

PROFILE

DR. NEHA BAGHEL

Assistant Professor

Physical Education

Maitreyi College

University Of Delhi

Mob. No. : +91-7011659277

E-mail: nehabaghel112@gmail.com

PERMANENT ADDRESS

O-4 Phase -II Shatabdi Puram, Near Scindia Statue

Gwalior, Madhya Pradesh



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** and Sports Specialization- **SWIMMING**

Professional Player - **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	2011	<i>First</i>

	BOARD		
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 Vidhyalaya at Balrampur Chhatishghar from 12th sept. 2018 to 10th nov. 2019.
- **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 month 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.
- **Work as Technical Official in XVI National Para Swimming Championship, 2016-17** held at sawaiman singh stadium swimming pool, jaipur.
- Work as **Technical official** in XI national paralympic swimming championship held at Kolhapur, Mararashtra from 9th-12th dec 2011.

SPORTS ACHIEVEMENTS:

- **TRIATHLON**

- Participated in **ASTC tournament cum Senior National in Triathlon 2020** held at Chennai, Tamilnadu.
- 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 **Jaipur International Triathlon 2017** held at vidyashram Jaipur.
- Secured **1st Position** in **New Delhi Triathlon 2017** in New Delhi.
- Secured **1st Position** in **Delhi International Triathlon Championship** 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 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 **LNIFE, Gwalior** in “**All India Inter-University Competition**” in the year **2015-16** at Punjab University Chandigarh.
- Represented the **LNIFE, Gwalior** in “**All India Inter-University Competition**” in the year **2014-15** at Jain University Bangalore, Tamilnadu.
- Represented the **LNIFE, Gwalior** in “**All India Inter-University Competition**” in the year **2013-14** at Guru Nanakdev University Amritsar, Punjab.
- Represented the **LNIFE, 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 Tamilnadu.
- 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 LNIFE 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**) Organised by Sardha Marathon on 18th feb. **2018**.

- **YOGA**

- **Represented India** at **National and International Himalaya –A Yoga Olympiad** in the year **2005** Organised by Vivekananda yoga Anusandhana Sansthana 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.

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.

RESEARCH PAPERS AND PUBLICATIONS:-

1. 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).
2. Make E-content of 4 modules for M.P. Higher Education on the topic of **Nutritional Guidelines for Common Man and Athletes.**
3. Make E-content of 4 modules for M.P. Higher Education on the topic of **Assessment of Health-Related Fitness Body Composition, Flexibility and Muscular Strength.**
4. 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.
5. 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.
6. 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.
7. 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.
8. 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.
9. 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.

10. **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.
11. **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:**

- **Organizing District Level Girls Tournament 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** 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.
- **Sports Team Escorting** of my College, District, Division, State and All India Interuniversity Tournaments.
- **Purchasing Sports Equipments** by different methods of purchasing, **Maintaining Stock Register** and sports **equipment** as well as sports **infrastructure** in college.
- **Have experience to work in NAAC** criterion 4, **Hostel Warden, NSS Camps, Committee Member** of Discipline, Anti Ragging, scholarship, organizing and hosting on stage in conferences, seminars and workshops and **event management**.
- **Organized 15 Days Physical Fitness and Athletics Training Camp** in MPRP Govt. girls degree college Dewas M.P. NOV. 2022.
- **Organized 15 Days Softball Training Program** in MPRP Govt. girls degree college Dewas M.P. from DEC. 2022.
- **Organized 07 Days Softball Training Program** in MPRP Govt. girls degree college Dewas M.P. from 23rd to 29th jan. 2022.
- **Organized 07 Days Physical Fitness Training and Workshop** in MPRP Govt. girls degree college Dewas M.P. 2022 from 17th to 23rd mar. 2022.
- **Organized 15 Days Self Defense Training Program** in MPRP Govt. girls degree college Dewas M.P.from 20th jan.-05th feb. 2022.

- **Organized 07 Days Yoga Training and Workshop** in MPRP Govt. girls degree college Dewas M.P. from 17th to 23rd mar. 2022.
- **Organized 07 Days Online Football Training Program** in MPRP Govt. girls degree college Dewas M.P. from 5th -11th sept. 2021.
- **Organized 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 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 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 **Refresher Course in Physical Education** from 18th - 31st March 2022 organized by UGC Human Resource Development Centre Lakshmbai 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 10thdec 2020- 08 jan 2021 organized by Teaching learning centre 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 -29thjune 2020.
- ✓ **Participated** as delegate in **National Workshop on Nutrition For Sports, Exercise and Weight Management** organized by the department of sports management and coaching held at LNIFE, Gwalior from 5-11thfeb. 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.
- ✓ Participated in “**Introductory Course on The Halliwick Concept**” held at LNIPE from 14th -17th may 2012.