

Bio-Data

Dr. Rajeev Choudhary

Professor in Physical Education

Head, School of Studies in Law

Dean Students' Welfare

Joint Proctor

Former Head, School of Studies in Physical Education

Former Dean, Faculty of Physical Education

Pt. Ravishankar Shukla University, Raipur, Chhattisgarh, India

Best Teacher Educator-2019 Awardee by NCTE

(National Council of Teacher Education)

A statutory body of Government of India.

Visiting Professor, Jan Dlugosz University, Czestochowa, Poland

Visiting Professor, Trier University of Applied Sciences, Trier, Germany

Adjunct Faculty, Rashtriya Raksha University, Gandhinagar, Gujarat

Former Lecturer, LNUPE, Gwalior, MP, India

(University under Ministry of Youth Affairs and Sports, Govt. of India)

Former Principal, SSPCPE, Sardar Patel University, V.V.Nagar, Gujarat, India

Former Assistant Professor, Banaras Hindu University, Varanasi, UP, India

Former Associate NCC Officer & Tp. Commander, 3 UP ARMD SQN, NCC, BHU, India

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Part A: GENERAL INFORMATION



1. Name : Dr. RAJEEV CHOUDHARY
2. Date of Birth :27/02/1972
3. Father's Name : Ram Singh
4. Mother's Name : Satyawati
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6. E-Mail ID : choudharyrajee@gmail.com
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8. ResearcherID : R-2795-2016
9. ORCID (Open Researcher & Contributor ID : 0000-0002-7004-6149
10. PAN ATKPS0013J

11. AADHAAR : 573005991685
12. Department : School of Studies in Physical Education
13. Current Designation : Professor
14. Pay Scale : Academic Level-14
15. Date of Promotion/last Promotion : 21/11/2012, directly recruited
16. Address for Correspondence (with pin code) : School of Studies in Physical Education, Pt. Ravishankar Shukla University, Raipur, C.G.-492010, India
17. Residential Address: : Flat No.-105, Royal Hills Apartment, Deen Dayal Upadhyay Nagar, Raipur, Chhattisgarh- 492010, India

Links:

1. Vidwan Link: <https://vidwan.inflibnet.ac.in/profile/208463>
2. ORCID (Open Researcher and Contributor ID) link:
<http://orcid.org/0000-0002-7004-6149>
3. ResearchGate ID link:
<https://www.researchgate.net/profile/Dr-Rajeev-Choudhary>
4. Google Scholar Link:
<https://scholar.google.com/citations?user=WfQK8wcAAAAJ>
5. YouTube Channel Link (Lectures Uploaded), Total Subscribers = 743 :
<https://www.youtube.com/channel/UCquVwBbBTC8ZxMthZHnFthg>
6. Scopus Author ID and Link:
<https://www.scopus.com/authid/detail.uri?authorId=36699557400>
7. Researcher ID and Link:
<https://publons.com/researcher/2186056/rajeev-choudhary/>
8. Facebook Link (Link of some lectures and information is shared):
<https://www.facebook.com/rajeev.chouhary.3/>

Part B: Educational Qualification

S. No.	Exam/ Degree/ Course	University/ Institute	Year	Marks Obtained/ Aggregate	%	Division/ Grade	Remark
1.	B.P.E. (Bachelor of Physical Education)	Jiwaji University, Gwalior	1993	1804/3000	60	First	With merit scholarship
2.	M.P.E. (Master of Physical Education)	Jiwaji University, Gwalior	1995	739/1150	64	First	With merit scholarship
4.	Black Belt Diploma (I Dan)	Judo Federation of India.	1996	N/A	N/A	N/A	----
5.	Black Belt Diploma (II Dan)	Judo Federation of India.	2009	N/A	N/A	N/A	----
6.	P.G.D.Y.M. (Post Graduate Diploma in Yoga and Meditation)	Dr. H. S. G. U., Sagar	2005	379/600	63	First	----
7.	P.G.D.Y.N. (Post Graduate Diploma in Yoga and Naturopathy)	Dr. H. S. G. U., Sagar	2014	415/600	69	First	----
8.	P.G.D.Y.P. (Post Graduate Diploma in Yoga and Psychotherapy)	Dr. H. S. G. U., Sagar	2016	405/600	67	First	----

RESEARCH DEGREES

S. No.	Exam/ Degree/ Course	University/ Institute	Date/Year of Award	Marks Obtained/ Aggregate	%
1.	M. Phil.	L.N.I.P.E, Gwalior	1996	465/750	62
2.	Ph.D.	L.N.I.P.E, Gwalior	15/11/2000	N/A	N/A

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)

Part C: Teaching Experience

S. No.	Post	Institute	From	To	Remarks
1.	Graduate Teaching Assistant (Under Sports Authority of India, GTA scheme)	LNIPE, Gwalior	Academic year 1993-94 & 94-95		
2.	Teaching Assistant (Under Ministry of HRD, JRF scheme)	LNIPE, Gwalior	Academic year 1995-96		With a remark of Vice Chancellor and Registrar “Sincere and diligent worker having excellent teaching Caliber.”
3.	Lecturer (Full Time)	PES College of Physical Education.	7.9.96	18.5.97	With a remark of Principal “Efficient supervisor and discharged the duties quite effectively”
4.	Teaching Assistant (Under UGC, JRF scheme)	LNIPE, Gwalior.	Academic year 1997-98 & 98-99		With a remark of Vice Chancellor and Registrar “Sincere and diligent worker having excellent teaching Caliber.”
5.	Lecturer (Regular Basis) (Approved by Kurukshetra University, Notification No. CBA-146B/2000/7598 dated 27/09/2000) Scale of 2200-75-4000	SGHSK College, Ambala.	17.8.99	15.4.02	With a remark of Vice President “Sincere, dedicated and helpful teacher. Possesses excellent teaching ability, presentation skills, research aptitude and coaching ability.” With a remark of Principal “Efficient supervisor. Sincere and diligent worker having excellent teaching Caliber.”

6.	Lecturer (Regular Basis) (Approved by BOM, LNIPE, Ministry of Youth Affairs and Sports, Govt. of INDIA, dated 08/04/02) Scale of 8000-275-13500	LNIPE, Gwalior.	16.4.02	6.9.05	With a remark of Vice Chancellor “Sincere and dedicated teacher.”
7.	Principal (Regular Basis) (Approved by Syndicate of Sardar Patel University, Notification No.D/B/10390 Dated 25/01/2006) Scale of 12000-420-18300	SSPCPE, V. V. Nagar.	07.2.06	16.11.07	With a remark of Registrar “Sincere, hardworking and punctual. Actively take part in deliberations. Have courage to speak truth.”
8.	Assistant Professor Stage-1 (Regular Basis) Pay Band 15600-39100 AGP 6000	BHU, Varanasi	17.11.07	16/11/11	With a remark of Head “Sincere, hardworking, punctual and dedicated teacher with excellent presentation skills”
9.	Assistant Professor Stage-2 (Regular Basis) Pay Band 15600-39100 AGP 7000	BHU, Varanasi	17/11/11	20/11/12	
10.	Professor (Academic Level-14)	Pt.RSU, Raipur	21/11/12	Till date	

Part D: Administrative Experience

S. No.	Duties performed	Duration	Working place
1.	Control of Examinations	10/02/00 to 15/04/02	SGHS, Khalsa College, Panjokhra Sahib, Ambala
2.	Mess Warden	02/05/02 to 30/06/02	L.N.I.P.E., Gwalior
3.	Hostel Warden	01/07/02 to 30/04/03 01/07/04 to 30/04/05	L.N.I.P.E., Gwalior
4.	Asst. Mess Warden	10/07/03 to 06/09/05	L.N.I.P.E., Gwalior
5.	Dy. Director (Intramurals)	01/07/03 to 30/04/04	L.N.I.P.E., Gwalior
6.	Hostel Warden	01/05/08 to 15/11/12 1. Hostel was awarded merit of excellence, 2009-10 2. Hostel was awarded Hostel Excellence Award, 2011-12	BHU, Varanasi
3.	Care Taker, NCC	01/07/08 to 30/06/10 (With CO's remark 'OUTSTANDING PERFORMANCE')	3 U.P. ARMD SQN, NCC, BHU, Varanasi
4.	Associate NCC Officer (Rank: Lieutenant) Commission No.: 14110374	05/06/10 to 20/11/12 (With CO's remark 'OUTSTANDING PERFORMANCE', also received Best NCC Officer Award)	As a Tp. Commander 3 U.P. ARMD SQN, NCC, BHU, Varanasi

5.	I/C Head	November, 2015 to December, 2015	SOS in Physical Education, Pt. RSU
6.	Head	01/07/2016 to 30/06/2019	SOS in Physical Education Pt. Ravishankar Shukla University, Raipur
7.	Head	01/07/2019 to till date	SOS in Law Pt. Ravishankar Shukla University, Raipur
8.	Dean, Faculty of Physical Education	19/07/2016 to 18/07/2018	Pt. Ravishankar Shukla University, Raipur
9.	Jt. Proctor	13/05/2015 to 12/05/2017 (2 years) 24/07/2017 to 23/07/2019 (2 Years)	Pt. Ravishankar Shukla University, Raipur
10.	Dean Student's Welfare	21/11/2017 to till date	Pt. Ravishankar Shukla University, Raipur
11.	Chairman, Board of Studies	30/10/2017 to till date	BOS in Physical Education, Pt. Ravishankar Shukla University, Raipur
12.	Chairman, Central Board of Studies	11/04/2018 to 30/06/2019	Central Board of Studies in Physical Education, Chhattisgarh

Part E: Membership of Professional Bodies:

S. No.	Name of body	Type of Membership	Date of membership
1.	National Association of Physical Education and Sports	Life Member	06/11/2006
2.	Sports Psychology Association of India	Life Member	01/07/2010
3.	Council for Teacher Education	Life Member	10/06/2012
4.	All India Council Of Physical Education	Life Member	09/09/2007
5.	Mahamana Malviya Mission	Life Member	19/01/2014
6.	Physical Education Foundation of India (PEFI)	Life Member	2019

Part F: Awards/Fellowships

S. No.	Type	Name	Level	Awarding Institution or Body	Date
1.	Fellowship	Merit Scholarship in BPE	University	LNCPE, Sports Authority of India	30/04/1992 (1991-92)
2.	Fellowship	Merit Scholarship in BPE	University	LNCPE, Sports Authority of India	30/04/1991 (1992-93)
3.	Fellowship	Merit Scholarship	University	Alumni Association of LNCPE	30/04/1994 (1993-94)
4.	Fellowship	Sports Scholarship	University	LNCPE, Sports Authority of India	30/04/1995 (1994-95)
5.	Fellowship	Junior Research Fellowship	National	Ministry of H.R.D.	01/07/1995
6.	Fellowship	Junior Research Fellowship	National	University Grants Commission	31/10/1997
7.	Award	Accolade of Excellence	International	OIUCM, Colombo, Sri Lanka	10/11/2009
8.	Award	Best in Computer Proficiency	University	NCC Officer's Training Academy, Kamptee (Ministry of Defense, Government of India)	20/02/2011
9.	Award	Best NCC Officer (ANO)	University	NCC Group HQ, Varanasi-A (Ministry of Defense, Government of India)	19/07/2011

10.	Award	Professor of the Year	University	Pt. Ravishankar Shukla University, Raipur	14/09/2015 (2014-15)
11.	Award	Professor of the Year	University	Pt. Ravishankar Shukla University, Raipur	07/09/2016) (2015-16)
12.	Award	1 st Prize in Paper Presentation	International	International Conference on Tantra Sharir, Faculty of Ayurveda, IMS, BHU	27/09/2015
13.	Award	Hostel Excellence Award	University	BHU (as a warden of Birla Hostel "C").	19/08/2010
14.	Award	Hostel Excellence Award	University	BHU (as a warden of Birla Hostel "C").	08/05/2012
15.	Award	Honor of Fellowship	International	conferred by "Baikunthi AYUSH Research and Social Welfare Society", in recognition of the valuable contributions for the advancement of AYUSH, during International Conference on "International Conference on "Present, Past & Future of AYUSH Education" organized by Department of Rachna Sharir, Faculty of Ayurveda, IMS, BHU.	26/07/2018
16.	Award	"Life Time Achievement Award"	National	"Physical Education Foundation of India" (PEFI)	25/09/19

17.	Award	Best Teacher Educator Award-2019	National	NCTE (National Council of Teacher Education), A statutory body of Government of India	2020
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Part G: Recognition of Post Graduate Teaching

S. No.	Details
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 <i>Gramoday University</i> , 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.

Part H: 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 Utter 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, Enterprenship, 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, Emperorship, 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)
11. Acted as a subject expert in Utter Pradesh Higher Education Commission Interview on 30/09/2019 and 01/10/2019

Part I: 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.)	Judo (B.P.E.)	L.N.I.P.E	1993-94, 95-96 , 02-03, 03-04, 04-05
	Wrestling(B.P.E.)	L.N.I.P.E	1995-96, 97-98, 98-99, 03-04 , 04-05
	Weight Lifting(B.P.E.)	L.N.I.P.E	1994-95 ,95-96 ,97-98, 98-99
	Kabaddi(B.P.E.)	L.N.I.P.E	1995-96 , 97-98, 98-99
	Health and Physical Education (10+1)	S.G.H.S.K. College	17/08/99- 15/04/02
	Health and Physical Education (10+2)	S.G.H.S.K. College	17/08/99- 15/04/02
	Health and Physical Education (B.A. I)	S.G.H.S.K. College	17/08/99- 15/04/02
	Health and Physical Education (B.A. II)	S.G.H.S.K. College	17/08/99- 15/04/02
	Health and Physical Education (B.A. III)	S.G.H.S.K. College	17/08/99- 15/04/02

	Physiology(B.P.E.-II)	L.N.I.P.E.	2002-03
	Test and Measurement (B.P.E.-III)	L.N.I.P.E.	2003-04, 04-05
	Foundations of Physical Education (B.P.E.-III)	L.N.I.P.E.	2004-05
	Conditioning (B.P.E.-I)	L.N.I.P.E.	2002-03
	Conditioning (B.P.E.-II)	L.N.I.P.E.	2004-05
	Judo Specialization (B.P.E.-III)	L.N.I.P.E.	2002-03, 03-04, 04-05
	Judo Match Practice (B.P.E.)	L.N.I.P.E.	2002-03, 03-04, 04-05
	Officiating and Coaching (B.P.Ed.)	S.S.P.C.P.E.	2006-07
	Organization Administration and Supervision of Physical Education (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08
	Conditioning (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08
	Marching (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08

	Yogasanas and Suryanamaskar (B.P.Ed.)	S.S.P.C.P.E.	2006-07
	Kabaddi (B.P.Ed.)	S.S.P.C.P.E.	2006-07, 07-08
	Principles of Officiating and Coaching (B. P. Ed.)	BHU	2008-09, 09-10, 10-11, 11-12, 12-13
	Organization, Methods and Supervision of Physical Education(B. P. Ed.)	BHU	2007-08
	Principles of Coaching (B.P.E.)	BHU	2007-08 , 08-09
	Kabaddi (B.P.Ed.)	BHU	2007-08, 08-09, 09-10, 10-11, 11-12, 12-13
	Kabaddi (B.P.E.)	BHU	2007-08, 08-09
	Yoga (B.P.E.)	BHU	2008-09
	Yoga (B.P.Ed.)	BHU	2008-09, 09-10

	Soft Skill-Yoga (B.A., Hons.-3 rd Semester)	BHU	20011-12, 12-13
	Kabaddi (B.P.Ed.)	Pt. R. S. University	2012-13
	Conditioning (B.P.Ed.)	Pt. R. S. University	2012-13
	Teaching Practice (B.P.Ed.)	Pt. R. S. University	2012-13
	Match practice (B.P.Ed.)	Pt. R. S. University	2012-13
	Officiating and Coaching (B.P.Ed.)	Pt. R. S. University	2012-13
ii)(M. P. Ed.)	Research Methods (M.P.E.)	L.N.I.P.E	2002-03 (SC)
	Judo Match Practice (M.P.E.)	L.N.I.P.E	2002-03, 03-04, 04-05
	Conditioning M.P.E.)	L.N.I.P.E	2003-04
	Thesis Supervision (M.P.E. Final)	L.N.I.P.E	2002-03, 03-04, 04-05
	Project Supervision (M.P.E. Previous)	L.N.I.P.E	2004-05

	Project Supervision (M.P.E. SC)	L.N.I.P.E	2002-03
	Thesis Supervision (M.P.E. SC)	L.N.I.P.E	2004-05
	Science of Coaching (M.P.Ed.)	P.E.S. College	07/09/1996- 18/05/1997
	Research Methods (M.P.Ed.)	BHU	2008-09, 09-10, 10- 11, 11-12, 12-13
	Applied Statistics (M.P.Ed.)	BHU	2008-09, 09-10, 10- 11, 11-12
	Kabaddi (M.P.Ed.)	BHU	2008-09, 09-10, 10- 11, 11-12, 12-13
	Yoga (M.P.Ed.)	BHU	2008-09, 09-10, 10- 11, 11-12, 12-13
	Thesis Supervision (M.P.Ed.)	BHU	2008-09 onwards
	Applied Statistics (M. A. in J & M. C.)	BHU	2011-12
	Statistics and Computer (M.P.Ed.)	Pt. R. S. University	Since 2012-13

	Research Process (M.P.Ed.)	Pt. R. S. University	Since 2012-13
	Practical-Performance Testing (M.P.Ed.)	Pt. R. S. University	Since 2012-13
	Conditioning (M.P.Ed.)	Pt. R. S. University	Since 2012-13
	Match practice (M.P.Ed.)	Pt. R. S. University	Since 2012-13
	Foundation of Physical Education and current trends (M.P.Ed.)	Pt. R. S. University	Since 2012-13
	Practical-Physiological and Psychological Assessment (M.P.Ed.)	Pt. R. S. University	Since 2012-13
iii) M. Phil.	Thesis Supervision	K. U., Kurukshetra	17/08/99 to 15/04/02
	Thesis Supervision	L.N.I.P.E	2004-05
iv) Any other (Pre- released Defense personal orientation course and	Management in Physical Education	L.N.I.P.E	2002-03, 03-04 04-05
	Judo	L.N.I.P.E	2002-03, 03-04 , 04-05

NCC)	Wrestling	L.N.I.P.E	2002-03, 03-04 04-05
	NCC “B” Certificate Syllabus	3 UP ARMD SQN, BHU	2008-9, 09-10, 10-11, 11-12, 12-13
	NCC “C” Certificate Syllabus	3 UP ARMD SQN, BHU	2008-9, 09-10, 10-11, 11-12, 12-13
v) Ph. D.	Thesis Supervision	S. P. University	2006-07 to 2011-12
	Thesis Supervision	B. H. U.	2007-08 onwards
	Ph.D. Course Work	BHU	2009-10, 10-11, 11-12
	Thesis Supervision	Bhartiyar University	2011-12 onwards
	Thesis Supervision	SunRise University	2012-13 onwards
	Thesis Supervision	Pt. Ravishankar Shukla University	2012-13 onwards

Part J: Experience of Sports Administration and Coaching

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 “Sincere, Diligent and Dedicated”
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

Part K: 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.

Part L: 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.

Part M: 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 Adhiniyam 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. Member, Central Anti Ragging Cell, Pt. Ravishankar Shukla University in Session 2015-16.
10. Member, Anti Ragging Squad, Pt. Ravishankar Shukla University in Session 2015-16.
11. Member, Anti Ragging Committee, Azad Hostel, Pt. Ravishankar Shukla University in Session 2015-16.
12. Member, Grievance Redress Cell, Azad Hostel, Pt. Ravishankar Shukla University in Session 2015-16.
13. Acted as an expert member in the committee constituted for the development of KVS bench marks of fitness parameters for different age groups based on the data collected by KVS under “Swasth Bachche Swasth Bharat” program (24th and 25th October, 2019)
14. Acted as a Question Paper Setter for SET (Physical Education) examination conducted by CGVYAPAM, Chhattisgarh, 2019

15. Acted as expert member for grievance redressal to resolve the claims of recruitment examination, conducted by CGVYAPAM, Chhattisgarh, 2019.
16. Acted as an expert member of PE test committee (UET/PET-2019), BHU, Varanasi, 01/8/2019 to 03/08/2019
17. Member of “fitness club”, Pt. Ravishankar Shukla University since 22/02/2020

Part N: 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

Part O: AIU Observer

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.

Part P: 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.

Part Q: 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.

Part R: 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

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

Part T: 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 'OUTSTANDING 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 'OUTSTANDING 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 st 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 st year NCC Cadets	2008-09, 09-10,10-11, 11-12
5.	40 minutes	Every Sunday	2 nd year NCC Cadets	2008-09, 09-10, 10-11, 11-12

Part U: 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)

Part V: Editorship/Member of Editorial Board/Referee Board

S. NO.	CAPACITY	NAME OF JOURNAL	ISSN
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 (Online)
14.	Member of Panel of Experts	CAPITAL, Research Journal of Physical Education and Sports Sciences	2277-8519

Part W: 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 (Received Bronze Medal)
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 Intersivity Judo Championship.	Patiala
2.	Wrestling	Jiwaji University	1992	All India Intersivity Wrestling Championship	Jaipur
3.	Kabaddi	Jiwaji University	1994	West Zone Intersivity Kabaddi Championship	Jodhpur

University Level Meets

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

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 (Received Bronze Medal)
3.	Kabaddi	K.V.S. Meet National Championship	1988 (Received Gold Medal)

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	Gold Medal
3	Kabaddi	1987-88	
4	Kabaddi	1988-89	

Rotary Club Meets

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

School Level Meets

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

National Coaching Camp Attended

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

Part X: RESEARCH EXPERIENCES

Research Experience and Training

S.No.	Research Stage	Title of Work/Thesis	University where the work was carried out
1	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
2	M. Phil.	Physiological Profiles of Inter College Level Judo Players (Completed under Ministry of HRD, JRF scheme)	L.N.I.P.E., Gwalior
3	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
4	PGDYM	Life style assessment of yoga students.	Dr. Hari Singh Gaur University ,Sagar.

Research Guidance

S.No.	Research Stage	University where the work was carried out
1	Supervised 1 M. Phil Thesis /Dissertation	LNIFE
2	Supervised 6 M. P. E. Thesis /Dissertation	LNIFE
3	Supervised 2 M. P. E. Projects	LNIFE
4	Supervised 4 Ph. D. Thesis	S. P. University

5	Supervised 3 M. P. Ed. Thesis /Dissertation	BHU
6	Supervised 4 Ph. D. Thesis	BHU
7	Supervised 3 Ph. D. Thesis	SunRise University
8	Supervised 4 Ph. D. Thesis	Pt. RSU
9	Supervised 1 Ph. D. Thesis	MGCG Vishwavidyalay

M. P. Ed. Thesis /Dissertation supervised at LNIPE, 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
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M. Phil. Thesis /Dissertation supervised at LNIPE, 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 LNIPE, 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. Dissertation supervised at Kurukshetra University, 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, Varanasi

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 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.	2017	Degree Awarded

10.	Priyanka Singh	SAQ and Balance among different Playing positions, Levels and their Interactions in Netball	Pt. R. S. U.	2017	Degree Awarded
11.	Diwakar 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.	2017	Degree Awarded
12.	Bharti Rajak	Effect of Sahahaja Yoga meditation and pranadharana on selected psychomotor Abilities	Pt. R. S. U.	2018	Degree Awarded
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 (Co-Supervisor)	Estimation of Kabaddi performance on the basis of selected anthropometric characteristics and coordinative abilities in relation to different playing positions in Kabaddi	MGCG Vishwavidyalay	2017	Degree Awarded
18	Sachin Singh	जीवन शैली के आधार पर रक्त शर्करा के स्तर के जोखिम का अनुमान	Pt. R. S. U.	2020	Degree Awarded
19	Chandershakher Bandhe	जूडो में सतुलन क्षमताओं पर क्षेत्रीय एवम्जन वर्ग का प्रभाव का विश्लेषणात्मक अध्ययन	Pt. R. S. U.	2021	Degree Awarded

Part Y: Resource person/Invited Speaker/Presented Papers

International

Title of Article/Paper	Programme	Organizer	Date
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 nd 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 nd 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 nd 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 nd 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 th International Conference on Psychotherapy, Science and Yoga Traditions	WCP, YPAI & AFP, Chandigarh	Jan. 05-08, 2010
12. Conducted Workshop on Sahaja Yoga	4 th International Conference on Psychotherapy, Science and Yoga Traditions	WCP, YPAI & AFP, Chandigarh	Jan. 05-08, 2010
13. Recent Technological Advancement and Entrepreneurship in Sports	IMS, BHU, Varanasi	Sahaja Yoga for Spiritual Development and Reducing Stress Vulnerability	January 16-17, 2010
14. Physical Education, Recreation and Yogic Sciences	BHU, Varanasi	Significance of Suryanamaskar	January, 19-21, 2012
15. A study on the trend of effect of pracchardana and vidharna on Positive Breath Holding Capacity	III International Conference of physical education and sports science,	NIE, Singapore	May, 25-28, 2010
16. 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

17. Essence of King of Yoga for Rejuvenation	International Seminar on Physical Education, Recreation and Yogic Sciences	BHU, Varanasi	January, 19-21, 2012
18. Trends of the Effects of Four Verities of Bhastrika Prayanayama on Positive Breath Holding capacity	1 st International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012
19. Research in Yoga: Types and Steps	1 st International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012
20. Meditation :Origin, Meaning, Types and Methodology	1 st International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012
21. Yoga for Spiritual Development and Rejuvenation: Candid Opinion about Pranayama (Keynote Address)	1 st International Yoga Week/Workshop	Rosary College, Goa	February, 13-19, 2012

22. Pranic Healing in the Context of Physical Fitness	6 th International Conference of World Council for Psychotherapy (Asian Chapter) and 5 th International Conference of Yoga and Psychotherapy Association of India	JNU, New Delhi	September 24-26, 2012
23. Physical Education, Health & Sports Sciences	Guru Nanak Dev University, Amritsar	Yoga and Sports Performance	January, 24-26, 2014
24. Physical Education, Health & Sports Sciences	Guru Nanak Dev University, Amritsar	Data Presentation and Analysis in Research	January, 24-26, 2014
25. Physical Education, Health & Sports Sciences	Guru Nanak Dev University, Amritsar	Statistical Theory on Sample Size Calculations	January, 24-26, 2014
26. Physical Education and Sports Science	JEREC University, Jaipur	Scholar's Scholarly Approach	January, 6-7, 2015

27. Physical Education and Sports Science	JEREC University, Jaipur	Comparative effects of mental training and ideo-motor training on ippon seoi nage in judo	January, 6-7, 2015
28. Physical Education and Sports Science	JEREC University, Jaipur	Analytical study in relation to different life style contents of university students	January, 6-7, 2015
29. Tantra Sharir, Faculty of Ayurveda, IMS, BHU.	IMS, BHU	Recent trends in Experimental Research	September 27 & 28, 2015
30. Tantra Sharir, Faculty of Ayurveda, IMS, BHU.	IMS, BHU	Sahaja Yoga and Activation of Kundalini	September 27 & 28, 2015
31. 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
32. Ccurrent research in emerging trends in management, Arts, Science, Technology and skill development	SunRise Univesity, Alwar	Suggestive approach for serious academic devotion to academic pursuits	December 18-19, 2015

33. Paradigm Shift and Innovation in Design, Art, Education, Commerce and Management	SDPS Women's College, Indore	Essentials for Research Scholars	February 19-20, 2016
34. 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
35. Recent technological advancement and entrepreneurship in sports	IMS, BHU	Different databases for researchers	March 12-13, 2016
36. Scientific culture in physical education and sports	PU, Patiala	Use of Logistic regression in physical education researches	February, 18-20, 2016
37. Scientific culture in physical education and sports	PU, Patiala	Estimation of corners performance in kabaddi on the basis of selected anthropometric characteristics	February, 18-20, 2016

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. Workshop for the Development of attitude scale towards Physical Education	N.C.E.R.T, Ajmer	Development of attitude scale towards Physical Education	4 th December, 2006
9. 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 nd and 3 rd , 2007
10. 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 nd and 3 rd , 2007

11. 2 nd 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
12. “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
12. Workshop for Preparation and finalization of Research Material	N.C.E.R.T, Ajmer	Preparation and finalization of Research Material	27 th – 29 th October, 2009
13. 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
14. UGC sponsored National Workshop on new trends in Athletics (Keynote Speaker)	SBES College Aurangabad	New trends in Athletics	27-28 March, 2010
15. 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

16. 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
17. Expansion of Consciousness through yoga	National Seminar on Physical Education and Sports Sciences	VNS College of Physical Education, Bhopal	March 25-26, 2010
18. 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
19. Writing Research Proposal	BHU, Varanasi	Application of Statistics	May, 3-9, 2011
20. 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
21. “Training Methods and Orientation of Trends in Different Games”	BHU, Varanasi	Training Methods	01-07 November, 2011,
22. National Coaching Seminar and Clinic on “Judo”	JFI	Latest trends in Judo	14-18 November, 2011

23. Yoga and Spirituality	UGC Sponsored National Seminar on Science of Consciousness and Yoga Traditions	Dr. H.S. Gaur University, Sagar	December 16-17, 2011
24. 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
25. 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
26. Research Methodology	National Workshop on Research	SunRise University	December 8-9, 2012
27. Applied Statistics	National Workshop on Research	SunRise University	December 8-9, 2012
28. 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

29. Career in Sports	UGC Sponsored National Seminar on Women and Sports	Govt. Dr. W. W. Patankar Girls PG College, Durg	January, 24-25, 2013
30. Steps to Conduct Research	Workshop on Research Methodology	City Public Mahila Degree College, Fatehgarh	February, 11, 2013
31. Rejuvenating Health through Yoga, Phase I	CWS, Pt. RSU	Conducted Workshop	4-14 December, 2013
32. 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
33. Sahaja Yog and Health	Golden Jubilee National Seminar on Health Psychology: Indian Perspectives	Pt. Ravishankar Shukla University	February, 1-3, 2014
34. Self Defence for Women	National Symposium on Women as Leaders: Issues & Concern	Pt. Ravishankar Shukla University	February, 5-7, 2014

35. 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
36. 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
37. Workshop on Rejuvenating Health through Yoga, Phase2	CWS, Pt. RSU	Conducted Workshop	29/3/14 to 28/4/14
38. AIIMS Introductory Workshop on Yogic Exercises	AIIMS	Conducted Workshop on Yogic Exercises	6-10 May, 2014
39. 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
40. 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
41. 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

42. Physical Education and Sports Science	ITM University, Gwalior	Publicizing your Publication	15-16 May, 2015
43. Quality Education through Application of Research and Statistics in Profession	IPS, Gwalior	Multiple Response and Multiple Dichotomy Analysis	31 May, 2015
44. Yoga Session	AIIMS, Raipur	Conducted Yoga Session	21 June, 2015
45. National Workshop	NCTE & KCE	As Resource Person	June 27-29, 2015
46. Faculty Development Programme	BHU	Scholar's Scholarly Approach, Bibliometrics	18/09/2015

47. Workshop on Preliminary approaches towards Research and statistics	LPU	<p>1. Application of Parametric and Non Parametric statistics in Research</p> <p>2. Application of formal test to test the normality of data</p> <p>3. Application of trend analysis with multiple treatments in experimental research</p> <p>4. Use of regression analysis in estimation studies</p>	30/10/2015
48. Workshop on yoga and Moral values	Dr. H. S. Gaur University	Moral Values and Yoga	08/11/15
49. Women Empowerment and Sports	Govt. Kamla Devi Mahila Mahavidalaya, Rajandgaon	Essence of Pranayama	January 7-8, 2016
50. ICSSR Workshop	School of Studies in Anthropology, Pt. RSU	Delivered 4 lectures on research and statistics	
51. Physical Education and Sports Sciences	ITM University, Gwalior	Significance of balance between Ida and Pingla Nadi	March 3-5, 2016

52. Physical Education and Sports Sciences	ITM University, Gwalior	Different skills of communication	March 3-5, 2016
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**Part Z: Short term training courses, faculty development courses, Orientation Courses/
Refresher Courses**

S. No.	Activity
1.	Executive Training in Value Added Education and Academic Values, Mount Abu, Rajasthan (from 21 st to 26 th , November).
2.	Training Programme for the Head of the Institutions, IIM, Ahmadabad (from 10 th to 11 th , March).
3.	Summer school of computing, BHU (07/04/08 - 19/04/08).
4.	Adventure and Leadership Course held at height of 7000 ft. in Indian Himalayas (10/09/13 - 16/09/13).
5.	Condensed Rock Climbing Course, H.S.E. Mountaineering & Allied Sports Institute.
6.	Orientation Course, UGC, ASC, LNIPE (2/1/2001-29/1/01).
7.	Refresher Course, UGC, ASC, LNIPE (17/12/01-6/1/02).
8.	Refresher Course, UGC, ASC, LNIPE (10/3/04-30/3/04).
9.	Refresher Course, UGC, ASC, LNIPE (25/1/05- 14/2/05).
10.	Refresher Course, UGC, ASC, Dr. BAU (1/10/10-21/10/10).
11.	Orientation Course, UGC, ASC, BHU (1/9/11-28/9/11).

12.	National Workshop on “Research Methods, Applied Statistics and use of SPSS” LNIPE (1/9/2008-7/9/08).
13.	National Workshop on “Research Methodology with SPSS” LNIPE (4/2/15 to 10/2/15).
14.	National Workshop on “Research Methodology and Applied Statistics” IPS (25/5/15-31/5/15).
15.	UGC Sponsored Short Term Course on “Developing Communication Skills”, UGC, HRDC, Pt. RSU (5/10/15 - 11/10/15).
16.	Direct Commission Refresher Course, OTA Kamptee, (29/11/2010 -26/02/2011).
17.	National Workshop on Current Trends in exercise Science (05/03/1999 – 06/03/1999)
18.	One day workshop on SYSTAT software Pt. RSU (27/8/15).
19.	One day workshop “Open data development Initiatives of world bank” Pt. RSU (11/2/16).
20.	Three days National Orientation Workshop on Teacher Education Regulation-2014 (27/06/2015-29/06/2015).

Part AA: Published Research Papers in Journals

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.	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.
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.
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.
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.
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.
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.

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.
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.
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.
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.
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.
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.
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.
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.

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.
17.	Choudhary, R.,Singh, S. N., & Bhardwaj, S. (2009).Comparison of life stress between urban and rural individuals of Utter Pradesh. <i>Wellness: Journal of Health, Physical Education and Sports</i> . 1 (2), 9-13.
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.
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.
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.
21.	Kapri, B. C. and Choudhary, R. (2010). Coordinative abilities of Indian Football playes pertaining to different playing positions in football. <i>Human Kinetics-A bi-annual journal of physical education and fitness</i> . 1(1), 66-73.
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.
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.

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.
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.
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.
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.
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.
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.
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.
31.	Choudhary, R. (2011). Effect of Sahaja Yoga Meditation on the Nutritional Assessment of University Students. <i>SPEAAS: International Journal of Sports Science and Engineering</i> . 5(2), 77-84.

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.
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.
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.
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.
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.
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.
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.
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.

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 & sport performance</i> . 2(1), 37-41.
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.
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.
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.
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.
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.
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.
47.	Patel K. K. & Choudhary, R. (2012). Incentive Motivation as functions of different playing positions in kabaddi layers in intervarsity kabaddi championship of Gujarat state. <i>International research journal of physical education recreation and sports sciences</i> . 1(1), 27-34.

48.	Kuswah. D. & Choudhary, R. (2012). Effect of idiomotor training and progressive muscular relaxation training on playing ability of badminton players. <i>International journal of movement education and social science</i> . 1(1), 64-66.
49.	Arora, D. C., Mehrotra, A. & Choudhary, R. (2012). Inter relationship of selected psychological variables on Indian women hockey players. <i>SPEAAS: A Journal-Journal of sports, physical education allied and alternative sciences</i> . 1(2), 01-05.
50.	Choudhary, R. , Singh V. & Verma, P. (2012). Self care assessment of physical education students pertaining to different courses. <i>SPEAAS: A Journal-Journal of sports, physical education allied and alternative sciences</i> . 1(2), 44-50.
51.	Choudhary,R., Meena, T. R., & Singh, V. K. (2012). Estimation of Cricket Performance of the Cricketers of 10 to 15 Years Age Group on the Basis of Selected Anthropometric Characteristics. <i>International Journal of Sports Glimpses</i> .1(2)133-140.
52.	Anant, S. K., Venugopal, R. & Choudhary, R. (2012). Assessment and Comparison of Core Muscles Strength among the Players Different Games and their Interaction with Gender. <i>Human Kinetics</i> .5 (2),39-44.
53.	Singh, M., Venugopal, R. & Choudhary, R. (2013). Assessment of Body composition and ponderal index in relation to different age groups of university male employees. <i>Indian journal of movement education and exercises sciences (IJMEES), bi-annual refereed journal</i> . 3(1). 82-90.
54.	Singh, M., Venugopal, R. & Choudhary, R. (2013). Differential impact of age and gender on total body fat percentage and their interaction in relation to university employees. <i>Journal of physical education an sports sciences</i> . 1(1), 1-8.

55.	Choudhary, R. & Singh, P. J. (2014). Comparative Effect of Bhramari and Suray Bhedan Pranayam and Balance Abilities of University Level Students. <i>International Journal of Motor Learning and Sports performance</i> .3 (1), 54-59.
56.	Kadiyan, N., Nanda, Y. & Choudhary, R. (2013). Social Intelligence Assessment of Indian Yogies Belonging to Different Yogic Practices. <i>Multilateral Research Journal</i> . 5(2), 06-10.
57.	Nanda, Y., Kadiyan, N. & Choudhary, R. (2013). Effect of Sahaja Yoga on Self Care. <i>CAPITAL: Research journal of physical education and sports sciences</i> . 1 (2), 111-116.
58.	Singh, M. K., Pradhan, S., Singh, G. K. & Choudhary, R. (2014). Comparison of health related fitness components between urban and rural school boys of Chhattisgarh. <i>Vaichariki: Multi-disciplinary international refereed research journal</i> . 4 (2), 76-82.
59.	Pradhan, S., Chaudhary, V., Singh, G. K. & Choudhary, R. (2014). Estimation of wrestling performance on the basis of back strength in 50 kilogram weight category. <i>AKASH: Journal of physical education, sports and yoga sciences</i> . 3 (1), 10-15.
60.	Anant, S. K., Choudhary, R. & Venugopal, R. (2014). Effect of Core Training on Anaerobic Power, Explosiveness, Repetitive Power and Endurance of Male Players. <i>International Human Research Journal, {Online Interdisciplinary-Quarterly}</i> . 2 (3), 01-08.
61.	Patel, R. & Choudhary, R. (2015). Comparison of reaction ability among different playing positions handball players. <i>National journal of physical education and sports science</i> . 2 (1), 80-82.
62.	Singh, P. & Choudhary, R. (2015). Impact of playing positions on quickness of national level netball players. <i>National journal of physical education and sports science</i> . 2 (1), 83-86.

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Part AB: Books Published

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3.	Thakur, B. C. & Choudhary, R. (2011). Life Style Assessment of Indian Yogis. Germany: LAMBERT Academic Publishing GmbH & Co. KG.
4.	Patel, R. P. & Choudhary, R. (2011). Psychological and Physiological Characteristics of Handball Players. Germany: LAMBERT Academic Publishing GmbH & Co. KG.
5.	Patel, K. & Choudhary, R. (2011). Characteristics of Indian Kabaddi Players. Germany: LAMBERT Academic Publishing GmbH & Co. KG.
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11.	Buhril, L. & Choudhary, R. (2015). Anthropometric chromatic characteristics and coordinator abilities of footballers. Germany: LAMBERT Academic Publishing GmbH & Co. KG.
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15.	Singh, M. & Choudhary, R. (2016). Construction of skill test in Kabaddi. Germany: LAMBERT Academic Publishing GmbH & Co. KG.
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17.	Patel, R. K. & Choudhary, R. (2019). Coordination among handball player at different playing positions. Germany: LAMBERT Academic Publishing GmbH & Co. KG.

Part AC: Chapter in books/ Conference Proceedings

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<p>3. Choudhary, R. & Saggu, G.S. S. (May 25-28, 2010). A study on the trend of effect of prandharna and vidharna on Positive Breath Holding Capacity. <i>Proceedings of the 3rd International Conference of physical education and sports science</i> (pp.249-254). Singapore : Physical education and sports science academic group, NIE.</p>
<p>4. Sisodia, A. S. & Choudhary, R. (May 25-28, 2010). Comparison of Stress Vulnerability among different teaching professions, genders and their interactions. <i>Proceedings of the 3rd International Conference of physical education and sports science</i> (pp.334-339). Singapore: Physical education and sports science academic group, NIE.</p>
<p>5. Meena, T. R. & Choudhary, R. (October 19-21, 2011). Estimation of lean body mass on the basis of vertical jump, weight, vital capacity, in-breath chest circumference. <i>Proceedings of International Conference on physical activities & sports for global peace & development</i> (pp.121-124). New Delhi: Department of Physical education and sports science IGIPSS.</p>

<p>6. Kumar, A., Meena, T. R. & Choudhary, R. (January 19-21, 2012). Differential impact of participation in different games on academic performance. <i>Proceedings of International seminar on physical education, recreation and yogic sciences AKASH</i> (pp.309-312). Varanasi: Department of Physical education, BHU.</p>
<p>7. Singh, V., Choudhary, R., Meena, T. R. & Sharma, P. (January 19-21, 2012). Association between degree of hardiness and different physical education courses students. <i>Proceedings of International seminar on physical education, recreation and yogic sciences</i> (pp.366-370). Varanasi: Department of Physical education, BHU.</p>
<p>8. Choudhary, R. (February 13-19, 2012). Yoga for rejuvenation and spiritual development: Candid opinion about pranayama (Keynote Address). <i>Proceedings of 1st International seminar yoga week/workshop</i> (pp.16-20). Goa: Department of Physical education, Rosary College of Commerce and Arts.</p>
<p>9. Dahiya, S., Choudhary, R., Meena T. R. & Sharma P. (February 13-19, 2012). Trends of the effects of four varieties of bhastrika pranayama on positive breath holding capacity. <i>Proceedings of 1st International seminar yoga week/workshop</i> (pp.45-53). Goa: Department of Physical education, Rosary College of Commerce and Arts.</p>
<p>10. Ghildial, S., Dubey, P. O. & Choudhary, R. (July 24-25, 2012). Skinfolds Comparison among different age group females. <i>Proceedings of 2012 Pre-Olympic congress on sports science and computer science in sports (IACSS2012)</i> (pp. 269-273). Liverpool, United Kindom</p>
<p>11. Choudhary, R. & Mishra, O. P. (January 24-26, 2014). Effect of Sahaja Yoga Meditation on the Nutritional Status of University Students. <i>Proceedings of Global Scientific Conference on Physical Education, Health & Sports Sciences, Department of Physical Education (Teaching) GNDU</i>, (pp. 293-296) Amritsar.</p>

<p>12. Raj, K. & Choudhary, R. (January 6-7, 2015). Comparative effects of mental training and audio-motors training on Ipponseoinage in judo. <i>Global excellence in fitness and sports science</i> (pp. 141-164). Physical Education and sports Scince JECRC University Rajasthan.</p>
<p>13. Mishra, M. K. & Choudhary, R. (January 6-7, 2015). Estimation of readers performance on the basis of reaction ability in kabaddi. <i>Global excellence in fitness and sports science</i> (pp. 159-164). Education and sports Scince JECRC University Rajasthan.</p>
<p>14. Singh, A., Choudhary, R. & Dubey, A. (2005). Lifestyle assessment of Indian yoga students. <i>Yoga and psychotherapy association of India</i> (pp. 269-273). Sagar Madhyapradesh.</p>
<p>15. Singh, J., Dubey, A. & Choudhary, R. (2005). Comparison of the lifestyle assessment of Indian yoga and physical education students. <i>Yoga and psychotherapy association of India</i> (pp. 274-279). Sagar Madhyapradesh.</p>
<p>16. Choudhary, R. & Sisodia, A. S. (2009). Essence of sahaj yoga: review based candid opinion. <i>Psychotherapy and yoga traditions</i> (pp. 233-241). Sagar Madhyapradesh.</p>
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<p>18. Peter, V. F., Anant, S. K. & Choudhary, R. (January 6-7, 2015). Analytical study in relation to different lifestyle contents of University students. <i>Global excellence in fitness and sports science</i> (pp. 65-70) JECRC University, Jaipur Rajasthan.</p>
<p>19. Choudhary, R. (February 27-28, 2015). Suggestive approach for scholars in the field of physical education and sports science. <i>Trends, issues and futures of physical education and sports</i> (pp. 18-21) MM's ChandrashakherAgashe College of Physical Education.</p>

<p>20. Buhril, L. & Choudhary, R. (2015). Comparative study on balance ability of footballers of regions and playing positions. <i>National conference on physical education and sports sciences</i> (pp. 46-49). ITM University Gwalior.</p>
<p>21. Buhril, L. & Choudhary, R. (2015). Impact of regions and playing positions on reaction ability of footballers. <i>National workshop come conferences 2015</i> (pp. 01-03), IPS Gwalior.</p>
<p>22. Choudhary, R. (September 27-28, 2015). Sahaja yoga meditation: means for activating Kundalini : The spiritual power along with physiological and physiological changes. <i>Proceedings of international conference on tantra,sharir, Kundalini yoga, and psychosomatic disorders</i> (pp. 06-07), IMS, BHU,Varanasi.</p>
<p>23. Choudhary, R. (2015). Use of multiple responses in analysis by SPSS: fructiferous tool for social scientist. <i>Proceedings of international conference on current research in emerging trends of Management, art, science, technology and skill development (Cretmastsdev 2015)</i> (pp. 114-117), SunRiseUnivesity, Alwar.</p>
<p>24. Buhril, L. & Choudhary, R. (2015). Differentiation ability of footballers performing two different playing position and region. <i>Proceedings of international conference on current research in emerging trends of Management, art, science, technology and skill development (Cretmastsdev 2015)</i> (pp. 118-121). SunRiseUnivesity, Alwar.</p>
<p>25. Mishra, M. K., Patel, R. K. & Choudhary, R. (December, 18-19, 2015). Estimation of corner performance in kabaddi on basis of selected coordinative abilities. <i>Proceedings of international conference on current research in emerging trends of Management, Art, science, technology and skill development (Cretmastsdev 2015)</i> (pp. 110-113), SunRiseUnivesity, Alwar.</p>

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27. Mishra, M. K., Singh, P. & Choudhary, R. (March, 03-05, 2015). Estimation of all rounders performance in kabaddi on the basis of anthropometrics characteristics. *2nd international conference of physical education and sports sciences* (pp. 80-89). ITM University Gwalior.

28. Mishra, M. K., Bandhe, C. & Choudhary, R. (2013). Estimation of corner performance in kabaddi on the basis of selected anthropometric characteristics part 4. *Scientific culture in physical education and sports* (pp. 1696-1701), P.O. Punjabi University, Patiala.

29. Singh, D. & Choudhary, R. (2016). Estimation of weight lifters performance on the basis of balance abilities and anaerobic power in delimited to 62 kilograms weight category. *Physical education yogic and allied sciences* (pp. 313-320).

30. Patel, R. K. & Choudhary, R. (2016). Estimation of right shooters performance in handball on the basis of coordinative abilities. *Physical education yogic and allied sciences* (pp. 428-434).

31. Sharma, D., & Choudhary, R. (20-21 August 2019). Impact of Yoga on Life Satisfaction and Frustration Tolerance among the Teacher Trainees of Chhattisgarh State. *Proceeding of Latest Trends in Health and Physical Education* (pp. 3-8) New Delhi.

32. Sharma, D., & Choudhary, R. (20-21 August 2019). A Study on the Physical Fitness of Male and Female Teacher Trainees of Raipur District of Chhattisgarh State. *Proceeding of Latest Trends in Health and Physical Education* (pp. 9-11) New Delhi.

33. Gond, R., Sisodia, A.S., Choudhary, R., Patel, R .K., Singh, M. K., & Singh, S. (20-21 August 2019). Prediction of libros performance on the basis of SAQ Characteristics. Proceeding of Latest Trends in Health and Physical Education (pp. 167-173) New Delhi.

34. Rai, P. K., Tripathi, U. S., Mogrelia, F., & Choudhary, R. (20-21 August 2019). Estimating shooter's Performance of Basketball Players on the Basis of Selected Coordinative Abilities. Proceeding of Latest Trends in Health and Physical Education (pp. 310-315) New Delhi.

35. Singh, M. K., Singh, S., Sharma, D., & Choudhary, R. (20-21 August 2019). A Study on the Attitudes of Teenager Students ranging between 16-18 years towards Physical Education Courses in Chhattisgarh State. Proceeding of Latest Trends in Health and Physical Education (pp. 319-322) New Delhi.

Part AD: Research Projects: (Sponsored Project/ Consultancy Projects)

S. No.	Status	Nature of Project	Title of Project	Capacity	Name of Funding Agency	Value of Project	Duration of Project (in Month)
1.	Completed	Minor Project	Effect of Sahaja Yoga Meditation on the Life Style of University Students,	Principal Investigator	University Grants Commission	0.95	12
2.	Completed	Minor Project	A Survey study of Physical Education Infrastructure at Elementary Schools in India,	Co-Investigator	University Grants Commission	5.54	24
3.	On-Going	Minor Project	Prevalence and awareness of chronic disease among women of different profession in relation to life style and activity level,	Co-Investigator	CGCOST	4.9	24

4.	On-Going	Minor	Assessment of percentage body fat using ultrasound techniques in adult Indian Males		All India Institute of Medical Sciences (AIIMS), Raipur	N/A	24
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Part AE: Resource person at UGC, HRDC/ASC, Refresher/Orientation Courses

Summary of Lectures delivered in different UGC Human Resource Development Centers (HRDC) of Country

S. No.	Name of HRDC	Total Lecture Delivered
1.	UGC, HRDC, LNIPE, Gwalior, Madhya Pradesh	228
2.	UGC, HRDC, Pt. RSU, Raipur, Chhattisgarh	118
3.	UGC, HRDC, BHU, Varanasi, Uttar Pradesh	48
4.	UGC, HRDC, GGU, Bilaspur, Chhattisgarh	42
5.	UGC, HRDC, BAMU, Aurangabad, Maharashtra	12
6.	UGC, HRDC, Dr. HSGU, Sagar, Madhya Pradesh	4
7.	UGC, HRDC, SPU, Vallabh Vidyanagar, Gujarat	4
8.	UGC, HRDC, DAVV, Indore, Madhya Pradesh	4
9.	UGC, HRDC, SPPU, Pune, Maharashtra	3
10.	UGC, HRDC, KU, Kurukshetra, Haryana	3
11.	UGC, HRDC, GU, Rajkot, Gujarat	2
Total Lectures Delivered		468

Details of Lectures Delivered in UGC HRDC LNIPE, Gwalior, Madhya Pradesh

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	10 th Refresher Course	27/07/02	11/08/02	UGC, ASC, LNUPE	4
2.	11 th Refresher Course	13/09/02	03/10/02	UGC, ASC, LNUPE	4
3.	12 th Refresher Course	16/12/02	15/01/03	UGC, ASC, LNUPE	3
4.	14 th Refresher Course	30/10/03	19/11/03	UGC, ASC, LNUPE	2
5.	16 th Refresher Course	13/08/04	07/09/04	UGC, ASC, LNUPE	4
6.	17 th Refresher Course	17/11/04	07/12/04	UGC, ASC, LNUPE	3
7.	19 th Refresher Course	02/03/05	22/03/05	UGC, ASC, LNUPE	3
8.	20 th Refresher Course	10/08/05	30/08/05	UGC, ASC, LNUPE	2
9.	21 st Refresher Course	08/11/05	28/11/05	UGC, ASC, LNUPE	6
10.	19 th Orientation Course	10/01/06	06/02/06	UGC, ASC, LNUPE	6
11.	24 th Refresher Course	22/03/06	11/04/06	UGC, ASC, LNUPE	4
12.	25 th Refresher Course	29/08/06	18/09/06	UGC, ASC, LNUPE	4

13.	20 th Orientation Course	14/11/06	11/12/06	UGC, ASC, LNUPE	4
14.	26 th Refresher Course	17/01/07	06/02/07	UGC, ASC, LNUPE	4
15.	27 th Refresher Course	08/03/07	28/03/07	UGC, ASC, LNUPE	3
16.	28 th Refresher Course	29/08/07	18/09/07	UGC, ASC, LNUPE	5
17.	31 st Refresher Course	03/07/08	18/09/07	UGC, ASC, LNUPE	6
18.	24 th Orientation Course	30/08/08	26/09/08	UGC, ASC, LNUPE	3
19.	32 nd Refresher Course	12/12/08	01/01/09	UGC, ASC, LNUPE	6
20.	33 rd Refresher Course	21/01/09	10/02/09	UGC, ASC, LNUPE	6
21.	25 th Orientation Course	21/01/09	17/02/09	UGC, ASC, LNUPE	6
22.	34 th Refresher Course	05/03/09	25/03/09	UGC, ASC, LNUPE	6
23.	35 th Refresher Course	09/03/09	29/03/09	UGC, ASC, LNUPE	4
24.	26 th Orientation Course	18/09/09	15/10/09	UGC, ASC, LNUPE	4
25.	37 th Refresher Course	17/11/09	07/12/09	UGC, ASC, LNUPE	4
26.	38 th Refresher Course	12/01/10	01/02/10	UGC, ASC, LNUPE	4
27.	28 th Orientation Course	07/08/10	03/09/10	UGC, ASC, LNUPE	4

28.	41 st Refresher Course	05/10/10	25/10/10	UGC, ASC, LNUPE	4
29.	44 th Refresher Course	23/09/11	13/10/11	UGC, ASC, LNUPE	6
30.	45 th Refresher Course	02/12/11	22/12/11	UGC, ASC, LNUPE	4
31.	46 th Refresher Course	01/02/12	21/02/12	UGC, ASC, LNUPE	5
32.	24 th Orientation Course	15/05/12	11/06/12	UGC, ASC, LNUPE	6
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.	28 th Orientation Course	04/03/13	06/03/13	UGC, ASC, LNUPE	6
37.	Refresher Course	05/06/13	07/06/13	UGC, ASC, LNUPE	6
38.	Orientation Course	03/06/13	05/06/13	UGC, ASC, LNUPE	6
39.	Orientation Course	16/12/13	17/12/13	UGC, ASC, LNUPE	4
40.	Refresher Course	10/02/14	12/02/14	UGC, ASC, LNUPE	5
41.	Orientation Course	10/03/14	11/03/14	UGC, ASC, LNUPE	3
42.	Refresher Course	10/03/14	11/03/14	UGC, ASC, LNUPE	3

43.	Orientation Course	14/06/14	17/06/14	UGC, ASC, LNUPE	6
44.	Orientation Course	22/09/14	24/09/14	UGC, ASC, LNUPE	6
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

Details of Lectures Delivered in UGC, HRDC, Pt. RSU, Raipur, Chhattisgarh

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	Orientation Course	03/01/13	31/01/13	UGC, ASC, Pt. R. S. U	6
2.	Orientation Course	01/07/13	28/07/13	UGC, ASC, Pt. R. S. U	6
3.	Special Summer School	08/07/13	28/07/13	UGC, ASC, Pt. R. S. U	4
4.	Orientation Course	01/10/13	28/10/13	UGC, ASC, Pt. R. S. U	6
5.	Orientation Course	07/01/14	03/02/14	UGC, ASC, Pt. R. S. U	4
6.	Refresher Course	28/02/14	17/02/14	UGC, ASC, Pt. R. S. U	1
7.	Refresher Course	27/06/14	17/07/14	UGC, ASC, Pt. R. S. U	4
8.	Short Term course on Yoga	3/08/14	05/08/14	UGC, ASC, Pt. R. S. U	6
9.	Orientation Course	19/08/14	15/09/14	UGC, ASC, Pt. R. S. U	5
10.	Refresher Course (BS)	03/09/14	23/09/14	UGC, ASC, Pt. R. S. U	2
11.	Short Term Course on RM	13/11/15	19/11/15	UGC, ASC, Pt. R. S. U	6
12.	Orientation Course	11/11/14	08/12/14	UGC, ASC, Pt. R. S. U	3

13.	Orientation Course	03/06/2015	30/06/15	UGC, ASC, Pt. R. S. U	2
14.	Orientation Course	26/11/2015	23/12/15	UGC, ASC, Pt. R. S. U	4
15.	Special Winter School	12/01/16	01/02/16	UGC, ASC, Pt. R. S. U	4
16.	Refresher Course	19/12/16	08/01/17	UGC, HRDC, Pt. R. S. U	4
17.	Orientation Course	07/01/17	03/02/17	UGC, HRDC, Pt. R. S. U	4
18.	Refresher Course- Law & J.	03/02/16	23/02/16	UGC, HRDC, Pt. R. S. U	2
19.	Orientation Program	03/06/16	30/06/16	UGC, HRDC, Pt. R. S. U	2
20.	Orientation Course	29/04/17	16/05/17	UGC, HRDC, Pt. R. S. U	4
21.	Special Summer School	20/05/17	09/06/17	UGC, HRDC, Pt. R. S. U	4
22.	Orientation Course	01/11/17	28/11/17	UGC, HRDC, Pt. R. S. U	4
23.	Refresher Course	01/12/17	21/12/17	UGC, HRDC, Pt. R. S. U	4
24.	Orientation Course	22/12/17	18/01/18	UGC, HRDC, Pt. R. S. U	4
25.	Refresher Course	20/12/17	10/01/18	UGC, HRDC, Pt. R. S. U	1
26.	Special Winter School	05/03/18	25/03/18	UGC, HRDC, Pt. R. S. U	4
27.	Orientation Course	25/05/18	21/06/18	UGC, HRDC, Pt. R. S. U	4

28.	Refresher Course- Life Sc.	03/07/18	23/07/18	UGC, HRDC, Pt. R. S. U	4
29.	Orientation Program	04/07/18	31/07/18	UGC, HRDC, Pt. R. S. U	4
30.	Refresher Course	16/01/19	07/02/19	UGC, HRDC, Pt. R. S. U	6

Details of Lectures Delivered in UGC, HRDC, BHU, Varanasi, Uttar Pradesh

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	62 nd Orientation Course	04/10/12	-----	UGC, ASC, BHU	1
2.	1st Refresher Course	06/12/12	-----	UGC, ASC, BHU	2
3.	66 th Orientation Course	07/01/14	08/01/14	UGC, ASC, BHU	2
4.	Special Summer School	23/05/14	24/05/14	UGC, ASC, BHU	4
5.	Orientation Course	28/06/14	30/06/14	UGC, ASC, BHU	2
6.	Orientation Course	08/09/14	10/09/14	UGC, ASC, BHU	6
7.	Refresher Course	26/12/15	-----	UGC, ASC, BHU	1
8.	Refresher Course	26/05/16	-----	UGC, ASC, BHU	4
9.	Orientation Course	14/09/16	-----	UGC, ASC, BHU	2
10.	Refresher Course	16/09/16	-----	UGC, HRDC, BHU	2
11.	Refresher Course	16/11/16	17/11/16	UGC, HRDC, BHU	4
12.	Refresher Course	11/03/17	-----	UGC, HRDC, BHU	3

13.	Winter Programme	26/02/18	27/02/18	UGC, HRDC, BHU	3
14.	80 th Orientation Course	24/07/18	25/07/18	UGC, HRDC, BHU	4
15.	81 st Orientation Course	24/11/18	25/11/18	UGC, HRDC, BHU	4
16.	84 th /85 th Orientation Course	02/02/2020	-----	UGC, HRDC, BHU	4

Details of Lectures Delivered in UGC, HRDC, GGU, Bilaspur, Chhattisgarh

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	Refresher Course	13/12/12	-----	UGC, ASC, GGU	2
2.	Orientation Course	15/07/13	-----	UGC, ASC, GGU	2
3.	Refresher Course	24/11/2014	-----	UGC, ASC, GGU	2
4.	Refresher Course	02/12/2014	-----	UGC, ASC, GGU	2
5.	Orientation Course	22/06/15	-----	UGC, ASC, GGU	2
6.	Refresher Course	21/11/15	-----	UGC, ASC, GGU	2
7.	Orientation Course	16/06/16	-----	UGC, ASC, GGU	2
8.	Refresher Course	18/06/16	-----	UGC, ASC, GGU	2
9.	Orientation Course	14/01/17	-----	UGC, ASC, GGU	2
10.	Orientation Course	31/01//17	-----	UGC, ASC, GGU	2
11.	Orientation Course	06/05/17	-----	UGC, ASC, GGU	2
12.	Orientation Course	04/11/17	-----	UGC, HRDC, GGU	2

13.	Orientation Course	10/03/18	-----	UGC, HRDC, GGU	2
14.	Orientation Course	17/03/18	-----	UGC, HRDC, GGU	2
15.	Orientation Course	16/06/18	-----	UGC, HRDC, GGU	2
16.	22 nd Orientation Course	11/08/18	-----	UGC, HRDC, GGU	2
17.	23 rd Orientation Course	22/08/18	-----	UGC, HRDC, GGU	2
18.	Refresher Course	15/06/19	-----	UGC, HRDC, GGU	2
19.	24 rd Orientation Course	29/06/19	-----	UGC, HRDC, GGU	2
20.	25 th Orientation Program	13/07/20	-----	UGC, HRDC, GGU	2
21.	26 th Orientation Program	16/11/20	-----	UGC, HRDC, GGU	2

Details of Lectures Delivered in UGC, HRDC, BAMU, Aurangabad, Maharashtra

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	13 th Refresher Course	25/09/09	26/09/09	UGC, ASC, Dr. BAMU	2
2.	14 th Refresher Course	17/11/08	-----	UGC, ASC, Dr. BAMU	4
3.	Refresher Course	25/01/11	28/01/11	UGC, ASC, Dr. BAMU	6

Details of Lectures Delivered in UGC, HRDC, Dr. HSGU, Sagar, Madhya Pradesh

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	Refresher Course	18/06/12	19/06/12	UGC, ASC, Dr. H.S.G.U.	4

Details of Lectures Delivered in UGC, HRDC, SPU, Vallabh Vidyanagar, Gujarat

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	Refresher Course	07/03/15	08/03/15	UGC, ASC, SPU	4

Details of Lectures Delivered in UGC, HRDC, DAVV, Indore, Madhya Pradesh

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	Refresher Course	20/07/20	25/07/20	UGC, HRDC, DAVV	4

Details of Lectures Delivered in UGC, HRDC, SPPU, Pune, Maharashtra

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	Faculty Development Program	22/05/19	23/05/19	UGC, HRDC, SPPU, Pune	3

Details of Lectures Delivered in UGC, HRDC, KU, Kurukshetra, Haryana

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	Refresher Course	23/03/15	24/03/15	UGC, ASC, KUK	3

Details of Lectures Delivered in UGC, HRDC, GU, Rajkot, Gujarat

S. No.	Refresher/Orientation Course	Course/Lecture dates		Name of ASC/HRDC	Lectures delivered
		From	To		
1.	173 rd Refresher Course	11/09/07	12/09/07	UGC, ASC, GU	2

Part AF: Other Lectures Delivered

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	20/03/15	-----	1
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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

Resource Person at University/Institute/Faculty/College Level

S. No.	Level (University/Institute/Faculty/College)	Dates		Lectures delivered
		From	To	
5.	Camp of Directors of Physical Education conducted by North Maharashtra University , Jalgaon.	27/06/05	01/07/05	1
6.	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
7.	Programme efficiency@adm.com conducted by H.M.Patel Career Development Centre V.V.Nagar	09/01/07	10/01/07	1
8.	Programme efficiency@adm.com conducted by H.M.Patel Career Development Centre V.V.Nagar	17/01/07	22/01/07	4
9.	NCC Camp conducted by 89 UP Battalion, NCC, BHU	31/08/10	-----	3
10.	Ph.D. Course Work to deliver lecture on Application of Statistics, BHU	2010-11	-----	2
11.	Department of Journalism and Mass Communication, BHU	01/04/11	-----	2
12.	Department of Journalism and Mass Communication, BHU	19/10/11	22/10/11	3

13.	Invited Lecture, Mahatma Gandhi Kashi Vidyapith, Varanasi	09/01/14	-----	1
14.	Lectures in UGC Coaching Centre, Pt, R.S.U.	10/10/13	11/10/13	2
15.	Special Lectures For Students and Scholars, Swarnim Gujarat Sports University, Gandhinagar	26/10/15	28/10/15	4
16.	One Day Workshop , Govt. D. B. Girls P G. College	17/10/15	-----	2
17.	Seminar/Informative lecture, Govt. D. K. P G. College, Balodabazar (Physical Education, Sports Education and Yoga)	05/12/15	-----	
18.	Special Lecture on Communication Skills, Shri Vaishvav College of Teachers Training, Indore	18/02/16	-----	1
19.	Self defense training programme for girls, CWS, Pt. RSU	01/02/16	06/02/16	6

Part AG: CHAIRPERSON IN SEMINAR/CONFERENCES

S. No.	Title of paper Lecture/ Academic Session	Title of Conference/ Seminar etc	Organized by	Whether International / National
1.	Chairperson of Scientific Session	2 nd International congress on Physical education, sports medicine and exercise science,	LNIPE, GAN & G.SCOPE, Goa, October 5-8, 2003	International
2.	Chairperson of Scientific Session	2 nd 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	LNIPE, Gwalior & GAN, February 12-15, 2008	International
4.	Chairperson of Scientific Session	5 th International Conference of World Council for Psychotherapy (Asian Chapter) and 4 th 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 st International Yoga Week/Workshop	Rosary College, Goa, February, 13-19, 2012	International
7.	Chairperson of Scientific Session	UGC, ASC, National Seminar	UGC, ASC, LNIPE, 5-7 Dec., 2009	National
8.	Chairperson of Scientific Session	UGC, ASC, National Seminar	UGC, ASC, LNIPE, 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 th International Conference of World Council for Psychotherapy (Asian Chapter) and 5 th 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 nd National Conference on Physical Education and Sports Sciences	ITM University, Gwalior 3-5 March, 2014	National
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Part AH: 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.

Part AI: Conference / Workshop / Training program / Refresher / Orientation program organized:

S. No.	Name of the Event	Category	Date	Venue	Sponsoring Agency	Role as organizer
1.	National Seminar on “Physical Education, Yoga and Sports”, September 23rd and 24th 2006 organized by Charutar Vidya Mandal’s S. S. Patel College of Physical Education Vallabh Vidyanagar, Gujarat	National	September 23rd and 24th 2006	Vidya Nagar	CVM	Organizing Secretary
2.	National Workshop on “Research and Statistics in Physical Education and Sports”, August 18th 2007 organized by Charutar Vidya Mandal’s S. S. Patel College of Physical Education Vallabh Vidyanagar, Gujarat	National	18/08/07	Vidya Nagar	CVM	Manager and Coordinator
3.	National Seminar on “Education, Physical Education and Yoga Education in the Knowledge Era: Directions Issues and Concerns” November 2nd and 3rd 2007 organized by Charutar Vidy Mandal’s S. S. Patel College of Physical Education & Waymade College of Education, Vallabh Vidyanagar, Gujarat	National	November 2nd and 3rd 2007	Vidya Nagar	CVM	Manager and Coordinator

4.	Workshop on “Research Methods and Applied Statistics”, May 15th & 16th 2009 organized By Department of Physical Education, BHU	State	May 15 th & 16 th 2009	Varanasi	BHU	Organizing Secretary
5.	2 nd Workshop on “Research Methods and Applied Statistics”, October 22 nd & 23 rd 2009 organized	State	October 22 nd & 23 rd 2009	Varanasi	BHU	Manager
6.	Refresher Course in Physical Education (03/08/13 to 25/08/13, 21 Days)	National	05/08/13 to 25/08/13	Raipur	UGC, ASC, Pt. RSU	Course Coordinator
7.	Interaction Program for Research Scholars (03/12/2014 to 23/12/2014, 21 Days)	National	03/12/14 to 23/12/14	Raipur	UGC, ASC, Pt. RSU	Course Coordinator
8.	Special Summer School	National	20/07/15 to 09/08/15	Raipur	UGC, ASC, Pt. RSU	Course Coordinator
9.	Short Term Course (STC) on Yoga	National	27/01/18 To 29/01/18	Raipur	UGC, ASC, Pt. RSU	Course Coordinator
10.	SAUFEST-19 (South Asian Universities festival -2019)	International	22/02/19 to 26/02/19	Raipur	Pt. RSU	Convener

11.	National Conference on “Gandhi for Modern India, Pt. Ravishankar Shukla University	National	11/09/19 to 13/09/19	Raipur	Pt. RSU	Convener
12.	Inter-College Youth Festival, Pt. Ravishankar Shukla University	University	06/11/19 to 08/11/19	Raipur	Pt. RSU	Convener
13.	“Seven Days Online Research Methodology Workshop for research scholars”	International	27/05/20 to 02/06/20	Raipur	Pt. RSU	Convener
14.	“Five Days Yoga Online Workshop”	National	22/06/20 to 27/06/20	Raipur	Pt. RSU	Convener

Part AJ: Bibliometric Information

1.	Total Google Scholar Citations	134
2.	Google Scholar h Index	5
3.	Google Scholar i-10- index	2
4.	Scopus Citations	4
5.	Scopus h index	2
6.	WOS citations	1
7.	WOS h index	1
8.	Paper indexed in Scopus	3
9.	Paper indexed in PubMed	1
10.	Paper Indexed in ICI	8
11.	RG Score	9.11
12.	RG Citations	72
13.	RG reads	42781
14.	RG total research interest	199.3

Part AK: Experience as a foreign Visiting Professor

S. No.	Responsibility	Period	Name of University	Country	Assignment
1.	Visiting Professor	22/11/19 to 24/12/19	Jan Dlugosz University in Czestochowa	Poland	Conducted series of classes/lectures (60 hours) as a foreign visiting professor on research and applied statistics, history of physical culture, indigenous sports of India, judo, yoga and other relevant physical education subjects for the students and staff members of Jan Dlugosz University
2.	Visiting Professor	07/02/20 to 19/02/20	Trier University of Applied Sciences, Trier	Germany	Delivered lectures/conducted workshops on Research Methodology, Applied Statistics and Data Analysis; provided consultancy to researchers as a Visiting Professor (To give instruction in the framework the DAAD HAW International Project of the HochschuleTrier) in Trier University of Applied Sciences, Trier

Part AI: Experience of Supervising PDF (Post-Doctoral Fellow)

S. No.	Name of fellow	Name of Sponsoring Agency	Status
1.	Dr. Divya Sharma	ICSSR (Indian Council of Social Science Research), Ministry of Human Resource and Development, Government of India	Ongoing

Part AM: Lectures Delivered during Covid-19 Pandemic

Academic Session 2019-20

Details

1. Delivered a Keynote lecture in “3rd National Conference on Latest Trends in Health and Physical Education” organized by University College of Medical Sciences (University of Delhi) on 20/08/19.
2. Conducted “Women Self Defense Training Session” from 05.00 to 07.00 PM on 21/08/19 in NIT (National Institute of Technology), Kurukshetra, Haryana.
3. Delivered four lectures on 26/09/2019, four lectures on 27/09/2019 two lectures on 28/09/2019 (delivered total 10 lectures) in Workshop on Research Methodology for Research Scholars and Faculty Members organized by Banaras Hindu University, Institute of Science, Department of Zoology (Center of Advanced Study).
4. Delivered lecture as a resource person in “Faculty Development Program (FDP) on Data Analysis in Management and Social Science Research”,Khallikote University, Berhampur University, Odisha on 20/10/2019 (Sunday).
5. Delivered three lectures as a resource person in Workshop on “Research Methodology” in Gracious College of Education, Raipur on 10/11/2019 (Sunday).
6. Delivered an invited lecture as a resource person on “Power of Language for technical students” on 14/11/2019 in Government Co-education Polytechnic college, Raipur.
7. Conducted a State Level Workshop on “Life Pattern and Yoga Education” as a resource person in Netaji Subhash College, Abhanpur on 17/11/2019 (Sunday).
8. Conducted sessions in Workshop on “Research Methodology” as a resource person in Sandipani Academy, Pendri (Masturi), Bilaspur on 05/01/2020 (Sunday).
9. Delivered a keynote lecture in International Conference on “Physical Education and Sports Sciences” as a resource person in Manipal University, Jaipur on 11/01/2020.
10. Delivered a keynote lecture in International Conference on “Physical Education, Yoga and Sports Sciences in 2020’s Era” as a resource person in State Institute of Physical Education for Women, Hastings House, Kolkata on 15/01/2020.
11. Delivered a keynote lecture in National Seminar on “Recent trends of education, culture and arts for the development of yoga and physical education” as a resource person in Deenanath Pandey Government Girls PG College, Deoria, UP on 02/02/2020.
12. Delivered 4 lectures in 84th/85th Orientation Program, UGC, HRDC, BHU, Varanasi as a resource person on 02/02/2020.

13. Delivered lecture in National workshop on “Academic Writing in Social Science Research” as a resource person in School of Education, Dr. Harisingh Gaur University, Sagar, MP on 21/02/2020, Mahashivratri holiday.
14. Conducted seven sessions of two hours each 2nd in National workshop on “Research Methodology and Statistical Applications in humanities” as a resource person in Department of Physical Education, Swami Vivekanand Subharti University, Meerut, UP from 28/02/2020 to 01/03/2020.
15. Conducted Self-defense technique class for girls of Pt. Ravishankar Shukla University on 05/03/2020 organized by Center for Women Studies Pt. Ravishankar Shukla University, Raipur.
16. Delivered two lectures in 25th Orientation Program, UGC, HRDC, GGU, Bilaspur as a resource person on 13/07/2020.
17. Delivered two lectures in 26th Orientation Program, UGC, HRDC, GGU, Bilaspur as a resource person on 16/11/2020.
18. Delivered a lecture on 14/05/2020 as a Resource Person in the National Webinar on "Wellness : An Introspective Approach towards Lifestyle" jointly organized by the Department of Physical Education, School of Education and Board of Sports and Physical Education, Savitribai Phule Pune University, Pune from 14th to 16th May, 2020.
19. Conducted three Sessions on May 14-15, 2020 on “Research Methods and Applied Statistics” in online Workshop on Research Methodology, organized by Faculty of Education and Ch Ranbir Singh Institute of Social Sciences and Economic Change, MDU, Rohtak from May 9th to 15th, 2020.
20. Delivered three lectures for MPed students of Amity School of Physical Education and Sports Sciences, Amity University Uttar Pradesh on 30th April, 12th & 13th May, 2020
21. Delivered a lecture on 18/05/2020 as a Resource Person in the Webinar on "Basic Concept of Data Analysis" organized by SunRise University, Alwar, Rajasthan on May 18th, 2020.
22. Delivered a lecture as a Resource Person on ‘Yogic Lifestyle as a sustainable lifestyle in current scenario for rejuvenation’ in the on line National Webinar ‘Mechanism of E-learning, E-assessment and sustainable lifestyle in current scenario’ organised by Mahila Mahavidyalaya(P.G.), Kidwai Nagar, Kanpur in collaboration with EdFly Learn, Mumbai on 26/05/2020.
23. Delivered a lecture as a Resource Person on ‘Basic Concepts of Research and Applied Statistics’ in PEFI face-book live on 29/04/2020.
24. Delivered a lecture in Faculty Development Program on “Technical Skill Development: Need of the Hour” on “*Scholar’s Scholarly Approach*” as a Resource Person on 26.05.2020.
25. Delivered a lecture on 01/06/2020 as a Resource Person in National Webinar on "Role of Exercise Science during Covid-19 pandemic: Impact & future challenges" organized by Sam Higginbottom University of Agriculture, Technology & Sciences (SHUATS), Prayagraj, UP.

26. Delivered a lecture as a resource person in five days webinar cum lecture series organized by Department of Physical Education, University of Allahabad, Prayagraj and Department of Physical Education & Sports, Hindu College Moradabad on the topic “Therapeutic approach of hashta mudras and pranayam” on 26.05.2020.
27. Delivered a lecture as a resource person on 13/06/2020 in One Week Online Faculty Development Program on “Rebooting Physical Education Faculties in the Outbreak of Covid-19” organized by Department of Physical Education and Sports in collaboration with KBC North Maharashtra University, Jalgaon from 9th June, 2020 to 13th June 2020.
28. Delivered a lecture as a resource person in National Webinar on "Physical & Mental Performance Enhancement During Lockdown" on 10th June 2020, organized by Sri Guru Nanak Dev Khalsa College (University of Delhi).
29. Delivered a lecture as a resource person in International Yoga Festival - Yog Mantrana: 2020 on 3rd June 2020, on the topic “Yoga for Rejuvenation” organized by Deshbandhu College (University of Delhi).
30. Delivered a lecture as a resource person in International Webinar on Yoga, Psychotherapy and Immunity on 21st June 2020, on the topic “Yoga Practices for Immunity” organized by Department of Yoga, Dr. Harisingh Gaur, Sagar.
31. Delivered a lecture as a resource person in One Week National Level Level Online Faculty Development Programme on 24th June 2020, on the topic “Relationship of Exercise and Immune System” organized by Government first grade college, Hungund.
32. Delivered 2 lectures in One Week Faculty Development Programme on 17th & 18th June, 2020, on the topic “Recent trends in Research and Applied Statistics” organized by SunRise University, Alwar, Rajasthan.
33. Delivered a lecture in International Workshop on 6th June, 2020, on the topic “How to conduct Experimental Research” organized by Government V.Y.T.P.G. Autonomous College, Durg.
34. Delivered a lecture on 21/06/2020 as a Resource Person in Webinar on "Concept and Significance of Yoga" organized by SunRise University, Alwar, Rajasthan.
35. Delivered a lecture in Seven days online workshop on “Research Methodology in Social Sciences” (During 23rd to 29th June, 2020) organized by Chaudhary Ranbir Singh University, Jind, Haryana.
36. I delivered a lecture in 6th International Yoga Day Celebration on 21st June, 2020 organized by “Rashtrya Khel Utthan Parishad”, Kanpur Region, U.P.

Academic Session 2020-21

S. No.	Details
1.	Chaired a Session in 30 hours certificate course in Physical Education conducted by Government Autonomous Girls PG College of Excellence, Sagar M.P. on 03/02/2021.
2.	Acted as a Chair Person in a scientific session of International Webinar on “ Indigenous solutions of health problems arising during pandemic on 08/06/2021 organized by Wipra College, Raipur.
3.	Acted as a chairperson on Day 1, Technical Session 02 during the 3 days of the International E-Conference on "Innovation and Practices of Modern Science and Traditional Yoga" held on 25-26 & 27 June 2021 through the zoom platform organized by PEFI.
4.	Delivered four online lectures in Refresher Course in Science and Technology of Yoga and Meditation, Indian Values and Ethics (17-07-2020 to 30-07-2020) organized by UGC- Human Resource Development Centre (HRDC), Devi Ahilya Devi Ahilya Vishwavidyalaya, Indore.
5.	Delivered four online lectures (01/9/20 to 04/09/20) in Refresher Course in 'Science & Technology of Yoga And Meditation' (24 August to 05 September, 2020) organized by the UGC-Human Resource Development Centre, Doctor Harisingh Gour Vishwavidyalaya, Sagar (MP).
6.	Delivered two online lectures on 19/11/20 & 25/11/20 as a resource person in 85 th refresher course in Physical Education conducted by UGC, HRDC LNIPE, Gwalior .
7.	Delivered two online lectures on 11/12/20 as a resource person in 86 th refresher course in Physical Education conducted by UGC, HRDC LNIPE, Gwalior .
8.	Delivered two online lectures on 01/01/21 & 02/01/21 as a resource person in Workshop (Leadership Development Program) conducted by UGC, HRDC LNIPE, Gwalior .
9.	Delivered two online lectures on 14/01/21 & 15/01/21 as a resource person in 87 th refresher course in Physical Education conducted by UGC, HRDC LNIPE, Gwalior .
10.	Delivered four online lectures on 10-2-21, 11-2-21, 26-2-21 as a resource person in 2 nd online Faculty Development Program (Guru Dakshata) conducted by UGC, HRDC LNIPE, Gwalior .
11.	Delivered four online lectures on 13/3/21, 16/3/21 , 18/3/21, 19/3/21 as a resource person in 89 th refresher course in Physical Education conducted by UGC, HRDC LNIPE, Gwalior .UGC HRDC LNIPE
12.	Delivered 2 online lectures on the topics “Statistical Applications in Research” & “ Research Designs” in online 2 nd Faculty Induction Program (Gurudakshata) conducted by UGC, HRDC, GGU, Bilaspur, C.G. on 09/03/2021.
13.	Delivered 2 online lectures on the topics “Defining Research Problem” & “Research Designs” in online 1 st Faculty Induction Program (Gurudakshata) conducted by UGC, HRDC, GGU, Bilaspur, C.G. on 06/02/2021.
14.	Delivered 4 online lectures on the topics “Research Design-1”, “Research Design-2”, Quantitative and Qualitative Research-1”, Quantitative and Qualitative Research-2” in online Short Term Course on Research Methodology conducted by UGC, HRDC, GGU, Bilaspur, C.G. on 11/03/2021 & 12/03/2021.

15.	Delivered two lectures as a resource person in “Online Pre - Ph. D. Course Work” on 12/01/2021 and 18/01/2021 organized by UGC HRDC - Human Resource Development Centre, Dr. Babasaheb Ambedkar Marathwada University, Aurangabad.
16.	Delivered 4 online lectures on the topics “Basics of Research” & “ Interpretation of Quantitative Data” in Referesher Course conducted by UGC, HRDC, PRSU, Raipur, C.G. on 07/10//2020 and 08/10/2020.
17.	Delivered 2 online lectures on the topics “Statistical tools to conduct quantitative and qualitative researches” & “ Research Ethics” in online Faculty Induction Program (Gurudakshta) conducted by UGC, HRDC, PRSU, Raipur, C.G. on 20/12/2020.
18.	Delivered 2 online lectures on the topics “Basics of Research” & “ Statistical Applications in Research” in online Interaction Program for Research Scholars conducted by UGC, HRDC, PRSU, Raipur, C.G. on 01/03/21 and 02/03/21.
19.	Delivered two lectures on: (1) Correlation & Regression; (2) Statistical Software for Data Analysis on 22.12.2020 & 23.12.2020 in One Week FDP on 'Research Methodology and Data Analysis (Online Mode Only) from December 19-24, 2020 organized by Faculty Development Centre, Maharshi Dayanand University, Rohtak, Haryana
20.	Delivered four lectures as a resource person in 21 Day Interdisciplinary Refresher Course on the topics: (1) Basic concept of Statistics; (2) Test of Significance (3) ANOVA (4) Correlation on 07.01.2021, 08.01.2021 and 21.01.2021 in 21 Day Interdisciplinary Refresher Course (Online Mode Only) from January 07-27, 2021 organized by Faculty Development Centre (Under Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching, MHRD, Government of India), Maharshi Dayanand University, Rohtak, Haryana.
21.	Delivered 2 lectures in Two sessions on Test of Significance; dated 03-03-21 in Faculty Induction Program (Online Mode) from March 02nd-31st, 2021 Organized by Faculty Development Centre, Maharshi Dayanand University, Rohtak (Haryana).
22.	Delivered three Lectures as Resource Person during the Personal Contact Programme (PCP) of P.G. Diploma in Yoga and Naturopathy conducted by the Dr. Harisingh Gaur University, Sagar, M. P. from 18 th to 20 th February, 2021 on the following topics:(1) Skeletal and Muscular System: Structure and function, effects on yogic practices.(2) Circulatory and Digestive System: Structure and function, effects on yogic practices.(3) Endocrine System: Structure and function, effects on yogic practices.
23.	Conducted three sessions in three days lecture series on Research Methodology and Statistical Applications as a resource person in Department of Physical Education, Swami Vivekanand Subharti University, Meerut, UP on 27/11/2020 and 28/11/2020 on the topics: (1) Research Designs (2) Preparation of Research Report (3) T-test, ANOVA & Chi-Square
24.	Delivered a lecture as a Resource Person on the topic “Yoga, Meditation and Physical Activity as a mode of Stress Management and Healthy Lifestyle” on 04/03/2021 in National workshop organized by Hemvati Nandan Bahuguna Government Post Graduate College, Naini, Allahabad, UP.
25.	Delivered a Key Note Lecture as a Resource Person on 06/03/2021 in National Seminar on “Emerging Trends of Research in Yoga and Naturopathy” organized by Ram Sahai Government Degree College, Baari - Shivrajpur, Kanpur Nagar, UP.
26.	Delivered two lectures/ Conducted sessions as a Resource Person on the topic “Use of Parametric Tests in Research” on 07/03/2021 in ICSSR sponsored “Ten days workshop on Research Methodology Course in social sciences organized by Choudhary Ranbir Singh University, Jind, Haryana.

27.	Delivered a keynote Lecturer on the theme “Emerging areas in Sports Sciences” at the National Conference on the topic Cultivating Curiosity after COVID Teaching and Learning Process; a conference hosted by Noida College of Physical Education, to be held on 20 th March 2021.
28.	Delivered two Lectures as Resource Person on the topics “Statistical Applications in Physical Education” & “Sports Training” in DAVV under UGC SAP on 13/03/21 & 16/03/21
29.	Delivered an invited talk in a “Quality Improvement Programme” on “Tools and Techniques in Writing Quality Research Work” organized by IQAC in association with department of commerce and financial studies, Atal Bihari Vajpayee University, Bilaspur on 05/07/2020.
30.	Delivered an invited lecture in a “International Webinar” on “Post Covid-19 Challenges in Physical Education: The Impact of Pandemic on Educators, Physical Activity and Well being” organized by Bhakta Kavi Narsinh University, Junagarh, Gujarat on 10/07/2020.
31.	Delivered an invited lecture in a “International Interdisciplinary E- Seminar on Research Methodology and Tools” organized by Dr. Babasaheb Ambedkar Mahavidyalaya, Amravati, M.S. on 16/07/2020.
32.	Delivered an invited talk as a Resource Person in the One Day Online Workshop on “Basic Concepts of Research & Applied Statistics” organized by Internal Quality Assurance Cell of Mahant Laxminarayan Das College, Raipur (C.G.) on 11 th July, 2020.
33.	Delivered an invited talk as a Resource Person in national webinar on ‘Psychological Resilience & Physical Health Management: Respond, Recover, and Thrive in The Phase of New Normal’ Organized by IQAC in association with Dept. of Education., Raipur, St. Vincent Pallotti College (C.G.) on 14 th July, 2020.
34.	Delivered five invited lectures in Workshop on SPSS for Beginners, conducted by Vidwaan Consulting, Raipur, Chhattisgarh from 22 nd to 26 th July, 2020.
35.	Delivered an invited lectures in “Two days International Webinar on “Challenges, Opportunities and solutions during Post Covid-19” organized by Adarsh College of Arts, Nijampur-Jaitane, Tal-Sakri, Dhule, Maharashtra on 07/07/2020.
36.	Delivered an invited lectures in “International Webinar on Impact of Covid-19 on Education: Shifting Classes on Online Mode”organized by Pt. Harishankar Shukla Memorial Collegee, Raipur C.G. on 23-07-2020.
37.	Delivered an invited lectures in “International Webinar on Standing of teachers in providing a stress free platform for learning During & post pandemic COVID” organized by Vipra Arts Commerce And Physical Education College Raipur C.G. on 06-08-2020.
38.	Delivered an invited lectures in “International E-Webinar on Continuing Professional Development” organized by Gracious College, Raipur C.G. on 17-08-2020.
39.	Delivered a lecture in Faculty Development Program on Health Interventions for fit and Prosperous India” organized by Rajiv Gandhai University (Central University) on 18 th August 2020.
40.	Delivered a lecture in seven days FDP (Faculty Development Program on “Research Methodology and Statistical Analysis” (23/08/2020) organized by Department of Physical Education, S. N. Sen B. V. P. G. College, Kanpur from 22 nd to 28 th August, 2020.
41.	Delivered a lecture in National Webinar in eve of “National Sports Day” titled “Memories of Major Dhyan Chand & Replications in Contemporary Times” organized by Prem Chand Markana S. D. College for Women, Jalandhar on 28th August 2020.

42.	Delivered a lecture in National Level Webinar on “Gender Equality in Sports” jointly organized by our Department of Physical Education and Sports and TBPCS’s DDN Bhole College, Bhusawal Dist.Jalgaon on 29th August 2020.
43.	Delivered an invited lectures in “One Day National Seminar on National Education Policy-2020” jointly organized by Jawahar Lal Nehru College, Etah, UP & Department of Physical Education, Meerut College Meerut. on 30-08-2020.
44.	Delivered a lecture in in International Webinar on “Importance of Traditional Yogic Practice in the New Normal Situation” (05/09/2020) organized by Union Christian Training College Berhampore, WB and PEFI (Physical Education Foundation of India) West Bengal Chapter.
45.	Delivered a Keynote Lecture on ‘ <i>Indexing system in scholarly journals</i> ’ held on 11th Sept., 2020 in 5 Days International Online Faculty Development Program on Zoom Cloud Meeting and Facebook live platform from 7th to 11th September, 2020 on the theme “ <i>Basics of Research and Statistical Tools in Physical Education and Sports Sciences</i> ”.
46.	Delivered a lectures in two days webinar on “Yoga for Holistic Well-being” organized by the Physical Education and Sports Science department in collaboration with IQAC, Panskura Banamali, West Bengal on 12/09/2020.
47.	Delivered a keynote lecture in an online International Webinar on “ASPECTS AND PROSPECTS OF HEALTH AND FITNESS DURING And POST COVID-19” on 30th September, 2020 organized By IQAC, SHYAMPUR SIDDHESWARI MAHAVIDYALAYA in Collaboration with PHYSICAL EDUCATION FOUNDATION OF INDIA (West Bengal Chapter)
48.	Delivered a Keynote lecture in National Webinar on “Dimensions of Physical Fitness to achieve holistic goal” on 13/10/2020 organized by Jawaharlal Nehru Memorial Post Graduate College, Barabanki, Uttar Pradesh.
49.	Delivered an online lecture/session on the topic “Self defence techniques and tactics for women security” in Mission Shakti Program (An initiative of Uttar Pradesh Government) organized by ANDNNMM, Kanpur Uttar Pradesh on 18/10/2020
50.	Conducted an online session on “Self Defence Training for Women”under Mission Shakti, an initiative of UP Government on 21/10/2020 organized by SRDA Girls PG College, Hatras, Uttar Pradesh
51.	Delivered an online lecture in Lucknow Christian College on “Martial Arts (Judo)” in a webinar related to Mission Shakti of Government of Uttar Pradesh on 22/10/2020.
52.	Conducted an online session/ presentation on ‘Self Defence Techniques’ in the online Mission Shakti Program (an initiation by Uttar Pradesh Government) organised by Mahila Mahavidyalaya (P.G.), Kidwai Nagar, Kanpur, Uttar Pradesh on 23/10/2020.
53.	Conducted an online session on “Women Safety: Self Defence Skills” on 27/10/2020 organized by Swami Ganga Giri Janta Girls College, Ludhiana, Punjab.

54.	Delivered two lectures on the topics “ Life Skills” and “Disaster Management” on 08/11/2020 as a resource person in E. T. I. Training Workshop conducted by National Service Scheme, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
55.	Delivered a lecture on the topic “Factual Essence of Pranayama” in the Two-day International Webinar on “Yoga: the holistic approach to Physiological and Psychological Homeostasis” on 18 th October, 2020 organized by the Department of Physiology, G.G.D.C, Mohanpur, in collaboration with the Physical Education Foundation of India (PEFI).
56.	Delivered a lecture on the topic “Life Skills” on 10/12/2020 as a resource person in E. T. I. Training Workshop conducted by National Service Scheme, Pt. Ravishankar Shukla University, Raipur, Chhattisgarh.
57.	Delivered online Lecture on 03 rd December, 2020 for the students of the Physical Education Department, IIMT University, Meerut, Uttar Pradesh on the topic “Research Designs in Physical Education and Sports Sciences” organized by Physical Education Department.
58.	Delivered an online lecture/session on the topic “Self defence techniques and tactics for women security” in Mission Shakti Program (An initiative of Uttar Pradesh Government) organized under the aegis of Sports Department and Institute of Physical Education and Sports Sciences, Dr. Rammanohar Lohia Avadh University, Ayodhya, Uttar Pradesh on 24/09/2020 .
59.	Delivered a lecture as a resource person in International Webinar on the topic “Yoga for Better Immunity” conducted by Government College Shahganj, Madhya Pradesh on 29/12/2020.
60.	Delivered a lecture as Keynote Speaker during National Webinar On “Regular Lifestyle and Health”, organized by Swami Vivekanand Govt. PG College, Harda on December 29, 2020.
61.	Delivered a lecture as a resource person in National Webinar on the topic “Need for developing sports culture in India” conducted by Sophia Girls college, Ajmer, Rajasthan on 06/01/2021.
62.	Delivered lecture as a Resource Person in the One-day International Webinar on “ESSENCE OF HEALTH AND FITNESS IN MODERN SOCIETY” held on 08.01.2021 organized by Debra Thana S.K.S. Mahavidyalaya, West Bengal.
63.	Delivered an online lecture in Government Tilak P.G. College, Katni, M.P. in National Webinar on “Research Methodology: An Overview” on 21/01/2020.
64.	Delivered an online lecture in Rashtriya Raksha University (RRU), Gandhinagar, Gujarat on “Research Designs” in Workshop on Research Methodology and Research Writing on 04/02/2021.
65.	Delivered a lectures as a resource person in International Conference on Yoga on the theme “Yoga for Wellness and Longevity” on 21/02/2121 organized by International Association of Physical Education and Sports in collaboration with Physical Education Foundation of India.
66.	Delivered an online lecture in Rashtriya Raksha University (RRU), Gandhinagar, Gujarat on “Research Designs” in Workshop on Research Methodology for CRPF officers on 22/02/2021.
67.	Delivered an online lecture in Sage University, Indore, M.P. on “Augmented reality application in Bio-Sports” in International Webinar on 25/02/2021.
68.	Delivered an online lecture in Rosary College of Arts & Commerce on “Improving immunity through yoga practices)” in International Conference on “Sports management and Allied Sports Sciences: Challenges and Innovations on 09/03/2021.

69.	Delivered an invited speaker/lead speaker to in Section-01- Indian Yoga Tradition and Nathpanth on 20/03/2021 between 03:00 pm to 05:00 pm at the International conference on “Global Contribution of Nathpanth organized by DEENDAYAL UPADHYAYA UNIVERSITY, GORAKHPUR
70.	Delivered a lecture on the topic "APPROACH TO PARADIGM OF RESEARCH PAPER" as a guest speaker in 3 days FDP on "Research Paper Paradigm" organized by Swami Shri Swaroopanand Saraswati Mahavidyalaya, Hudco, Bhilai, C.G. on 14/04/2021.
71.	Delivered a Keynote lecture on the topic “ The Basics of Research” in the Dr. Ram Anjor Singh Memorial Lecture Series organized by Jawaharlal Nehru Memorial Post Graduate College, Barabanki, U.P. on “Zoom Cloud Meeting” and “YouTube live platform” (https://youtu.be/ktzp2FSR1Io) on 07 th May, 2021.
72.	Delivered a Key-Note Lecture on “Achieving State of Homeostasis through Pranayanma” in a eight days international webinar on 15-06-2021 conducted by Nisha Joshi Yoga Academy and Yog Ganga Yogic, Scientific and Spiritual Research foundation, Indore, Madhya Pradesh.
73.	Delivered a Guest Lecture on “Rejuvenation through Yoga” in Kanya Maha Vidyalaya, Jalandhar, Punjab.
74.	Delivered a lecture during "Live Webinar" on the topic "Basic Concept of Research & Applied Statistics" at 1600 hrs on 17th June 2021 conducted by BRCM EDUCATION SOCIETY, Vidyagram, Bahal, Bhiwani, Haryana.
75.	Delivered a Lecture as resource person on “Yoga therapies during and post covid-19 challenges” in S.D. College for Women, Jalandhar, Punjab.
76.	Delivered a lecture as a Resource Person on the topic “Effective Pranayama Practices for Boosting the Immunity” on 19-06-2021 organized by Department of Yogic Sciences, LNIPE, Gwalior.
77.	Delivered a Lecture as resource person on “ Recent trends in exercise and training” on 24-06-21in one week faculty development program organized by Shri Muktanand College, Aurangabad, Maharashtra.
78.	Delivered a lecture as a resource person on the topic “General &Yogic Tips of Pranayama/ Meditation for Immunity Development “Lecture series on Yoga & Corona Management in context with the International Yoga Day Celebrations-2021 organized by the Department of Yoga Education, Dr. Harisingh Gour Central University, Sagar, M.P. on 15 th May, 2021
79.	Delivered a lecture as a Guest Speaker in the webinar on “Rejuvenation Through Yoga” on the occasion of “7 th International Yoga Day” on 21 st June, 2021 organized by the NSS Girls Unit, IGKV, Raipur (C.G.).
80.	Delivered a lecture as a resource person in one week national workshop on Yoga (Online) on 10 th June, 2021 organized in collaboration by Department of Yoga Studies, Himachal Pradesh University, Shimla and Government College of Yoga Education and Health, Chandigarh.
81.	Delivered a Lecture as resource person on “Covid-19: Prevention through Yoga” in Netaji Subhas College, Bhatapar on 16/06/2021.

82.	Delivered a lecture as RESOURCE PERSON in One day Online Yoga Symposium on “YOGIC PRACTICES AS LIFE SHIELD FOR WELL BEING” on June 11, 2021 organized by Sports Department, R. A. K. College of Agriculture, Sehore, (M.P.).
83.	Delivered 3 Lectures/Conducted Session in Faculty Development Program on “Yoga and Mediation for Holistic Health” Organized by IASE, Sardarshahr, Rajasthan.
84.	Delivered a lecture on a International E- Conference on the topic "Yogic Life Style and Holistic Health"(During COVID & Beyond) organized by department of Yogic Sciences, Institute of Physical Education & Sports Sciences, Dr. Ram Manohar Lohia Avadh University, Ayodhya held on 21 st June 2021.
85.	Delivered a lecture as a "Keynote Speaker" in the One-day National Webinar entitled "Olympic: Peace and Friendship with no Discrimination in Race and Gender" on 23 June, 2021 organized by Government PG College, Ranikhet, Uttarakhand.
86.	Delivered a lecture in webinar on “Basic of Research Methodology” on 25 June, 2021 as Guest Speaker organized by INSTITUTE OF MANAGEMENT, COMMERCE AND ECONOMICS , Shri Ramswaroop Memorial University, Lucknow.
87.	Delivered a Lecture as resource person on “Art of Yoga for healing the Body, Mind and Soul in Pandemic”, organized by Vallabh Govt. College, Mandi, H.P. on 02/07/2021.
88.	Delivered a Lecture as resource person in the One Day National Webinar on Yoga & health held on Jun 28, 2021 , organized by Baring Union Christian College (Affiliated to Guru Nanak Dev University , Amritsar)
89.	Delivered a lecture as resource person on “Recent Trends in Exercise and Training” on 24 June 2021 at 11:00 am to 12:30 pm during "One Week Online Faculty and Student Development Program on Diet, Fitness and Stress Management in Covid -19 Pandemic", held form 21to 26 June 2021.
90.	Delivered a lecture as resource person during National Webinar on Yoga from 09th to 10th February, 2021. organized by Department of Physical Education, Supported by Internal Quality Assurance Cell, Central University of South Bihar, Gaya, Bihar
91.	Delivered a lecture on ‘Rejuvenation through Yoga in National Webinar on Science of Yoga organized by Christ College (Autonomous), Irinjalakuda, Kerala

Place: Raipur, Chhattisgarh, India

Dated: 06/01/2022



(Dr. Rajeev Choudhary)