

Curriculum vitae

Photo



1. Name: Prof. Bhawna Mittal
2. Designation: Professor
3. Subject: Physical Education
4. Academic Qualifications: NET, PH.D
5. Areas of interest/Specialization: Anatomy, Physiology, Yoga, Martial Arts
6. Date of Birth: 1 May, 1980.
7. Date of Joining: 16 Nov, 2006.
8. Experience: 20 years teaching experience
9. Official Address: Department of Physical Education, RGPG College, Meerut
10. Contact no. : 9927224222
11. Email:sportsdeptt@gmail.com
12. Areas of research: Sports, Physical Education, Yoga, Sports Psychology.
13. Digital Profile, if any (Research Gate, LinkedIn, SSRN, Twitter, YouTube etc):

S.no.	Digital Profile	Linkage id
1	Research Gate	Resaerchgate.net/profile/Bhawna-mittal?ev=hdr_xprf
2	Web of science	QK2-2048-2026
3	Google scholar id	7VpRE6AAAAAJ
4	Vidwan id	165711
5	Orchid id	0009-0005-8136-3122
6	You tube	www.youtube.com/@Physicaleducation0604

14. Achievements:

- 20 years teaching experience.
- International Judo Player.
- Senior Black-Belt Player.
- NET-PhD in Physical Education Subject.
- Awarded by “PHYSICAL EDUCATOR AWARD-2025” by CAPT. M.P. SINGH SPORTS TRUST (Regd.) India for outstanding achievement and remarkable role in Physical Education, Sports, Health & holistic development on 08 February, 2025 at New Delhi (India).
- 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).
- Awarded by Ambassador Award by International Peace Ambassador Award Council approved by Govt. of India (CRC) for outstanding achievement and remarkable role in Youth and Sports welfare on 04 June, 2023 at New Delhi (India).
- Member of many NGO and International Bodies.
- Research Supervisor in Physical Education subject with C.C.S. University Meerut from 2023.
- Head of the Department, Physical Education & sports, RGPG College, Meerut 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 2025.
- Assistant Chief Proctor of College Proctorial Board from 2022 to 2025.

15. Fellowships & Awards:

S.No.	Name of Fellowships/Awards	Awarding Agency	Whether International/National/ State/Regional	Honorarium of Award ,if any
1	BHARAT GAURAV RATAN SHRI SAMMAN	Ministry of Corporate Affairs, Govt. of India	National	
2	Ambassador Award	Peace Ambassador Award Council approved by Govt. of India (CRC)	National	

3	Inspiring Global Icon Award 2024	MS Global Entrainment	National	
4	"PHYSICAL EDUCATOR AWARD-2025"	CAPT. M.P. SINGH SPORTS TRUST (Regd.)	National	

16. Membership of Professional Bodies.

S. No.	Name of the Professional Body	Type of membership	Membership no.
1	PEFI(NSPO)	Active Mamber	PEFI/AM/UP/3010

17. Research Papers published:-

S.No	Title of the paper published (with Page no.)	Research Journal (with Vol. no.)	Year	ISSN	Whether peer reviewed ,UGC listed, Impact Factor if any	Digital Link, if any
1	"The effect of Vitamin supplementation on motor fitness of women college basketball players"	National Educational Journal- GURUKUL	2009	ISSN NO- 0974-8423		
2	A Comparative study of attitude of rural and urban secondary school students and teachers towards physical education	National Research Journal-MUHA	2010	ISSN NO- 0973-5577	Peer reviewed.	
3	A comparative study on the adjustment of player and non player college level female students"	International Journal- HORIZON PALAESTRA	2014	ISSN NO- 2319-6459	Peer-reviewed	
4	The Effect Of Yogic Asana on Body Balance Variable of School Female students"	International refereed research Journal "Research Discourse	2017	ISSN NO- 2277-2014	UGC listed Impact factor 2.471.	
5	"The Effect Of Yogic Practices on Blood Pressure Variables Of Senior Citizens	International refereed research Journal "Research Discourse"	2018	ISSN NO- 2277-2014	UGC Listed Impact factor 2.471	

6	A Comparative Study of health Awareness attitude among the female students of private & Government schools	International refereed peer review research Journal "UNMESH"	2018	ISSN NO-2394-2207.	UGC listed impact factor 2.011	
7	The Effect Of Pranayam on Respiratory Efficiency Variables	International Journal of Physical Education, Health & Sports Sciences	2019	ISSN NO-2279-0306	Peer-reviewed impact factor 1.845	
8	The Effect of Suryanamashkar Training on Muscle Flexibility of Senior Citizens	International peer review research Journal of Physical Education, Health & Sports Sciences	2020	ISSN NO-2279-0306	peer review research Journal	
9	The Effect of Pranayam therapy Training as a Post-Covid treatment on lungs capacity of women college students	International refereed research Journal "Research Discourse"	2021	ISSN NO-2277-2014	UGC listed Impact factor 6.650.	
10	An Analysis of 4 weeks Medicine Ball Training On Arms And Trunk Strength Of Female Judo Players	International Peer review refereed research Journal "Research Journal Of Philosophy & Social Sciences"	2022	ISSN NO-0048-7325	Peer review refereed research Journal Impact factor 8.904.	https://doi.org/10.31995/rjpss.2022v48i01.12
11	A Comparative Analysis of Physical fitness between Male and Female Basketball Players"	Journal Global Values	2022	ISSN NO-0976-9447	International Peer review refereed impact factor 8.808	https://doi.org/10.31995/jgv.2022.v13i01.010
12	A Assessment of 4 weeks Yoga Training Workshop on body balance Ability of female Judo players"	International Journal of Novel Research and	July 2022	ISSN NO-2456-4184	Peer review refereed research Journal	http://doi.org/10.1729/journal.30962

		development (IJNRD)			impact factor 8.76.	
13	Investigating the efficiency of Yoga as an Intervention for Cervical pain Management: An experimental research study.	Journal for reattach therapy and developmental diversities.	2023	2309-6152	Scopus	https://doi.org/10.53555/jrtdd.v6i8s.2878
14	An Analysis of Vedic Period in terms of Physical Activities and their symbolism in the Rigveda Scriptures.	Educational Administration: Theory and Practice.	2024	2148-2403	Scopus	https://doi.org/10.53555/kuey.v30i1.6672

18. Articles in Books/ Conference Proceedings Published:

S.No	Title of the Article published with page no.	Title of the Book/Conference Proceedings	Year	ISBN	Detail of the Publisher	Published by International/national /Local Publishers	Digital Link (if any)
1	From prevention to Treatment: "A Comprehensive look at Global Cancer Health"	International book Global Crises and International Relations.	2023	ISBN NO-978-1-8384965-1-7	Britain Book Company, London	International Publisher	https://doi.org/10.31995/book.AB256-M24.chapter7
2	Exploring the Therapeutic Potential of Bhramari Kriya : A Comprehensive Review	Holistic Approach to Healing Therapies for Body & Mind	2024	978-81-975026-99	Aman Publication, Meerut	Local Publisher	
3	Bridging the gender gap: the role and impact of women's participation in sports in India.	Women Empowerment	2025	978-81-985845-6-4	Genic Books publishers' pvt. Ltd.	National	

19. Articles in Magazines and Newspapers:

S.No.	Name of the Article with page no.	Name of the Magazine/ Newspaper (with RNI)	Detail of the Publisher	Date	Digital Link, if any
1					

20. Development of New Curricula and Courses:

S.No.	Name of New Curricula & Courses	Hyperlink of Curricula or course	Role in Development

21. Development of E-content /MOOCs:

S.No.	Portal on which uploaded	Type of e-content	Hyperlink of e-content	Numbers

22. Ph. D Supervised:

S.No.	Name of the student with Regd. No.	University Registered	Topic	Type of Supervision	Enrolled Date & Year	Submitted Date & Year	Awarded Date & Year
1	Prabhat yadav	CCSU		Single	2023	Ongoing	
2	Rohit chaudhary	CCSU		Single	2023	Ongoing	
3	Ravina	CCSU		Single	2025	Ongoing	
4	Ashish mehta	CCSU		Single	2025	Ongoing	
5	Sachin	CCSU		Single	2025	Ongoing	

23. Research Projects:

S.No.	Title	Type	Funding Agency	Amount	Time-Period

24. Consultancy:

S.N.	Title	Type	Funding Agency	Amount	Time-Period
1					

25. Patents (if any):

S.No.	Title of Patent	Detail of Patent (International/ National)
1		

26. Faculty Enrichment Programme Attended:

S.No	Detail of the FDP/ FEP	Date(s) of the event	Organizer & Sponsor	International/National/ State/ University
1	7 Days Faculty Development Program certificate on Existing NAAC Revised Accreditation framework.	17 October, 2023 to 25 October, 2023	IOT Academy. Tamilnadu, India.	National

2	11 Days online Capacity Building Program for Researchers on Writing Synopsis.	1 sep to 11 sep ,2023	Indian Teacher Education Community, Indore (M.P.)	National
3	6 Days Faculty Training Program certificate on Existing NAAC Criteria Documentation Mastery and Important Insights on NEW Accreditation system.	5 February, 2024 to 10 February, 2024	ARCNET INDIA. & CliMed Research Solutions, India.	National
4	10 Days NEP-2020 Orientation & Sensitization Program certificate under Malaviya Mission Teacher Training Program	15 April to 24 April, 2024	Banaras Hindu University, Varanasi. U.P. India.	National
5	One week online national level FDP on IKS: A Introduction	6 Jan, 2025 to 11 January,2025	GNVS Institute of Management, Mumbai	National
6	10 Days NEP-2020 Orientation & Sensitization Program certificate under Malaviya Mission Teacher Training Program	06 May2025 to 16 May ,2025	Sri Guru tegh Bahadur Khalsa College,DU.	National

27. Seminar/ Workshop/ Conference Attended:

S. No	Detail of the Conference/ Seminar	Organizer & Sponsor	Date(s) of the event	Venue of the event	International/National/ State/ University
1	<i>International seminar on Gender Inequality in Contemporary Indian Context: Conditions & Directions</i>	<i>RGPG college, Meerut and sponsor MKR Educational Trust, Gurugram.</i>	<i>25 March, 2025</i>	<i>RGPG College, Meerut</i>	<i>International</i>
2	<i>7 days online workshop on use of SPSS software in Research Methodology.</i>	<i>Indian Sociological Society</i>	<i>24 June, 2025 to 30 June,2025</i>	<i>Online mode</i>	<i>National</i>

28. Seminar/ Workshop/ Conference/ Exhibitions Organized:

S.No	Detail of the Conference/ Seminar/Exhibitions (including Sponsor)	Date(s) of the event	Venue of the event	International/National/ State/ University	Role
1	Organized National Seminar on Holistic Approach to Healing Therapy for Body and mind sponsored by U.P. State Higher Education Council, Lucknow 2023-24.	19-20 march ,2024	RGPG College, Meerut	National	Org. Sect
2					

29. Journal /Book Edited:

S.No.	Name of the Journal/ Book edited	Month and Year	Role	Digital Link (if any)
1	Seminar Proceeding Edited research Book published "Holistic Approach to Healing Therapies for Body & Mind." by Aman Publication, Meerut with ISBN No-978-81-975026-99.	2023-24	As an Editor	

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

S.No	Title of the Invited Lecture/paper presented	Detail of the Conference/ Seminar(including organizer& Sponsor)	Date(s) of the event	Venue of the event	International/Na tional/ State/ University	Role
1	Digital Stress, causes and Remedies	Guest Lecturer in HLM college, Ghaziabad.	02 June,2025	HLM College, Ghaziabad	College level	Resource person
2	2 nd International Conference on Holistic Approach to Yoga, Ayurveda and acupressure therapies for Body and mind.	Ashtang yogalaya foundation, Haridwar and Uttrakhand Ayurved university, Gurukul campus Haridwar	12-13 Nov,2024	Uttrakhand Ayurved university, Gurukul campus Haridwar	International	Chair person

31. Administrative Experience:-

- Head of the Physical Education department from 2007 to current year.

- Coordinator of the Yogic Science department from 18 August, 2022 to 5 August, 2023.
- Secretary of the college Sports committee from 2007 to 2025.
- In-charge Medical Aid Center from 2025 to current year.
- In-charge Anti ragging Cell in 2025 to current year.
- In-charge Cell of Disable students and SEDGs in 2026.

32. Future plans:

- Review and update academic programs and curriculum to ensure relevance, rigor, and alignment with industry trends and standards. Consider introducing new Courses, new skill development programs, add-on certificate programs, capacity building programs or concentrations to meet emerging needs in the job market.
- Introduce and Implement new programs and services to support student success, retention, and graduation rates. This will include academic advising, tutoring services, career counseling, and student mentorship programs.
- Develop initiatives to promote diversity, equity, and inclusion across campus through MOUs and collaborations. This may involve implementing training programs, internships, recruiting services and creating inclusive policies and practices.
- Expand opportunities for international collaboration, student exchange programs, and distance learning experiences. Foster a global perspective through curriculum integration, international partnerships, and cultural initiatives.
- Enhance support services for student health, mental health, and wellness. Develop comprehensive wellness programs, counseling services, and recreational facilities to promote student well-being.
- Increase opportunities for student engagement and involvement in campus life through clubs, organizations, leadership programs, and extracurricular activities.
- Provide support and resources for faculty to pursue external funding opportunities through grants for organizing seminars, workshops, proposal development assistance, and research administration support.

- Foster an entrepreneurship ecosystem on campus to support student start-ups, innovation competitions, and business incubation programs.
- Implement green building practices, waste reduction measures, and renewable energy initiatives.
- Develop alumni engagement strategies to cultivate lifelong relationships with graduates and harness their expertise, resources, and networks. Establish alumni chapters, mentorship programs, and reunion events to foster alumni connections and support institutional advancement efforts.
- Expand scholarship opportunities for student-athletes to attract top talent and support their academic and athletic success.
- Increase participation opportunities for students of all skill levels and interests and develop partnerships with local schools, clubs and organizations to facilitate talent identification and recruitments.

Infrastructure

- Assess and upgrade technology infrastructure to support teaching, learning, research, and administrative functions. Invest in educational technology tools, online learning platforms, and digital resources to enhance the learning experience.
- Develop plans for renovation, expansion, or construction projects to support academic and research activities.