

Bio-Data



Contact Information

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Chaudhary Devi Lal
University Sirsa

Dr. Rajesh

Assistant Professor

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CDLU, Sirsa

QUALIFICATION

PhD from Chaudhary Devi Lal University Sirsa in Year 2011

MPE from CCSHAU Hisar in Year 2002

CC Yoga KUK in Year 1999

EXPERIENCE

1. 31/07/2002 to 15/03/2003 lecturer in Physical Education Ch. Devi Lal Post Graduate Regional Centre, Sirsa.
2. 27/09/03 to 26/03/04 lecturer in Department of Physical Education Ch. Devi Lal University, Sirsa.
3. 16/09/03 to 09/10/07 lecturer in Department of Physical Education Ch. Devi Lal University, Sirsa.
4. 30/11/07 to 31/03/08 Teaching Associate in Department of Physical Education Ch. Devi Lal University, Sirsa.
5. 01/11/07 to 30/04/09 Teaching Associate in Department of Physical Education Ch. Devi Lal University, Sirsa.
6. 16/08/09 to 30/04/10 Teaching Associate in Department of Physical Education Ch. Devi Lal University, Sirsa.
7. 20.08/10 to 30/04/11 Teaching Associate in Department of Physical Education Ch. Devi Lal University, Sirsa.
8. 23/08/11 to 30/04/2012 Teaching Associate in Department of Physical Education Ch. Devi Lal University, Sirsa.
9. 27/07/2012 to 31/05/13 Teaching Associate in Department of Physical Education Ch. Devi Lal University, Sirsa.
10. 23/07/13 to 31/05/2014 Assistant Professor in Department of Physical Education Ch. Devi Lal University, Sirsa.
11. 10/07/14 to 31/05/15 Assistant Professor in Department of Physical Education Ch. Devi Lal University, Sirsa.
12. 01/06/2015 to till date Assistant Professor in Department of Physical Education Ch. Devi Lal University, Sirsa.

SPORTS ACHIVEMENT:-

1. 2nd Position in all India inter university yoga Championship held at Varanasi from 1998.
2. Participated in all India inter university yoga Championship held at Pantnagar from 2000.
3. Participated in all India inter university yoga Championship held at Amritsar from 2001.

PROFESSIONAL EXPERIENCE:-

1. Appointed as an Official in all India Yoga (Men & Women) tournament held at KUK Haryana 17th to 20th March, 2015.
2. Appointed as an Official in all India Yoga (Men & Women) tournament held at CRSU Jind Haryana 22th to 28th March, 2016.
3. Appointed as an Official in all India Yoga (Men & Women) tournament held at KUK Haryana 16th to 19th March, 2017.
4. Appointed as an Official in Various Games in University Level.

PUBLICATIONS

1. **Yog ka Jivan Main Mahtav.** (□□□ □□ □□□□ □□□ □□□□□)
2. **Organization and Administration.**

BOOK CHAPTER

1. □□□□ □□□□□□ □□ □□□□□ □□□□ 2021 □□□□□□□ □□□□□□ □□
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CONFERENCE/ SEMINAR/ WORKSHOP/JOURNAL

1. International paper Published entitled:- Effect of Selected Yogic Exercise on Blood Pressure of Female Person(2022-04-30)
2. International paper presented entitled:- effect of dietary pattern on vital capacity of female sports person(9-11 Dec. 2010)
3. International paper presented entitled:-Comparison of Dietary Pattern of Pulse rate and Blood Pressure of Female sports person.(2-3 april 2011)
4. International paper presented entitled:- The Quality of Physical Education in Developing Countries for Economic Growth.(25-26 Feb. 2011).
5. International paper presented entitled:- the role of Yogic Exercise on Fat Composition of Female sports person(24-26 Feb.2012).
6. International Paper presented entitled:- effect of Yogic Exercise in the field of Volley Ball Game(Jan 24 to 26, 2013).
7. National paper presented entitled:- effect of selected Yogic Exercise on Deaf and Dumb student(16-17 Feb.2012).
8. National paper presented entitled:-Advantages of Yogic Exercise for Sports Person (26-27 Nov.2011).
9. National paper presented entitled:-comparison of Veg. and Non-Veg Diet on Vital capacity, fat composition of Female Sports Person(21-22 Feb.2011).
10. National paper presented entitled:- Challenges of Sports Industry in India after Globalization(29-30 Oct.2011).
11. National paper presented entitled:- Role of Yogic Exercise on Volleyball Jan. 2014.
12. National paper presented entitled:- Effect of Resistance Exercise on Kabbadi Players (20-21 march 2015).
13. Participated in national Workshop (29 June 2011).
14. Participated in National Workshop (10 august 2011).
15. Participated in National Conference (20-21 march 2010)
16. National paper presented entitled:-Effect of 6-weeks Yogasana Practice on Physiological Fitness status of University Levels girls (2017).
17. National paper presented entitled:- Role of dietary pattern on vital capacity of Male sports person (2016)

