

PROFILE

DR. NEHA BAGHEL

Assistant Professor

Physical Education

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ADDRESS

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PERSONAL INFORMATION:

Father's Name	:	Late. Shri Rajendra Prasad Baghel
Mother's Name	:	Smt. Laxmi Baghel
Date of Birth	:	11, Dec 1993
Gender	:	Female
Marital Status	:	Unmarried
Blood Group	:	O+
Nationality	:	Indian
Languages Known	:	English, Hindi

SPECIALIZATION

- Theory Specialization- **EXERCISE PHYSIOLOGY**
- Sports Specialization- **SWIMMING**
- Professional Player – **SWIMMING, TRIATHLON and ROAD CYCLING**
 - 2 Times clear J.R.F in UGC-NET / J.R.F Exam in the year 2017.

<i>Educational Qualification</i>	<i>Board/ University</i>	<i>Year of Passing</i>	<i>Division</i>
Ph.D. (Physical Education)	University of Delhi	2022	<i>Awarded</i>

M.P.Ed. (Exercise Physiology & Swimming)	LNIFE	2017	<i>First</i>
B.P.Ed. (Swimming)	LNIFE	2015	<i>First</i>
10+2 (Commerce Stream)	K.V. NO.1 Gwalior CBSE BOARD	2011	<i>First</i>
10 th (General)	K.V. NO.1 Gwalior CBSE BOARD	2009	<i>First</i>

WORK EXPERIENCE

- ★ Currently working as **Assistant Professor Physical Education** in Maitreyi College, University of Delhi from 28th dec. 2023.
- ★ Former **Sports Officer (Class -2 Gazetted officer)** in MPRP Govt. GDC DEWAS M.P. in M.P. Higher Education from 12th dec. 2019 to 27th dec. 2023.
- ★ Former **TGT Physical Education Teacher (Permanent)** in government of NCT of Delhi Directorate of Education at GSKV Amalwas Jwalapuri New Delhi from 11th Nov. 2019 to 11th dec 2019.
- ★ Former **Physical Education Teacher (Permanent)** in Jawahar Navodaya Vidyalaya at Balrampur Chhattisgarh from 12th sept. 2018 to 10th nov.2019.

SPORTS ACHIEVEMENTS

- **TRIATHLON**
 - ★ Participated in **Asia Triathlon Championship tournament cum Senior National in Triathlon 2020** held at Chennai, Tamil Nadu.
 - ★ Participated in **Senior National in Triathlon Championship 2019** held at Thiruvananthapuram, Kerela.
 - ★ **1st Podium Finisher** in 25th MP State Triathlon Championship (senior women) 2019 at Rewa M.P.
 - ★ **1st Podium Finisher** in 24th MP State Triathlon Championship (senior women) 2018 at Jabalpur M.P.
 - ★ Secured **6th Position** in Triathlon Senior National Championship 2017

held on 11th march 2018, at Visakhapatnam, Andhra Pradesh.

- ★ Secured 1st Position in International Triathlon Championship, Jaipur 2017 held at vidyashram Jaipur.
- ★ Secured 1st Position in New Delhi Triathlon 2017 in New Delhi.
- ★ Secured 1st Position in International Triathlon Championship, Delhi Feb. 2017 held at New Delhi.
- ★ 2nd Podium finisher in 23rd MP State Triathlon Championship (senior women) 2017 at Bhopal M.P.
- ★ Secured 1st Position in New Delhi Triathlon Championship 2016 in New Delhi.
- ★ Represented Madhya Pradesh in Senior National Triathlon Championship (Test Event-12th South Asian Games) in the year 2016, at Guwahati, Assam.
- ★ 1st Podium finisher in 22nd MP State Triathlon Championship (senior women) 2016 at Hoshangabad M.P.
- ★ 1st Podium finisher in 21st MP State Triathlon Championship (senior women) 2015 at Indore M.P.
- ★ Secured 3rd Place in 35th National Games Kerala 2015 in Triathlon Women Team Event.
- ★ 1st Podium Finisher in 20th MP State Triathlon Championship (Senior Women) 2014 at Gwalior M.P.
- ★ Represented Madhya Pradesh in Senior National Triathlon Championship in the year 2010, at Indore, M.P.
- ★ 2nd Podium finisher in 15th MP State Triathlon Championship (Senior Women) 2009 at Gwalior M.P.

- **SWIMMING**

- ★ Won 4 Medals (1 gold, 1 silver and 2 Bronze) in National Masters Swimming Championship 2024-25, at Bhopal Madhya Pradesh.
- ★ Won 2 Medals (1 silver and 1 Bronze) in All India Civil Services Swimming Championship 2023-24 in New Delhi.
- ★ Won 2 Bronze Medals in All India Civil Services Swimming Championship 2022-23 in New Delhi.
- ★ Represented the LNIPE, Gwalior in "All India Inter-University Competition"

in the year **2015-16** at Punjab University Chandigarh.

- ★ Represented the LNIPE, Gwalior in “**All India Inter-University Competition**” in the year **2014-15** at Jain University Bangalore, Tamil Nadu.
- ★ Represented the LNIPE, Gwalior in “**All India Inter-University Competition**” in the year **2013-14** at Guru Nanakdev University Amritsar, Punjab.
- ★ Represented the LNIPE, Gwalior in “**All India Inter-University Competition**” in the years **2011-12** and **2012-13** at university of Calcutta, Kolkata.
- ★ Represented Madhya Pradesh in **36th Junior National Aquatic Championship** in **2009** at Jaipur Rajasthan.
- ★ Represented Madhya Pradesh in **35th Junior National Aquatic Championship** in **2008** at Amritsar Punjab.
- ★ Represented Madhya Pradesh in **34th Junior National Aquatic Championship** in the years **2007** at Bhopal M.P.
- ★ Represented Madhya Pradesh in **32th National Sports Festival for Women** in the year **2006** at Chennai Tamil Nadu.
- ★ Represented Madhya Pradesh in **28th National Sports Festival for Women** in the year **2003** at Gandhinagar Gujarat.
- ★ Participated in **56th National School Games (SGFI)** in the year **2010-11** at Pune, Maharashtra.
- ★ Secured **1st, 1st and 3rd Position** in swimming **41st KVS National Sports Meet 2010** at BEG Pune.
- ★ Secured **1st, 1st and 2nd Position** in swimming **40th KVS National Sports Meet 2009**.
- ★ Secured **2nd and 3rd Position** in swimming **38th KVS National Sports Meet 2007**.
- ★ Secured **3rd Position** in swimming **37th KVS National Sports Meet 2006**.
- ★ **10 Times** participated in **State Aquatic Championship** and secured **31 Medals** from the year **2002 to 2010**.
- ★ **5 Times Gold Medalist** in **K.V.S Regional Sports Meet in Swimming** from the year **2005, 2006, 2007, 2008 and 2010**.
- ★ Secured **38 Medals** in District Swimming Championships.

● CYCLING

- ★ Represented the LNIPE Gwalior **All India Inter-University Competition** in

cycling road (women) in the year 2016-2017 at Guru Nanak Dev University Amritsar, Punjab.

- **MARATHON**

- ★ 3rd Position in Half Marathon (21km) called the HELL RACE in Himachal Pradesh 2018.

- ★ Participated in Half Marathon (21km) Organized by Sardha Marathon on 18th Feb. 2018.

- **YOGA**

- ★ Represented India at National and International Himalaya –A Yoga Olympiad in the year 2005 Organized by Vivekananda yoga Anusandhana Sanstana at Prasantikutiram Bangalore, India.

- **CHESS**

- ★ Winner at State Level in M. P. Higher Education Teacher's Tournament 2022 in chess Women Team.

- **BADMINTON**

- ★ Winner at Division and District level in M. P. Higher Education Teacher's Tournament 2022 and 2023 in Badminton.

- **TABLE-TENNIS**

- ★ Winner at Division and District level in M. P. Higher Education Teacher's Tournament 2022 and 2023 in Table-Tennis.

RESEARCH PAPERS AND PUBLICATIONS

1. Main Author of Book named "Swasth Jeevan Ke Liye Sharirik Shiksha" Published by Khel Sahitya Kendra, 2024 ISBN. 978-93-93393-70-8, 2022
2. Associate Editorial Board Member, in International Journal of Advance Multidisciplinary Research and Analysis.
3. Published Chapter "Scientific Trends in Sports Training" in book named progressive trends in sports training, exercise and yogic sciences(volume-4), scorpion publication New Delhi.
4. Presented a research paper in National E-conference and published "A

- comparative study between male and female runners on the basis of psycho-physiological variables”** in Sanshodhak (print only journal) Vol. 44, march 2024, UGC–CARE Listed ISSN No. 2394-5990.
5. **Editor of proceeding of National webinar/E-Conference on “the yoga sutras, the science of the mind, body and spirit”** conducted on 26th august, 2023 by sports department MPRP Govt. girls’ degree college, Dewas, M.P.
 6. Presented a research paper in National Webinar on **“Effect of yoga practices on physiology of human body systems”** in one-day national webinar on yoga for healthy living and wellness conducted on 25th august 2023 by sports department of govt. chhatrasal maharaja college, maharajpur, Chhatarpur, M.P.
 7. Presented a research paper in National Webinar on **“The Indian heritage and global recognition: Yoga”** in one-day national webinar on interrelationship of yoga and health conducted on 31st august 2023 organized by Government College Thandla, Jhabua, M.P.
 8. Published **Chapter “Progressive trends of sports psychology and its effects on sports training”** in book named progressive trends in sports training, exercise and yogic sciences(volume-1).
 9. Make E-content of 4 modules for M.P. Higher Education on the topic of **Nutritional Guidelines for Common Man and Athletes.**
 10. Make E-content of 4 modules for M.P. Higher Education on the topic of **Assessment of Heath-Related Fitness Body Composition, Flexibility and Muscular Strength.**
 11. Published a research paper **“A study on assessing minimum muscular fitness of school children- A Kraus –Weber Test”** International Journal of applied research, peer reviewed journal, Vol. 8, issue 5: 2022, pp.366-369.
 12. Published a research paper **“An assessment of achievement motivation and mental rehearsal among swimmers, cyclists and runners”** International Journal of applied research, peer reviewed journal, Vol. 8, issue 5: 2022, pp.137-140.
 13. Published a research paper **“An investigation of interrelationship between selected physiological variables and female cyclist**

- performance"** International Journal of applied research, peer reviewed journal, Vol. 8, issue 4: 2022, pp. 351-354.
14. Published a research paper **"Are swimmers and cyclists differing each other on the basis of selected physiological variables? - a juxtaposition analysis"** International journal of food and nutritional sciences, ISSN 23207876 in UGC-Care listed (group -1) vol. 11 Iss. 11, Nov. 2022, pp. 18985-18991
 15. Presented a research paper in international E-conference and published **"A comparative study on gender difference in cyclist on the basis of selected pshyco-physiological variables"** in kalyan bharati Vol. 36, No. (IX): 2021, UGC–CARE List Group I.
 16. Research Paper presented in international conference on **"A comparative study between male and female triathletes on the basis of physical and physiological variables"** in Innovative pedagogical approaches for integration of physical education and yogic sciences in teacher education organized by DAV university, Jalandhar department of physical education and department of education from 21st to 22nd june 2021.
 17. Research paper presented and published International E-conference on **"A study on selected team games in relation to stress control as the aspect of lifestyle assessment"** in "Innovation and practices of modern sports science and traditional yoga" under the aegis of ministry of youth affairs and sports (Govt. of India) organized by Physical education foundation of India (PEFI) in collaboration with international association of physical education and sports (IAPES) from 25th to 27th june 2021.
 18. Presented a Research Paper on **"A comparative study among sprinters and long-distance swimmers on selected respiratory parameters"**. International journal for innovative research in multidisciplinary field (2020) Page no.656-658.
 19. Presented a Research Paper on **"A comparative study of different energy drinks on physical fitness variables of handball players"** International journal for innovative research in multidisciplinary field (2020) Page no. 202-204.

● **PROFESSIONAL EXPERIENCES**

- ★ **Resource person at National seminar** organized by MPRP Govt. Girls Degree College Dewas Madhya Pradesh on 20th dec. 2024.
- ★ Maitreyi sports Team escorting as **manger in intercollege** of hockey, football, softball and netball in the session 2024-25.
- ★ **External examiner and evaluator** in different colleges of university of Delhi .
- ★ **International Resource person** at global Indian international school, Abhu Dhabi, UAE on the topic of “an introduction of muscle fiber types and its influence on sports performance” on 1st July 2024.
- ★ **Resource person at National webinar** organized by government college Thandla, Jhabua, M.P. on 28th June 2024.
- ★ **Resource person at National webinar** organized by government chhatrasal maharaja college, Maharajpur, M.P. on 29th may 2024.
- ★ **Resource person at National webinar** organized by government college Namli, Ratlam, M.P. on 28th may 2024.
- ★ **Resource person at National webinar** organized by government college vijayraghvghar, Katni M.P. on 24th may 2024.
- ★ **International Resource person at global Indian international school, Abhu Dhabi, UAE** on the topic of “the generational trends changes and impacting on the sports culture” on 27th march 2024.
- ★ Escort the **Delhi university all India interuniversity Netball women’s team as a team manager** organized by Naipunnya institute of management and information technology, Koratty, Thrissur district, university of Calicut from 04th to 07th may 2024.
- ★ Maitreyi college sports Team escorting as **manger in intercollege** of hockey, football, softball and netball in the session 2023-24.
- ★ **Organized as a convener a National webinar/E-Conference** on “the yoga sutras, the science of the mind, body and spirit” on 26th august, 2023 and an **Editor of conference proceeding**.
- ★ **Organized as a convener District Level Girls Tournament of Dewas District, Vikram university M.P. in 14 games** –Basketball, Volleyball,

Football, Yoga, Cricket, Kabbadi, Kho-Kho, Badminton, Softball, Judo, Hockey, Athletics, Table-Tennis, Chess Every year in Dewas District.

- ★ **Selection committee member in Vikram university M.P.** of sports team for different –different games at District and Division level.
- ★ **Training College girls in these different –different games** and my students get selection at District, Division, State and All India Interuniversity tournaments represent Vikram university M.P.
- ★ **Sports Team Escorting** of MPRP GDC College, District, Division, State and All India Interuniversity team of Vikram university.
- ★ **Have experience to work in NAAC criterion 4, Hostel Incharge, NSS Camps, Committee Member** of Discipline, Anti Ragging, scholarship, organizing and hosting on stage in conferences, seminars and workshops and **event management**
- ★ **Organized as a convener 15 Days Physical Fitness and Athletics Training Camp** in MPRP Govt. girls' degree college Dewas M.P. NOV. 2022.
- ★ **Organized as a convener 15 Days Softball Training Program** in MPRP Govt. girls degree college Dewas M.P. from DEC. 2022.
- ★ **Organized as a convener 07 Days Softball Training Program** in MPRP Govt. girls' degree college Dewas M.P. from 23rd to 29th Jan. 2022.
- ★ **Organized as a convener 07 Days Physical Fitness Training and Workshop** in MPRP Govt. girls' degree college Dewas M.P. 2022 from 17th to 23rd mar. 2022.
- ★ **Organized as a convener 15 Days Self Defense Training Program** in MPRP Govt. girls degree college Dewas M.P. from 20th jan.-05th Feb. 2022.
- ★ **Organized as a convener 07 Days Yoga Training and Workshop** in MPRP Govt. girls' degree college Dewas M.P. from 17th to 23rd mar. 2022.
- ★ **Organized as a convener 07 Days Online Football Training Program** in MPRP Govt. girls degree college Dewas M.P. from 5th -11th sept. 2021.
- ★ **Organized as a convener One Day National Workshop** on the topic of "Yoga, A Complete Fitness Mantra" on 12th Jan 2021 in MPRP Govt. girls' degree college Dewas M.P.
- ★ **Organized as a convener One Day National Workshop** on the topic of

"The Absolute Indoor Fitness Formula" on 15th Feb 2021 in MPRP Govt. girls' degree college Dewas M.P.

★ **Organized as a convener One Day International Webinar** on the topic of **"Contribution to Healthy Society by Sports Women In Global Pandemic 2020"** on 16th June 2020 in MPRP Govt. girls degree college Dewas M.P.

OTHERS PROFESSIONAL PARTICIPATIONS

- ✓ Participated in **Faculty Development Program** on **"Reinventing Pedagogy in the Age of AI: Methods, Approaches and Perspectives"** organized by UGC-MMTTC Maitreyi college, university of Delhi from 16th to 22nd Jan. 2025.
- ✓ Participated in **"NEP Orientation and Sensitization Programme"** held from 2nd to 11th Dec. 2024 organized by UGC-MMTTC SGTB Khalsa college, university of Delhi.
- ✓ Participated and obtained **A+ Grade** in **Guru Dakshta "Faculty Induction Programme"** from 28th Aug. 2024 - 25th Sept. 2024 organized by UGC-MMTTC, Lakshmi Bai National Institute of Physical Education Gwalior M.P.
- ✓ Participated in **faculty training program** on **"organizing data using google tools"** organized by department of computer science, Maitreyi college on 25th and 26th Sept. 2024.
- ✓ Participated in **training-cum-workshop** on **"internet of things applications and innovations: unlocking the potential of IOT"** on 13th June 2024 at skill development centre, Maitreyi college university of Delhi.
- ✓ Participated in **Refresher Course in Physical Education** from 18th - 31st March 2022 organized by UGC Human Resource Development Centre Lakshmi Bai National Institute of Physical Education Gwalior M.P.
- ✓ Participated in **4- Week Induction/Orientation Programme For "Faculty in University/College/Institute of Higher Education"** from 10th Dec 2020- 08 Jan 2021 organized by Teaching learning center Ramanujan College University of Delhi.
- ✓ Participated as **Mentor in Online Short-Term Self Employment Training Course** from 08/02/2021 to 09/03/2021 organized by RCVP Noronha

Academy, Bhopal M.P.

- ✓ Participated In **7 Days National Workshop on Physical Fitness and Health Development** organized by kasturbagram rural institute, Indore M.P. from 25th-31st Jan 2021.
- ✓ Participated in **7 Days Online Faculty Development Program on Sports Coaching and Sports Science** organized by Swarnim Gujarat sports university, Gujarat from 23rd-29th June 2020.
- ✓ Participated as delegate in **7 days National Workshop on Nutrition for Sports, Exercise and Weight Management** organized by the department of sports management and coaching held at LNIPE, Gwalior from 5-11th Feb. 2018
- ✓ Participated in **National Workshop on Basic Life Saving Skills for Life Threatening Situations** held on 30th April 2017 organized by LNIPE, Gwalior (M.P.)
- ✓ Participated in the **Aqua Fitness Workshop** from 6-8 Aug. 2016 held at LNIPE, Gwalior (M.P.)
- ✓ Attended the **National Seminar for The Development of University Sport in India "UTTHAN"** on 7-8 March 2016 held at Vigyan Bhawan, New Delhi.
- ✓ Work as **Technical Official** in **XVI National Para Swimming Championship, 2016-17** held at sawaiman singh stadium swimming pool, Jaipur.
- ✓ **Two Months Teaching and Coaching Experience** in Mussoorie International school (**Uttarakhand**) in Internship Program organized by L.N.I.P.E, Gwalior 2014.
- ✓ Worked as **Swimming Instructor** in summer coaching camp for two months in every Year from 2011 to 2016 which is organized by L.N.I.P.E, GWALIOR.
- ✓ Trained School Students of Scindia School, Gwalior for "**Inter-School March- past and Mass Display Competition**", organized by L.N.I.P.E, Gwalior in 2012.
- ✓ Participated in "**Introductory Course on The Halliwick Concept**" held at LNIPE from 14th-17th May 2012.
- ✓ Work as **Technical official** in XI national paralympic swimming

championship held at Kolhapur, Maharashtra from 9th-12th dec 2011.

EXTRA CO-CURRICULAR ACHIEVEMENTS

- ★ Participated in **Inter-University Zonal Central Youth Festival** in Clay Arts in the years 2011 Mohanlal sukhadia university Udaipur Rajasthan.
- ★ Participated in **Inter-University Zonal Central Youth Festival** in clay arts in the years 2012 Osmania University, Hyderabad.
- ★ Participated in **Inter-University Zonal Central Youth Festival** in clay arts in the years 2013 at Kakatiya University Warangal A.P.
- ★ Participated in **Inter-University Zonal Central Youth Festival** in clay arts in the years 2014 at Berhampur University, Odisha.
- ★ Have done **'B and C' Certificate in NCC** in the year 2011-12 and 2012-13.
- ★ Attended **Leadership Training Camp** held at Panchmarhi (M.P) in 2013.

REGARDS,

DR. NEHA BAGHEL