



Dr. Ashwani Kumar
Assistant Professor and Head,
Department of Physical Education
St. Bede's College, Shimla (H.P)



Dr. Ashwani Kumar

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EDUCATIONAL QUALIFICATIONS

Sr. No.	Degree	Specialization	College/University	Year of Passing
1.	Bachelor	Physical Education	Amravati University, Amravati (M.S)	2005
2.	Master	Research & Psychology	Amravati University, Amravati (M.S)	2007
3.	Diploma (Yoga)	Yoga Education	Amravati University, Amravati (M.S)	2008
4.	Certificate Course	Yoga Education	Amravati University, Amravati (M.S)	2011
5.	PhD	Inter-disciplinary Studies (Psychology)	Amravati University, Amravati (M.S)	2016

TOTAL TEACHING EXPERIENCE: 17 Years

Teaching Experience: St. Bede's College: 03 Years

SUBJECTS TAUGHT

UG: Psychology, Research & Statistics, Physical Education: Bio-Mechanics, Introduction to Physical Education, Olympic Movement, Organization & Tournaments, Human Anatomy & Physiology, Sports Training, Physical Fitness and Yoga, Health Education, Sports Medicine, Physiotherapy & Rehabilitation.

PG: Research & Statistics



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OTHER RESPONSIBILITIES

- **Convener/Coordinator:** National Sports Organization (NSO), NCC (CTO), & UBA Cell.
- **In-charge:** UGC Resource Centre
- **Members:** Research Development Committee, Admission Committee, RUSA, Civil Work, Building Committee & MoUs Collaborations.

RESEARCH ACHIEVEMENTS

- ❖ Editor in Chief of International Research Journal of Sports Glimpses (Printed)-I.R.J.S.G., UGC-Approved-INDIA.
- ❖ Editor in Chief of International Research Journal of Physical Education and Sports Sciences, JIF-7.335, (Online)-I.R.J.P.E.S.S.-INDIA.
- ❖ Member of Editorial Advisory Board in Elixir International Online Research Journal, JIF- 5.525- POLAND.
https://www.elixirpublishers.com/index.php?route=product/search&filter_name=ashwani&filter_type=Anywhere
- ❖ Member of International Panel Review Committee in International Journal of Sports Science and Physical Education, Peer Reviewed, (IJSSPE)- U.S.A.
- ❖ Member of Panel Reviewing Committee International Online Journal of Engineering Research and Sports Science (IJERSS), Peer Reviewed, JIF-0.621-INDIA.
- ❖ Member of Panel Reviewing Committee International Online Journal for Engineering and Emerging Technologies (JFEET.)-INDIA.
- ❖ Member of Editorial Board in International Research Journal Velocity, (Printed)-INDIA.
- ❖ Member of Editorial Board in International Refereed Research Journal of Engineering Research and Modern Education, JIF-7.018-Online, (T.N)-INDIA.



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- ❖ Member of Associate Editor in International Peer Reviewed Indexed Research Journal of Physical Education and Health, JIF-5.38-Online, New Delhi-INDIA.
- ❖ Member of Editorial Board in International Journal of Advance Management Research (Enriched Publication), Peer Reviewed & Refereed, JIF-4.73, Printed/Online, New Delhi-INDIA.
- ❖ Member of Editorial Board in International Journal of Science, Technology and Society, Indexed Journal, Online, NEW YORK NY-U.S.A.
(<http://www.sciencepublishinggroup.com/journal/editorialboard?journalid=183>)
- ❖ Member of Editorial Board in International Journal of Research-GRANTHAALAYAH, JIF-4.963, Indore-INDIA.
<http://granthaalayah.com/editorial.html>
- ❖ Member of Editorial Board in International Journal of Research Link-Indore-INDIA.
- ❖ Associate Member of Editorial Board in International Journal Review of Research, JIF-5.70,-(M.S)-INDIA.
<http://oldror.lbp.world/BoardEditors.aspx>
- ❖ Member of Panel Reviewing Committee in International Renowned Journal of Sports Science & Physical Education (IJSSPE) –U.S.A.
<http://www.sciencepublishinggroup.com/journal/index?journalid=188>
- ❖ Chief Editor of International Book Chapter “Interdisciplinary Studies of Literature”, Tulip Publication, Shimla, (H.P), India, 2023 to till present.
- ❖ Editor of Journal of Research: The Bede Athenaeum, St. Bede's College, Shimla, (H.P), 2024.

AWARDS AND HONORS

- ❖ Received Dr. M. Robson (Youngest Researcher) National Award for Innovative Research in Physical Education, 04th PEFI National Awards, 25th Sep. 2019, at New Delhi-INDIA.



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- ❖ Received International Scientist Awards (Young Scientist Award) for Research field, 16th-17th Nov. 2019 at Visakhapatnam (A.P)-INDIA.
- ❖ Received Best Distinguished Young Researcher National Award in Physical Education and Sports, Pride of Indian Education & Brands Impact, 19th Jan. 2020 at New Delhi-INDIA.
- ❖ Received (Best Researcher National Award-2020) in Physical Education and Sports on 03rd August 2020 by 'Scholars, Academic & Scientific Society-SAS', Assam-INDIA.
- ❖ Received International Young Researcher Award by IFPEFSSA Award, 20th Dec. 2020 at Telangana-INDIA.
- ❖ Received Humanitarian Excellence National Award by I Can Foundation-2020 at Jaipur (R.J)-INDIA, Dec.-2020.
- ❖ Received "Asian Education Awards"- Young Professor of the Year-2021.
- ❖ Received "Best Faculty Award" by Vertex and Research Technology at Trichy (T.N)-INDIA for the year of 2021-2021 (17/09/2021).

BOOKS AUTHORED

- Yoga a Way of Life, (ISBN 978-81-7524-764-2)
- Research, Statistics & Computer Application, (ISBN 978- 81-7524-894-6)
- Anatomy & Physiology of Exercise, (ISBN 978-93-340-2924-6).
- **One Book** is currently in under publication process, aligned with the "Indian Knowledge System" (IKS): Research Methodology in Sciences and Humanities.

PhD EXTERNAL EXAMINER

- Appointed as external examiner in different Universities of India.



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BOS (BOARD OF STUDIES)

- Appointed as member of BOS (Physical Education/Research) in different Universities of India.

PAPER SETTER, PRACTICAL EXAMINER & EVALUATION

- Dr. RMLA, University Faizabad (U.P) from 2014 (UG & PG Courses) to till present.
- Chaudhary Charan Singh Meerut University (U.P) from 2015 (UG & PG Courses) to till present.
- Siddhartha University Kapilvastu, Siddhartha Nagar (U.P) from 2018 (UG Courses) to till present.
- Himachal Pradesh State University Summerhill, Shimla, (H.P) to till present.

RESEARCH PAPER PUBLICATIONS

Published National Research Journals (Printed):

- ❖ “Physiological and Motor Fitness variables among Basketball, Handball and Soccer Players” published in Voice of Sports Research Journal-Kerala, Vol: III, Issue: I, March-2009, p.p-48-53.
- ❖ “Status and Awareness of Health among Employees of Himachal Pradesh University” published in Voice of Sports Research Journal-Kerala, Vol:IV, Issue: II, March-2010, p.p-31-36.
- ❖ “A study of Recreational Activities of Government Employees working in Yavatmal District of Maharashtra State” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: II, Issue: I, June-2010, p.p-61-65.
- ❖ “Comparative Study of Motor Fitness of Hockey and Cricket Players of Sant Gadge Baba Amravati University, Amravati of Maharashtra State” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: II, Issue: I, June-2010, p.p-77-79.



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- ❖ “Benefits of Yoga- “Why Yoga Exercise is Good for You” published in Vyayam Vidnyan Journal-HVPM, Amravati (M.S), Vol: XXXXIV, Issue: 3, Aug.-2010, p.p-32-35.
- ❖ “Effect of Yogasanas on Blood Pressure, Pulse and Respiration Rate of High School Students of Maharashtra State” published in Voice of Sports Research Journal-Kerala, Vol: VI, Issue: I, Sep.-2011, p.p-46-51.
- ❖ “Role of ‘Mann Whitney U Test’ in the Field of Education and Physical Education” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: IV, Issue: I, June-2012, p.p-158-161.
- ❖ “Role of Sports Psychology in Sports Performance of Athletes” published in Samaj Vigyan Sodh Patrika, Meerut (U.P), Vol: I, Issue: XIX, March-2013, p.p-173-176.
- ❖ “Relationship between selected Skill-related Physical Fitness and Anthropometric variables of Male Athletes participating in Intercollegiate Level” published in AMASS Multilateral Research Journal-Varanasi (U.P), Vol: VI, Issue: II, Dec.-2014, p.p-16-20.

Published in International Research Journals (Printed/ Online)

- ❖ “Causes and Treatment of Sports Injuries” published in International Research Journal of Research Bulletin,-Amravati (M.S), Vol: I, Issue: I, Jan, 2011, p.p-29-32.
- ❖ “The Attitude of College Employees towards Health and Physical Education working in N.N.P.G., College, Nawabganj, Gonda District of Uttar Pradesh State” published in International Research Journal of Sportica, Amravati (M.S), Vol: II, Issue: II, Dec.-2011, p.p-98-100.
- ❖ “A study of Educational and Professional Achievements of Physical Education Lecturers working in Physical Education Colleges of Dr.R.M.L.A, University, Faizabad of Uttar Pradesh State” published in International Journal of Sports Sciences and Fitness, Bhopal (M.P), Vol: II, Issue: I, 2012, p.p-169-173.



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- ❖ “Role of Mann Whitney U Test in Educational Field” published in International Research Journal of Research Link, Indore (M.P), Vol: XI, Issue: IX, Nov.-2012, p.p-145-146.
- ❖ “A study of Aerobic of Anaerobic Capacities of Students studying in different Classes of N. N. P. G. College, Nawabganj Gonda District of Uttar Pradesh State in India” published in International Research Journal of Sports Glimpses, Hamirpur (H.P), Vol: II, Issue: I, May-2013, p.p-100-103.
- ❖ “Comparison of selected Cardio-respiratory function between Intercollegiate and Interuniversity Players” published in International Journal Engineering Research and Sports Science-Online, Acharya Nagarjun University Guntur (A.P), Vol: II, Issue: I, Jan.-2015, p.p-11-12.
http://www.ijerss.com/current_issues.php?key=Vm05c2RXMWxJRWxKSUMwZ1NYTnpkV1VnU1N3Z1NtRnVkV0Z5ZVNBeU1ERTFMZz09
- ❖ “A Comparative study of Physiological Parameters of Sports Person and Non-sportsperson studying in Senior Secondary Schools of Uttar Pradesh State in India” published in International Journal of Behavioral Social and Movement Sciences-Online, J&K, Vol: IV, Issue: I, Jan.-2015, p.p-01-06.
<http://ijobsms.in/current7a.html>
- ❖ “Effect of Yogasana on selected Physical Fitness Variables” published in International Journal of Physical Education, Health and Sports Sciences, New Delhi, Vol: V, Issue: I, March-2016, p.p-11-14.
- ❖ “Body Composition and Physical Fitness of Girl Students of Physical Education” published in International Journal Engineering Research and Sports Science-Online, Acharya Nagarjun University (A.P), Vol: III, Issue: IV, April.-2016, p.p-60-62.
http://www.ijerss.com/current_issues.php?key=Vm05c2RXMWxJRWxKU1NBdEIFbHpjM1ZsSUVsV0xDQkJsEpwYknBeU1ERTJmZz09



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- ❖ “A Comparative study of Socio-economic Status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State” published in International Recognition Interdisciplinary Research Journal-Online, Solapur (M.S), Vol: V, Issue: VIII, Aug.-2016, p.p-01-07.
<http://oldpesrj.lbp.world/ArchiveArticles.aspx?id=56>
- ❖ “A Comparative study of Socio Economic and Health Status of Senior Citizens of Himachal Pradesh and Uttar Pradesh State” published in International Research Journal of Granthalaya-Online, Indore, (M.P), Vol: V, Issue: VIII: SE, Aug.-2017, p.p-01-07.
<http://granthaalayah.com/Publication-Volume-5-Issue-8-August-.html>
- ❖ “A Comparative Study of Anxiety Level of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India” published in International Journal of Sports and Physical Education (IJSPE)-Online, WY-USA, Vol: IV, Issue: I, 2018, p.p-04-06.
<http://dx.doi.org/10.20431/2454-6380.0401002>
- ❖ “Relationship of Socio-Economic Status (SES) with Depression of Senior Citizens of Himachal Pradesh and Uttar Pradesh State” published on International Peer Reviewed and Indexing Research Journal: International Research Journal of Physical Education and Sports Sciences, Vol: IV, Issue: II, Feb-2018.
- ❖ “Comparative Study of Socio-Economic Status of Elderly Male and Female of Himachal Pradesh and Uttar Pradesh State” published in Peer Reviewed International Research Journal of Research Link, Indore (M.P), Vol - XVII (7), September- 2018, p.p-39-40.
- ❖ “Relationship of Socio-Economic Status (SES) with Depression of Senior Citizens Living in Himachal Pradesh and Uttar Pradesh State of India” published in International Journal of Sports and Physical Education (IJSPE)-Online, WY-USA, Vol: V, Issue: I, 2019, p.p-01-04.



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<https://www.arcjournals.org/pdfs/ijspe/v5-i1/5.pdf>

- ❖ “A Comparative Study of Area wise Socio-Economic Status and Emotional Fitness of Senior Citizens of Himachal Pradesh and Uttar Pradesh State of India” published in Peer Reviewed Indexed & Open Access, Elixir International Research Journal- Psychology, POLAND,132-(2019), p.p. 53357-53359.

https://www.elixirpublishers.com/articles/1563435424_ELIXIR2019056501A.pdf

- ❖ “Comparative Study of Academic Achievement of Higher Secondary Students of Uttar Pradesh State in India” published in Journal of Management and Science (Open Access Journal)-Tamil Nadu-INDIA, 10(1) (2020) 27-31, DOI: 10.26524/jms.2020.4

<http://jms.eleyon.org/index.php/jms/article/view/383/369>

- ❖ “Comparative Study of Emotional Intelligence and Intelligence Quotient between Boys and Girls of Secondary Schools” published in International Peer Reviewed Research Journal of IRJPESS, Vol: VI, Issue: II, Feb-2020, p.p.1-6.

- ❖ “Comparison of Aerobic and Anaerobic capacity among the junior’s Football and Hockey Players” published in International Journal of Physiology, Nutrition and Physical Education, Peer Reviewed, Vol: VII, Issue: I, 2022, p.p.420-422.JIF: 5.48.

- ❖ “Attitude towards physical education and sports of higher secondary school students of Maharashtra state” published in International Journal of Physical Education, Sports and Health, Peer Reviewed, Vol: IX, Issue: I, 2022, p.p-407-411, JIF: 5.38.

- ❖ “A study of Academic Achievements of Higher Secondary School Students of Uttar Pradesh” published in International Journal of Multidisciplinary Educational Research, Scopus, Web of Science and Peer Reviewed, Vol:11, Issue: 7, 2022, p.p-33-35, JIF: 7.816.

- ❖ “Effect of four week yoga practices on selected fitness parameters of D. EL. Ed. Trainees” published in International Journal of Research and Analytical Reviews, Peer Reviewed, UGC Approved, Vol: 9, Issue: 4, Oct. 2022, JIF: 7.17., p.p-630-632.



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https://ijrar.org/viewfull.php?&_id=IJRAR22D1556

- ❖ “Religious prayers, meditation and mindfulness: A study during Covid 19 in India” published in Journal of Positive School Psychology, Peer Reviewed, SCOPUS Indexed (Q2), UGC Care listed, Vol: 6, Issue: 9, Oct. 2022, p.p-5173-5176.

<https://www.journalppw.com/index.php/jpsp/article/view/13587>

- ❖ “Comparison of Selected Cardio Respiratory Function Between Selected Players of Respective Games” published in Journal of Survey in Fisheries Sciences (SFS) ISSN: 2368-7487, Peer Reviewed, SCOPUS and Web of Science, Indexed, (Q3), Vol:10, Issue:1, April 2023, p.p-3638-3640.

<https://sifisheressciences.com/index.php/journal/article/view/1626>

PAPER PRESENTATIONS IN CONFERENCES AND SEMINARS

National Seminar & Conferences:

Topic Presented	Level	Place	Year
Management of People is the Heart of the....	National Conference on “Management in Physical Education and Sports”	H.V.P.M. Amravati (M-S)	05-06.Oct.2007
Shoulder Dislocation Injuries in various Games	National seminar on “Management of Sports Injuries”	H.V.S.K.M. Yavatmal (M-S)	02- 03rd.Feb. 2008
Role of Media in Sports	National seminar on “Role of Media in Enhancing Performance in Sports & Games”	N. S. S. M. Nagpur (M-S)	28. Sep.2008
Status of Higher Education in Our Country	National seminar on “Role of IQAC in the Improvement of Academic and Administrative Performance in Institution”	Shri Shivaji College of Physical Education Amravati (M-S)	30-31 st Jan. 2009



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Benefit of Pranayama on Our Life	National Conference on “Role of Yoga Therapy and Allied Therapies in Prevention, Cure and Rehabilitation of Psycho-Somatic Disorders”	HVPM, D.C.P.E. Amravati. (M-S)	07-08 th Feb. 2009
Need for Rules Changes in Indian Sports Scenario	National Seminar on “A Study of Improvements in Rules and Regulations of Certain Games”	Bharti College Amravati (M-S)	18 th Jan. 2010
Motivational Techniques	National Seminar on “Scientific Innovations: Sports”	(A.M.U)-Aligarh (U-P)	13-14 th Feb. 2010
Role of Colleges in Education of Our Country	National Seminar on “Need and Future of Games and Sports in Rural Environment of India”	M.M.P.G.College Kalakaker Pratapgarh (U-P)	05 th March 2011
A Study of Educational.....	National Seminar on “Physical Education as an Allied Science”	N.N.P.G.College Nawabganj Gonda (U-P)	04-05 th Dec. 2011
Psychological factors affecting Sports Performance	National Conference on “Contribution of Physical Education to Public Health Fitness Sports Promotion”	PEFI, New Delhi	29 th Aug. 2013
High Altitude Effects on Sports Performance of Athletes	National Seminar on “Health & Fitness”	Aryavart Group on Educational Institution, Lucknow (U-P)	11- 12 th Jan. 2015
Why Does Indian Athletes Poorly Performed in Olympics	National Seminar on “Physical Education & Sports Science: Prescription for Healthy Life Style”	PEFI, New Delhi	16-17 th Dec. 2016



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How to Choose a Good Scientific Problem in Research	National Seminar on “Emerging Trends, Issues & Challenges in Physical Education and Sports”	S.J.N .P.G College, Lucknow (U-P)	30 th Aug. 2017
Study of Socio-Economic Status of Senior Citizens of H.P. & U.P State	National Seminar on “Value based Innovative Research Methods in Physical Education”	D.A.V.P.G. College, Lucknow (U-P)	18 th Jan. 2018
The Problems of Old age in our Country	National Seminar on “Importance of Stretching Exercises for Enhancement of Sports Persons Performance”	Dr. M.W.P.W.S. Kamptee, Nagpur (M-S)	24 th Feb. 2018
Enhancing Athletic Performance with Ayurveda	National Conference on Yoga, Physical Education & Sports	BHU, Varanasi (U.P)	09 th April 2018
Traditional Games of India	National Conference on “Self-employability skills Development in Physical Education”	SGB, Amravati University, Amt. (M.S)	13 th -14 th Dec.2018
Common Health Problems of Indian Senior Citizens	National Conference on “Self-employability skills Development in Physical Education”	SGB, Amravati University, Amt. (M.S)	13 th 14 th Dec.2018
Role of IKS in Higher Education	National Conference on “Yoga and Indian Knowledge System”	SPM, Mukeriyam, (P.B)	30 th July 2025



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**PAPER PRESENTATION IN INTERNATIONAL
 (Seminars & Conferences)**

Topic Presented	Level	Place	Year
Research Cycle and Research Process	International Conference on “Current Trends in Education, Physical Education and Sports”	S.S.C.P.E. Amravati (M-S)	12-13 th March.2011
Role of Muslim Women's in Sports	International Conference on “Women Empowerment”	Ramkrushna College Darapur (M-S)	25-26 th Nov. 2011
Role of Sports Nutrition's: Enhance the Sports...	World Conference on “Health and Fitness of Students”	Abasaheb Yavatmal (M-S)	11 th Feb. 2012
Sports Performance of Athletes through Yoga	International Conference on “Futuristic Trends in Physical Education”	Punjabi University Patiala (P-B)	24th -26 th Jan 2013
Personality Development in Children who Play Sports	International Global Conference on “Physical Education, Health & Sports Sciences”	GNDU University Amritsar (P-B)	24 th -26 th Jan. 2014
Yoga for the Elderly-Seniors' way to be Fit	International Interdisciplinary Conference on “Role of Recreational Activities and Music for the Wellbeing of Society”	SGB, Amravati University, Amravati (M-S)	09 th -10 th March 2015
The Study of	International Conference on “Recent Technological Advancement & Entrepreneurship in Sports”	BHU, Varanasi (U-P)	12 th 13 th March 2016



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Role of Statistical Package of Social Science (S.P.S.S) in Research	International Seminar on “Various Aspects of Physical Education, Yogic & Allied Sciences”	MGKV, Varanasi (U-P)	27 th -28 th Sep. 2016
A Comparative study of Socio-economic and Health Status....	International Conference on “Future Perspective of Physical Education, Sports & Yogic Sciences”	SGB, Amravati University, Amt. (M.S)	15 th -16 th Dec. 2017
Technology in Sport: Benefits of Advanced Sporting Technologies	International Conference on “Recent Trends in Science and Technology”	SSSKR, College, Karnaja, Washim (M.S)	22 nd - 23 rd March 2018
Comparative Study of Soico-econmoic & Health Status of Elderly Peoples Living in H.P & U.P	International Seminar on “Utility of Physical Education, Fitness, Wellness and Health in Present Scenario”	Lucknow University, (U.P)	18 th -20 th Oct. 2019
Stay active at Home during Lockdown with Yoga	International Webinar on “Innovation, Education and Sports with COVID-19”	S. M. College, Chandausi, (U.P)	17 th May 2020
The Importance of AI in Education Sector	International Conference: The Importance of AI in Education Sector	Punjab	28 th Sep. 2024

SEMINARS & CONFERENCES ATTENDED (National/International Level)

- ❖ Attended the **National Conference** on “Association of Physical Education and Sports” (NAPESCON) at H.V.P.M, Amravati (M-S) on dated Feb 08-09-10-2008.
- ❖ Attended the **UGC National Conference** on “Scientific Temperaments in Physical Education and Sports” at Shaheed Kanshi Ram College of Physical Education, Mohali (P-B) on dated 15th Nov. 2008.



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- ❖ Attended the **UGC National Seminar** on “Role of IQAC in the Improvement of Academic and Administrative Performance in the Institution” at Shri Shivaji College of Physical Education Amravati (M-S) on Jan 30 to 31-2009.
- ❖ Attended the **UGC National Conference** on “New Challenges in Indian Physical Education and Sports” on 15th Jan 2010.
- ❖ Participated in Intellectual Awareness Training Program under National Intellectual Property Awareness Mission (NIPM), India.
- ❖ Attended seminar on “Building Excellence in life and career through work ethics and culture” organised by IQAC, St. Bede’s College, Shimla, (H.P), India, on November 18th, 2024.

WORKSHOP ATTENDED

- ❖ Attended the **One day Workshop** on Curriculum Development of Physical Education for Training Colleges, 20th Nov. 2008 at Dr.B.N.C.P.E.Yavatmal (M.S).
- ❖ Attended the **Two day National Workshop** on Adventure Sports, Yoga & Physical Education, Paper entitled “Effects of Exercise on Pregnancy” 21st -22nd Nov. 2015 at B.H.U., Varanasi (U-P).
- ❖ Attended the **Seven Day National Workshop** on Basic Research Methodology & Statistical Analysis, 05th Jan. to 11th Jan. 2016 at B.H.U., Varanasi (U-P).
- ❖ Attended the **One National Workshop** on Respect for Women’s and Children’s, 26th Feb. 2016, Youth and Sports Welfare Department, at MGKV, Varanasi (U.P).
- ❖ Attended the **Seven Day National Workshop** on Research Methods and Statistical Measures in Behavioral Sciences, 08th Feb. to 14th Jan. 2017 at B.H.U., Varanasi.

BOOK CHAPTERS EDITED (National & International Level)

- Chapter published entitled “Historical Research: A way of Realization” in International Book Chapter, Interdisciplinary studies and Humanities and Sciences, Tulip Publication, Shimla, (H.P), October, 2023.
- Chapter published entitled “Mechanism for the effects of Stress on Health” in International Book Chapter, Interdisciplinary studies of Literature, Tulip Publication, Shimla, (H.P), Dec. 2023.



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- Chapter published entitled “SPSS and its application in Research” in International Book Chapter, Interdisciplinary studies and Humanities and Sciences, Tulip Publication, Shimla, (H.P), July 2024.
- Chapter published entitled “Overview of Childhood and Adolescence Disorders” in International Book Chapter: Advances in Multidisciplinary and Current Research, Germany.

PATENT

- **One patent** published in Official Journal of Government of India, entitled “VIRTUAL REALITY BASED TRAINING METHODOLOGY FOR PARA SPORTS, publication date: 21/07/2023, India.
- Participated in IP Awareness Training Program under National Intellectual Property Awareness Mission (NIPAM) on June 26th, 2024.

RESEARCH PROJECTS

- Total Numbers of Dissertations Completed in Master Degree: 40

RESEARCH SUPERVISOR (PhD)

- 02 Research Scholars are doing PhD under supervision.

REFRESHER COURSE/FDP AND OTHERS

- Attended, 78th Online Refresher Course on Physical Education and Yoga 20th Feb. to 05th March 2023 at SPU, University, Vallabh, Vidyanagar, Gujarat-India.
- Attended, Six day faculty development program on “Enhancing Quality education in higher education” organised by St. Bede’s College, Shimla, (H.P), India, Decemebr 16th to 21st, 2024.
- Attended, faculty development program on “Generative at tool enhancing teaching and learning at HEI”, May 05th to 10th 2025, Organised by Technoledge, St. Bede’s College, Shimla, (H.P), India.



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CONCULTANCY SERVICE

- As a subject Expert in live program “MANZIL” entitled “Career opportunities in Physical Education and Sports”,’ at DD Himachal, Shimla, (H.P) on 28/08/2023.

CO-CURRICULAR ACTIVITIES

- Organized many events like: Conferences, Seminars, Webinars, Workshops, Intercollege Sports Competitions and extension activities as Coordinator, Secretary and Convener.

TEACHING EXPERIENCE

- ❖ Worked as Lecturer in P.G. Department, Dr. B. N. C. P. E. Yavatmal (M-S) from July 2008 to July 2009.
- ❖ Worked as Assistant Professor in NNPGC Nawabganj Gonda (U.P) from, July 2009 to July 2016.
- ❖ Worked as Head, Department of Physical Education in NNPGC, Nawabganj Gonda (U.P) from, July 2016 to 30th October-2021.
- ❖ Worked as Principal, EGC: Degree College, Jhunir, Mansa, (P.B), India.
- ❖ Working in Department of Physical Education, St. Bede’s College, Shimla, (H.P) from 18th May 2022 to till now.

<https://www.stbedescollege.in/wp-content/uploads/2022/08/ashwini.pdf>

TEACHING SPECIALIZATION

- ❖ Research Methodology, Statistics, Psychology, Bio-mechanics, Computer Application, Anatomy & Physiology, Yoga Education, Kinesiology and Training Methods etc.



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CONTRIBUTION TO ESTEEMED PROFESSIONAL SOCIETIES & GOVERNING BODIES IN INDIA & ABROAD

- ❖ Member of World Society for Peace Sports, South Korea.
- ❖ Registered member of International Federation of Physical Education, Fitness and Sports Science, India.
- ❖ Registered member of Indian Federation of Computer Science in Sports, India.
- ❖ Member of Board of Studies in Physical Education Ref. No: MAHGU/BOS/2022/73, 02/11/2022, Himalayan Garhwal University, Uttarakhand, India
- ❖ Appointed as Coordinator of Himachal Pradesh Chapter Ref. No. PEFI/HP/13, Dated: 19/12/2022 under Physical Education Foundation of India (PEFI), Ministry of Youth affairs and Sports, New Delhi, India.
- ❖ Secretary, PEPA (Physical Education Personnel Association), India.
- ❖ Registered member of Research Foundation of India (RFI), November 2024.
- ❖ Elected member of American Psychological Association (APA), USA, 2024.
- ❖ Appointed as a member of NCERT: Text Development Plan, New Delhi, India.

(Dr. Ashwani Kumar)