

## **BIO-DATA**

**NAME OF APPLICANT** : **Dr. (Mrs.) SUDHIRA CHANDEL**

**HUSBAND'S NAME** : Shri Pradeep Chandel

**DATE OF BIRTH** : 29.1.1967

**RELIGION** : Hindu

**NATIONALITY** : Indian

**LANGUAGES KNOWN** : Hindi, English & Sanskrit

**PERMANENT ADDRESS** : House No. A-2, D.A.V.V.  
Khandwa Road, Indore (M.P.)

**Contact No.** : Land Line :- 0731- 4050048  
Mobile :- 9827574485

## **QUALIFICATIONS**

### **Educational Qualification:**

<b>Exam</b>	<b>Board</b>	<b>School</b>	<b>Division</b>	<b>Year of Passing</b>
Higher Secondary	Madhya Pradesh Technical Board	Govt. Technical H.S. School, Dhar	II <sup>nd</sup> Division	1982-83

### **Professional Qualifications:**

<b>Degree</b>	<b>University</b>	<b>Institute</b>	<b>Division</b>	<b>Year of Passing</b>
<b>Ph.D.</b>	Jiwaji	L.N.C.P.E., Gwalior		1994
<b>M.P.E.</b>	Jiwaji	L.N.C.P.E., Gwalior	I <sup>st</sup> Division	1987-88
<b>B.P.E.</b>	Jiwaji	L.N.C.P.E., Gwalior	I <sup>st</sup> Division	1985-86

## **TEACHING EXPERIENCE:**

<b>S.No.</b>	<b>Institution</b>	<b>Designation</b>	<b>Period</b>	<b>Duration</b>
01	Sports Authority of India	Bharatiyam Instructor	July 1988 to November 1988	05 months
02	P.V.P. College Pravranagar Loni (Maharashtra)	Lecturer	10 <sup>th</sup> July 89 to 20 <sup>th</sup> April 90	10 months
03	D.A.V.V., Indore	Lecturer	25 <sup>th</sup> April 09 to 25 <sup>th</sup> April 95	5 yrs.
04	D.A.V.V., Indore	Sr. Lecturer	26 <sup>th</sup> April 95 to 25 <sup>th</sup> April 99	4 yrs.
05	D.A.V.V., Indore	Reader	26 <sup>th</sup> April 99 to 25 <sup>th</sup> 2007	8 yrs.
06	D.A.V.V., Indore	Professor	26 <sup>th</sup> April 07 to till date	-

### **Subject & Activity Taught:**

**a) Undergraduate** : Bachelor of Physical Education

#### **Theory**

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|--|------------|
| i) Management of Physical Education and Recreation | B.P.E. III |
| ii) Methods in Physical Education                  | B.P.E. II  |
| iii) Gymnastics Specialization                     | B.P.E. III |
| iv) Education Psychology                           | B.P.E. III |

#### **Practical**

- |                               |            |
|-------------------------------|------------|
| i) Gymnastics                 | B.P.E. I   |
| ii) Teaching Ability          | B.P.E. II  |
| iii) Kho-Kho                  | B.P.E. III |
| iv) Gymnastics Specialization | B.P.E. III |

**b) Postgraduate** : Master of Physical Education

#### **Theory**

- |                                      |                   |
|--------------------------------------|-------------------|
| i) Scientific Principles of Training | M.P.E. (Previous) |
| ii) Sports Psychology                | M.P.Ed. III sem   |

#### **Sports Specialization**

<b>Gymnastics (Theory + Practical)</b>	M.P.E. (Final)
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c) <b>M.Phil</b>	:	Master of Philosophy
<b>Sports Management</b>		
<b>Sports psychology</b>	:	<b>Ist sem</b>
d) <b>Ph.D.</b>		
<b>Research Methodology (I Unit).</b>		<b>Ist sem</b>

### **PROFESSIONAL EXPERIENCE:**

1. Officiated in the All India University Athletic Meet 1984 at L.N.C.P.E. Gwalior.
2. Acted as Bharatiyam Programme leader held in the II<sup>nd</sup> National Games at Trivandrum 1987.
3. Officiated in the Madhya Pradesh Regional Tel-Com Athletic and Cycling Meet 1985-86.
4. Acted as Bharatiyam Programme Leader at Gwalior and Delhi May 1988.
5. Passed the technical official test of the Amateur Athletic Federation of India 1994-95.
6. Attended an Orientation Course in Rhythmic Gymnastics held at Gwalior under supervision of Mrs. S. Nina Expert from USSR.
7. Participated in Debate Competition of College 1985-86 at L.N.C.P.E., Gwalior.
8. Participated in Cultural Programmes of the College between 1983-88.
9. Rhythmic Gymnastics and Aerobic Dance - Composing at L.N.C.P.E., Gwalior.
10. Demonstrated Physical Fitness Activities at J.N. Stadium New Delhi - 1986 as an expert.
11. Demonstration of Rhythmic Gymnastics and Aerobic Dance at Spring Dales School New Delhi -1986, as an expert.
12. Demonstration of Rhythmic Gymnastics at NDMC New Delhi -1987, as an expert.
13. Demonstrated at Shri Fort Auditorium in NAMY Fest 1985, as an expert.

### **AWARDS & SCHOLARSHIP:**

1. Awarded Sports Scholarship of Madhya Pradesh State in 1986 at Graduate level.

2. Awarded Sports Scholarship, Madhya Pradesh State in 1987 at Masters Level.

**SPORTS ACHIEVEMENTS:**

<b>S. No.</b>	<b>Name of the Game</b>	<b>Name of the Tournament</b>	<b>Year</b>	<b>Position</b>
1	Gymnastics	Captain of Jwaji University team in all India Inter-University held at Bilaspur.	1988	Team secured III <sup>rd</sup> position
2	Gymnastics	All India Inter-University held at Bilaspur.	1988	Secured III <sup>rd</sup> place in Floor Exercises (Individual)
3	Gymnastics	All India University held at Amritsar.	1983-84	
4	Gymnastics	All India University held at Amritsar.	1985-86	
5	Hockey	All India University held at Aurangabad.	1983-84	
6	Hockey	All India University held at Aurangabad.	1987-88	
7	Gymnastics	School National games held at Jalandhar.	1982-83.	
8	Gymnastics	National Rural Games held at Medikeri.	1982	
9	Gymnastics	National Rural Games held at Chandigarh.	1981	
10	Gymnastics	Junior National Games held at Calcutta.	1981	
11	Gymnastics	National Sports Festival for Women held at Hyderabad.	1981	
12	Gymnastics	National Sports Festival for Women held at Jaipur.	1980.	
13	Gymnastics	State Women's Festival held at Betul.	1982	All Round Individual Champion

### **SEMINARS & WORKSHOPS ATTENDED:**

- Attended the departmental seminar on 'Recent Trends in Physical Education' on 3<sup>rd</sup> & 4<sup>th</sup> November 2000, and presented paper titled "Attitude of women towards sports".
- Participated in the National workshop on Research methods and Statistics and use of SPSS from 14<sup>th</sup> May 2001 to 20<sup>th</sup> May 2001 at SAP (DRS), Institute of Education, D.A.V.V., Indore.
- Lecture at Cloth Market Girls Commerce College on "खेलों में लड़कियों की भागीदारी तथा उनके अभिभावकों की अभिरूचि".
- Lecture at Jawahar Navodaya Vidyalay on "Stress management."
- Attended National Conference on "Role of Physical Education in Modern Era: A Conceptual View" 25&26 February 2010, and presented paper titled "Sports: A Vehicle For Developing Peace in Modern Era." Organized by school of Physical Education D.A.V.V Indore.

### **REFRESHERS COURSE:**

- Attended U.G.C. Orientation Course organised by A.S.C., D.A.V.V., Indore from 24<sup>th</sup> February 1992 to 17<sup>th</sup> March 1992.
- Attended U.G.C. Refresher Course in 'Computer Application' organised by A.S.C., D.A.V.V., Indore from 5<sup>th</sup> December 1994 to 24<sup>th</sup> December 1994.
- Attended U.G.C. Refresher Course in 'Environmental Studies' organised by A.S.C., D.A.V.V., Indore from 19<sup>th</sup> August 1997 to 8<sup>th</sup> September 1997.
- Attended U.G.C. Refresher Course in 'Physical Education' organised by A.S.C., D.A. V. V., Indore from 3<sup>rd</sup> May 2000 to 23<sup>rd</sup> May 2000.
- Attended U.G.C. Refresher Course in 'Physical Education' organised by A.S.C., L.N.I.P.E., Gwalior from 1<sup>st</sup> June 2000 to 21<sup>st</sup> June 2000.

### **MEMBERS OF PROFESSIONAL BODIES:**

- Member of 'Vidhya Parishad' 97-2000 D.A.V.V., INDORE.
- Member of Board of Studies and Examination Committee 94-97, 02-05, 06-09, 2010-13 D.A.V.V., INDORE.
- Member of Education Faculty 1994 D.A.V.V., INDORE.

- Life member of National Association of Physical Education and Sports - Sciences (NAPESS).
- Member of board of studies of Kasturba Rural Institute Kasturbagram for Academic session 2008 – 09,2009-10,2011-12,2012-13.
- Associate Editor :- Dr. Sudhira Chandel  
“International journal of sports sciences and fitness” (Online Biannual scientific journal)
- Acted as Secretary for National Conference on “ Role Of Physical Education In Modern Era: A Conceptual View”25&26 February2010 Organised by school of Physical Education D.A.V.V. Indore.

### **OTHER ASSIGNMENTS:**

#### **University:**

- Member of the Inspection Committee of D.A.V.V. for recognition of various colleges in Physical Education.
- Warden Kamla Nehru Girls Hostel of D.A.V.V., Indore.
- Co-ordinator for Inter disciplinary courses organized by school of Physical Education.
- In charge of Inter Department Volley Ball Tournament for 3 years.
- Member of selection committee of University Gymnastics team
- Member of Anti Ragging flying squad for Kamla Nehru Girls Hostel for 2009,forAll girls Hostels and I.E.T. Girls Hostel for 2013.
- Member of University House Allotment committee 2013.
- Member of U.T.D. Proctorial Board for session 2013-2014.
- President of University Women Harassment cell for session 2013-2014.
- Member of Scrutiny Committee for appointment on contractual basis in department in 2013.

#### **Departmental:**

- Member of departmental anti ragging committee
- In charge of Cultural & Literary Activities for department for several years.
- Member of organizing committee for Leadership Training Camp at Pachmari for many years.
- Intramural Director for one academic year.

- Staff secretary for several years.
- Teaching practice co-ordinator
- Member of Leadership Training Camp at Pachmari organized by The Bharat Scout & Guide National Adventure Institute.
- Course Co-ordinator for M.Phil 2012-13,2013-14.

### **Others:**

- Subject expert appointed by Uttar Pradesh Public Services Commission in 2006 for selection of lecturers in physical education.
- Acted as subject expert in Physical Education in the interview of P.E.T. for Jawahar Navodaya Vidhyalay Indore cluster for year 2005, 2007, 2008 2012,2013.
- Acted as member of Jury of Appeal for Regional Level Handball Meet 2008 at Jawahar Navodaya Vidyalay.
- Acted as Judge for Inter College Garba Utsav at ILVA Commerce & Science college in 2013.
- Invited as Special Guest for State Level Badminton Tournament at Jawahar Navodaya Vidyalay in year 2013.
- Acted as observer for Regional Level Table Tennis Tournament at Jawahar Navodaya Vidyalay in year 2006.
- Practical examiner and paper setter of D.A.V.V., Rani Durgavati Vishvavidyalaya, Banaras Hindu Vishvavidyalaya, Aligarh Muslim University, Pune University, Guru Ghasidas University, Pt. Ravi Shankar University, Udaypur University, Laxmibai National University of Physical Education, Jodhpur University, Barkatullah University.
- Ph.D. Thesis Evaluator for Nagpur University, Jodhpur University, Udiapur, Punjab University Chandigarh, LNIPE Gwalior.

### **PUBLISHED RESEARCH WORK/ARTICLES:**

- i) Yogic Practice as a Psycho-regulative method of relaxation.  
Published in: **Samajik Sahayog National Quarterly Research Journal Vol. 33. Jan.- Feb.- March 2000**
- ii) आधुनिक युग में स्वस्थ मनोरंजन एवं मनोरंजनात्मक क्रियाओं का महत्त्व  
Published in : **Samajik Sahayog National Quarterly Research Journal Vol. 33. Jan.- Feb.- March 2000**

- iii) Attitude of women's Towards Sports as recreational activity.  
Published in : **Samajik Sahyog National Quarterly Research Journal Vol. 34. April – May – June 2000.**
- iv) An Investigation of causes of conflicts within the administrators of professional of Physical Education.  
Published in : **Vyayan Vidnyan Vol. 34. February 2001**
- v) Art of Coaching Published in : **Indian Journal of Sports Studies Vol. 6., No. 2, July to Dec. 2001**
- vi) Teacher Job Satisfaction and Job stress of Secondary School Physical Education teachers working in different management schools in Madhya Pradesh.  
Published in: **Indian Educational Abstract (National Council of Education Research and Training) Issue: 01 July 1996**
- vii) Physical Education Facilities and their Impact on Physical Fitness, Motor Ability and Academic Achievement of XI and XII class students of Different Types of school.  
Published in: **Research Link Issue 49 01 - VI (5) July - special – 2007**
- viii) Comparative Study of Psychological Profile of Rajasthan and MP national and International Level Cricket Player. **Asian Journal of Physical Education and Computer Science in Sports. Vol.3, July-Dec 2010**
- ix) A Comparative Study of the Psychological profiles of Indian Railways and Madhya Pradesh National and International Level Male Cricket Players: A Pilot Study. **Research abstract published in British journal of sports and exercise .0975-7732**  
Volume 3.dec10
- x) “रिद्धिमिक जिम्नास्टिक बनाम सुर और लय का खेल”  
Published in News Paper "Chetna" 19<sup>th</sup> Jan 1996.
- xi) “स्वस्थ जीवन का आधार मनोरंजन”  
Published in News paper's Magazine "Rangoli" dated 24<sup>th</sup> Dec 1995

## **PUBLISHED BOOKS:**

### **Text Books**

- i) Text book on “नैतिक शिक्षा एवं शारीरिक शिक्षा” for class 9<sup>th</sup> & 10<sup>th</sup> for Utter Pradesh.  
Publisher : Bansal Publishing House, Agra.



## **Reference Books**

उत्तरप्रदेश माध्यमिक शिक्षा सेवा चयन बोर्ड द्वारा आयोजित ।  
प्रशिक्षित स्नातक प्रवक्ता शारीरिक शिक्षा हेतु  
प्रकाशक : साहित्य भवन, आगरा

i) Moral Education, Sports and Physical Education Class IX.  
Publisher : Bansal Publishing House, Agra.

ii) Moral Education, Sports and Physical Education Class X.  
Publisher : Bansal Publishing House, Agra.

नैतिक, खेल एवं शारीरिक शिक्षा, कक्षा 9  
प्रकाशक : बंसल पब्लिशिंग हाऊस, आगरा

नैतिक, खेल एवं शारीरिक शिक्षा, कक्षा 10  
प्रकाशक : बंसल पब्लिशिंग हाऊस, आगरा

इन्टरमीडिएट, खेल एवं शारीरिक शिक्षा  
प्रकाशक : बंसल पब्लिशिंग हाऊस, आगरा

vii) Delhi Subordinate service selection Board P.G.T. Recruitment test  
for Physical Education

प्रकाशक : साहित्य भवन, आगरा

## **RESEARCH EXPERIENCE**

### **Guided M.PHIL Dissertation:**

- Survey of Existing Sports Policy of Madhya Pradesh and Their Implementation Related to Infrastructure Development.

Ku. Anjubala Thakre

- Evaluation of Communication Skills of Physical Education Teachers with Performance of Their Students.

Chandrabhan Singh Panwar

- Survey of Leadership Behavior of Administrative Head of Various Physical Education Institutions of Madhya Pradesh.

Deepak Rajoriya.

- Attitude of Kashmir University Muslim Female Students Towards Sports Participation.

Mohd. Ashraf Mir.

- Comparative Study of Attitude towards Physical Education Games and Sports Of Higher Secondary And Higher Education Students Of Srinagar (Kashmir).

Aijaz Hussain para

### **Guided M.P.E. Dissertation:**

- Relationship between self concept and level of aspiration of university female athletes in team games of Devi Ahilya university indore 1995-96.  
Geeta Sharma
- Study of personality traits of kho-kho players at national level .  
Rajesh kale
- Detection of physical fitness variables for talent search in hockey  
Sumit Masih
- Modification and validation of Harvard step test for secondary school boys.  
Akinchan ghosh
- Relationship of selected anthropometric variables with basketball ability.  
Ku. Neelam Pal
- Parental attitude of Hindu towards their participation in judo .  
Noor Bano
- Parental motives for inspiring their children in gymnastic.  
Ku. Shweta Chouhan

### **Guided PhDs**

#### **Completed PhDs**

- Survey of Postural deformities among secondary school children of Indore  
Dhruv bhalla
- Effectiveness of Various Teachers Training Programmes on Personality, Level of Aspiration and Teaching Efficiency of its Trainees.  
Mr. Ajitpal Singh
- Effect of Specific Exercises on Long Distance Throwing Ability of Male & Female Cricket Players  
Mr. Bharat Verma

- A Study of Psychological Profiles of International & National Male Cricket Players of Central Zone.

Mr. Samer E. Bhagirathi

### **PhDs Submitted**

- Comparative Effect of 10 Weeks Aerobics and Meditation Training on Self Concept and Level of aspiration of Navodaya Vidyalaya Students of Indore Cluster.

Mrs. Shweta Bhalla

### **Registered for Ph.D.**

- Comparative Effect of Adopted Physical Education Programme by Kendriya Vidyalaya Sangathan and Public School of Indore on Physical Fitness and Psychomotor Abilities of Class XI Boys.

Mr. Neelesh Purohit

### **Ph.D. ongoing**

- Loitongbam Roshni Devi
- Bipin Kumar Singh
- Chandrabhan Singh Panwar
- Lokendra Singh Narvariya
- Savsingh Chouhan
- Rajendra Singh Chouhan

**Dr. (Mrs.) SUDHIRA CHANDEL**