 11-12, 12-13
	45. Applied Statistics (M.P.Ed.)	BHU	2008-09, 09-10, 10-11, 11-12
	46. Kabaddi (M.P.Ed.)	BHU	2008-09, 09-10, 10-11, 11-12, 12-13
	47. Yoga (M.P.Ed.)	BHU	2008-09, 09-10, 10-11, 11-12, 12-13
	48. Thesis Supervision (M.P.Ed.)	BHU	2008-09 onwards
	49. Applied Statistics (M. A. in J & M. C.)	BHU	2011-12
	50. Statistics and Computer (M.P.Ed.)	Pt. R. S. University	2012-13, 13-14, 14-15
	51. Research Process (M.P.Ed.)	Pt. R. S. University	2012-13
	52. Practical-Performance Testing (M.P.Ed.)	Pt. R. S. University	2012-13
	53. Conditioning (M.P.Ed.)	Pt. R. S. University	2012-13, 13-14, 14-15
	54. Match practice (M.P.Ed.)	Pt. R. S. University	2012-13
	55. Foundation of Physical Education and current trends (M.P.Ed.)	Pt. R. S. University	2012-13
	56. Practical-Physiological and Psychological Assessment (M.P.Ed.)	Pt. R. S. University	2012-13
iii) M. Phil.	57. Thesis Supervision	K. U., Kurukshetra	17/08/99 to 15/04/02
	58. Thesis Supervision	L.N.I.P.E	2004-05
iv) Any other (Pre- released Defense personal orientation course and NCC)	59. Management in Physical Education	L.N.I.P.E	2002-03, 03-04 04-05
	60. Judo	L.N.I.P.E	2002-03, 03-04 04-05
	61. Wrestling	L.N.I.P.E	2002-03, 03-04 04-05
	62. NCC "B" Certificate Syllabus	3 UP ARMD SQN, BHU	2008-9, 09-10, 10-11, 11-12, 12-13
	63. NCC "C" Certificate Syllabus	3 UP ARMD SQN, BHU	2008-9, 09-10, 10-11, 11-12, 12-13
v) Ph. D.	64. Thesis Supervision	S. P. University	2006-07 to 2011-12
	65. Thesis Supervision	B. H. U.	2007-08 onwards
	66. Ph.D. Course Work	BHU	2009-10, 10-11, 11-12
	67. Thesis Supervision	Bhartiyar University	2011-12 onwards
	68. Thesis Supervision	SunRise University	2012-13 onwards



## EXPERIENCE OF SPORTS ADMINISTRATION AND COACHING

### EXPERIENCE OF SPORTS ADMINISTRATION

S. No.	Duties performed	Duration	Working place	Remark
1.	Chairman, USB in Wrestling(Men)	Academic year 2008-09	BHU,Varanasi	With a remark of General Secretary, USB <b>“Sincere, Diligent and Dedicated”</b>
2.	Chairman, USB, in Judo (Men)	Academic year 2008-09	BHU,Varanasi	
3.	Chairman, USB, in Judo (Women)	Academic year 2008-09	BHU,Varanasi	
4.	Chairman, USB, in Kabaddi(Men)	Academic year 2009-10	BHU,Varanasi	
5.	Chairman, USB, in Kabaddi(Women)	Academic year 2009-10	BHU,Varanasi	
6.	Chairman, USB in Wrestling(Men)	Academic year 2010-11	BHU,Varanasi	
7.	Chairman, USB, in Judo(Men)	Academic year 2010-11	BHU,Varanasi	
8.	Chairman, USB, in Judo(Women)	Academic year 2010-11	BHU,Varanasi	
9.	Chairman, USB, in Judo (Men)	Academic year 2011-12	BHU,Varanasi	
10.	Chairman, USB, in Judo (Women)	Academic year 2011-12	BHU,Varanasi	
11.	Chairman, USB, in Gymnastics (Men)	Academic year 2011-12	BHU,Varanasi	
12.	Chairman, USB, in Gymnastics (Women)	Academic year 2011-12	BHU,Varanasi	
13.	Chairman, USB, in Malkhamb (Men)	Academic year 2011-12	BHU,Varanasi	
14.	Chairman, USB, in Malkhamb (Women)	Academic year 2011-12	BHU,Varanasi	
15.	Chairman, USB, in Judo(Men)	Academic year 2012-13	BHU,Varanasi	
16.	Chairman, USB, in Judo (Women)	Academic year 2012-13	BHU,Varanasi	
17.	Chairman, USB, in Wrestling (Men)	Academic year 2012-13	BHU,Varanasi	
18.	Chairman, USB, in Wrestling (Women)	Academic year 2012-13	BHU,Varanasi	
19.	Chairman, USB, in Yoga (Men)	Academic year 2012-13	BHU,Varanasi	
20.	Chairman, USB, in Yoga (Women)	Academic year 2012-13	BHU,Varanasi	

### COACHING EXPERIENCE

1. In-Charge of Judo (Men) team, LNIPE, Gwalior, 2002-03.
2. In-Charge of Judo (Men) team, LNIPE, Gwalior, 2003-04.
3. In-Charge of Judo (Men) team, LNIPE, Gwalior, 2004-05.
4. Coach cum manager of university (LNIPE) wrestling team in AIIU Championship, 1997-1998.
5. Coach cum manager of university (LNIPE) wrestling team in AIIU Championship, 1997-1998.
6. Coach cum manager of university (LNIPE) Judo team in AIIU Championship, 1998-1999.
7. Coach cum manager of university (LNIPE) Cricket team in WZIU Championship, 1998-1999.
8. Coach cum manager of university (LNIPE) wrestling team in AIIU Championship, 2002-2003.
9. Coach cum manager of university (LNIPE) chess team in AIIU Championship, 2002-2003.
10. Manager of university (LNIPE) judo team AIIU Championship, 2002-2003.
11. Coach of university (LNIPE) judo team in AIIU Championship, 2003-2004.
12. Coach cum manager of university (LNIPE) wrestling team AIIU Championship 2003-2004.
13. Coach cum manager and of university (LNIPE) chess team AIIU Championship, 2004-2005.
14. Coach cum manager of university (LNIPE) judo team in AIIU Championship, 2004-2005.
15. Coach cum manager of university (LNIPE) wrestling team AIIU Championship, 2004-2005.
16. Acted as a coach cum manager of BHU Cross Country team in All India Inter- Varsity Cross Country Championship, 2008-09.
17. Convener of university (LNIPE) wrestling team in the year 2002-2003.

18. Coach cum manager and member of selection committee of university (LNIPE) chess team in the year 2002-2003.
19. Manager and member of selection committee of university (LNIPE) judo team in the year 2002-2003.
20. Acted as a Manager of BHU Kabaddi Team in East-Zone Intervarsity Championship, 2011-12.
21. Manager of university (Pt. RSU) Football team in EZIU Championship, 2012-2013.
22. Manager of university (Pt. RSU) Judo team in AIIU Championship, 2012-2013.
23. Manager of university (Pt. RSU) Volley Ball team in CZIU Championship, 2013-2014.
24. Manager of university (Pt. RSU) Boxing team in AIIU Championship, 2013-2014.
25. Manager of university (Pt. RSU) Basketball team in EZIU Championship, 2014-2015.

#### **CONVENER/MEMBER/NOMINEE OF SELECTION COMMITTEE/CELL**

1. Member of selection committee of university (LNIPE) chess team 2002-2003.
2. Convener of selection committee of university (LNIPE) wrestling team 2002-2003.
3. Member of selection committee of university (LNIPE) Judo team 2002-2003.
4. Member of selection committee of university (LNIPE) Judo team 2003-2004.
5. Convener of selection committee of university (LNIPE) wrestling team 2003-2004
6. Member of selection committee of university (LNIPE) chess team 2004-2005.
7. Convener of selection committee of university (LNIPE) wrestling men team 2004-2005.
8. Convener of selection committee of university (LNIPE) wrestling women team 2004-2005.
9. Member of selection committee of university (LNIPE) Judo team 2004-2005.
10. Member of selection committee of university (Sardar Patel University) Kabaddi team 2006-2007.
11. Member of admission cell of B. P. Ed. course, Sardar Patel University, 2006-07.
12. Acted as an expert member of selection committee BHU Wrestling Team (M), 2011-12.
13. Acted as a Chairman of selection committee BHU Judo Team (M), 2011-12.

#### **MEMBERSHIPS**

1. **Member of Senate**, Sardar Patel University, Vallabh Vidyanagar from 07/02/06 to 16/11/07.
2. **Member of Board of Post Graduate Studies and Research**, Sardar Patel University, Vallabh Vidyanagar from 07/02/06 to 16/11/07.
3. **Member of Board of Sports and Welfare**, Sardar Patel University, Vallabh Vidyanagar from 1/07/06 to 16/11/07
4. **Member of Board of Studies** (Faculty of Education), Sardar Patel University, Vallabh Vidyanagar from 07/02/06 2006 to 16/11/07.
5. **Member of Sports committee** of Jiwaji University, Gwalior in 1993-1994 according to Statue No. 34 under section 35 (a) of MPVVA, 1973.
6. **Member of Board of Studies**, Department of Physical Education, Tripura University, 2014-15.
7. **Member, Board of Studies in Physical Education**, Pt. Ravishankar Shukla University {University Adhinyam 1973, Clause 28, Sub Clause(2), point (1) to (5)} from 13/10/2014 to 12/10/2017.
8. **Member, Faculty of Physical Education**, Pt. Ravishankar Shukla University (University Priniyam 9, point 1 & 2) from 11/05/15 to 10/05/18.
9. **Joint Proctor**, Pt. Ravishankar Shukla University (Ordinance 77A) from 13/05/15 to 12/05/17.
10. **Member, Central Anti Ragging Cell**, Pt. Ravishankar Shukla University in Session 2015-16.
11. **Member, Anti Ragging Squad**, Pt. Ravishankar Shukla University in Session 2015-16.
12. **Member, Anti Ragging Committee**, Azad Hostel, Pt. Ravishankar Shukla University in Session 2015-16.

13. **Member, Grievance Redress Cell**, Azad Hostel, Pt. Ravishankar Shukla University in Session 2015-16.

### MEMBERSHIPS OF PROFESSIONAL BODIES

<b>S. No.</b>	<b>Membership</b>	<b>Professional Body</b>
1.	Vice President	Society for Research of Movement Education (SRME)
2.	Life Member	National Association of Physical Education and sports
3.	Life Member	Sports Psychology Association of India
4.	Life Member	Council for Teacher Education
5.	Life Member	All India Council of Physical Education
6.	Life Member	Malviya Mission

### LEADERSHIP RESPONSIBILITIES

1. Joint Secretary of Intramural Committee of LNCPE Gwalior, 1992-93.
2. Activity Leader of B. P. E. Course in 1990-91 & 1991-92, LNIPE, Gwalior
3. Theory Leader of M. P. E. Course in 1994-95, LNIPE, Gwalior

### AIU OBSERVER

1. Acted as an Observer, EAST Zone Kabaddi (M) Championship held at Varanasi from 23/11/09 to 27/11/09, appointed by Association of Indian Universities.

### SCHOLARSHIPS AWARDED

1. Merit Scholarship in BPE from LNCPE, **Sports Authority of India**, 1990-91 and 1991-92.
2. Sports Scholarship from LNCPE, **Sports Authority of India**, 1994-95.
3. Merit Scholarship from **Alumni Association of LNCPE**, Gwalior, 1994.
4. Junior Research Fellowship from **Ministry of H.R.D.**, 1995-96
5. Junior Research Fellowship from **University Grants Commission**, 1997-98 and 1998-99.
6. Senior Research Fellowship from **University Grants Commission**, 1999.

### EXPERIENCE OF ORGANIZATION

#### **ORGANIZATION OF SEMINER/WORKSHOP/COURSES**

1. Organizing Secretary of National Seminar on “Physical Education, Yoga and Sports”, September 23<sup>rd</sup> and 24<sup>th</sup> 2006 organized by Charutar Vidya Mandal’s S. S. Patel College of Physical Education Vallabh Vidyanagar, Gujarat
2. Manager and Coordinator of National Workshop on “Research and Statistics in Physical Education and Sports”, August 18<sup>th</sup> 2007 organized by Charutar Vidya Mandal’s S. S. Patel College of Physical Education Vallabh Vidyanagar, Gujarat
3. Manager and Coordinator of National Seminar on “Education, Physical Education and Yoga Education in the Knowledge Era: Directions Issues and Concerns”, November 2<sup>nd</sup> and 3<sup>rd</sup> 2007 organized by Charutar Vidya Mandal’s S. S. Patel College of Physical Education & Waymade College of Education, Vallabh Vidyanagar, Gujarat
4. Organizing Secretary/Convener of Workshop on “Research Methods and Applied Statistics”, May 15<sup>th</sup> & 16<sup>th</sup> 2009 organized by Department of Physical Education, BHU
5. Manager of 2<sup>nd</sup> Workshop on “Research Methods and Applied Statistics”, October 22<sup>nd</sup> & 23<sup>rd</sup> 2009 organized by Department of Physical Education, BHU
6. Course Coordinator, Refresher Course in Physical Education, organized by UGC, ASC, Pt. Ravishankar Shukla University, Raipur from 5<sup>th</sup> to 25<sup>th</sup> August, 2013.

7. Course Coordinator, Interaction Programme for Research Scholars, organized by UGC, ASC, Pt. Ravishankar Shukla University, Raipur from 3<sup>rd</sup> to 23<sup>rd</sup> December, 20014.
8. Course Coordinator, Special Summer School, organized by UGC, HRDC, Pt. Ravishankar Shukla University, Raipur from 20/07/15 to 09/08/15.

### **SPORTS ORGANIZATION**

1. Acted as a convener for **University football championship**, Sardar Patel University in the year 2006-07 appointed by Board of Sports and Welfare, Sardar Patel University.
2. Acted as a convener for **University football championship**, Sardar Patel University in the year 2007-08 appointed by Board of Sports and Welfare, Sardar Patel University.

### **EDUCATIONAL/ ADVENTURE TOURS**

1. Accompanied educational tour of Master of Physical Education Students, BHU, 2007-08.
2. Accompanied educational tour of Master of Physical Education Students, BHU, 2009-10.
3. Accompanied educational tour as Coordinator of Master of Physical Education Students, BHU, 2011-12.
4. Accompanied educational tour as Coordinator of Master of Physical Education Students, Pt. RSU, 2012-13.
5. Accompanied Adventure Tour as Member of Pt. RSU Students, 2013-14.
6. Accompanied educational tour as Coordinator of Master of Physical Education Students, Pt. RSU, 2013-14.
7. Accompanied educational tour as Coordinator of Physical Education Students, Pt. RSU, and 2014-15.
8. Accompanied educational tour (as Coordinator) of Physical Education Students, Pt. RSU, 2015-16.

### **FLYING SQUAD DUTIES**

1. Convener of Flying Squad, Pt. R. S. U. For Final Examination, 2012-13
2. Member of Flying Squad, Pt. R. S. U. For Semester Examination, 2013-14
3. Member of Flying Squad, Pt. R. S. U. For Final Examination, 2013-14
4. Convener of Flying Squad, Pt. R. S. U. For Final Examination, 2014-15
5. Convener of Flying Squad, Pt. R. S. U. For Final Examination, 2014-15

### **MEMBER OF VISITING TEAM TO INSPECT TEACHER EDUCATION INSTITUTIONS**

(Appointed by National Council for Teacher Education (NCTE), a statutory body of Government of India)

S. No.	Order Number	Date	Institutes Visited
<b>1.</b>	F.NRC/NCTE/F-7/EXPERTS/HR-739+1709+632+1884+1796+1809+1783	17/08/09	07
<b>2.</b>	F.NRC/NCTE/F-7/EXPERTS/CH-33+PB-577+580/2009	19/08/09	03
<b>3.</b>	F.NRC/Acad./VT Const. /188 <sup>th</sup> Meeting/2011/14534 (Code No. HR-296)	10/01/12	01
<b>4.</b>	F.NRC/Acad./VT Const. /188 <sup>th</sup> and 189 <sup>th</sup> Meeting/2011/14524 (Code No. NRCAPP-1067/NRCAPP-1455/NRCAPP-1664/NRCAPP_1501)	10/01/12	04
<b>5.</b>	F.NRC/NCTE/NRCAPP-612,637,951,1622 &1679/VT/2011/16198	24/02.12	05
<b>6.</b>	F.NRC/NCTE/NRCAPP- 515,817,1033,1247 &1372/VT/2011/17180	17/03/12	05
<b>7.</b>	F.NRC/NCTE/NRCAPP- 1394, 620, 1094, 983 & 1446/VT/2011/20281	04/05/12	05
<b>8.</b>	F.NRC/NCTE/NRCAPP- 528, 809, 813, & 676 /VT/2011/21626	23/05/12	04
<b>9.</b>	F.NRC/NCTE/NRCAPP- 1117,895, 1111, 1082, 610,& 1425 /VT/2011/27825	03/08/12	06
<b>10.</b>	F.NRC/NCTE/NRCAPP- 2231, 2049, 1899, 2148 & 2141/32154	24/09/12	05
<b>Total Institutes Visited</b>			<b>45</b>

## NCC ACHIEVEMENTS

### *Camps Attended*

S. No.	Name of Camp	Duration	Venue
1.	Basic Leadership Camp	11-5-90 to 24-5-90	Karaikudi
2.	Annual Training Camp	15-1-94 to 28-1-94	Gwalior

### *Exams Passed*

S. No.	Name of Exam	Date and year	Venue
1.	'B' Certificate	4-6-92	Gwalior
2.	"C" Certificate	13-9-94	Bhopal

### *Working Experience*

S. No.	Duties performed	Duration	Working place
1.	Care Taker, NCC	01/07/08 to 30/06/10 (With CO's remark 'OUT STANDING PERFORMANCE')	3 U.P. ARMD SQN, NCC, BHU, Varanasi
2.	Associate NCC Officer (Lieutenant) Commission No.: 14110374	05/06/10 to till date (With CO's remark 'OUT STANDING PERFORMANCE')	3 U.P. ARMD SQN, NCC, BHU, Varanasi

### *Training Completed*

S. No.	Name of Training	Name of Academy	Duration	Marks Obtained/Out of	%	Grade
1.	NCC Officer's Training Course (Ref./SD/DC-17)	NCC Officer's Training Academy, Kamptee	29/11/10 to 26/02/11	738/1000	73.8 %	'A'

### *Awards and Honors*

S. No.	Name of Award/Honor	Awarding Institute/Academy	Date of Award/Honor
1.	Awarded 'Best in Computer Proficiency'	NCC Officer's Training Academy, Kamptee	26/02/11
2.	'1 <sup>st</sup> in Inter Company Handball Championship'	NCC Officer's Training Academy, Kamptee	26/02/11
3.	Best NCC Officer Award (Senior Division)	Group Headquarter NCC, Varanasi- A	2011-12

### *Course Completed*

S. No.	Name of Course	Name of Academy/Institute	Duration	Result
1.	Search and Rescue Course	NCC Officer's Training Academy, Kamptee & National Civil Defense College, Nagpur	01/02/11 to 02/02/11	Qualified

### *NCC Camps Attended as ANO*

S. No.	Name of Course	Venue	Duration
1.	CATC-282	GITI	15/06/11 to 24/06/11
2.	CATC-286	GITI	07/08/11 to 16/08/11
3.	CATC- 295	GITI	07/01/12 to 16/01/12
4.	CATC- 287	GITI	21/07/12 to 30/07/12

### *Teaching duties performed*

S. No.	Duration	Frequency	Class/year	Academic year
4.	40 minutes	Every Sunday	1 <sup>st</sup> year NCC Cadets	2008-09, 09-10, 10-11, 11-12
5.	40 minutes	Every Sunday	2 <sup>nd</sup> year NCC Cadets	2008-09, 09-10, 10-11, 11-12

**EDITORSHIP/ACADEMIC CONSULTANT/MANAGER**

1. **Editor** of the “**Abstracts**” of National seminar on application of statistics and computer in physical education and sports (March 10-12, 2005)
2. **Editor** of the “**Book of Abstracts**” of National level seminar on physical education, yoga and sports (September 23-24, 2006)
3. **Manager** of “**Abstracts & Articles**” of National Seminar on Education, Physical Education & Yoga Education in Knowledge Era: Directions, Issues, Concerns (November 2-3, 2007)
4. **Member of Editorial Board** of the “**Proceedings**” of International Seminar on Physical Education, Recreation and Yogic Sciences (January 19-21, 2012)
5. Academic Consultant of “**AKASH, Proceedings**” of International Seminar on Physical Education, Recreation and Yogic Sciences (January 19-21, 2012)

**Editorship/Member of Editorial Board/Referee Board**

<b>S. NO.</b>	<b>CAPACITY</b>	<b>NAME OF JOURNAL</b>	<b>ISSN</b>
1.	Sub-Editor	AMASS, Multilateral Research Journal, Bi-lingual, Bi-Annual	0975-3966
2.	Member of Editorial Board	PERSIST, Journal of Physical Education Recreation and Sports Sciences & Technology	0975 -7414
3.	Member of Editorial Board	SPEAAS: A Journal, Journal of Sports, Physical Education Allied and Alternate Science	2230 -7931
4.	Member of Editorial Board	IJPEYS, Indian Journal of Physical Education and Yogic Science	2229 -3191
5.	Member of Editorial Advisory Board	JPEY, Journal of Physical Education and Yoga	0975 -9301
6.	Member of Advisory Board	WELLWES, Journal of Health Physical Education & Sports	0975-136
7.	Members of Advisory Board	IJMEES, Indian Journal of Movement Education and Exercise Science	2249 -5010 (Print) 2249 -6246 (On line)
8.	Members of Board of Referees	AICPE, HUMAN KINETICS, A Journal of Physical Education and Fitness	0976 -6588
9.	Academic Consultant	AKASH, Journal of Physical Education and Yogic Science	2250 -1398
10.	Members of Referees Board	Journal of Educational Chronicle, An International Journal of Education	2229 -6220
11.	Panel of Referees	International Journal of Movement Education and Social Science	2278-0793
12.	Member of Advisory Board	JOURNAL OF PHYSICAL EDUCATION AND SPORTS SCIENCES (Annual Journal of Sports Sciences and Researches)	2319-9946
13.	Member of Advisory Board	IJMESS, International Journal of Movement Education and Sports Sciences	2321-7200 (On line)
14.	Member of Panel of Experts	CAPITAL, Research Journal of Physical Education and Sports Sciences	2277-8519

## SPORTS ACHIEVEMENTS

### SPORTS AWARDS

1. Awarded "Man of the match" of KVR sports meet, 1984-85
2. Awarded "Champion" of KVR sports meet, 1984-85
3. Awarded "Champion" of KVR sports meet, 1985-86.
4. Awarded "Best athlete" of KVR, 1988-89

### INTER VARSITY LEVEL PARTICIPATION

S. No.	Games/Sports	Competition	Year	Venue
1.	Judo	All India Inter University Championship	1990	Kurukshetra
2.	Judo	All India Inter University Championship	1992	Delhi
3.	Judo	All India Inter University Championship	1993	Patiala
4.	Judo	All India Inter University Championship	1994	Gwalior ( <b>Received Bronze Medal</b> )
5.	Judo	All India Inter University Championship	1996	Amritsar
6.	Wrestling	All India Inter University Championship	1990	Kanpur
7.	Wrestling	All India Inter University Championship	1991	Rohtak
8.	Wrestling	All India Inter University Championship	1992	Jaipur
9.	Wrestling	All India Inter University Championship	1993	Kurukshetra
10.	Weight Lifting	All India Inter University Championship	1991	Guntur
11.	Kabaddi	West Zone Inter University Championship	1992	Anand
12.	Kabaddi	West Zone Inter University Championship	1993	Kohlapur
13.	Kabaddi	West Zone Inter University Championship	1994	Jodhpur
14.	Kabaddi	West Zone Inter University Championship	1995	Navsari
15.	Kabaddi	North Zone Inter University Championship	1989	Faizabad

### CAPTAIN OF UNIVERSITY TEAMS

S. No.	Games/Sport	Name of University	Year	Name of Tournament	Venue
1.	Judo	Jiwaji University	1993	All India Intervarsity Judo Championship.	Patiala
2.	Wrestling	Jiwaji University	1992	All India Intervarsity Wrestling Championship	Jaipur
3.	Kabaddi	Jiwaji University	1994	West Zone Intervarsity Kabaddi Championship	Jodhpur

### UNIVERSITY LEVEL MEETS

S. No.	Games/ Sports	University	Year	Position
1	Kabaddi	MDU , Rohtak	1989-90	<b>Bronze Medal</b>
2	Wrestling	Jiwaji University	1990-91	<b>Gold Medal</b>
6	Wrestling	Jiwaji University	1993-94	<b>Gold Medal</b>
3	Judo	Jiwaji University	1990-91	<b>Gold Medal</b>
4	Kabaddi	Jiwaji University	1991-92	<b>Gold Medal</b>
5	Kabaddi	Jiwaji University	1992-93	<b>Gold Medal</b>
7	Kabaddi	Jiwaji University	1993-94	<b>Gold Medal</b>
8	Kabaddi	Jiwaji University	1994-95	<b>Gold Medal</b>

### NATIONAL LEVEL PARTICIPATION

S. No.	GAMES/SPORT	COMPETITION	YEAR
1.	Kabaddi	K.V.S. National Championship	1986
2.	Kabaddi	K.V.S. Meet National Championship	1987 ( <b>Received Bronze Medal</b> )
3.	Kabaddi	K.V.S. Meet National Championship	1988 ( <b>Received Gold Medal</b> )

**STATE LEVEL MEETS**

S. No.	Games/ Sports	Year	Venue
1	Wrestling	1993-94	Ujjain
2	Kabaddi	1993-94	Kankair

**REGIONAL MEETS**

S. No.	Game/Sports	Year	Place
1	Kabaddi	1984-85	
2	Kabaddi	1985-86	<b>Gold Medal</b>
3	Kabaddi	1987-88	
4	Kabaddi	1988-89	

**ROTARY CLUB MEETS**

S. No.	Game/Sports	Year	Place
1	Cross country race	1982-83	<b>Gold Medal</b>
2	Cycle race	1984-85	Consolation

**SCHOOL MEETS**

S. No.	Game/Sports	Year	Place
1	100 mts race	1984-85	<b>Gold Medal</b>
2	T. L. Race	1984-85	<b>Bronze Medal</b>
3	400 mts race	1984-85	<b>Silver Medal</b>
4	Kabaddi	1984-85	<b>Silver Medal</b>
5	4 x 100 relay race	1984-85	<b>Bronze Medal</b>
6	Kabaddi	1985-86	<b>Gold Medal</b>
7	Long Jump	1985-86	<b>Gold Medal</b>
8	400 mts race	1985-86	<b>Gold Medal</b>
9	800 mts race	1985-86	<b>Gold Medal</b>
10	4 x 100 relay race	1985-86	<b>Gold Medal</b>
11	Discus throw	1988-89	<b>Gold Medal</b>

**NATIONAL COACHING CAMP ATTENDED**

1. Participated in National Coaching Camp conducted by Judo Federation of India from 25- 5-96 to 1-6-96 held at Nainital.



## RESEARCH EXPERIENCES

### RESEARCH EXPERIENCE AND TRAINING

Research Stage	Title of Work/Thesis	University where the work was carried out
M.P.E.	Comparative Study of the Effects of Uchikomi and Randori Practice on Strength gains and its relations to Performance in Judo	Jiwaji University, Gwalior
M. Phil.	Physiological Profiles of Inter College Level Judo Players (Completed under Ministry of HRD, JRF scheme)	L.N.I.P.E., Gwalior
Ph.D.	Psychological and Physiological Profiles of Indian Judokas as Functions of Age and Weight Categories (Completed under UGC, JRF & SRF scheme)	L.N.I.P.E., Gwalior
PGDYM	Life style assessment of yoga students.	Dr. Hari Singh Gaur University ,Sagar.

### RESEARCH GUIDENCE

Research Stage	University where the work was carried out
Supervised 1 M. Phil Thesis /Dissertation	LNPIE
Supervised 6 M. P. E. Thesis /Dissertation	LNPIE
Supervised 2 M. P. E. Projects	LNPIE
Supervised 4 Ph. D. Thesis	S. P. University
Supervised 3 M. P. Ed. Thesis /Dissertation	BHU
Supervised 4 Ph. D. Thesis	BHU
Supervised 3 Ph. D. Thesis	SunRise University
Supervised 2 Ph. D. Thesis	Pt. RSU

### M. P. Ed. THESIS/ DISSERTATION SUPERVISED AT LNPIE, GWALIOR

S. No.	Name	Title	Year
1	Raghvender Singh	Comparative study of Kinesthetic perception of male Judo Players	2002-2003
2	Neeraj Kumar Sharma	Relationship between Robusticity index and playing ability of different games	2003-2004
3	Ram Kishor Singh	Comparative study of morality among sportsman belonging to individual, combative and team games.	2003-2004
4	Dalveer Singh	Comparative effect of training and break in training on the selected physical fitness components	2004-2005
5	Kondal Rao	Relationship of foot length , length of longitudinal arch and their ratio to performance of vertical Jump	2004-2005
6	Neeraj Pratap Singh	Comparison of coordinative abilities among Judokas of different weight categories	2004-2005

### M. Phil. THESIS/ DISSERTATION SUPERVISED AT LNPIE, GWALIOR

S. No.	Name	Title	Year
1.	SriKishan Patel	Comparison of Anxiety, Aggression, Morality and self-concept among Individual, combative and team games.	2004-2005

### PROJECTS SUPERVISED AT LNPIE, GWALIOR

S. No.	Name	Title	Year
1	Manish Bhatt	A critical preview of applied contest tactics in modern judo.	2002
2	Ramkishor Singh	Implication of Tachi-Waza in Judo.	2004

**M. PHIL. THESIS/DISSERTATION SUPERVISED AT K.U. KURUKSHETRA**

S. No.	Name	Title	Year
1	Sanjeev Dahiya	Effect of Spectators on the selected Motor Tasks of Football players.	2001

**M. P. Ed. THESIS/DISSERTATION SUPERVISED AT BHU**

S. No.	Name	Title	Year
1	K. Stec	Effect of Dynamic Suryanamaskar on Anthropometric Characteristics and Physiological Variables.	2009
2	Dhananjay Singh	Effect of Power Yoga on selected Physical Fitness Components of Physical Education Students.	2011
3	Jai Prakash	Comparative Effects of Bharamari and Surya Bhedan Pranayama on Balance Abilities of University Level Students	2012

**Ph.D. Awarded/submitted/undergoing under supervision**

S. No.	Name of Scholar	Research Topic	University	Year of Award	Status
1.	Shalendra Narayan Singh	Stress Vulnerability and Anthropometric Characteristics among Individual, Combative and Team Game Players.	BHU	2010	Degree Awarded
2.	Bharat Chandra Thakur	Life Style Assessment of Indian Yogis Belonging to Different Yogic Practices.	SPU	2011	Degree Awarded
3.	Pradnya Purandare	Effect of Pranadharana and Tratak on Selected Coordinative Abilities and Physiological Variables of Physical Education Students.	SPU	2011	Degree Awarded
4.	Rajnikant P. Patel	Comparison of Selected Psychological and Physiological Variables at Different Levels of Participation in Handball.	SPU	2011	Degree Awarded
5.	Kiran Patel	Incentive Motivation and Anthropometric Characteristic as functions of Different Playing Positions in Kabaddi.	SPU	2011	Degree Awarded
6.	Satish Kanaujia	Estimation of Cricket Performance on the Basis of Selected Psychological Variables and Anthropometric Characteristics in Relation to Specific Categories in Team.	BHU	2013	Degree Awarded
7.	Vineeta Singh	Trend of the Effect of Four Varieties of Bhastrika Pranayama on Balance Ability of School Going Children	BHU	2013	Degree Awarded
8.	Tilak Raj Meena	A Study on Hematological and Physiological Variables of Boxers In Different Weight Categories and their interaction with gender.	BHU	2013	Degree Awarded
9.	Rakesh Kumar Patel	Coordinative abilities as predictors of handball performance in relation to positional play	Pt. R. S. U.		Thesis Submitted
10.	Priyanka Singh	SAQ and Balance among different Playing positions, Levels and their Interactions in Netball	Pt. R. S. U.		Thesis Submitted
11.	Dewakar Singh	Estimation of Weight Lifting Performance on the basis of balance ability and anaerobic power in relation to different weight categories	Pt. R. S. U.		Thesis Submitted
12.	Bharti Rajak	Effect of Sahahaja Yoga meditation and pranadharana on selected psychomotor abilities	Pt. R. S. U.		Going On
13.	Lamlun Bhurl	A study on anthropometric characteristics and coordinative abilities of football players in different playing positions and their interaction with gender	SunRise University, Alwar	2016	Degree Awarded

14.	Satendra Singh Tomar	Comparative effects of different variations of bhastrika pranayama on obese middle age people	SunRise University, Alwar	2016	Degree Awarded
15.	Madhukar Singh	Construction of skill test in kabaddi	SunRise University, Alwar	2016	Degree Awarded
16.	Manish Kumar Mishra	Estimation of Kabaddi performance on the basis of selected anthropometric characteristics and coordinative abilities in relation to different playing positions in kabaddi	MGCG Vishwavidyalay		Thesis Submitted

**Details of attending and Presentation of research papers in seminars / Conferences/ workshops**

**International**

<b>Title of Article/Paper</b>	<b>Programme</b>	<b>Organizer</b>	<b>Date</b>
1. Comparative Study of the Effects of Uchikomi and Randori Practice on Strength gains and its relations to Performance in Judo	ICMPES '98	LNIFE, Gwalior.	October 2-6, 1998
2. Physiological Profiles and their comparison between different weight categories of judokas	ICMPES '98	LNIFE, Gwalior.	October 2-6, 1998
3. Comparative effects of yogasanas and physical fitness programme on selected physiological parameters on deaf and dumb students	ICMPES '98	LNIFE, Gwalior.	October 2-6, 1998
4. Study of psychological profiles of Indian Judokas as a functions of age and weight categories	2 <sup>nd</sup> International congress on Physical education, sports medicine and exercise science	LNIFE, GAN & G.SCOPE, Goa	October 5-8, 2003
5. Effect of 12 week Physical Education and Yogic Programme on selected physiological variables on mentally retarded students	2 <sup>nd</sup> International congress on Physical education, sports medicine and exercise science	LNIFE, GAN & G.SCOPE, Goa	October 5-8, 2003
6. Life Style Assessment of Indian Yoga Students	2 <sup>nd</sup> International Conference on Psychotherapy, Yoga and Spirituality	WCP, YPAI & AFP, Haridwar	November 26-27, 2005
7. Comparison of The Life Style Assessment of Indian Yoga and Physical Education Students	2 <sup>nd</sup> International Conference on Psychotherapy, Yoga and Spirituality	WCP, YPAI & AFP, Haridwar	November 26-27, 2005
8. Coordinative abilities of Indian Judokas in different weight categories: A comparative study	III International Congress on Sports Medicine, Exercise Science, Physical Education & Yogic Science	LNIFE, Gwalior & GAN	February 12-15, 2008
9. Life Style Assessment based on responses of students of five different teacher education courses	III International Congress on Sports Medicine, Exercise Science, Physical Education & Yogic Science	LNIFE, Gwalior & GAN	February 12-15, 2008
10. Effect of Sahaja Yoga on Stress Vulnerability of Seriously Vulnerable individuals to Stress	World Congress of Integrated Medicine	OIUCM, Colombo, Sri Lanka	November 8-10, 2009
11. Significance of Sahaja Yoga: Review Based Candid Opinion	4 <sup>th</sup> International Conference on Psychotherapy, Science and Yoga Traditions	WCP, YPAI & AFP, Chandigarh	Jan. 05-08, 2010
12. Conducted Workshop on Sahaja Yoga	4 <sup>th</sup> International Conference on Psychotherapy, Science and Yoga Traditions	WCP, YPAI & AFP, Chandigarh	Jan. 05-08, 2010
13. A study on the trend of effect of prachardana and vidharna on	III International Conference of physical education and sports	NIE, Singapore	May, 25-28, 2010

Positive Breath Holding Capacity	science,		
14. Comparison of Stress Vulnerability among different teaching professions, genders and their interactions	III International Conference of physical education and sports science,	NIE, Singapore	May, 25-28, 2010
15. Essence of King of Yoga for Rejuvenation	International Seminar on Physical Education, Recreation and Yogic Sciences	BHU, Varanasi	January, 19-21, 2012
16. Trends of the Effects of Four Verities of Bhastrika Prayanayama on Positive Breath Holding capacity	1 <sup>st</sup> International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012
17. Research in Yoga: Types and Steps	1 <sup>st</sup> International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012
18. Meditation :Origin, Meaning, Types and Methodology	1 <sup>st</sup> International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012
19. Yoga for Spiritual Development and Rejuvenation: Candid Opinion about Pranayama (Keynote Address)	1 <sup>st</sup> International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012
20. Pranic Healing in the Context of Physical Fitness	6 <sup>th</sup> International Conference of World Council for Psychotherapy (Asian Chapter) and 5 <sup>th</sup> International Conference of Yoga and Psychotherapy Association of India	JNU, New Delhi	September 24-26, 2012

### National

Title of Article/Paper	Programme	Organiser	Date
1. Development by the Department of Higher Education	Research in Physical Education and Sports	Govt. M. College, Chanderi	March 4-4, 1997
2. Research in Physical Education and Sports	National Seminar on Status of Physical Education & Sports In Contemporary Indian Society	ASC, UGC, LNIPE, Gwalior	January 5-6, 2002
3. Subject characteristics of India Judokas as function of age and weight categories and physiological parameters as functions of age	National Seminar on Research in Physical Education & Sports	ASC, UGC, LNIPE, Gwalior	March 29-30, 2004
4. Job Prospective in the profession of physical education	National Seminar on Policies Of Indian Government in Promoting Physical Education	ASC, UGC, LNIPE, Gwalior	January 14, 2005
5. Exercise of Respiration for Health, Fitness and Spiritual Development: Applicable to all age groups	National Seminar on Physical Education Yoga and Sports	SSPCPE, Vallabh Vidya Nagar	23-24 September 2006
6. Life Style Assessment Based on Responses of Indian Students Delimited to Three Professions	National Seminar on Physical Education Yoga and Sports	SSPCPE, Vallabh Vidya Nagar	23-24 September 2006
7. Responses pertaining to co-ordinative abilities of Indian kabaddi players	National Seminar on Physical Education Yoga and Sports	SSPCPE, Vallabh Vidya Nagar	23-24 September 2006
8. Coordinative abilities of Indian Judokas in different weight categories: A comparative study	National Seminar on Education , Physical Education and Yoga Education in the Knowledge Era: Directions Issues and Concerns	SSPCPE & WCE, Vallabh Vidya Nagar	November 2 <sup>nd</sup> and 3 <sup>rd</sup> , 2007
9. Comparison of Anxiety, Aggression, Self Concept and Morality among Individual, Combative and Team Games	National Seminar on Education , Physical Education and Yoga Education in the Knowledge Era: Directions Issues and Concerns	SSPCPE & WCE, Vallabh Vidya Nagar	November 2 <sup>nd</sup> and 3 <sup>rd</sup> , 2007

10. Concept of Yoga	National Conference and Exhibition on Recent Trends in Physical Education, Health Education and Sports Technology	Noida College of Physical Education, Noida	February 5-7, 2010
11. Yoga for rejuvenation and better living	National Conference and Exhibition on Recent Trends in Physical Education, Health Education and Sports Technology	Noida College of Physical Education, Noida	February 5-7, 2010
12. Expansion of Consciousness through yoga	National Seminar on Physical Education and Sports Sciences	VNS College of Physical Education, Bhopal	March 25-26, 2010
13. Computerized analysis of physical education research through SPSS	National Seminar on Physical Education Current Status and Future Prospects,	VSSD College, Kanpur	March 12-13, 2011
14. Yoga and Spirituality	UGC Sponsored National Seminar on Science of Consciousness and Yoga Traditions	Dr. H.S. Gaur University, Sagar	December 16-17, 2011
15. Effect of Sahaja Yoga meditation on alcohol and drug assessment of university students	UGC Sponsored National Seminar on Recent trends in physical education and sports :An Overlook	SGGS, Khalsa College, Mahilpur	February 27-28, 2012
16. Judo as a sport and self defense (as an eminent speaker)	National Workshop on Adventure Sports & Certificate Course in Mountaineering and Allied Sports	University Mountaineering Centre, BHU	February 23-29, 2012
17. Research Methodology	National Workshop on Research	SunRise University	December 8-9, 2012
18. Applied Statistics	National Workshop on Research	SunRise University	December 8-9, 2012
19. Contribution of Women in Sports: Journey of Discrimination, Accomplishments, Empowerment and Movements	UGC Sponsored National Conference on Role of Women in National Development in the new Millennium	Pt. Ravishankar Shukla University	January, 10-12, 2013
20. Career in Sports	UGC Sponsored National Seminar on Women and Sports	Govt. Dr. W. W. Patankar Girls PG College, Durg	January, 24-25, 2013
21. Steps to Conduct Research	Workshop on Research Methodology	City Public Mahila Degree College, Fatehgarh	February, 11, 2013
22. Activation of Kundalini Through Yoga	National Seminar on Future Prospects of Physical Education & Sciences & Workshop on Yoga for Stress Management	Chhatrapati Sahu ji Maharaj University, Kanpur	December, 20-21, 2013
23. Sahaja Yog and Health	Golden Jubilee National Seminar on Health Psychology: Indian Perspectives	Pt. Ravishankar Shukla University	February, 1-3, 2014
24. Self Defence for Women	National Symposium on Women as Leaders: Issues & Concern	Pt. Ravishankar Shukla University	February, 5-7, 2014
25. Assumptions for the Linear Regression Model: Residual Analysis	National Seminar on Role of Information and Communication Technology (ICT) in Social Sciences	Panchayat Raj Government Girls PG College, Etawah	February, 23-24, 2014

26. Use of Various Software in research	National Seminar on Role of Information and Communication Technology (ICT) in Social Sciences	Panchayat Raj Government Girls PG College, Etawah	February, 23-24, 2014
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**Resource person/Invited Speaker at International/National/Regional Seminar/ Conferences/  
Workshop  
International Level**

S. No.	Name of programme	Organizer	Topic	Date & place	Presentations/ Lectures delivered
1.	International Conference Recent Technological Advancement and Entrepreneurship in Sports	IMS, BHU, Varanasi	Sahaja Yoga for Spiritual Development and Reducing Stress Vulnerability	January 16-17, 2010	1
2.	International Seminar on Physical Education, Recreation and Yogic Sciences	BHU, Varanasi	Significance of Suryanamaskar	January, 19-21, 2012	1
3.	Global Scientific Conference on Physical Education, Health & Sports Sciences	Guru Nanak Dev University, Amritsar	Yoga and Sports Performance	January, 24-26, 2014	1
4.	Global Scientific Conference on Physical Education, Health & Sports Sciences	Guru Nanak Dev University, Amritsar	Data Presentation and Analysis in Research	January, 24-26, 2014	1
5.	Global Scientific Conference on Physical Education, Health & Sports Sciences	Guru Nanak Dev University, Amritsar	Statistical Theory on Sample Size Calculations	January, 24-26, 2014	1
6.	International Conference on Physical Education and Sports Science	JEREC University, Jaipur	Scholar's Scholarly Approach	January, 6-7, 2015	1
7.	International Conference on Physical Education and Sports Science	JEREC University, Jaipur	Comparative effects of mental training and ideomotor training on ippon seoi nage in judo	January, 6-7, 2015	1
8.	International Conference on Physical Education and Sports Science	JEREC University, Jaipur	Analytical study in relation to different life style contents of university students	January, 6-7, 2015	1
9.	International Conference on Tantra Sharir, Faculty of Ayurveda, IMS, BHU.	IMS, BHU	Recent trends in Experimental Research	September 27 & 28, 2015	1
10.	International Conference on Tantra Sharir, Faculty of Ayurveda, IMS, BHU.	IMS, BHU	Sahaja Yoga and Activation of Kundalini	September 27 & 28, 2015	1
11.	International Conference on current research in emerging trends in management, Arts, Science, Technology and skill development	SunRise Univesity, Alwar	Use of citation databases for researchers	December 18-19, 2015	1
12.	International Conference on current research in emerging trends in management, Arts,	SunRise Univesity, Alwar	Suggestive approach for serious academic devotion to academic	December 18-19, 2015	1

	Science, Technology and skill development		pursuits		
13.	3 <sup>rd</sup> International Conference on Paradigm Shift and Innovation in Design, Art, Education, Commerce and Management	SDPS Women's College, Indore	Essentials for Research Scholars	February 19-20, 2016	1
14.	3 <sup>rd</sup> International Conference on Paradigm Shift and Innovation in Design, Art, Education, Commerce and Management	SDPS Women's College, Indore	Different indices for research scholars	February 19-20, 2016	1
15.	2 <sup>nd</sup> International conference on recent technological advancement and entrepreneurship in sports	IMS, BHU	Different databases for researchers	March 12-13, 2016	1
16.	Global Conference on scientific culture in physical education and sports	PU, Patiala	Use of Logistic regression in physical education researches	February, 18-20, 2016	1
17.	Global Conference on scientific culture in physical education and sports	PU, Patiala	Estimation of corners performance in kabaddi on the basis of selected anthropometric characteristics (Part Four)	February, 18-20, 2016	1

#### National Level

S. No.	Name of programme	Organiser	Topic	Date & place	Presentation/ Lectures delivered
1.	Workshop for the Development of attitude scale towards Physical Education	N.C.E.R.T, Ajmer	Development of attitude scale towards Physical Education	4 <sup>th</sup> December, 2006	1
2.	2 <sup>nd</sup> National Workshop on "Research Methods, Applied Statistics and use of SPSS	LNIFE, Gwalior	Research Methods, Applied Statistics and use of SPSS	September 1 to 7, 2008	1
3.	3 <sup>rd</sup> National Workshop on "Preparation of Research Proposal and Research in Physical Education and Sports	LNIFE, Gwalior	Research Proposal and Research in Physical Education and Sports	March 17 to 18, 2009	1
4.	Workshop for Preparation and finalization of Research Material	N.C.E.R.T, Ajmer	Preparation and finalization of Research Material	27 <sup>th</sup> – 29 <sup>th</sup> October, 2009	1
5.	UGC sponsored two days workshop on officiating in sports	Gujarat University, Ahmadabad	a) Judo Rules b) Kabaddi Rules c) Quarries in Judo d) Quarries in Kabaddi	18-19 Jan., 2010	4
6.	UGC sponsored National Workshop on new trends in Athletics (Keynote Speaker)	SBES College Aurangabad	New trends in Athletics	27-28 March, 2010	1
7.	National Workshop on Physical Education & Health Education and Sports in the Present Millennium	RVHETI, GB Nagar	Physical Education & Health Education and Sports in the Present Millennium	April 18, 2010	1

8.	National workshop on Writing Research Proposal	BHU, Varanasi	Application of Statistics	May, 3-9, 2011	1
9.	National Workshop on “Training Methods and Orientation of Trends in Different Games”	BHU, Varanasi	Training Methods	01-07 November , 2011,	1
10.	National Coaching Seminar and Clinic on “Judo”	JFI	Latest trends in Judo	14-18 November , 2011	1
11.	Workshop on Rejuvenating Health through Yoga, Phase1	CWS, Pt. RSU	Conducted Workshop	4-14 December , 2013	1
12.	Workshop on Rejuvenating Health through Yoga, Phase2	CWS, Pt. RSU	Conducted Workshop	29/3/14 to 28/4/14	1
13.	AIIMS Introductory Workshop on Yogic Exercises	AIIMS	Conducted Workshop on Yogic Exercises	6-10 May, 2014	1
14.	National Conference on Trends, Issues and Future of Physical Education & Sports	MM’s C. Agashe College of Physical Education, Pune	Modern Trends in Applied Research	27-28 February, 2015	1
15.	National Conference on Trends, Issues and Future of Physical Education & Sports	MM’s C. Agashe College of Physical Education, Pune	Suggestive Approach for Scholars of physical Education and Sports Sciences	27-28 February, 2015	1
16.	National Seminar on From Bricks to Clicks, Changing Scenario of Higher Education with ICT	IQAC, Pt. DDU Govt. Girls Degree College, Sewapuri	Scholarly Approach for Researchers in Modern Knowledge Age	2-3 March, 2015	1
17.	National conference on Physical Education and Sports Science	ITM University, Gwalior	Publicizing your Publication	15-16 May, 2015	1
18.	National Conference on Quality Education through Application of Research and Statistics in Profession	IPS, Gwalior	Multiple Response and Multiple Dichotomy Analysis	31 May, 2015	1
19.	Yoga Session	AIIMS, Raipur	Conducted Yoga Session	21 June, 2015	1
20.	National Workshop	NCTE & KCE	As Resource Person	June 27-29, 2015	1
21.	Faculty Development Programme	BHU	Scholar’s Scholarly Approach, Bibliometrics	18/09/2015	1



22.	Workshop on Preliminary approaches towards Research and statistics	LPU	1.Application of Parametric and Non Parametric statistics in Research 2. Application of formal test to test the normality of data 3. Application of trend analysis with multiple treatments in experimental research 4. Use of regression analysis in estimation studies	30/10/2015	4
23.	Workshop on yoga and Moral values	Dr. H. S. Gaur University	Moral Values and Yoga	08/11/15	1
24.	National Seminar on Women Empowerment and Sports	Govt. Kamla Devi Mahila Mahavidalaya, Rajandgaon	Essence of Pranayama	January7-8, 2016	1
25.	Workshop on yoga and moral values	Dr. H. S. gaur University, Sagar	Moral values and yoga	08/11/15	1
26.	ICSSR Workshop	School of Studies in Anthropology, Pt. RSU	Delivered 4 lectures on research and statistics	February 1-2, 2016	4
27.	2 <sup>nd</sup> National Conference on Physical Education and Sports Sciences	ITM University, Gwalior	Significance of balance between Ida and Pingla Nadi	March 3-5, 2016	1
28.	2 <sup>nd</sup> National Conference on Physical Education and Sports Sciences	ITM University, Gwalior	Different skills of communication	March 3-5, 2016	1
29.	National Conference on exercise and sports science	MGKV, varanasi	Yogig pranayama for health and fitness	April 18-19, 2016	1
30.	National seminar on therapeutic values of yoga	Vipra Arts, Commerce and Physical Education College	Benefits of different types of pranayama	June 24-25, 2016	1
31.	Faculty Development Programme	GGU, Bilaspur	Delivered 6 lectures	April 1-2,2016	

**Resource person at UGC, Refresher/Orientation Courses Etc.**

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC	Lectures delivered
		From	To		
1.	10 <sup>th</sup> Refresher Course	27/07/02	11/08/02	UGC, ASC, LNUPE	4
2.	11 <sup>th</sup> Refresher Course	13/09/02	03/10/02	UGC, ASC, LNUPE	4
3.	12 <sup>th</sup> Refresher Course	16/12/02	15/01/03	UGC, ASC, LNUPE	3
4.	14 <sup>th</sup> Refresher Course	30/10/03	19/11/03	UGC, ASC, LNUPE	2
5.	16 <sup>th</sup> Refresher Course	13/08/04	07/09/04	UGC, ASC, LNUPE	4
6.	17 <sup>th</sup> Refresher Course	17/11/04	07/12/04	UGC, ASC, LNUPE	3
7.	19 <sup>th</sup> Refresher Course	02/03/05	22/03/05	UGC, ASC, LNUPE	3
8.	20 <sup>th</sup> Refresher Course	10/08/05	30/08/05	UGC, ASC, LNUPE	2
9.	21 <sup>st</sup> Refresher Course	08/11/05	28/11/05	UGC, ASC, LNUPE	6
10.	<b>19<sup>th</sup> Orientation Course</b>	<b>10/01/06</b>	<b>06/02/06</b>	<b>UGC, ASC, LNUPE</b>	<b>6</b>
11.	24 <sup>th</sup> Refresher Course	22/03/06	11/04/06	UGC, ASC, LNUPE	4
12.	25 <sup>th</sup> Refresher Course	29/08/06	18/09/06	UGC, ASC, LNUPE	4
13.	<b>20<sup>th</sup> Orientation Course</b>	<b>14/11/06</b>	<b>11/12/06</b>	<b>UGC, ASC, LNUPE</b>	<b>4</b>
14.	26 <sup>th</sup> Refresher Course	17/01/07	06/02/07	UGC, ASC, LNUPE	4
15.	27 <sup>th</sup> Refresher Course	08/03/07	28/03/07	UGC, ASC, LNUPE	3
16.	28 <sup>th</sup> Refresher Course	29/08/07	18/09/07	UGC, ASC, LNUPE	5
17.	31 <sup>st</sup> Refresher Course	03/07/08	18/09/07	UGC, ASC, LNUPE	6
18.	<b>24<sup>th</sup> Orientation Course</b>	<b>30/08/08</b>	<b>26/09/08</b>	<b>UGC, ASC, LNUPE</b>	<b>3</b>
19.	32 <sup>nd</sup> Refresher Course	12/12/08	01/01/09	UGC, ASC, LNUPE	6
20.	33 <sup>rd</sup> Refresher Course	21/01/09	10/02/09	UGC, ASC, LNUPE	6
21.	<b>25<sup>th</sup> Orientation Course</b>	<b>21/01/09</b>	<b>17/02/09</b>	<b>UGC, ASC, LNUPE</b>	<b>6</b>
22.	34 <sup>th</sup> Refresher Course	05/03/09	25/03/09	UGC, ASC, LNUPE	6
23.	35 <sup>th</sup> Refresher Course	09/03/09	29/03/09	UGC, ASC, LNUPE	4
24.	<b>26<sup>th</sup> Orientation Course</b>	<b>18/09/09</b>	<b>15/10/09</b>	<b>UGC, ASC, LNUPE</b>	<b>4</b>
25.	37 <sup>th</sup> Refresher Course	17/11/09	07/12/09	UGC, ASC, LNUPE	4
26.	38 <sup>th</sup> Refresher Course	12/01/10	01/02/10	UGC, ASC, LNUPE	4
27.	<b>28<sup>th</sup> Orientation Course</b>	<b>07/08/10</b>	<b>03/09/10</b>	<b>UGC, ASC, LNUPE</b>	<b>4</b>
28.	41 <sup>st</sup> Refresher Course	05/10/10	25/10/10	UGC, ASC, LNUPE	4
29.	44 <sup>th</sup> Refresher Course	23/09/11	13/10/11	UGC, ASC, LNUPE	6
30.	45 <sup>th</sup> Refresher Course	02/12/11	22/12/11	UGC, ASC, LNUPE	4
31.	46 <sup>th</sup> Refresher Course	01/02/12	21/02/12	UGC, ASC, LNUPE	5
32.	<b>24<sup>th</sup> Orientation Course</b>	<b>15/05/12</b>	<b>11/06/12</b>	<b>UGC, ASC, LNUPE</b>	<b>6</b>
33.	Refresher Course	17/07/12	06/08/12	UGC, ASC, LNUPE	6
34.	Refresher Course	20/09/12	10/10/12	UGC, ASC, LNUPE	6
35.	Refresher Course	04/03/13	06/03/13	UGC, ASC, LNUPE	6
36.	<b>28<sup>th</sup> Orientation Course</b>	<b>04/03/13</b>	<b>06/03/13</b>	<b>UGC, ASC, LNUPE</b>	<b>6</b>
37.	Refresher Course	05/06/13	07/06/13	UGC, ASC, LNUPE	6
38.	<b>Orientation Course</b>	<b>03/06/13</b>	<b>05/06/13</b>	<b>UGC, ASC, LNUPE</b>	<b>6</b>
39.	<b>Orientation Course</b>	<b>16/12/13</b>	<b>17/12/13</b>	<b>UGC, ASC, LNUPE</b>	<b>4</b>
40.	Refresher Course	10/02/14	12/02/14	UGC, ASC, LNUPE	5
41.	<b>Orientation Course</b>	<b>10/03/14</b>	<b>11/03/14</b>	<b>UGC, ASC, LNUPE</b>	<b>3</b>
42.	Refresher Course	10/03/14	11/03/14	UGC, ASC, LNUPE	3
43.	<b>Orientation Course</b>	<b>14/06/14</b>	<b>17/06/14</b>	<b>UGC, ASC, LNUPE</b>	<b>6</b>
44.	<b>Orientation Course</b>	<b>22/09/14</b>	<b>24/09/14</b>	<b>UGC, ASC, LNUPE</b>	<b>6</b>
45.	Refresher Course	22/09/14	24/09/14	UGC, ASC, LNUPE	6
46.	Refresher Course	19/01/15	21/01/15	UGC, ASC, LNUPE	6
47.	ID Refresher Course	19/01/15	21/01/15	UGC, ASC, LNUPE	6
48.	Refresher Course	20/03/15	21/03/15	UGC, ASC, LNUPE	4
49.	Refresher Course	12/06/15	13/06/15	UGC, ASC, LNUPE	4
50.	13 <sup>th</sup> Refresher Course	25/09/09	26/09/09	UGC, ASC, Dr. BAMU	2
51.	14 <sup>th</sup> Refresher Course	17/11/2008	-----	UGC, ASC, Dr. BAMU	4
52.	Refresher Course	25/01/11	28/01/11	UGC, ASC, Dr. BAMU	6
53.	173 <sup>rd</sup> Refresher Course	11/09/07	12/09/07	UGC, ASC, GU	2
54.	Refresher Course	18/06/12	19/06/12	UGC, ASC, Dr. H.S.G.U.	4

55.	<b>62<sup>nd</sup> Orientation Course</b>	<b>04/10/12</b>	-----	<b>UGC, ASC, BHU</b>	<b>1</b>
56.	1st Refresher Course	06/12/12	-----	UGC, ASC, BHU	2
57.	<b>66<sup>th</sup> Orientation Course</b>	<b>07/01/14</b>	<b>08/01/14</b>	<b>UGC, ASC, BHU</b>	<b>2</b>
58.	<b>Special Summer School</b>	<b>23/05/14</b>	<b>24/05/14</b>	<b>UGC, ASC, BHU</b>	<b>4</b>
59.	<b>Orientation Course</b>	<b>28/06/14</b>	<b>30/06/14</b>	<b>UGC, ASC, BHU</b>	<b>2</b>
60.	<b>Orientation Course</b>	<b>08/09/14</b>	<b>10/09/14</b>	<b>UGC, ASC, BHU</b>	<b>6</b>
61.	<b>Refresher Course</b>	<b>26/12/15</b>	-----	<b>UGC, ASC, BHU</b>	<b>1</b>
62.	<b>Refresher Course</b>	<b>26/05/2016</b>	-----	<b>UGC, ASC, BHU</b>	<b>4</b>
63.	Refresher Course	13/12/12	-----	UGC, ASC, GGDU	2
64.	<b>Orientation Course</b>	<b>15/07/13</b>	-----	<b>UGC, ASC, GGDU</b>	<b>2</b>
65.	Refresher Course	<b>24/11/2014</b>	-----	<b>UGC, ASC, GGDU</b>	<b>2</b>
66.	Refresher Course	<b>02/12/2014</b>	-----	<b>UGC, ASC, GGDU</b>	<b>2</b>
67.	<b>Orientation Course</b>	<b>22/06/15</b>	-----	<b>UGC, ASC, GGDU</b>	<b>2</b>
68.	<b>Refresher Course</b>	<b>21/11/15</b>	-----	<b>UGC, ASC, GGDU</b>	<b>2</b>
69.	<b>Orientation Course</b>	<b>16/06/16</b>	-----	<b>UGC, ASC, GGDU</b>	<b>2</b>
70.	<b>Refresher Course</b>	<b>18/06/16</b>	-----	<b>UGC, ASC, GGDU</b>	<b>2</b>
71.	<b>Orientation Course</b>		-----	<b>UGC, ASC, GGDU</b>	<b>4</b>
72.	<b>Orientation Course</b>	<b>03/01/13</b>	<b>31/01/13</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>6</b>
73.	<b>Orientation Course</b>	<b>01/07/13</b>	<b>28/07/13</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>6</b>
74.	Special Summer School	24/07/13	25/07/13	UGC, ASC, Pt. R. S. U	4
75.	<b>Orientation Course</b>	<b>01/10/13</b>	<b>28/10/13</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>6</b>
76.	<b>Orientation Course</b>	<b>07/01/14</b>	<b>03/02/14</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>4</b>
77.	Refresher Course	<b>14/02/14</b>	-----	<b>UGC, ASC, Pt. R. S. U</b>	<b>1</b>
78.	Refresher Course	<b>09/07/14</b>	<b>12/07/14</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>4</b>
79.	Short Term course on Yoga	<b>3/08/14</b>	<b>05/08/14</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>6</b>
80.	<b>Orientation Course</b>	<b>28/08/14</b>	<b>13/09/14</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>5</b>
81.	Refresher Course (BS)	<b>15/09/14</b>	-----	<b>UGC, ASC, Pt. R. S. U</b>	<b>2</b>
82.	Short Term Course on RM	<b>13/11/15</b>	<b>19/11/15</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>6</b>
83.	<b>Orientation Course</b>	<b>21/11/14</b>	<b>25/11/14</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>3</b>
84.	<b>Orientation Course</b>	<b>19/06/2015</b>	-----	<b>UGC, ASC, Pt. R. S. U</b>	<b>2</b>
85.	<b>Orientation Course</b>	<b>27/11/2015</b>	<b>28/11/2015</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>4</b>
86.	<b>Special Winter School</b>	<b>15/01/16</b>	<b>22/01/16</b>	<b>UGC, ASC, Pt. R. S. U</b>	<b>4</b>
87.	<b>Refresher Course</b>	<b>07/03/15</b>	<b>08/03/15</b>	<b>UGC, ASC, SPU</b>	<b>4</b>
88.	<b>Refresher Course</b>	<b>23/03/15</b>	<b>24/03/15</b>	<b>UGC, ASC, KUK</b>	<b>4</b>

**Resource Person at Orientation Program, KVS PET's Extension Services Directorate**

S. No.	Level (University/Institute/Faculty/College)	Dates		Lectures delivered
		From	To	
1.	KVS TGT (Physical & Health Education ) Orientation Program, Extension Services Directorate, LNUPE, Ministry of Youth Affairs and Sports, Gwalior	29/05/12	30/05/12	4
2.	KVS TGT (Physical & Health Education ) Orientation Program Extension Services Directorate, LNUPE, Ministry of Youth Affairs and Sports, Gwalior	24/01/14	13/02/14	4
3.	KVS TGT (Physical & Health Education ) Orientation Program, Extension Services Directorate, LNUPE, Ministry of Youth Affairs and Sports, Gwalior	10/01/15	-----	4
4.	KVS TGT (Physical & Health Education ) Orientation Program, Extension Services Directorate, LNUPE, Ministry of Youth Affairs and Sports, Gwalior	05/02/2015	-----	2
5.	KVS TGT (Physical & Health Education ) Orientation Program, Extension Services Directorate, LNUPE, Ministry of Youth Affairs and Sports, Gwalior	<b>20/03/15</b>	-----	1

**Resource Person at PCP**

S. No.	Level (University/Institute/Faculty/College)	Dates		Lectures delivered
		From	To	
1.	PCP Programme of PGDYM ,Dr, H. S. Gaur University, Sagar	13/09/10	15/09/10	8
2.	PCP Programme of PGDYM ,Dr, H. S. Gaur University, Sagar	06/11/11	08/11/11	4
3.	PCP Programme of PGDYM ,Dr, H. S. Gaur University, Sagar	07/09/12	11/09/12	8
4.	PCP Programme of PGDYM ,Dr, H. S. Gaur University, Sagar	8/11/15	09/11/15	5
5.	PCP Programme of PGDYM ,Dr, H. S. Gaur University, Sagar	12/6/16	14/6/16	6

**Resource Person at University/Institute/Faculty/College Level**

S. No.	Level (University/Institute/Faculty/College)	Dates		Lectures delivered
		From	To	
6.	Camp of Directors of Physical Education conducted by North Maharashtra University , Jalgaon.	27/06/05	01/07/05	1
7.	Seminar cum teaching for NET/SLET conducted by Shri Chhotu Bhai Purani Degree College of Physical Education, Rajpipla.	23/05/06	24/05/06	1
8.	Programme efficiency@adm.com conducted by H.M.Patel Career Development Centre V.V.Nagar	09/01/07	10/01/07	1
9.	Programme efficiency@adm.com conducted by H.M.Patel Career Development Centre V.V.Nagar	17/01/07	22/01/07	4
10.	NCC Camp conducted by 89 UP Battalion, NCC, BHU	31/08/10	-----	3
11.	Ph.D. Course Work to deliver lecture on Application of Statistics, BHU	2010-11	-----	2
12.	Department of Journalism and Mass Communication, BHU	01/04/11	-----	2
13.	Department of Journalism and Mass Communication, BHU	19/10/11	22/10/11	3
14.	Invited Lecture, Mahatma Gandhi Kashi Vidyapith, Varanasi	09/01/14	-----	1
15.	Lectures in UGC Coaching Centre, Pt, R.S.U.	10/10/13	11/10/13	2
16.	Special Lectures For Students and Scholars, Swarnim Gujarat Sports University, Gandhinagar	26/10/15	28/10/15	4
17.	One Day Workshop , Govt. D. B. Girls P G. College	17/10/15	-----	2
18.	Workshop on “ Preliminary approaches towards research and statistics”	30/10/15	-----	4
19.	Seminar/Informative lecture, Govt. D. K. P G. College, Balodabazar (Physical Education, Sports Education and Yoga)	05/12/15	-----	2
20.	Special Lecture on Communication Skills, Shri Vaishvav College of Teachers Training, Indore	18/02/16	-----	1
21.	Self defense training programme for girls, CWS, Pt. RSU	01/02/16	06/02/16	6
22.	Workshop on yoga, MM College of Technology, Raipur	June 21, 2016		1

**SEMINAR/CONFERENCES/SYMPOSIA /WORKSHOP ATTENDED WITHOUT  
PAPER PRESENTATION**

**International Level**

<b>S. No.</b>	<b>Name of the Seminars / Conferences/Symposia/ Workshops etc.</b>	<b>Place and Date</b>
1.	International Congress on Stress Management	Gwalior, October 20-22, 2008

**National Level**

<b>S.No.</b>	<b>Name of the Seminars / Conferences/Symposia/ Workshops etc.</b>	<b>Place and Date</b>
1.	Seminar on technological Advances in Sports and Physical Education	Amravati, 11-13 March, 97
2.	Seminar on recast syllabi of BPE, BPES and MPES	Aurangabad, 3-4 May, 97
3.	National Workshop on current trends in exercise science	Delhi, 5-6 March, 99
4.	National seminar on Information Management	Gwalior, 26 <sup>th</sup> March, 00
5.	National Seminar on Physical Education and Sports in 21 <sup>st</sup> Century.	Gwalior, 27-28 Jan,01

**CHAIRPERSON IN SEMINAR/CONFERENCES**

<b>S. No.</b>	<b>Title of paper Lecture/ Academic Session</b>	<b>Title of Conference/ Seminar etc</b>	<b>Organized by</b>	<b>Whether International / National</b>
1.	Chairperson of Scientific Session	2 <sup>nd</sup> International congress on Physical education, sports medicine and exercise science,	LNIFE, GAN & G.SCOPE, Goa, October 5-8, 2003	International
2.	Chairperson of Scientific Session	2 <sup>nd</sup> International Conference on Psychotherapy, Yoga and Spirituality	WCP, YPAI & AFP, Haridwar, November 26-27, 2005	International
3.	Chairperson of Scientific Session	the III International Congress on Sports Medicine, Exercise Science, Physical Education & Yogic Science	LNIFE, Gwalior & GAN, February 12-15, 2008	International
4.	Chairperson of Scientific Session	5 <sup>th</sup> International Conference of World Council for Psychotherapy (Asian Chapter) and 4 <sup>th</sup> International Conference of Yoga and Psychotherapy Association of India	WCP, YPAI & AFP, Chandigarh, Jan. 05-08, 2010	International
5.	Chairperson of Scientific Session	International Seminar on Physical Education, Recreation and Yogic Sciences	BHU, Varanasi, January, 19-21, 2012	International
6.	Chairperson of Scientific Session	1 <sup>st</sup> International Yoga Week/Workshop	Rosary College, Goa, February, 13-19, 2012	International
7.	Chairperson of Scientific Session	UGC, ASC, National Seminar	UGC, ASC, LNIFE, 5-7 Dec., 2009	National
8.	Chairperson of Scientific Session	UGC, ASC, National Seminar	UGC, ASC, LNIFE, 14-15 Oct., 2009	National
9.	Chairperson of Scientific Session	National Conference and Exhibition on Recent Trends in Physical Education, Health Education and Sports Technology	Noida College of Physical Education, Noida, February 5-7, 2010	National
10.	Chairperson of Scientific Session	National Conference and Exhibition on Physical Education Current Status and Future Prospects	VSSD College, Kanpur, March 12-13, 2011	National

11.	Chairperson of Scientific Session	UGC Sponsored National Seminar on Science of Consciousness and Yoga Traditions	Dr. H.S. Gaur University, Sagar, December 16-17, 2011	National
12.	Chairperson of Scientific Session	UGC Sponsored National Seminar on Recent trends in physical education and sports :An Overlook	SGGS, Khalsa College, Mahilpur, February 27-28, 2012	National
13.	Chairperson of Scientific Session	6 <sup>th</sup> International Conference of World Council for Psychotherapy (Asian Chapter) and 5 <sup>th</sup> International Conference of Yoga and Psychotherapy Association of India	WCP, YPAI & AFP, New Delhi September, 24-26, 2012	International
14.	Chairperson of Scientific Session	Global Scientific Conference on Physical Education, Health & Sports Sciences	GNDU, January, 24-26, 2014	International
15.	Chairperson of Scientific Session	International Conference on Physical Education and Sports Science	JEREC University, Jaipur, January, 6-7, 2015	International
16.	Chairperson of Scientific Session	National Conference on Trends, Issues and Future of Physical Education & Sports	MM's C. Agashe College of Physical Education, Pune, 27-28 February, 2015	National
17.	Chairperson of Scientific Session	International Conference on Tantra Sharir, Faculty of Ayurveda, IMS, BHU.	IMS, BHU, September 27 & 28, 2015	International
18.	Chairperson of Scientific Session	2 <sup>nd</sup> National Conference on Physical Education and Sports Sciences	ITM University, Gwalior 3-5M arch, 2014	National
19.	Chairperson of Scientific Session	National Conference on exercise and sports science, M. G. K V, Varanasi	April 18-19, 2016	National

**EXAMINERSHIP (Theory/Practical/Teaching Practice/Thesis Evaluation)**

1. Acted as an examiner of MDS University, Ajmer.
2. Acted as an examiner of DDU University, Gorakhpur.
3. Acted as an examiner of Jiwaji University, Gwalior.
4. Acted as an examiner of University of Rajasthan, Jaipur.
5. Acted as an examiner of University of Allahabad, Allahabad.
6. Acted as an examiner of Agra University, Agra.
7. Acted as an examiner of Sardar Patel University, Vallabh Vidyanagar.
8. Acted as an examiner of L.N.I.P.E., Gwalior.
9. Acted as an examiner of Dr. B.A. University, Aurangabad.
10. Acted as an examiner of Bundelkhand University, Jhansi.
11. Acted as examiner of C.S.J.M. University, Kanpur.
12. Acted as examiner of BHU, Varanasi.
13. Acted as examiner of MGKV, Varanasi.
14. Acted as examiner of CCS University, Meerut.
15. Acted as examiner of Barkatulla University, Bhopal.
16. Acted as examiner of Lucknow University, Lucknow.
17. Acted as examiner of Suresh Gyan Vihar University, Jaipur.
18. Acted as examiner of NIMS University, Jaipur.
19. Acted as an examiner of Awadh University, Faizabaad.
20. Acted as examiner of Kurukshetra University, Kurukshetra.
21. Acted as examiner of CSJMU, Kanpur.
22. Acted as examiner of DAVV, Indore.
23. Acted as examiner of GGU, Bilaspur.
24. Acted as examiner of AMU, Aligarh.
25. Acted as examiner of Gujarat Vidyapeeth.
26. Acted as examiner of Banasthali Vidyapeeth.
27. Acted as examiner of MDU, Rohtak.
28. Acted as examiner of SVSU, Meerut.
29. Acted as examiner of RDU, Jabalpur.
30. Acted as examiner of PRSU, Raipur.
31. Acted as examiner of JNVU, Jodhpur.

**PUBLICATIONS**

<b>PAPERS PUBLISHED IN JOURNALS</b>		<b>ISSN, Impact Factor</b>	<b>Authorship</b>
1.	1. Waz, W., Choudhary, R., & Singh, K.P. (1998).Selected physical fitness characteristics of interuniversity male judokas and weight lifters- A comparative study. <i>SAMAJIK SAHYOG, National quarterly Research Journal</i> . 7(28), 42-45.	-----	2 <sup>nd</sup>
2.	2. Waz, W., Choudhary, R., & Singh, P.K. (1999).Effect of selected yogic practices on the recovery of low back pain among male students of Inipe gwalior. <i>SAMAJIK SAHYOG, National quarterly Research Journal</i> . 8(32), 34-38	-----	2 <sup>nd</sup>
3.	3. Chahal, V.,Choudhary, R., & Kumar, P. (2000).Anaerobic capacity profiles of the weight lifters and their comparison between different weight categories. <i>SAMAJIK SAHYOG, National quarterly Research Journal</i> . 9(34), 64-66	-----	2 <sup>nd</sup>
4.	4. Choudhary, R., & Singh, J. (2004).Psychological responses of Indian judokas as functions of age and weight categories. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 1 & 2, 41-51.	-----	1 <sup>st</sup>
5.	5. Tripathi,U.S., & Choudhary, R. (2004).Effect of 12 week physical education and yogic programme on selected physiological variables on mentally retarded students. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 1 & 2, 52-58.	-----	2 <sup>nd</sup>
6.	6. Choudhary, R. (2006).life style assessment of Indian physical education students. <i>HPE forum, A Bi-Annual Professional Journal</i> . 6 (1), 18-21.	-----	Sole
7.	7. Choudhary, R., & Singh, J. (2005).Subjects characteristics of Indian judokas as functions of age and weight categories and physiological parameters as functions of age. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 3 & 4, 57-68	-----	1 <sup>st</sup>
8.	8. Choudhary, R., Bahadur, H., & Sisodia, A.S. (2006).Life style assessment based on responses of Indian students delimited to three professions. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 5 & 6, 22-25	-----	1 <sup>st</sup>
9.	9. Saggu, G.S.,Choudhary, R.,& Kumar J. (2006).Coordinative abilities of Indian kabaddi players at different levels. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 5 & 6,31-35	-----	2 <sup>nd</sup>
10.	10. Choudhary, R.,Mishra, P. K. (2007).Life Style Assessment of Indian and NRI girls of Gujarat State: A Comparative Study. <i>HPE forum, A Bi-Annual Professional Journal</i> . 7(1), 34-40.	-----	1 <sup>st</sup>
11.	11. Choudhary, R., & Sisodia, A. S. (2007).Estimation of stress vulnerability based on selected physiological variables. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> .7 (1 & 2), 39-43	-----	1 <sup>st</sup>
12.	12. Choudhary, R., Singh, N.P. (2008).Coordinative abilities of judokas in different weight categories: a comparative study. <i>Research Bi-Annual for Movement</i> . 25(1), 39-50.	0973-1989	1 <sup>st</sup>
13.	13. Choudhary, R., & Stec, K. (2008).Effect of dynamic suryanamaskar on vital capacity of physical education students. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 8 (2), 11-20	-----	1 <sup>st</sup>



14.	14. Kapri, B. C., Choudhary, R., & Singh, G. K. (2009). Estimation of kabaddi performance based on coordinative abilities. <i>Scientific Journal in Sports and Exercise</i> . 5(1), 26-28	0974-2964	2 <sup>nd</sup>
15.	15. Stec, K., & Choudhary, R. (2009). Effect of dynamic suryanamaskar on physical efficiency index of physical education students. <i>Bangladesh Journal of Sports Science</i> . 9 (1), 62-73	-----	2 <sup>nd</sup>
16.	16. Stec, K., & Choudhary, R. (2009). Effect of dynamic suryanamaskar on negative breath holding capacity of physical education students. <i>Wellness: Journal of Health, Physical Education and Sports</i> . 1 (1), 13-19	0975-1-36X	2 <sup>nd</sup>
17.	17. Choudhary, R., Singh, S. N., & Bhardwaj, S. (2009). Comparison of life stress between urban and rural individuals of Uttar Pradesh. <i>Wellness: Journal of Health, Physical Education and Sports</i> . 1 (2), 9-13	0975-1-36X	1 <sup>st</sup>
18.	18. Choudhary, R., & Sisodia, A. S. (2009). Estimation of stress vulnerability based on selected physiological variables. Republished in <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 9(1), 67-70 (Choudhary, R., & Sisodia, A. S. (2007). Estimation ----- variables. <i>Indian Journal ----- exercise science</i> . 7 (1 & 2), 39-43)	-----	1 <sup>st</sup>
19.	19. Dubey, P.O., Ghildyal, S., & Choudhary, R. (2009). Comparison of skinfolds among different age group females. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 9(2), 41-50	-----	3 <sup>rd</sup>
20.	20. Choudhary, R and Krzysztof, S. (2010). The effects of dynamic suryanamaskar on flexibility of university students. <i>Journal of Advances in Developmental Research</i> . 1(1), 45-48	0976-4704 (P) 0976-4844 (OL)	1 <sup>st</sup>
21.	21. Kapri, B. C. and Choudhary, R. (2010). Coordinative abilities of Indian Football players pertaining to different playing positions in football. <i>Human Kinetics-A bi-annual journal of physical education and fitness</i> . 1(1), 66-73	0976-6588	2 <sup>nd</sup>
22.	22. Choudhary, R., Gurjar, V. and Bahadur, H. (2010). Estimation of decathlon performance on the basis of selected physical variables. <i>Amass-Multilateral research journal</i> . 2(2), 35-39	0975-3966	1 <sup>st</sup>
23.	23. Singh, K., Zala, R. S. Choudhary, R. Mishra, O. P. (2010). Comparison of life stress among different teaching professions, genders and their interactions. <i>Amass-Multilateral research journal</i> . 2(2), 46-50	0975-3966	3 <sup>rd</sup>
24.	24. Choudhary, R., Gurjar, V. and Bahadur, H. (2010). Estimation of decathlon performance on the basis of selected anthropometric characteristics. <i>Journal of Advances in Developmental Research</i> . 1(2), 188-190	0976-4704 (P) 0976-4844 (OL)	1 <sup>st</sup>
25.	25. Choudhary, R, Dravin and Kannaujia, S. (2010). Comparison of selected anthropometric characteristics among batsmen, bowlers and wicketkeepers in cricket. <i>Journal of educational chronicle</i> . 1(1), 17-28	2229-6220	1 <sup>st</sup>
26.	26. Singh, G. K. and Choudhary, R. (2011). Estimation of basketball performance on the basis of selected anthropometric characteristics. <i>Persist-Journal of physical education, recreation and sports in sciences and technology</i> . 2(1), 07-13	0975-7414	2 <sup>nd</sup>
27.	27. Choudhary, R. (2010). Effect of sahaja yoga on stress vulnerability of the seriously vulnerable individuals to stress. <i>Indian Journal of Physical Education, sports medicine and exercise science</i> . 10(1), 83-94	0976-1101	Sole

28.	28. Stec, K., Choudhary, R. & Kulmatycki (2010).Effect of dynamic suryanamaskar on differential chest circumference of physical education students. <i>Human Movement</i> .11 (2), 179-183	1732-3991	2 <sup>nd</sup>
29.	29. Singh, S. N., & Choudhary, R. (2010).Estimation of anaerobic power on the basis of vertical jump, vital capacity, in-breath chest circumference and out-breath chest circumference. <i>Bangladesh Journal of Sports Science</i> . 10 (1), 65-71	-----	2 <sup>nd</sup>
30.	30. Choudhary, R. & Singh S. N. (2010).Prophecy of stress vulnerability based on anxiety. <i>SPEAAS: A Journal-Journal of sports, physical education allied and alternative sciences</i> . 1(1), 23-26	2230-7931	1 <sup>st</sup>
31.	31. Choudhary, R. (2011). Effect of Sahaja Yoga Meditation on the Nutritional Assessment of University Students. <i>International Journal of Sports Science and Engineering</i> . 5(2), 77-24	1750-9823	Sole
32.	32. Dubey P. O., Ghildial S. and Choudhary, R. (2011). Comparison of skinfolds among different age group females. <i>Journal of Advances in Developmental Research</i> . 2(2), 257-261	0976-4704 (P) 0976-4844 (OL)	3 <sup>rd</sup>
33.	33. Choudhary, R, Mehrotra A. and Narayan S. (2011). Effect of pracchardana and vidharna on negative breath holding capacity. <i>Journal of Advances in Developmental Research</i> . 2(2), 253-256	0976-4704 (P) 0976-4844 (OL)	1 <sup>st</sup>
34.	34. Choudhary, R. (2011).Effect of sahaja yoga meditation on lifestyle of university students. <i>Wellness: Journal of Health, Physical Education and Sports</i> . 3 (1), 62-71	0975-1-36X	Sole
35.	35. Choudhary, R., Gurjar, V. and Bahadur, H. (2011). Estimation of decathlon performance on the basis of selected physiological variables. <i>Journal of educational chronicle</i> . 1(2), 91-94	2229-6220	1 <sup>st</sup>
36.	36. Choudhary, R., Kumar, A. and Prasad, K. (2011). Comparison of selected physical variables among different levels of players. <i>Adhikar: An international research refereed journal related to higher education for all subjects</i> . 1(4), 55-58	2231-2552	1 <sup>st</sup>
37.	37. Choudhary, R., Stec, K. & Kulmatycki (2011).The effects of dynamic suryanamaskar on positive breath holding capacity of physical education students. <i>Indian journal of movement education and exercises sciences (IJMEES), bi-annual refereed journal</i> . 1(1), 7-13	0976-4704 (P) 0976-4844 (OL)	1 <sup>st</sup>
38.	38. Patel K. K., Choudhary, R. (2011). Anthropometric Characteristics of upper extremities as functions of different playing positions in kabaddi. <i>Amass-Multilateral research journal</i> . 3(2), 70-75	0975-3966	2 <sup>nd</sup>
39.	39. Singh G. K., Choudhary, R. (2011). Effect of mental training on learning of jump shot in volley ball. <i>The Eternity</i> . 2 (1), 37-41	0975-8690	2 <sup>nd</sup>
40.	40. Patel K. K., Choudhary, R. (2012). Anthropometric Characteristics of lower extremities as functions of different playing positions in kabaddi. <i>International journal of motor learning &amp; sport performance</i> . 2(1), 37-41	2230-8628	2 <sup>nd</sup>
41.	41. Choudhary, R., Tiwari, S, Kumar. S. & Rai, V. (2012).Comparison of selected anthropometric measurements and body composition of fast and spin bowlers of Uttar Pradesh U-19 cricket. <i>Indian journal of movement education and exercises sciences (IJMEES), bi-annual refereed journal</i> . 2(1), 1-5	2249-6246 (OL) 2249-5010 (P)	1 <sup>st</sup>
42.	42. Mehrotra A. & Choudhary, R, (2012). Effect of interval training on motor components of junior India hockey players during first preparatory phase. <i>Journal of Advances in Developmental Research</i> . 3(1), 7-10	0976-4704 (P) 0976-4844 (OL)	2 <sup>nd</sup>
43.	43. Choudhary, R, Kulmatycki L., Meena T. R. (2012). Trend of the effect of four varieties of yoga bhastrika pranayama on physical efficiency index. <i>Archives of Budo</i> . 8(2), 117-124	1643-8698	1 <sup>st</sup>

44.	44. Choudhary, R, Singh V., Verma P. (2012). Hardiness assessment of physical education students pertaining to different courses. <i>Human Kinetics</i> . 2(2), 17-20	0976-6588	1 <sup>st</sup>
45.	45. Singh V., Singh G. K. & Choudhary, R. (2012). A study of trend of the effect of sahaja yoga meditation on rhythmic ability. <i>Indian journal of physical education and yogic sciences</i> . 2(2), 46-51	2229-3191	3 <sup>rd</sup>
46.	46. Patel K. K. & Choudhary, R. (2012). Subject's characteristics as functions of different playing positions in kabaddi. <i>CAPITAL: Research journal of physical education and sports sciences</i> . 1(1), 11-14	2277-8519	2 <sup>nd</sup>
47.	47. Patel K. K. & Choudhary, R. (2012). Incentive Motivation as functions of different playing positions in kabaddi Players in intervarsity kabaddi championship of Gujarat state. <i>International research journal of physical education recreation and sports sciences</i> . 1(1), 27-34	2278-5027	2 <sup>nd</sup>
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**(Dr. Rajeev Choudhary)**