

Curriculum vitae



1. Name: Prof Dr. Bhawna Mittal.
2. Designation: Professor in Physical education
3. Subject: Physical Education
4. Academic Qualifications: NET, PhD
5. Areas of interest/Specialization: Sports Psychology, Health Education, Yoga,
Judo and games and sports.
6. Date of Birth: 1 May, 1980
7. Date of Joining: 16-11-2006
8. Experience: 16 years
9. Official Address: Roorkee Road, Meerut
10. Contact no. : 9927224222.
11. Email: sportsdeptt@gmail.com
12. Areas of research: Sports Psychology, Health Education, Yoga,
Judo and games and sports.
13. Digital Profile, if any (Research Gate, LinkedIn, SSRN, Twitter, YouTube etc):
Physical Education RGCOLLEGE MEERUT (YouTube)

14. Achievements:

- 16 years teaching experience.
- International Judo Player.
- Senior Black Belt Player.
- NET-Ph.D in Physical Education Subject.

- Awarded by BHARAT GAURAV RATAN SHRI SAMMAN approved by Ministry of Corporate Affairs, Govt. of India for outstanding achievement and remarkable role in Sports and Health on 16 May, 2023 at New Delhi (India)
- Research Supervisor in Physical Education subject with C.C.S. University Meerut from 2023.

15. Membership of Professional Bodies

<i>S.No.</i>	<i>Name of the Professional Body</i>	<i>Type of membership</i>	<i>Membership no.</i>
1-	National sports promotion organization(NGO)	Active member	PEFI/AY/105

16. Research Papers published:-

- Research paper published in Dec, 2009 on “The effect of Vitamin supplementation on motor fitness of women college basketball players” in National Educational Journal-GURUKUL (ISSN NO-0974-8423).
- Research paper published in 2010 on “A Comparative study of attitude of rural and urban secondary school students and teachers towards physical education” in National Research Journal-MUHA (ISSN NO-0973-5577).
- Research paper published in Jan, 2014 on “A comparative study on the adjustment of player and non player college level female students” in International Journal-HORIZON PALAESTRA (ISSN NO-2319-6459).
- Research paper published in 2017 on “The Effect Of Yogic Asana on Body Balance Variable of School Female students” in International refereed research Journal “Research Discourse” approved by UGC (ISSN NO-2277-2014) with impact factor 2.471.
- Research paper published in 2018 on “The Effect Of Yogic Practices on Blood Pressure Variables Of Senior Citizens in International refereed research Journal “Research Discourse” approved by UGC (ISSN NO-2277-2014) with impact factor 2.471.
- Research paper published in April 2018 on “A Comparative Study of health Awareness attitude among the female students of private & Government schools in International refereed peer review research Journal “Unmesh” approved by UGC with impact factor 2.011 (ISSN NO-2394-2207).

- Research paper published in March 2019 on “The Effect Of Pranayam on Respiratory Efficiency Variables in International Journal of Physical Education, Health & Sports Sciences with impact factor 1.845 (ISSN NO-2279-0306).
- Research paper published online in 2020 on “The Effect Of Suryanamashkar Training On Muscle Flexibility Of Senior Citizens in International peer review research Journal of Physical Education, Health & Sports Sciences (ISSN NO-2279-0306).
- Research paper published in Dec-2021 on “The Effect of Pranayam therapy Training as a Post-Covid treatment on lungs capacity of women college students in International refereed research Journal “Research Discourse” approved by UGC (ISSN NO-2277-2014) with impact factor 6.650.
- Research paper published in June 2022 on “An Analysis of 4 weeks Medicine Ball Training On Arms And Trunk Strength Of Female Judo Players in International Peer review refereed research Journal “Research Journal Of Philosophy & Social Sciences” (ISSN NO-0048-7325) with impact factor 8.904.
- Research paper published in June 2022 on “A Comparative Analysis of Physical fitness between Male and Female Basketball Players” in International Peer review refereed research Journal “Journal Global Values” (ISSN NO-0976-9447) with impact factor 8.808.
- Research paper published in July 2022 on “A Assessment of 4 weeks Yoga Training Workshop on body balance Ability of female Judo players” in International Journal of Novel Research and development (IJNRD)Peer review refereed research Journal (ISSN NO-2456-4184) with impact factor 8.76.

17. Articles in Books/ Conference Proceedings Published:

<i>S.No</i>	<i>Title of the Articlepublished with page no.</i>	<i>Title of the Book/Conference Proceedings</i>	<i>Year</i>	<i>ISBN</i>	<i>Detail of the Publisher</i>	<i>Published by International/national /Local Publishers</i>
1	Page no-139-155	Sports Psychology, Yoga and Physical Education.	2015	978-81-930250-2-4	IAOSA	<i>national</i>
2		Sharirik Shiksha	2011-12	978-81-920370-42	Sri Gyan Sagar Publications	<i>national</i>

18. Seminar/ Workshop/ Conference Attended:

<i>S.No</i>	<i>Detail of the Conference/ Seminar</i>	<i>Organizer & Sponsor</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/National/ State/ University</i>
1	National Conference on Induction Training for teachers at higher education institutions.	Raghunath Girls PG College, Meerut	2022	Raghunath Girls PG College, Meerut	<i>National</i>
2	UGC National Conference on Yoga, Physical Education & Sports.	B.H.U. Varanasi with UGC.	2022	B.H.U. Varanasi	<i>National</i>
3	International seminar on "Yoga and Sports.	B.H.U. Varanasi	2022	B.H.U. Varanasi	<i>International</i>
4	National seminar on "Women Empowerment".	J.K.P.G.College. MZN		J.K.P.G.College. MZN	<i>National</i>
5	National seminar on "GST in Present Scenario-Impact and Challenges".	Raghunath girls pg college, Meerut with UGC-CE	2017	Raghunath girls pg college, Meerut.	<i>National</i>
6	National seminar on "Renaissance Of sports and Yoga: Strategies, Challenges and Choices.	D.S. Public school. MZN.	2017	D.S. Public school. MZN.	<i>National</i>
7	International seminar on "Climate changes and biodiversity conservation.	Raghunath girls pg college, Meerut.		Raghunath girls pg college, Meerut.	<i>International</i>
8	National seminar on "Yoga, Physical education and Sports".	B.H.U., Varanasi with UGC.	2016	B.H.U., Varanasi.	<i>National</i>
9	National seminar on "Yoga and Sports".	B.H.U., Varanasi with UGC	2016	B.H.U., Varanasi	<i>National</i>
10	National seminar on	C.H.C. Athletic Association	2016	B.H.U.,	<i>National</i>

	"Yoga and Sports".	B.H.U. Varanasi		Varanasi	
11	Emerging trends in Physical Education and Yogic science for all round Development of Youths.	Department of Physical Education and sports, R.M.G. D. College, Gajruala. U.P	2016	Department of Physical Education and sports, R.M.G. D. College, Gajruala. U.P	National
12	Asia Pacific International Conference on Exercise and sports sciences.	Manav Rachna International University, Faridabad	2015	Manav Rachna International University, Faridabad	International
13	National seminar on "Yoga and Sports".	C.H.C. Athletic Association B.H.U. Varanasi	2015	B.H.U. Varanasi	National
14	University sports-A springboard for Olympic.	Punjabi university, Patiala	2009	Punjabi university, Patiala	National

19. Invited lectures/ Resource person/ Paper Presented in Conferences/ Seminar/ Workshops:

<i>S.No</i>	<i>Title of the Invited Lecture/paper presented</i>	<i>Detail of the Conference/ Seminar(including organizer& Sponsor)</i>	<i>Date(s) of the event</i>	<i>Venue of the event</i>	<i>International/National/ State/ University</i>	<i>Role</i>
1	Guest Lecture on Roll of Psychology in enhancement sports performance			Janhit institute Ghaziabad.	National	Resource person

20. Administrative Experience:-

- Head of the Physical Education department from 2007.
- Coordinator of the Yogic Science department from 18 August, 2022 to 5 August, 2023.
- Secretary of the college Sports committee from 2007 to 2023.

21. Future plans:

Plan to organize national and international seminars.

Plan to organize university, interuniversity and district and open championships for promotion of players.

Plan to work on projects.

Plan to work with institutes on MoUs.