

BIO-DATA

NAME DR.AJAY KUMAR
DATE OF BIRTH 14.11.1966
PLACE OF BIRTH MUZAFFARPUR (BIHAR)
FATHER'S NAME PROF. B.P.SAHANI

POSTAL ADDRESS (OFFICE) DR.AJAY KUMAR
 PROFESSOR
 SCHOOL OF PHYSICAL EDU.
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 INDORE-452001

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EDUCATIONAL QUALIFICATION:

S.N	Exam Passed	Board/Univ	Year of Passing	Div	%	Specialization
1	Matric (10th)	B.S.S.E Board Patna	Aug-1981	1st	61	
2	Intermediate (12th)	B.I.E.C.Patna	Mar-1984	3rd	44.9	
3	B.P.E (Bachelor of Physical Education)	L.N.C.P.E. Gwalior (Jiwaji Univ)	Jun -1987	1st	62	Tennis
4	M.P.E. (Master of Physical Education)	-Do-	Jun -1989	1st	62.3	Yoga
5	M.Phil (Phy.Edu)	-Do-	Oct -1990	Pass	68	Kinesiology & Biomechanics
6	Ph.D.(Phy.Edu) JRF Qualified	-Do-	Dec-1993			

CONDUCTED RESEARCH:

1. **M.P.E. DISSERTATION:** “EFFECT OF EXERCISE WITH AND WITHOUT THE APPLICATION OF ABDOMINAL HOT PACK IN REDUCTION OF BODY FAT ON SELECTED SITE ON BODY.”
2. **M.Phil. DISSERTATION:** “DEVELOPMENT AND STANDARDIZATION OF AN OBJECTIVE GRAPHIC METHOD FOR MEASURING FLATFOOTEDNESS.”
3. **Ph.D. THESIS:** “EFFECT OF CONCENTRIC ECCENTRIC AND COMBINATION OF CONCENTRIC AND ECCENTRIC TYPES OF TRAINING ON MUSCULAR STRENGTH MUSCULAR HYPERTROPHY AND MUSCULAR POWER.”

SPORTS PARTICIPATION:

1. REPRESENTED BIHAR STATE IN ALL INDIA INTER STATE ATHLETIC MEET HELD AT HISSAR FROM 10th TO 14th FEB 1980.
2. REPRESENTED ZILA SCHOOL, MUZAFFARPUR IN STATE LEVEL SUBRATO CUP FOOTBALL TOURNAMENT HELD AT PATNA FROM 3rd TO 6th SEP 1980.
3. REPRESENTED BIHAR UNIVERSITY, MUZAFFARPUR IN INTER UNIVERSITY TENNIS TOURNAMENT HELD AT I.S.M. DHANBAD IN 1981-82.
4. REPRESENTED BIHAR UNIVERSITY, MUZAFFARPUR IN INTER UNIVERSITY TENNIS TOURNAMENT HELD AT ROORKEE UNIV. ROORKEE IN 1982-83.
5. REPRESENTED BIHAR UNIVERSITY, MUZAFFARPUR IN INTER UNIVERSITY TENNIS TOURNAMENT AS CAPTAIN HELD AT B.H.U. VARANASI IN 1983-84.
6. REPRESENTED JIWAJI UNIVERSITY, GWALIOR IN INTER UNIVERSITY TENNIS TOURNAMENT HELD AT TRIVENDRUM IN 1985-86.
7. REPRESENTED JIWAJI UNIVERSITY, GWALIOR IN INTER UNIVERSITY TENNIS TOURNAMENT AS CAPTAIN HELD AT COAIMBTOOR IN 1986-87.
8. REPRESENTED L.N.C.P.E. GWALIOR IN
 - (a) HOCKEY - TWICE - 1984-85 & 1985-86
 - (b) TABLE TENNIS- ONCE - 1984-85
 - (c) BADMINTON - ONCE - 1987-88
9. REPRESENTED DISTRICT SCHOOL TEAM IN
 - (a) ATHLETICS - ATTENDED DIVISION ATHLETIC CAMP-1978
 - (b) FOOTBALL - WINNER OF DISTRICT LEVEL SUBRATO CUP TOURNAMENT- 1980
 - (c) VOLLEYBALL - REPRESENTED DISTRICT SCHOOL TEAM -1980

10. QUALIFIED FOR THE AWARD OF “TWO STARS” MERIT CERTIFICATE IN THE NATIONAL PHYSICAL EFFICIENCY TEST (JUNIOR) OF MINISTRY OF EDUCATION AND SOCIAL WELFARE IN THE YEAR 1979.

HONOURS AND AWARDS:

1. AWARDED MERIT SCHOLARSHIP FOR THREE YEARS DURING B.P.E. COURSE AT L.N.C.P.E. GWALIOR
2. AWARDED MERIT SCHOLARSHIP IN M.P.E.1st SEM AT L.N.C.P.E. GWALIOR.
3. AWARDED GRADUATE TEACHING ASSISTANTSHIP FOR TWO YEARS IN PHYSIOTHERAPY DURING M.P.E.COURSE AT L.N.C.P.E. GWALIOR.
4. **AWARDED GOLD MEDAL FOR BEING STOOD FIRST IN M.Phil.**
5. **AWARDED FELLOWSHIP FOR M.Phil BY GOVT OF INDIA, MINISTRY OF HUMAN RESOURCE DEVELOPMENT.**
6. **QUALIFIED THE U.G.C. TEST FOR JUNIOR RESEARCH FELLOSHIP / LECTURERSHIP ELIGIBILITY TEST.**
7. **QUALIFIED A.A.F.I. OFFICIAL.**
8. **NOMINATED AS AN INTERNATIONAL SCHOLARS OF THE TWENTIETH CENTURY AWARD BY AMERICAN ORGANISATION OF INTELLECTUALS NEW YORK.**

ATTENDED COURSE / CONFERENCES / SEMINARS / WORKSHOPS:

1. ATTENDED TWO WEEKS YOGA TRAINING CAMP HELD AT GWALIOR DURING THE MONTH OF FEB & MAR 1986 ORGANISED BY SHREEMAN MADHAVA YOGA MANDIRA SAMITI, KAIVALYADHAMA, LONAVLA.
2. COMPLETED THREE WEEKS COMPUTER COURSE, LANGUAGE “BASIC” HELD AT COMPUTER SECTION L.N.C.P.E. GWALIOR FROM FEB 17th TO MARCH 8th 1989.
3. ATTENDED A SEMINAR / WORKSHOP ON PHYSIOTHERAPY AND ACCUPUNCTURE HELD FROM 24th TO 26th Feb 1990 AT BIRLA INSTITUTE OF MEDICAL RESEARCH, GWALIOR AS A DELIGATES.
4. ATTENDED SPORTS MEDICINE CONFERENCE (M.P.CHAPTER) ON 5th AND 6th Oct 1990 AT L.N.C.P.E. GWALIOR AS A DELIGATE AND PRESENTED PAPER ON THE TOPIC “DEVELOPMENT AND STANDARDIZATION OF AN OBJECTIVE GRAPHIC METHOD FOR MEASURING FLATFOOTEDNESS.”

5. ATTENDED ALL INDIA SEMINAR CUM WORKSHOP ON COMPUTER APPLICATION IN PHYSICAL EDUCATION AND SPORTS HELD AT DEGREE COLLEGE OF PHYSICAL EDUCATION, AMRAVATI FROM 18th TO 21st MARCH 1991.
6. ATTENDED THE INTERNATIONAL CONFERENCE ON "HEALTH REVOLUTION AND SPORTS EXCELLENCE." FROM 4th TO 6th MARCH 1992, AT INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION AND SPORTS SCIENCE, DELHI AND PRESENTED PAPER ON THE TOPIC "COMPUTERISED COUNSELLING FOR OVER WEIGHT / UNDER WEIGHT PROBLEMS."
7. **ATTENDED U.G.C. ORIENTATION COURSE ORGANISED BY ACADEMIC STAFF COLLEGE D.A.V.V. INDORE FROM 2nd TO 28th NOV 1992.**
8. ATTENDED THE FIRST NATIONAL COURSE ON "APPLICATION OF STATISTICS AND COMPUTER IN PHYSICAL EDUCATION AND SPORTS." HELD FROM 6th TO 18th DEC 1993, AT L.N.C.P.E. GWALIOR.
9. ATTENDED THE INTERNATIONAL CONFERENCE ON "HEALTH, SPORTS AND PHYSICAL FITNESS- NEED FOR AN INTEGRATED APPROACH." FROM 16th TO 18th JAN 1995, AT HARYANA AGRICULTURE UNIVERSITY, HISSAR AS A DELEGATE AND PRESENTED PAPER ON THE TOPIC "EFFECT OF ARNICA (A HOMEOPATHIC MEDICINE) ON MUSCLE SORENESS."
10. **ATTENDED U.G.C. REFRESHER COURSE IN "ADVANCE COMPUTER APPLICATION." ORGANISED BY ACADEMIC STAFF COLLEGE, D.A.V.V., INDORE FROM 25th SEP TO 14th OCT 1995.**
11. ATTENDED THE "SWARN JAYANTI NATIONAL CONFERENCE ON ISSUE AND CHALLENGES OF PHYSICAL EDUCATION IN 21st CENTURY." FROM 17th TO 19th OCT 1997, AT HANSRAJ PUBLIC SCHOOL, PANCHKULA, HARYANA, AS DELEGATES AND PRESENTED PAPER ON THE TOPIC "COMMON SPORTS INJURIES AND THEIR HOMEOPATHIC REMEDIES."
12. **ATTENDED U.G.C. REFRESHER COURSE IN PHYSICAL EDUCATION ORGANISED BY L.N.I.P.E. GWALIOR FROM 15th MARCH TO 4th APRIL 1998.**
13. PARTICIPATED IN THE "WORKSHOP ON SCRIPT WRITING" ON FEB 22nd, 1999 ORGANISED BY AUDIO VISUAL RESEARCH CENTER, D.A.V.V. INDORE.
14. **ATTENDED U.G.C. REFRESHER COURSE IN PHYSICAL EDUCATION ORGANISED BY ACADEMIC STAFF COLLEGE, D.A.V.V. INDORE FROM 3rd MAY TO 23rd MAY 2000.**

15. ATTENDED THE NATIONAL CONFERENCE ON “PHYSICAL EDUCATION IN THE NEW MILLENNIUM” FROM 18th TO 19th OCT 2000, AT HIMACHAL PRADESH UNIVERSITY, SHIMLA AS A DELEGATE AND PRESENTED PAPER ON THE TOPIC “TREATMENT OF TENDINITIS : A HOMOEOPATHIC APPROACH.”
16. ATTENDED THE DEPARTMENTAL SEMINAR ON “RECENT TRENDS IN PHYSICAL EDUCATION” ON 3rd & 4th NOV 2000, AND PRESENTED PAPER ON THE TOPIC “MATHEMATICS IN SPORTS: AN INTEGRATED APPROACH.”
17. PARTICIPATED IN NATIONAL WORKSHOP ON RESEARCH METHODS, AND STATISTICS AND USE OF SPSS FROM 14th MAY 2001 TO 20th MAY 2001 AT SAP (DRS), INSTITUTE OF EDUCATION, DEVI AHILYA UNIVERSITY, INDORE.
18. ATTENDED ONE DAY ITC LITERACY INICIATION CAMP, ORGANISED BY NCTE AT INSTITUTE OF EDUCATION, DAVV INDORE ON 14th JULY 2001.
19. ATTENDED THE NATIONAL CONFERENCE ON PHYSICAL EDUCATION AND SPORTS SCIENCES, FROM 26th TO 28th JUNE 2002, ORGANISED BY NAPESS, SYMBIOSIS SOCIETY OF ART AND COMMERCE, PUNE AND SRI PASHURAMBHAU COLLEGE, PUNE AND PRESENTED PAPER ON THE TOPIC “WALKING A LIFETIME FITNESS PROGRAMME.”
20. ATTENDED THE NATIONAL CONFERENCE ON “NEW DIMENSIONS IN PHYSICAL EDUCATION AND SPORTS ” FROM 23rd TO 25th JAN 2005, AT B.H.U. VARANASI AS A DELEGATE AND PRESENTED PAPER ON THE TOPIC “MODIFICATION AND VALIDATION OF GIRTH METHOD ESTIMATING BODY FAT FOR INDIAN WOMEN.
21. PARTICIPATED AS RESOURCE PERSON IN THE THREE DAYS NATIONAL WORK SHOP ON “NOMENCLATURE, NORMS, STANDARDS AND CURRICULUM FOR TEACHER’S TRAINING INSTITUTE OF PHYSICAL EDUCATION IN INDIA”. ORGANISED BY LNIPE GWALIOR FROM 16th TO 18th FEB 2006.
22. PARTICIPATED IN “NATIONAL WORKSHOP ON ADVANCED COMPUTING TECHNIQUES IN PHYSICAL EDUCATION & RESEARCH FROM 7-9TH DEC 2006 AT UDAIPUR ORGANISED BY B.N. COLLEGE OF PHYSICAL EDUCATION, UDAIPUR IN COLLABORATION WITH L.N.I.P.E. GWALIOR.
23. PARTICIPATED AS RESOURCE PERSON IN NATIONAL WORKSHOP ON “REVIEW & DEVELOPMENT OF CURRICULUM FOR MASTER OF PHYSICAL EDUCATION”, FROM MARCH 5-6 2008, ORGANISED BY DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES, UNIVERSITY OF DELHI.

24. PRESENTED A PAPER “CONSTRUCTION OF A PHYSICAL AND MOTOR FITNESS CIRCUIT TEST FOR HIGHER SECONDARY SCHOOL BOYS AND GIRLS” IN THE NATIONAL CONFERENCE ON “ROLE OF PHYSICAL EDUCATION IN MODERN ERA: A CONCEPTUAL VIEW” ORGANISED BY SCHOOL OF PHYSICAL EDUCATION DEVI AHILYA VISHWAVIDYALAYA, INDORE ON 25TH AND 26TH FEB 2010.
25. PRESENTED A PAPER “PHYSICAL EDUCATION AND PHYSICAL FITNESS PROGRAM FOR PRIMARY SCHOOL CHILDREN: A HOLISTIC PERSONALITY DEVELOPMENT PROGRAM” IN A NATIONAL CONFERENCE ON “ ROLE OF PHYSICAL ACTIVITIES ON HOLISTIC PERSONALITY DEVELOPMENT” ORGANISED BY INDIRA GANDHI INSTITUTE OF PHYSICAL EDUCATION AND SPORTS SCIENCE, NEW DELHI ON MARCH 12, 2010.
26. ATTENDED THE INTERNATIONAL SEMINAR ON PHYSICAL EDUCATION, RECREATION AND YOGIC SCIENCE FROM JAN 19 – 21, 2012, ORGANISED BY DEPARTMENT OF PHYSICAL EDUCATION, FACULTY OF ARTS, BHU VARANASI AND PRESENTED PAPER ENTITLED “ SPORTS HOMEOPATHY: AN ALTERNATE SAFE AND NON SURGICAL WAY OF TREATING SPORTS INJURIES.”
27. ATTENDED A WORKSHOP ON “DEVELOPMENT OF TRAINING PACKAGE ON HEALTH AND PHYSICAL EDUCATION INCLUDING YOGA FOR TEACHERS & TEACHER EDUCATORS OF PHYSICAL EDUCATION.” FROM DEC 10 – 12, 2013, ORGANISED BY REGIONAL INSTITUTE OF EDUCATION, BHOPAL

PROFESSIONAL EXPERIENCE (ACADEMIC FIELD)

1. ACTED AS JUDGE FOR SEMINAR VALUATION OF ASC PARTICIPANT IN 106TH ORIENTATION PROGRAMME OF ASC DAVV INDORE ON 16TH, 17TH, AND 18TH JAN 2013.
2. ACTED AS EXPERT FOR THE REVIEW OF RESEARCH PAPER OF THE INTERNATIONAL CONFERENCE ON “ PHYSICAL EDUCATION AND SPORTS SCIENCE ORGANISED BY DEPT. OF PHYSICAL EDUCATION, ALIGARH MUSLIM UNIVERSITY, ALIGARH FROM NOV 16-18, 2012.
3. APPOINTED AS A MEMBER OF TASK GROUP FOR STUDENT SUPPORT AND PROGRESSION OF THE UNIVERSITY (LETTER DATED – 01.11.12)
4. DELIVERED A LECTURE ON CAREER COUNSELING IN PHYSICAL EDUCATION FOR THE STUDENTS, CONDUCTED BY CAREER GUIDANCE CELL(UGC) OF GOVT. NIRBHAY SINGH PATEL SCIENCE COLLEGE, INDORE ON 3RD FEB. 2012

5. INVITED AS RESOURCE PERSON IN THE INTERNATIONAL SEMINAR ON PHYSICAL EDUCATION, RECREATION AND YOGIC SCIENCE FROM 19 – 21 JANUARY 2011 AND PRESENTED PAPER ON “ SPORTS HOMEOPATHY: AN ALTERNATE, SAFE AND NON SURGICAL WAY OF TREATING SPORTS INJURIES”
6. SUCCESSFULLY ORGANISED A NATIONAL CONFERENCE **AS ORGANISING SECRETARY** ON “ ROLE OF PHYSICAL EDUCATION IN MODERN ERA: A CONCEPTUAL VIEW” ORGANISED BY SCHOOL OF PHYSICAL EDUCATION DEVI AHILYA VISHWAVIDYALAYA, INDORE ON 25TH AND 26TH FEB 2010.
7. WRITEN TWO CHAPTERS OF THE FIRST OWN TEXTBOOK OF CBSE ON PHYSICAL EDUCATION FOR CLASS XI AND XII ON TOPIC: (Not published due to some technical reason)
 - a. CONCEPT OF PHYSICAL EDUCATION
 - b. TENNIS
8. ACTED AS RESOURCE PERSON IN A WORKSHOP FOR IN-SERVICE PRIMARY SCHOOL TEACHERS OF ATOMIC ENERGY EDUCATION SOCIETY OF INDIA AT CENTER FOR ADVANCE TECHNOLOGY (CAT), INDORE ON 5TH MAY 2009 AND DELIVERED A LECTURE ON THE TOPIC “ NEED OF PHYSICAL EDUCATION AND PHYSICAL FITNESS FOR PRIMARY SCHOOL CHILDREN.”
9. ACTED AS RESOURCE PERSON IN A SEMINAR “SPORTS AND ENVIRONMENT” FROM 20-21 FEBRUARY 2009, ORGANIZED BY P.M.B. GUJRATI SCIENCE COLLEGE, INDORE AND DELIVERED A LECTURE ON TOPIC “EXERCISE, SPORTS AND PLAY: THE NATURAL ENVIRONMENT STRESS BUSTER.”
10. ACTED AS RESOURCE PERSON IN A NATIONAL LEVEL WORKSHOP ON “CURRICULUM DEVELOPMENT OF POST GRADUATE COURSE” CONDUCTED BY LNIPE GWALIOR FROM 5TH TO 7TH JAN 2009.
11. ACTED AS RESOURCE PERSON IN A NATIONAL LEVEL WORKSHOP ON “RESEARCH METHODOLOGY AND STATISTICAL TECHNIQUES IN PHYSICAL EDUCATION AND SPORTS” ORGANISED BY MAHADEV DESAI SHARIRIK SHIKSHAN MAHAVIDYALAY , SAGRA AFFILIATED TO GUJRAT VIDYAPEETH AHAMEDABAD FROM 5TH TO 7TH SEP 2008 AND DELIVERED A LECTURE ON TOPIC “APPLIED STATISTICAL TECHNIQUES IN RESEARCH IN PHYSICAL EDUCATION AND SPORTS.”
12. ACTED AS RESOURCE PERSON FOR XXX UGC REFRESHER COURSE ORGANISED BY ASC LNIPE GWALIOR FOR EVALUATION OF THE PRESENTATION OF PROJECTS BY PARTICIPANTS FROM 27TH TO 28TH MARCH 2008.

13. PARTICIPATED AS RESOURCE PERSON IN NATIONAL WORKSHOP ON “REVIEW & DEVELOPMENT OF CURRICULUM FOR MASTER OF PHYSICAL EDUCATION”, FROM MARCH 5-6 2008, ORGANISED BY DEPARTMENT OF PHYSICAL EDUCATION & SPORTS SCIENCES, UNIVERSITY OF DELHI.
14. CHAIR PERSON OF DEPARTMENTAL “SPORTS PSYCHOLOGY SEMINAR” CONDUCTED BY SCHOOL OF PHYSICAL EDUCATION ON 13TH DECEMBER 2007.
15. ACTED AS RESOURCE PERSON FOR XXVI UGC REFRESHER COURSE ORGANISED BY ASC LNIPE GWALIOR FOR EVALUATION OF THE PRESENTATION OF PROJECTS BY PARTICIPANTS FROM 3RD TO 5TH FEB 2007.
16. ACTED AS RESOURCE PERSON FOR TWO REFRESHER COURSES IN PHYSICAL EDUCATION CONDUCTED BY ASC DAVV INDORE ON TOPICS, TRACK AND FIELD, TABLE TENNIS, TENNIS, AND SPORTS MEDICINE.
17. DELIVERED TWO LIVE LECTURES THROUGH EDUSAT DAVV INDORE FOR 80 CENTERS OF INDIA.
 - a. Principles of Rehabilitation from Sports Injuries
 - b. Sports Massage
18. ACTED AS TECHNICAL EXPERT FOR FOUR EDUCATIONAL FILM FOR UGC PRODUCED BY EMRC, DAVV INDORE:
 - a. Swedish Massage
 - b. Sharirik Siksha – Ek Parichay
 - c. Swasthya Evam Sharirik Dakshata
 - d. Carbohydrate Loading- Khelon Mein Pradarshan Badhane Ki Ek Takneek
19. APPOINTED AS SUBJECT EXPERT IN PHYSICAL EDUCATION IN THE INTERVIEW OF PHYSICAL EDUCATION TEACHERS ON CONTRACT BASIS FOR JAWAHAR NAVODAYA VIDYALAYA OF INDORE CLUSTER TWICE.
20. TWO AND A HALF YEAR PRACTICAL EXPERIENCE IN PROVIDING PHYSIOTHERAPEUTICAL TREATMENT, HANDLING OF PHYSIOTHERAPIC MODALITIES, HANDLING SPORTS INJURIES AND OTHER PHYSICAL DISABILITIES.
21. PRACTICAL EXPERIENCE OF CORRECTIVE EXERCISES AND MASSAGE.
22. WORKED AS A PHYSIOTHERAPIST CUM EXERCISE THERAPIST IN BIRLA INSTITUTE OF MEDICAL RESEARCH, GWALIOR FOR THREE MONTHS.

PROFESSIONAL EXPERIENCE (ADMINISTRATIVE / SPORTS FIELD)

23. ACTED AS COACH OF DAVV CROSS COUNTRY (MEN & WOMEN) TEAM IN ALL INDIA INTER UNIVERSITY CROSS COUNTRY CHAMPIONSHIP HELD AT UNIVERSITY ON 10.12.13
24. CONDUCTED A YOGA CAMP FOR STUDENTS (MALE AND FEMALES) OF DAVV HOSTELS FROM 10.04.13 TO 16.04.13 AS MEMBER OF STUDENT SUPPORT AND PROGRESSION TASK GROUP AND AS COORDINATOR OF THE CAMP.
25. ACTED AS AIU OBSERVER IN ALL INDIA INTER ZONAL TENNIS TOURNAMENT AT JALANDHAR FROM 31.01.13 TO 05.02.13
26. ACTED AS CENTER SUPERINTENDENT OF UGC EXAM – NET EXAMINATION (IIPS) CENTER FOR THE EXAM HELD IN DEC 2012.
27. ACTED AS COACH OF DAVV CROSS COUNTRY (MEN & WOMEN) TEAM IN ALL INDIA INTER UNIVERSITY CROSS COUNTRY CHAMPIONSHIP HELD AT NAGPUR UNIVERSITY ON
28. ACTED AS ASSISTANT CENTER SUPERINTENDENT OF UGC – NET EXAMINATION (IIPS) CENTER FOR THE EXAM HELD IN JUNE 2012.
29. ACTED AS COACH OF DAVV ATHLETIC TEAM (MEN AND WOMEN) FOR THE YEAR 2011-12.
30. MEMBER OF THE SELECTION COMMITTEE FOR ASST. PROFESSOR, ASSO PROFESSOR, & PROFESSOR AT GURU GHASIDAS UNIVERSITY, BILASPUR.
31. EXAM COORDINATOR FOR SEMESTER EXAM OF SCHOOL OF PHYSICAL EDUCATION DAVV INDORE FOR THE SESSION 2008-09, 2009-10 & 2010-11.
32. PROCTORIAL BOARD MEMBER OF UTD OF D.A.V.V. INDORE FOR TWO YEARS. (LETTER DATED – 09.07.10)
33. CONDUCTED 5TH INTERNATIONAL ATHLETIC MEET OF MSB EDUCATIONAL SOCIETY AS TECHNICAL EXPERT ORGANIZED BY MSB SCHOOL INDORE.
34. CONDUCTED ALL INDIA INTER SCHOOL ATHLETIC MEET OF CENTER FOR ADVANCE TECHNOLOGY AS TECHNICAL EXPERT ORGANIZED BY CENTRAL SCHOOL (CAT) FROM OCT 12TH TO 15TH 2009.
35. FOUR YEAR EXPERIENCE AS **OSD** IN CENTRAL VALUATION CENTER OF DAVV INDORE SINCE 2005 TO 2008, LOOKING AFTER THE VALUATION AND REVALUATION WORK OF UNIVERSITY MAIN EXAMINATION, ALSO

- DEVELOPED A PROGRAMME FOR PREPARING REVALUATION RESULT IN MICROSOFT EXCEL.
36. DEVELOPED PROGRAMME IN MICROSOFT EXCEL FOR PREPARING RESULTS OF ADMISSION TEST, END SEMESTER EXAMINATION AND FOR PRINTING MARKSHEET.
 37. CONDUCTED ALL INDIA INTER DPS ATHLETIC MEET 2007 AS CHIEF TECHNICAL OFFICIAL ORGANIZED BY DPS INDORE FROM 5TH TO 7TH OCT 2007.
 38. APPOINTED AS OBSERVER FOR CLUSTURE LEVEL CBSE BADMINTON TOURNAMENT ORGANIZED BY ILVA HIGHER SECONDARY SCHOOL, INDORE FROM 6TH TO 11TH NOV 2006.
 39. ACTED AS ADMISSION INCHARGE FOR B.P.E. AND M.P.E. ADDMISSION TEST FOR MANY YEARS.
 40. ACTED AS INTRAMURAL DIRECTORS OF THE DEPARTMENT FOR MANY TIMES.
 41. CONDUCTED CLUSTURE LEVEL CBSE ATHLETIC MEET AS MANAGER OF THE MEET ORGANIZED BY CHOITHRAM SCHOOL INDORE fro 1st OCT TO 4TH OCT 2004.
 42. CONDUCTED A NUMBER OF ATHLETIC MEETS FOR LIC, POST AND TELEGRAPH DEPT, AND FOREST DEPARTMENT.
 43. ORGANISED THE INTER COLLEGIATE TABLE TENNIS (MEN) TOURNAMENT OF INDORE DISTRICT ON 27TH & 28TH SEP 2002 AS ORGANISING SECRETARY.
 44. ACTED AS CHIEF REFEREE IN INTER COLLEGE, INTER DISTRICT (INDORE) AND M.P. STATE UNIVERSITIES BADMINTON TOURNAMENT IN THE YEAR 200-2001, ORGANISED BY UTD SPORTS ASSOCIATION DAVV INDORE.
 45. ACTED AS UMPIRE IN THE WEST ZONE AND ALL INDIA (MEN & WOMEN) INTER-VERSITY BADMINTON TOURNAMENT IN 1999.
 46. ACTED AS A MEET OFFICIAL IN THE CAPACITY OF RECORDER IN WEST ZONE INTERVERSITY ATHLETIC MEET ORGANISED BY L.N.C.P.E. GWALIOR. IN 1990.
 47. ORGANISED THE BHARTIYAM CAMP AND ACTIVITY REHEARSALS AT I.G. STADIUM NEW DELHI IN JAN 1991.
 48. ORGANISED ONE MONTH "KEEP FIT "PROGRAMME FOR LOCAL RESIDENTS OF INDIAN OIL REFINERY, MATHURA IN JUNE 1991.

49. COACH OF ATHLETIC (MEN & WOMEN) TEAM OF D.A.V.V INDORE IN INTER DISTRICT (STATE LEVEL) MEET AT GWALIOR IN 1992 - 93.
50. COACH OF ATHLETICS (MEN & WOMEN) TEAM OF D.A.V.V INDORE IN ALL INDIA INTER - VERSITY ATHLETIC MEET AT GWALIOR IN 1992 - 93.
51. COACH OF ATHLETIC (MEN & WOMEN) TEAM OF D.A.V.V. INDORE IN ALL INDIA INTER - VERSITY ATHLETIC MEET AT JAIPUR IN 1994 - 95.

GUIDED M.P.Ed DISSERTATION:

1. "DEVELOPMENT AND CONSTRUCTION OF FEILD HOCKEY SKILL TEST BATTERY." OF AMIT ABRAHAM IN 1994-95.
2. "EFFECT OF TRAINING AND BREAK IN TRAINING ON COMPONENTS OF PHYSICAL FITNESS." OF ABHAY KUMAR BHOSLE IN 1994-95.
3. "RELATIVE EFFECT OF HEALTH RELATED FITNESS AND SKILL RELATED FITNESS ON SPORTS PROFICIENCY OF STUDENTS OF PHYSICAL EDUCATION." OF VIVEK SATHE IN 1995-96.
4. "EFFECTIVENESS OF TWO TEACHING METHODS ON LEARNING OF HURDLING TECHNIQUE." OF AKHILESH SINGH IN 1995-96.
5. "EFFECTIVENESS OF BOX JUMPING EXERCISE ON LEARNING OF LONG JUMP HANG STYLE." OF DEEPAK DUBEY IN 1996-97.
6. "COMPERATIVE EFFECT OF FARTLEK TRAINING AND AEROBICS ON ENDURANCE." OF RAHUL PANDIT IN 1996-97.
7. "EFFECT OF ERREGULARITY DURING TRAINING ON COMPONENTS OF PHYSICAL FITNESS OF PROFESSIONAL STUDENTS OF PHYSICAL EDUCATION." OF MUKESH CHAUDHARY IN 1997-98.
8. "EFFECT OF INTERVAL TRAINING METHOD AND REPETITION TRAINING METHOD ON PERFORMANCE OF 200 METERS SPRINT." OF DILEEP TIRKEY IN 1998-99.
9. "EFFECT OF CONTINUOUS SKIPPING ON CARDIOVASCULAR FITNESS MUSCULAR LEG POWER MUSCULAR LEG STRENGTH AND MUSCULAR LEG ENDURANCE." OF PANKAJ KITUKALE IN 1998-99.
10. "RELATIONSHIP OF FOOT LENGTH AND HEIGHT OF LONGITUDINAL ARCH WITH ABILITY OF VERTICAL JUMPING." OF RUPAM SAXENA IN 1998-99.

11. "EFFECT OF FLATFOOT ON RUNNING ABILITY." GUNJAN C. PANSE IN 2000-2001.
12. "CONSTRUCTION OF NORMS FOR PHYSICAL FITNESS FOR STUDENTS JOINING PHYSICAL EDUCATION." OF ANIRUDH KUMAR DIWAKAR IN 2001-2002.
13. "MODIFICATION AND VALIDATION OF GIRTH METHOD FOR ESTIMATING BODY FAT FOR INDIAN WOMEN." OF KU. INDU TANEJA IN 2001-2002.
14. "ASSESSMENT OF THE COMMON FOOT DEFECTS OF STUDENTS OF KENDRIYA VIDYALAYA NO-1 INDORE." OF MS. USHA KUMARI IN 2004-05.
15. "CONSTRUCTION OF KNOWLEDGE TEST ON TRACK AND FIELD MARKING FOR THE PHYSICAL EDUCATION STUDENTS." OF GAURAV KUMAR IN 2005-06.
16. "CONSTRUCTION OF A PHYSICAL AND MOTOR FITNESS CIRCUIT TEST FOR HIGHER SECONDARY SCHOOL BOYS AND GIRLS." OF AVADESH KUMAR YADAV IN 2006-07.
17. "COMPARATIVE EFFECT OF DIFFERENT TRAINING METHODS ON PERFORMANCE OF 800 METERS RUN." OF HARIOM SHARMA IN 2007-08.
18. "A SURVEY OF WELLNESS LIFESTYLE OF STUDENTS OF DEVI AHILYA UNIVERSITY INDORE" OF HUKUM SINGH IN 2008-09.
19. "INVESTIGATION OF ORTHOPEDIC RELATED PROBLEMS AMONG REGULAR NAMAZI OF VARIOUS AGE GROUPS OF INDORE" OF HEDAR ALI IN 2010.
20. "COMPARISON OF MOTOR ABILITY BETWEEN HIGH AND LOW IQ LEVEL STUDENTS" OF VIPIN BARGAL IN 2011.

GUIDED M.Phil THESIS

1. "ANTHROPOMETRIC PROFILES OF MEDIUM PACE CRICKET BOWLERS." OF GAJANAND THAKUR IN 2008-09.
2. "EFFECT OF REGULAR AEROBIC EXERCISE ON BODY COMPOSITION AND HEMOGLOBIN CONTENT OF YOUNG FEMALE." OF PRIYA RAGHUWANSHI IN 2008-09.
3. "COMPRATIVE EFFECT OF HEALTH RELATED PHYSICAL FITNESS OF GOVERNMENT AND PUBLIC SCHOOL CHILDREN OF INDORE CITY." OF RAGHAV KUMAR JAISWAL IN 2008-09.

4. “BIOMECHANICS OF BUNCH AND MEDIUM SPRINT START WITH VARIED KINEMATIC MEASUREMENTS ON PERFORMANCE OF SPRINTING ABILITY” OF PRADEEP KUMAR KACHHWAHA IN 2009-10.
5. “RELATIONSHIP OF VARIOUS ANTHROPOMETRIC AND FITNESS VARIABLES WITH BOUNCE OF FAST BOWLING IN CRICKET” OF MAYANK AGRAWAL IN 2009-10.
6. “ASSESSMENT OF MOTOR ABILITY AND GAIT ANALYSIS OF NORMAL AND KNOCK – KNEE CHILDREN” OF ALOK TIWARI IN 2010-11.
- 7.

GUIDED Ph. D THESIS

1. **NAME OF THE SCHOLAR – SRI AKHILESH**
TITLE – “ESTIMATION OF OPTIMAL BODY WEIGHT AND LEAN BODY WEIGHT OF VARIED HEIGHT MALE SPRINTERS.”
AWARDED – 2006
2. **NAME OF THE SCHOLAR – SHRI HIMMAT SINGH CHARAN**
TITLE – “COMPARATIVE STUDY OF KNOWLEDGE OF HEALTH AND FITNESS AMONG DIFFERENT ECONOMIC CATEGORIES OF URBAN PEOPLE OF RAJASTHAN.”
AWARDED – 2007
3. **NAME OF THE SCHOLAR – SRI VIVEK SATHE**
TITLE – “EFFECT OF THREE METHODS OF TEACHING ON ACQUISITION AND RETENTION OF KNOWLEDGE OF KHO-KHO RULES.”
AWARDED – 2007
4. **NAME OF THE SCHOLAR – SHRI. PALLAB DASGUPTA**
TITLE - “ANALYSIS OF DERMATOGLYPHIC PATTERN OF INDIAN CRICKETERS, FOOTBALLERS AND NON SPORTSMEN.”
AWARDED – 2011
5. **NAME OF THE SCHOLAR – MR. DEEPAK DOGRA**
TITLE - “EFFECT OF SPECIFIC CONDITIONING PROGRAM ON PHYSICAL FITNESS, MOTOR FITNESS AND BODY COMPOSITION OF TRIPURA CRICKETERS.”
AWARDED – 2012

6. **NAME OF THE SCHOLAR – MR. ANIRUDDHA KUMAR DIWAKAR**
TITLE - “IMMEDIATE EFFECT OF YOGIC ASANAS ON BLOOD PRESSURE, HEART RATE AND BREATHING FREQUENCY.”
AWARDED – 2012

GUIDING Ph.D THESIS (REGISTERED)

1. “EFFECT OF A PRESCRIBED EXERCISE PROGRAM ON REGULAR MALE AND FEMALE GYM GOERS’ ON SELECTED PSYCHOLOGICAL VARIABLES.” OF MR. RAKESH KATOCH. **(SUBMITTED - SEPTEMBER 2013)**
2. “LIFESTYLE EFFECTS ON MENOPAUSAL HARMONAL CHANGES OF INDIAN URBAN WORKING AND NON WORKING WOMEN.” OF MS. BHARTI SHARMA. **(SUBMITTED - SEPTEMBER 2013)**
3. “COMPARISON OF BODY COMPOSITION AND BODY TYPES OF VARIOUS SOCIO-ECONOMIC CATEGORIES OF VEGETARIAN AND NON –VEGETARIAN SPORTSMAN OF MR. HARIOM SHARMA.
4. “COMPARISON OF DRUG RELATED KNOWLEDGE AND ATTITUDE OF NATIONAL AND UNIVERSITY LEVELWEIGHT LIFTERS” OF MR. HUKUM SINGH.
5. “ANALYSIS OF ANTHROPOMETRIC VARIABLES, PSYCHOMOTER ABILITIES AND COORDINATIVE ABILITIES AS PREDICTIVE FACTORS FOR FEMALE LONG JUMPERS.” OF MS. DEEPTI JOSHI **(REGISTERED)**
6. “A SURVEY OF SCHOOL HEALTH PROGRAM IN GOVERNMENT AND NON GOVERNMENT SCHOOLS.” OF MRS. BABITA JAISWAL **(REGISTERED)**
7. “COMPARATIVE STUDY OF HEALTH RELATED FITNESS, SKILL RELATED FITNESS AND I.Q. ON THE BASIS OF NUTRITIONAL STATUS OF TRIBAL SCHOOL CHILDREN OF JHABUA AND ALIRAJPUR DIDTRICT.” OF MR. RAMADHAR PIPLADIYA. **(REGISTERED)**

PUBLISHED RESEARCH WORK / ARTICLES:

1. *“DEVELOPMENT AND STANDARDIZATION OF AN OBJECTIVE GRAPHIC METHOD FOR MEASURING FLATFOOTEDNESS.”*, JOURNAL OF PHYSICAL EDUCATION & SPORTS SCIENCES, VOL II, NUMBER II, JULY 1991.
2. *“COMMON SPORTS INJURIES AND THEIR HOMEOPATHIC REMEDIES .”*, JOURNAL OF PHYSICAL EDUCATION &SPORTS SCIENCES, VOL X, NUMBER II, JULY 1997.
3. *“EFFECT OF ARNICA (A HOMEOPATHIC MEDICINE) ON MUSCLE SORENESS.”*, JOURNAL OF PHYSICAL EDUCATION AND SPORTS SCIENCES, VOL XI, NUMBER I & II, JULY 1998.
4. *“INJURIES IN TENNIS AND THEIR TREATMENT.”*, INDIAN JOURNAL OF SPORTS SCIENCES, VOL 4, NUMBER 2, JULY 1999.
5. *“RELATIVE EFFECT OF HEALTH RELATED FITNESS AND SKILL RELATED FITNESS ON SPORTS PROFICIENCY OF STUDENTS OF PHYSICAL EDUCATION.”*, (VARANASI: RECENT TRENDS IN PHYSICAL EDUCATION AND SPORTS, PUBLISHED BY INDIAN SOCIETY OF SPORTS SCIENTIST, 1999.
6. *“COUNCELLING FOR OVERWEIGHT / UNDERWEIGHT PROBLEMS.”*, VYAYAM VIDNYAN, VOL 33, NUMBER 1 & 2, FEBRUARY & MAY 2000.
7. *“TREATMENT OF TENDINITIS: A HOMOEOPATHIC APPROACH.”*SCIENTIFIC JOURNAL IN SPORTS AND EXERCISE, VOL 1, NUMBER 2, JULY –DEC 2005.
8. *“MODIFICATION AND VALIDATION OF GIRTH METHOD FOR ESTIMATING BODY FAT FOR INDIAN WOMEN.”* SCIENTIFIC JOURNAL IN SPORTS AND EXERCISE, VOL 4 NUMBER 1 JAN-JUNE 2008.
9. *“EFFECT OF THREE METHODS OF TEACHING ON ACQUISITION AND RETENTION OF KNOWLEDGE OF KHO-KHO RULES.”* RESEARCH LINK, ISSUE 46 VOL VI (11) JAN 2008.
10. *“CONSTRUCTION OF NORMS FOR PHYSICAL FITNESS FOR STUDENTS JOINING PHYSICAL EDUCATION.”* RESEARCH LINK, ISSUE 51 VOL VII (4) JUNE-2008.
11. *“CONSTRUCTION OF A PHYSICAL AND MOTOR FITNESS CIRCUIT TEST FOR HIGHER SECONDARY SCHOOL BOYS AND GIRLS.”* SCIENTIFIC JOURNAL IN SPORTS AND EXERCISE, VOL 4 NO 2 JULY-DEC 2008.
12. *“CONSTRUCTION OF NORMS FOR PHYSICAL FITNESS FOR STUDENTS JOINING PHYSICAL EDUCATION.”* RESEARCH LINK, ISSUE 51 VOL VII(4) JUNE-2008.
13. *“COMPARATIVE EFFECT OF DIFFERENT GROUND TRAINING & GROUND + TREADMILL TRAINING METHODS ON PERFORMANCE OF 800 METERS RUN”*

- ACADEMIC SPORTS SCHOLAR , (INTERNATIONAL ONLINE PHYSICAL EDUCATION AND SPORTS RESEARCH JOURNAL) VOL 1 ISSUE 1 JAN – 2012
14. “*COMPARATIVE EFFECT OF HEALTH RELATED PHYSICAL FITNESS OF GOVERNMENT & PUBLIC SCHOOL CHILDREN OF INDORE CITY.*” ACADEMIC SPORTS SCHOLAR , (INTERNATIONAL ONLINE PHYSICAL EDUCATION AND SPORTS RESEARCH JOURNAL) VOL 1 ISSUE 1 JAN – 2012
 15. “*EFFECT OF ASANAS AND PILATES ON ANTHROPOMETRIC MEASUREMENT OF YOUNG SEDENTARY WOMEN.*” HORIZON PALAESTRA - INTERNATIONAL JOURNAL OF HEALTH, SPORTS AND PHYSICAL EDUCATION, VOL 02 NO 01 JULY 2013 (ISSN : 2278-2982)
 16. “*EFFECT OF ASANAS AND PILATES ON BODY COMPOSITION OF YOUNG SEDENTARY WOMEN.*” INTERNATION JOURNAL OF MOVEMENT EDUCATION AND SOCIAL SCIENCES VOL 2 NO 2 OCTOBER 2013 (ISSN – 2278-0793)

MEMBER OF PROFESSIONAL BODIES:

1. LIFE MEMBER OF NATIONAL ASSOCIATION OF PHYSICAL EDUCATION AND SPORTS SCIENCES (NAPESS)
2. MEMBER OF BOARD OF STUDIES AND MEMBER OF FACULTY OF PHYSICAL EDUCATION D.A.V.V. INDORE (LETTER DATED -)
3. MEMBER OF DEVI AHILYA VISHWAVIDYALAYA TEACHERS ASSOCIATION.
4. APPOINTED AS EXTERNAL EXPERT MEMBER OF BOARD OF STUDIES IN SPORTS BIOMECHANICS AT LNUPE GWALIOR. (LETTER DATED - 17.03.11)
5. ACTED AS EDITORIAL BOARD MEMBER FOR PUBLICATION OF PROCEEDING OF THE INTERNATIONAL SEMINAR ON PHYSICAL EDUCATION, RECREATION AND YOGIC SCIENCE. ORGANISED BY DEPARTMENTA OF PHYSICAL EDUCATION, BHU VARANASI FROM 19-21 JANUARY 2011.
6. APPOINTED AS EXTERNAL EXPERT MEMBER OF RESEARCH DEGREE COMMITTEE IN PHYSICAL EDUCATION AT PT. RAVI SHANKAR SHUKLA UNIVERSITY, RAIPUR. (LETTER DATED – 01.06.12)
7. APPOINTED EXTERNAL EXPERT MEMBER OF BOARD OF STUDIES IN PHYSICAL EDUCATION , AT PT. RAVI SHANKAR SHUKLA UNIVERSITY,

RAIPUR. (LETTER DATED – 09.04.12)

CO-CURRICULAR ACTIVITIES:

1. WON PRIZES IN DEBATE AND PAPER PRESENTATION COMPETITIONS AT THE COLLEGE LEVEL.
2. N.C.C. “B” CERTIFICATE HOLDER.
3. BEST N.C.C. CADET SCHOLARSHIP RECEIPIENT.
4. HOBBY - PHOTOGRAPHY, COMPUTER PROGRAMMING IN EXCEL AND SPORTS HOMEOPATHY

(DR.AJAY KUMAR)