

BIO-DATA

Dr.Reeta Venugopal

School of Studies in Physical Education.

Pt. Ravishankar Shukla University,

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QUALIFICATIONS

Professional Education / Qualification

- **Ph.D.** Title: “**Diurnal Variation of Responses in Skill, Physical, Psycho-Physiological and Biochemical Variables in Sportsmen**” in 1998 from Pt. Ravishankar Shukla University, Raipur C.G.
- Master of Philosophy, 1987, in First Division (62.55%) from LNIPE, Jiwaji University, Gwalior. M.P.
- Master of Physical Education (MPE), 1986, in First Division (61.8%) from LNIPE, Jiwaji University, Gwalior. With Specialization of Badminton.
- Bachelor of Physical Education (BPE), 1984, in with First Division (60.21%) from LNIPE, Jiwaji University, Gwalior. With Specialization of Gymnastics.

Education

- Higher Secondary School Certificate Exam, 1981, in First Division (63.12) from Board of Secondary Education, Bhopal, M.P. With Biology, Physics, Chemistry, Hindi English.

Languages Known: Able to Read, Write & Speak English and Hindi.

EXPERIENCE

Designation	From	To	Year/Month	Institute
Assistant Professor	01.01.1990	31.12.1998	9 Years	Pt. Ravishankar Shukla University, Raipur
Associate Professor	01.01.1999	01.01.2007	9years	
Professor	01.01.2007	Till date	9years 2month	

Academic and Administrative Experience:

ADMINISTRATIVE EXPERIENCE:

S.No.	Positions Held	Time Period
1.	Head, School of Studies, Physical Education, Pt, RSU ,Raipur	1990-1993 1995-2013
2.	Chairman Board of Study Physical Education, Pt, RSU ,Raipur	1999-2002 2002-2005 2008-2011 2011-2014
3.	Member Academic Council Pt, RSU ,Raipur	1990-1992 1994-2013
4.	Dean, Faculty of Education, Pt, RSU ,Raipur	2009-2011 2011-2013
5.	Member Planning and Evaluation Board, Pt, RSU ,Raipur	
6.	Member Executive Council, Pt, RSU ,Raipur	2011-2013
7.	Member Sports Committee, Dept. of Physical education, Pt, RSU ,Raipur	2010-2013 2013- till date
8.	Warden Girls' Hostel, Pt, RSU ,Raipur	1999-2002
9.	Director, Physical Education, Pt, RSU ,Raipur	2010-2013
10.	Director, Centre for Women's Studies, Pt, RSU ,Raipur	2012 - till date
11.	External Expert, Board of Physical Education, Devi Ahilya University, Indore (M.P.)	
12.	Subject expert Board of Studies, Physical Education Govt. D.B. Girls Autonomous P.G. College ,Raipur (C.G.)	
13.	External Expert, Board of Physical Education, Guru Ghasidas University, Bilaspur.	2013-2016
14.	Member of Departmental research committee, Department of Physical Education, Guru Ghasidas Central University, Bilaspur	2014-2016
15.	Expert for sanction of proposals of Minor Research Project and Seminar/Conference/Workshop/Symposium during 12 th plan period, University Grant Commission Western Region.	2012

MEMBERS

Selection Committee for Assistant/Associate Professor in Physical Education
Gurughasidas Central University, Bilaspur(C.G.)

Selection Committee for Assistant/Associate Professor in Physical Education Vishwa
Bharti, Shantiniketan, West Bengal

Selection Committee for sports Officer, PSC,CG

Selection Committee for sports Officer,Indira Gandhi Agriculture University, Raipur
(C.G.)

MEMBERS OF ADVISORY BOARD

Journal Of Physical Education And Sports Sciences.

(Annual Journal of Sports Sciences and Researches)

Journal of Physical Education and Sports

OTHERS

Book Published	-	02
Paper Published	-	16
Ph.D. Produced	-	10
Project	-	04 Completed, 01Ongoing

PERSONAL INFORMATION

Date of Birth	:	June26, 1964
Gender	:	Female
Marital Status	:	Married
Husband	:	Dr. Venugopal, Ph.D. Blessed with one daughter

List of Publications and other information's

Dr. Mrs. Reeta Venugopal

Books :

1. Arvind Tripathi, **Reeta Venugopal**, Priyamavanda Srivastav (2011). Sports Participation: Motivation, Family Socialization and Gender, A Study of Determinants of Sports Participation Among Adolescent. Lambert Academic Publishing 978-38475-1460
2. Shilpa Inchulkar & **Reeta Venugopal** (2013).Effect of Exercise in Psychomotor Abilities of Challenged Children.Lambert Academic Publishing 978-3-659-415906

Invited for Publication

1. Omji Gupta, Reeta Venugopal, Atanu Kumar Pati (Invited for Publication). Physiological Rhythm and Performance Among Sports Persons. LAP LAMBERT Academic Publishing GmbH & Co.KG, Germany.

Thesis Invited for Documentation in Indian Council of Social Science Research

1. Ritu Dubey, Reeta Venugopal, Priyamavanda Srivastav (2011) Comparison of Psycho-physiological Correlates of Sports Women & Non Sports Women of Chhattisgarh.

Research Papers Published

1. **Venugopal, Reeta (2000)**. Variation in mood and Physical Vigor, Journal of Sports Traumatology & Sports Science 2, 77-84
2. **Venugopal, Reeta (2000)**. Variation in Serum Enzyme Activities. Journal of Sports Traumatology & Sports Science 3, 41-43
3. **Venugopal, Reeta (2002)**. Circadian Characteristics of Physiological Variables. Research Bi-Annual for Movement. 18
4. **Venugopal, Reeta (2002)**. Comparison of Thermoregulation during Exhaustive Exercise between Sedentary Men and University Level Sportsman. Indian Journal for Health & Fitness. 18:2,11-13.
5. **Venugopal, Reeta, Nair Neeta S. (2004)**. A Study of Anthropometric Physiological and Physical Characteristics of Tribal Girls and Their Association. Journal of Sports Traumatology and Allied Sports Science. 5&6, 90-94
6. Nair, Neeta, **Venugopal Reeta (2005)** Health Related Fitness of Girls of 5-15 Yearsof Age Journal of Sports Traumatology and Allied Sports Science.
7. Shukla Manish, **Venugopal, Reeta, Mitra Mitashree (2007)** A cross Sectional Study of Body Composition, Somatotype and Motor Quality of Boys of Jawahar Navodaya Vidyalaya and Kendriya Vidyalaya in Chhattisgarh, India. International Journal of Fitness. Fitness Society of India.
8. **Venugopal, R., Patra, P., Sharma, M., and Bhoi, S (2006)**. Prevalence of Sickle Cell Trait in Sportspersons. Journal of Sports Sciences, 30(4), 5-11.
9. Shukla, M., **Venugopal, R.** and Mitra, M. (2008). A Comparative Study of Growth Pattern and Motor Quality of Boys of Jawahar Navodaya Vidyalaya and Kendria Vidyalaya in Chhattisgarh, India. Indian Journal of Exercise Science and Physiotherapy 4(2)133-142.
10. **Venugopal, R., Inculka, S. (2010)**. Effect of Physical Education Training Program on Physiological and Physical Variables among Mentally Challenged Children. Journal of Health and Fitness. Indian Association of Health and Fitness. 2 (2) 12-20.
11. **Venugopal, R., Gupta, O, and Patel, H. (2010)**. Temporal Pattern of Circadian Rhythm in Sportsmen. Journal of Exercise Science and Physiotherapy, 6(1), 1-6.
12. Srivastva, P, **Venugopal, R., and Singh, Y., (2010)**. A Study of Personality Dimension in Sports Performance. Journal of Exercise Science and Physiotherapy, 6(1), 39-42.
13. Shukla, M., **Venugopal, R.** Chakrovarty, S., Bharti, P., and Mitra, M. (2010). A Comparative Study of Physical Growth and Nutritional Status Between Non-

Residential and Residential Adolescent School Boys of Chhattisgarh, India. The Asian Man 4 (1), 1-12.

14. **Venugopal, R.; Gupta, O.; and Patel, H. (2010) "Temporal Pattern of Circadian Rhythm in Sportsmen" Journal of Exercise Science and Physiotherapy, 6: 1-6**
15. Gupta, A., Gupta, O., Mitra, M. and **Venugopal, R** (2011). A Cross-Sectional Study of Anthropometric Somatotype in Women Players of Chhattisgarh International Journal of Fitness 7:2, 53-60.
16. Gupta, Omji; Patel, Hrishikesh; **Venugopal, Reeta**.(2011) Morningness – Eveningness in Sport Persons, Research Bi-Annual for Movement. 28:1, 9-.
17. Gupta, Omji; Patel, Hrishikesh; Pati, A.K. and **Venugopal, Reeta**.(2011) "Sports Chronobiology: Circadian Rhythms in Psychological, Physiological and Physical performances"; The Asian Man, 5(1), 40-44.
18. Shabir Anant, **Reeta Venugopal** & Rajeev Choudhary (2012). Assessment and Comparison of Core Muscle Strength Among the Players of Different Games and their Interaction with age. Human Kinetics, 5:2, 39-44.
19. Inchulkar S., and **Venugopal, R.**(2013). The Effect of a Ten week Training Program on Mentally Retarded Children. The Asian Man, 6(2), 166-170.
20. Singh, M., Patel, H., and **Venugopal, R.**(2013) "Study of Morphological Status of University Employee" Vyayam Vigyan, 46(1) 38-43.
21. Inchulkar S., and **Venugopal, R.**(2013). Effect of Exercise on Psychomotor Variable In Mentally Challenged Children. Online International Journal of Current Research 5(5)
22. Maninder Singh, **Reeta Venugopal** & Rajeev Choudhary.(2013). Assessment of Body Mass Index and Ponderal Index in relation to different age groups of University Male Employees Indian Journal of movement education and exercises sciences (IJMEES) 3:1, 1-9.
23. Maninder Singh, **Reeta Venugopal** & Rajeev Choudhary (2013) Differential impact of Age and Gender on Total Body Fat Percentage in relation to University employees Journal of Physical Education and Sports Sciences (JPES), 1:1, 1-8.
24. Shukla Manish, **Venugopal, Reeta**, Mitra Mitashree (2013). A Cross Sectional Study of Nutritional Status of Boys of Jawahar Navodaya Vidyalaya and Kendriya Vidyalaya in Chhattisgarh. Indian Journal of Physical Education and Sports Sciences 1(1).
25. Gupta A., Gupta O., Mitra M. And **Venugopal R.** (2013). Nutritional Status of University Level Women Player of Chhattisgarh. The Asian Man, An International Journal 7(1&2): 95-103 95 DOI: 10.5958/j.0975-6884.7.1X.012
26. A Shabir, R Venugopal (2014). Effect of Core Muscle Strength Training on Flexibility of Male players. Indian Journal of Physical Education and Sports Sciences 2 (2), 54-60. ISSN 2320-7981.
27. Anant, S.K., Choudhary, R., Venugopal, R. (2014). Effect of Core Training on Anaerobic Power, Explosiveness, Repetitive Power and Endurance of Male

- Players. International Human Research Journal, (Online Interdisciplinary-Quarterly) 2 (3), 1-8 ISSN 2347-7067
28. B Rawate, SK Anant, P Srivastava, R Venugopal (2014). A Comparative Study Of Extrinsic, Intrinsic And Amotivation Between Male Inter-University Players Participating In Different Sports Disciplines. International Multidisciplinary Research Journal Golden Research Thoughts. 4 .ISSN 2231-5063
 29. B Rawate, SK Anant, P Srivastava, R Venugopal (2014) A Study Of Motivation Profile Of Players Of Chhattisgarh. Academic Sports Scholar 3 (10), 1-5 ISSN : 2277-3665
 30. Dubey, R ,Srivastava P, Venugopal, R (2014) "Comparative Assessment of Physiological Characteristics in Sports Women and Non Sports Women of different age group" International Human Research Journal ISSN 2347-7067.
 31. D Tirkey, R Venugopal (2014). Effect Of Beetroot Supplementation On 5 Km Time Trial Performance. Ijmess 3 (1)
 32. Hirdaya Nand, Shrivastava, P., Venugopal, R. (2014). Relationship Between Physical Fitness And Well Being International Human Research Journal, {Online Interdisciplinary-Quarterly}, , 2, (4), 2014.
 33. A Shabir, V Reetagopal (2015). Effect of Eight Weeks Swiss Ball Training on Body Fat Percentage of Male Players. Global Excellence in Fitness and Sports Science 1 (1), ISSN 18-23 978-81-89463-96-0
 34. R Tiwari, R Venugopal (2015). Reaction ability test for female Kho-Kho players. International Journal of Physical Education, Sports and Health 2015; 2(1): 177-179 P-ISSN: 2394-1685 E-ISSN: 2394-1693.

Research Papers Presented in National /International Conference /Symposium.

1. **Venugopal, Reeta (1995)**. Diurnal Variation of Responses in Physical & Psycho Physiological variables in Sportsmen". XIX Annual Conference, Indian Association of Sports Medicine 2nd & 3rd September, Bhopal.
2. **Venugopal, Reeta (1998)**. "Diurnal Pattern of Circadian Rhythm in Sportsmen" Diamond Jubilee Celebrations, University of Kerela, 25-27th June 1998.
3. **Venugopal, Reeta (1998)**. "Temporal Pattern of Circadian Rhythm in Sportsmen" International Congress 98 on Management of Physical Education & Sports, 2nd -6th October 1998.
4. **Venugopal, Reeta (1999)**. "Variation in Mood & Physical Vigor" Indian Sports Medicine Congress 99, 21st-23rd December 1999.
5. **Venugopal, Reeta (2001)**. "Women & Fitness" National Seminar on Emerging Challenges before Indian Women. Pt. Ravishankar Shukla University, Raipur.

6. **Venugopal, Reeta (2001)**. Role of Accrediting Bodies in Teachers Preparation Programme. National Seminar Organized by Academic Staff College, Laxmi Bai National Institute of Physical Education, Gwalior.
7. **Venugopal, Reeta (2005)**. Anthropometric Characteristics & Physical Performance of Tribal Girls. National Seminar on Application of Statistics and Computers in Physical Education & Sports. Sindu College Nagpur.

Workshop Attended :

S. No	Dates	Nomenclature
1.	28- 30 Sep. 2000	Judge's Training National Sports Dance ad Fitness Federation Fitness Vision 2000,L.N.I.P.Gwalior
2.	6-8 April,2001	Indian Sports Medicine Congress 2001, New Delhi Sport Medicine Workshop, SAI, New Delhi
3.	12-13 Sep., 2005	Indo-Australian Multi Disciplinary Workshop on Sports Management and Excellence, SAI, Calcutta
4.	23- 27Jan.2006	National Workshop on Data Analysis in Physical Education, Laxmibai National Institute of Physical Education Gwalior. M.P.(Deemed University)
5.	8-10 July2009	National Workshop on Data Analysis in Physical Education, Laxmibai National Institute of Physical Education Gwalior. M.P.(Deemed University)Nainital
6.	2-7 Oct. 2012	Certified Leadership Course, HVPM Amravati

Guest Lecture :

S. No	Dates	Nomenclature
1.	2-3 Feb. 2008	Topic : <i>“Core Muscles Stability”</i> National Seminar on Management of Sports Injuries,Physical Education College Lahara,Yvatmal,(S.G.B.Amravati University,Amravati)

2. 18-19 Dec. 2010 Topic : ***“Physiological Aspects of Endurance”*** State Level Workshop on Modern Training Methods for Elite sportspersons, Physical Education, Pt.Ravishankar Shukla University, Raipur(C.G.)
3. 19th Jan. 2011 Topic : ***“Employment opportunity in Physical Education”*** Govt.Satyanarayan Agarwal Arts and Commerce College, Kohaka-Newara,Raipur (C.G.)
4. 24-25 Jan. 2013 Topic : ***“Special Issues of Women’s Participation In Sports”*** National Seminar on Physical Education Women & Spots Govt. Dr. W.W.Patankar Girls P.G. College Durg (C.G.)
5. 3-17 Dec. 2013 Topic : ***“Obesity”*** Faculty Development Programme Recent Advances In Designing Of Novel Formulation For Plant Actives & Extracts, Pharmacy, Pt.Ravishankar Shukla University, Raipur (C.G.)
6. 2nd March 2015 Topic : ***“orèku ea fl=;ka dh fu;kstfu;rk grq 'kl dh; ;kstuk,a ”*** National Seminar on Graduate Employability Sant Guru Ghasidas Government P.G. College, Kurud (C.G.)
7. 7- 8 Jan. 2016 Topic : ***“The Sexual Harassment of Women and Sports”*** National Seminar on Women Empowerment and Sports, Govt. Kamla Devi Mahila Mahavidalaya, Rajnandgoan (C.G.).
8. 19-25 Jan. 2016 Topic : ***“Gender Issues in Higher Education”*** National Workshop on Augmentation of Quality in Higher Education, Sant Guru Ghasidas Government P.G .College, Kurud (C.G.)

Symposia/Conferences/Workshops Organized :

S. No	Dates	Nomenclature
1.	10-12 Jan. 2013	National Conference "Role of Women in National Development in the new Millennium" in collaboration with Shakti (NGO)." was organized
2.	8 th March 2013	One Day Seminar on "Sexual offense: Trial, Law, Rehabilitation, Mass and Media" to celebrate the International Women Day
3.	5-6 July, 2013	Gender sensitization programme was organized for teacher, Girls and public in general.
4.	04-13-Dec. 2013	An Intervention programme for Health and Fitness of women through Yoga and exercise Phase – I.
5.	5-7 feb, 2014	National Symposium On Women As Leaders: Roles, Issues And Concerns was organized
6.	6 th feb, 2014	Workshop on Nadi Vigyan for Pain Relief
7.	6 th feb, 2014	Self defense for women (Martial Art Demonstration)
8.	8 th March 2013	The International Women's Day (8 th March) was marked with a panel discussion on the topic "Women And Progress: The Indian Perspective".
9.	29 th March to 28 th April.2014	An Intervention program for hypokinetic diseases of women by Yoga and exercise phase II.
10.	03 - 09 Aug. 2014	Short Term Course "Yoga for women" in collaboration of Academic Staff College, Prof. Reeta Venugopal Pt. RSU, Raipur was organized
11.	13 - 19 Nov. 2014	Short Term Course "Research Methodology" was organized in collaboration of Academic Staff College, Pt. RSU, Raipur
12.	25 th Nov. 2014	One Day Workshop on "Role of youths in ending violence against women and girls" collaboration with OXFAM, NGO was organized
13.	06 th Dec. 2014.	One Day Lecture was organized on "E-Content"
14.	29 -30 Jan., 2015	In collaboration of Women Commission Chhattisgarh Workshop on "Gender Sensitization and Gender Equality" and Poem& Essay Competition were organized
15.	8 th March 2015	On the occasion of International Women's Day awareness programme on Health, Sanitation and Law was organized
16.	15 th October 2015	One Day Lecture on <i>Images of Women in Historical</i>

- Perspective*” collaboration with SoS in History was organized
- 26th Nov.2015 One Day Workshop on “ Education for combating Violence Against Women and Girls and creating lasting Peace within Home and Society” collaboration with OXFAM India NGO was organized
- 17.
18. 5th Dec.2015 Theatre Performance “Haan, Main Savitribai Phule”
19. 1- 6 Feb 2016 [Self defence Training programme for Women](#)
20. 6th Feb 2016 One Day Lecture on “Placement Services”
21. 13th Feb 2016 One Day Awareness Programme on “Gender Sensitization”
22. 09- 18 Sep. 2013 Leadership, Team Building & Adventure Course for youths
Organized by : Everest Foundation

RESEARCH PROJECT:

S. No.	Title of the Project	Duration	Funding Agency	Amount Sanctioned	Present Status
1	A Study of Anthropometric, Physiological and Physical Characteristics of Tribal Girls and their Association	2 Years	UGC- Minor Research Project	₹ 15000	Completed
2.	Investigation of the relationship between circadian rhythm type, psycho-physiological state and performance among sportspersons	2 Years	UGC Major Project	₹ 743400	Completed
3.	Physical Fitness Status and Effect of Physical Education Programme on Mentally Retarded Children	2 Years	CGCOST	₹ 154000	Completed
4	Prevalence of Sports Injuries in Kho-Kho Players and Comparison of Physiotherapy, Ayurvedic and Combined Modalities of treatment of the Injuries	2years	UGC Major Project	₹8,59,600	Ongoing
5.	Base line survey on physical and Psychological health related issues in adolescent female”	2years	CWS Pt. RSU, Raipur	₹55,000/-	Completed
6.	Prevalence and Awareness of Chronic Disease among Women of different Professions in relation to Life Style and Activity Level	2years	CCOST	₹ 4,90,000/-	Ongoing

LIST of Ph.D AWARDED

1. **Manish Shukla.** A Comparative Study Of Physical Growth, Physiological Component, Physical Fitness And Health Status Of Children Of Jawahar Navodaya Vidyalaya And Kendriya Vidyalaya Of Chhattisgarh (2008).
2. **Vishnu Srivastva.** Survey Of Sports Facilities And Sports Achievements Of Private And Public Sector Undertakings of Chhattisgarh State.
3. **Alok Dubey.** A Comparative Analysis Of Inter University And Inter State Handball Teams Statistics And Their Relationship To Winning And Losing.
4. **Vipin Chandra Sharma.** Chhattisgarh Rajya ke Shashkiya avam Ashashkiya Shalao me Uplabdha Khelkud Suvidhaye, Chatron ki Sharirik Dakshta avam Drishtikon ka Adhayan. (2008)
5. **Yashpaul Singh.** Sports Performance:A Study in Relation to Cognitive Style,Sensation Seeking & Attributive Styleof the Player. (2008)
6. **Omji Gupta.** Physiological Rhythms and Performance among Sports Person.(2008)
7. **Manju Sharma.** Bastar Sambhag ke Anusuchit Janjati Khiladi Balak, Balikaon ka Manavmitia, Kriyatmak, Sharirik Dakshta avam Poshan ka Adhayayan avam unka Sambandha. (2009)
8. **Arvind Tripathi.**A Study of Sports Participationin relation to Family Socialization,Gender and Motivation.(2010)
9. **Anita Gupta.** "Women Players Of Chhattisgarh" A Cross – Sectional Study With Special Reference To Nutritional Status, Body Composition And Level Of Achievement.
10. **Shilpa Inchulkar.** Effect Of Physical Education Training Program On Psychomotor Component Among Challenged Children.
11. **Hrishikesh Patel.**Study Of Circadian Rhythm In Heart Rate, Physical Activity, Activity Intensity And Energy Expenditure Of Sports Persons.
12. **Sunil Bhoi.** Study of Hemoglobinopathies With special Reference toBody Composition and Pulmonary Function in Sports Person of Chhattisgarh.
13. **Dileep Tirkey:** Effect of Beetroot Supplementation on Physiological Variables and Performance of Distance Runner.
14. **Bhojram Rawate:** Chhattisgarh ke Khiladia ka Abhipreranatmak Parshw Chitra.
15. **Sabir Anant:** Assesment of core muscles strength of players and effect of core training on selected fitness variables.

Registered

1. **Rinku Tiwari** : Kho-Kho Khel ke liye Kaushal Parikshan ka Nirman.
2. **Maninder**:
3. **Ashutosh Pandey** : The Effect of Proprioceptive training on Selected Physical Fitness components & Injury Prevention.
4. **Ku. Subuhi Nishad** : Physical Activity and Hypokinetic Problems Among University Teachers of Chhattisgarh.

M Phill

1. **Ambika Lahiri** A Cross Sectional Analysis of Health Related Physical Fitness Among Boys of 12-16 years of Age(2008).
2. **Adarsh Mishra** A Study of Nutritional Status of University Level Male Players of Chhattisgarh(2008).
3. **Kiran Damle** A Study On Assessment Of Postural State Of Tribal And Non-Tribal Player Of Chhattisgarh(2008)..
4. **Vikas Vaishnav** "A Study Of Mental Toughness In Sports Persons Of Chhattisgarh` "
5. **Neelu Jaiswal** Urinary Incontinence Among Sports Women And Non-Sports Women Of Chhattisgarh(2011)..
6. **Manoj Singh Thakuri**. Bio-Electrical Impedance Analysis Of Body Composition Of East Zone(2012).
7. **Liton**. Somatotyping and Body Composition of East Zone Inter-University Male Kho-Kho Players.
8. **Rinku Tiwari**.
9. **Maninder**: Body Composition and Physiological Profile of University Employees.
10. **Priyanka Singh (2012)**.Morphological Characteristics of Inter- University Women Basketball Player.