

RESUME

Dr. Vijay Prakash

Permanent Address

C/o Prof. Mahendra Nath Rai
118/8, Shayama Sadan,
Mahamanapuri Ext. I.T.I. Road
Varanasi, U.P.
PIN-221005

Mb.no: 09465989443

E-Mail : vijayrai34@yahoo.com



Professional Objectives

To create a positive learning environment and become a Performance oriented professional by utilizing knowledge and skills optimally.

Professional Profiles

To serve the profession with full enthusiasm and dedicated towards difference in student lives by innovative, caring manner.

Educational Qualifications:

Degree	School/Uns.	Year	%	Div.
Ph.D	B.H.U., Varanasi	2011	N/A	N/A
M.Phil	T.N.P.E.S.U Chennai	2008	69.11	Ist
Master of Physical Education(M.P.E.)	B.H.U., Varanasi	2007	72	Ist
Bachelor of Physical Education(B.P.E.)	B.H.U., Varanasi	2005	65.44	Ist
Intermediate	C.B.S.E.	2001	63.20	Ist
High School	N.O.S.	1999	61.80	Ist

Ph.D Topic: - (Comparative study of Anxiety, Depression and Stress Vulnerability between Sports Persons and Non-Sports Persons)

Mphil Topic: - (Comparative analysis of Physical, Physiological & Anthropometric Variables among university men Basketball, Volleyball and Hockey Players)

Work Experience Details:

- Worked as a guest lecturer in Dhirendra Mahila Maha Vidyalay, Varanasi from 26, August, 2008.
- Current Worked as an Assistant Professor in Lovely Professional University from 15, December, 2011.

Additional Qualifications:

1. Successfully completed a certificate course in “Yogic Practices for Better Living” conducted at Yoga Sadhana Kendra (Centre of Yoga), Banaras Hindu University in the year 2005.
2. Completed Diploma in Yoga, 2006.
3. Completed Course on (3 months) Certificate in D.T.P. Course in Computer.
4. Attended Volleyball Clinic- 2007.
5. Attended a “World Conference on Shaping A Future Classroom: A Global Perspective (EDUCON 2012)” on 6th to 8th April on Lovely professional University,(Phagwara) Punjab.

Publication:

Article:-

1. Prakash Vijay “Bharatiya Yoga- Sadhna may Chakro ka Swaroop or inke Jagaran ke Nihitharth” Magazine of Naagri Patrika Published in Vol. 7, Page 16-18, 15, oct., 2008 - 14, Nov., 2008.

Research Paper:-

1. Prakash Vijay (2009) “**The Effect of Physical Training on Cardiovascular Endurance of College Girls**” *Anusilana- Research Journal of Indian Cultural, Social & Philosophical Strem*, Published in Vol. XII, page 71-76. ISSN: 0973-8762, (First Author (2)).
2. Prakash Vijay (Nov.-Dec.2009) “**Comparison of Selected Physical Fitness Variables Among Basketball, Volleyball and Hockey Players**” *Amass- Multilateral Research Journal Bilingual Biannual*, Published in Vol. 1, No. 2 page 57-61. ISSN: 0975-3966, (First Author(2)).
3. Prakash Vijay (Aug.-Dec.2010) “**Comparison of Selected Motor Fitness Variables Among Male Basketball, Volleyball and Handball Players**” *Human Kinetics- A Journal of Physical Education*, Published in Vol. 1, Issue II, page 44-49. ISSN: 0976-6588, (Second Author (2)).
4. Prakash Vijay (June.2011) “**Comparison of Selected Body Composition Variables among Males Basketball, Volleyball and Handball Players**” *Journal of Educational Chronicle- An international journal of education*, Published in Vol. 1, No. 2, page 82-86. ISSN: 2229-6220, (First Author (3)).
5. Prakash Vijay (Feb.-July. 2011) “**Comparison of Selected Physiological Variables among Male Basketball, Volleyball and Hockey Players**” *Persist- Journal of Physical Education, Recreation and Sports in Science & Technology*. Published in Vol. 2, No. 2, page 81-87. ISSN: 0975-7414, (First Author (1)).
6. Prakash Vijay (July 2011) “**A Comparison of Sports Aggression between Football and Volleyball Players of Banaras Hindu University**” *Human Kinetics- A Journal of Physical Education and Fitness*, Published in Vol. II, Issue. 1, page 101-103. ISSN: 0976-6588, (First Author (2)).

7. Prakash Vijay (July-December 2011) “**A Study of Comparison of Aerobic, Anaerobic and Body Composition of Defenders and Attackers of Hockey Players**” *IJMEES- Indian Journal of Movement Education and Exercises Sciences. Published in Vol. I No. 1, page 65-71. ISSN: 2249-5010 Print, ISSN: 2249-6246 Online. (Second Author (4)).*
8. Prakash Vijay (June- 2011) “**A Comparison of Sports Achievement Motivation between Basketball Players and Volleyball Players of Banaras Hindu University**” *SHODH DARPAN- A Multidisciplinary Research Journal. Published in Vol. II No. 1, page 76-80. ISSN: 2231-1688, (First Author (2)).*
9. Prakash Vijay (1 Jan.-June 2012) “**Stress Vulnerability among Professional Students from Different Areas**” *IJMEES- Indian Journal of Movement Education and Exercises Sciences. Published in Vol. II, No II, page no.59-64. ISSN: 2249-5010 Print, ISSN: 2249-6246 Online. (Third Author (3)).*
10. Prakash Vijay (Nov.-Dec 2012) “**Comparative Analysis of Obese and Non-Obese School Male Students on Aggression**” *Amass- Multilateral Research Journal Bilingual Biannual, Published in Vol. 4, No. 2 page 94-96. ISSN: 0975-3966, (Second Author (2)).*
11. Prakash Vijay (Oct 2012) “**Depression Among Professionals Student of Different Area**” *IJMESS- International Journal Movement Education and Social Sciences Bilingual Biannual, Published in Vol.1, No. 1 page 15-18. ISSN: 2278-0793, (Third Author (3)).*
12. Prakash Vijay (Feb 2013) “**State and Trait Anxiety among Professionals Student from Different Area**” *PAS4BA- Conference proceeding on Role of physical activities and sports in balancing education, Published in page no. 178-184. (Third Author (3)).*
13. Prakash Vijay (Feb 2013) “**Comparative Study of Mental Toughness between Male and Female Judo Players**” *JPESS- Journal of Physical Education and Sports Sciences. Annual Journals of Sports Sciences and Researches. Conference proceeding on Role of physical activities and sports in balancing education, Published in page no. 13-16. ISSN: 2319-9946, (Third Author (3)).*
14. Prakash Vijay (Feb 2013) “**A Comparative study of Anxiety between Sports Persons and Non-Sports Persons**” *IOPESRJ- Journal of International Online Physical Education & Sports Research Journal. Academic sports scholars, Published in Vol. 3 Issue. 3, page 1-9. ISSN: 2277-3665, Impact Factor- 1.3205, (Single Author (1)).*
15. Prakash Vijay (Jan, Feb, Mar- 2014) “**A Comparative study of Stress Vulnerability between Sports Persons and Non-Sports Persons**” *IEE-J- International Educational E-Journal. An International E-Journal in Education and Physical Education, Quarterly Journal, Published in Vol. III / Issue I / Jan-Feb-Mar 2014, page-203-213. ISSN: 2277-2456, Impact Factor- 2.325, (Single Author (1)).*
16. Prakash Vijay (June- 2014) “**A Comparative study of Depression between Sports Persons and Non-Sports Persons**” *IOPESRJ- Journal of International Online Physical Education & Sports Research Journal. Academic sports scholars, Published in Vol. 3 Volume: III Issue : VI, page 1-9. ISSN: 2277-3665, Impact Factor- 1.3205, (Single Author (1)).*
17. Prakash Vijay (November- 2014) “**Effect of Induced Fatigue of Different Duration on Selected Psycho-Motor Components**” *Indian Journal of Applied Research IJAR- International Index Journal” Monthly Journal, Published in Vol. 4 / Issue 11 / Jan-Feb-Mar 2014/ November 2014. PRINT ISSN NO: 2249-555X, Page No. 163-166, Online Journal-*

<http://www.theglobaljournals.com/ijar/index.php>, **Impact Factor- 2.1652, (First Author (2)).**

SEMINARS ATTENDED:

International Seminar:-

1. Presented a paper in UGC International Conference on “**Physical Education, Sports, Science, Medicine & Yoga**” held at BHU in 27 & 28 July 2007.

TOPIC: - Yoga & its scope.

2. Presented a paper in the International Conference & Exhibition on “**Modern trends in Exercise Physiology & Nutrition**” held at Jawaharlal Nehru Stadium, Chennai in 15 & 16 Feb 2008.

TOPIC: - High Altitude & Physical Performance.

3. Presented a paper in the International Conference & Exhibition on “**Sports Technology**” held at VIT University, Vellore, T.N in 27 & 28 March 2008.

TOPIC: - Epicondylitis Injuries & Its Prevention Strategies.

4. Presented a paper in the “**5th International Conference of world council for psychotherapy**” (Asian chapter) held at Chandigarh in 5-8 January, 2010.

TOPIC: - Pranayam for Rejuvenation and Spiritual Development.

5. Presented a paper in the “**Recent Technological Advancement & Entrepreneurship in Sports**” A International Conference held at Ims-Gym, Institute medical Science, B.H.U in January 16 & 17, 2010.

TOPIC: - Comparison of Selected Physical Fitness Variables among Basketball, Volleyball and Hockey Players.

National Seminar:-

1. Participated in National Seminar on “Yoga and Aging” organized by Indian Academy of Yoga held at BHU in 26 April 2006.

2. Participated in National Seminar on “Multidimensional futuristic approach to excellence in Physical Education & Sports” held at Jawaharlal Nehru Stadium, Chennai in 21 July 2007.

3. Presented a paper in the National Seminar on “Tamilar Vilayattum Manitha Membaadum” held at Jawaharlal Nehru Stadium, Chennai in 3 November 2007.

TOPIC: - Sports & Human development.

4. Participated in National Seminar on “Professional and Scientific Approaches in Physical Education & Sports Sciences” held at The Department of Physical Education & Sports, Pondicherry University in 12 March 2008.

5. Presented a paper in the National Seminar on “National Seminar of Physical Education and Sports Sciences” held at VNS College of Physical Education, Bhopal in 25 & 26 march 2010.

TOPIC: - Significances of Media in Development of Sports.

6. Presented a paper in the UGC National Seminar on “Physical Education & Sports: Future Prospects” held at Jagatpur Post Graduate Collage, Varanasi, Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi in 23, Feb. 2011.

TOPIC: - Stress and Its Management.

7. Presented a paper in the UGC National Seminar on “Recent Trends in Physical Education & Sports: An Overlook” held at Post Graduate Department of Physical Education, S.G.G.S. Khalsa Collage, Mahilpur (Hsp) Punjab, India in 27 & 28 Feb 2012.

TOPIC: - Benefits of yoga on increasing Concentration.

8. Participated in National Seminar on “National Seminar on Education, Physical Education & Society” held at Sant Baba Hari Singh Memorial Khalsa Collage, Mahilpur (Hsp) Punjab, India in 26 March 2012.
9. Participated in UGC National Seminar on “Recent Researches in Physical Education Sports Naturopathy Yoga Event, Sports Law Ayurveda and Yoga” held at C.H.C. Athletic Association B.H.U. Varanasi in 2 & 3 November 2012.

10. Presented a paper in the UGC National Conference on “Opportunities and Challenges in Physical Education and Sports Science, Medicine, Naturopathy Yoga and Sports Law” held at C.H..C. Athletic Association B.H.U. Varanasi in 26 & 27 July 2012.

TOPIC: - Physical Education & Health.

11. Presented a paper in the UGC National Seminar on “Latest Research and Development in Physical Education & Sports at Global and Local Level” held at C.H..C. Athletic Association B.H.U. Varanasi in 31 January to 1 February 2014.

TOPIC: - Recent Trend in Physical Education.

Workshop:

1. Attended 1st Workshop on “Research Methods and Applied Statistics” on May 15-16, 2009. Organized by Department of Physical Education Faculty Of Arts, BHU.
2. Attended 1st Workshop on “Athletics Rules and Officiating” on November 23rd to 25th 2009. Organized by Department of Physical Education, Faculty of Arts, BHU.
3. Attended “National Workshop on Physical Education & Its Future Prospects” on 23rd February 2010. Organized by Jagatpur Post Graduate Collage, Varanasi Affiliated to Mahatma Gandhi Kashi Vidyapith, Varanasi.
4. Attended “National Workshop on “Emerging Trends & Application of Rules in Athletics” on January 20th, 21st & 22nd, 2011. Organized by Department of Physical Education, Faculty of Arts, B.H.U.
5. Attended and Member of Organizing Committee “National Workshop on Adventure Sports & Certificate Course in Mountaineering and Allied Sports (ASCCMAS)” on February 23rd to 29th 2012. Organized by University Mountaineering Center, Banaras Hindu University, Varanasi (U.P) India.

Membership of Professional Societies:

1. Have a lifetime Membership in “**Society for research and Movement Education**” from the date of 06/02/2012 which is registered under Govt. Society registration act-1973 (ser. 44 of 1973).
2. Have a lifetime Membership in “**Dabas Educational Welfare Society (DEWS)**” from the date of 23/07/2012 to 22/07/2017 which is registered under Govt. Society Registration No-S/1174/SDM/NW/2012, The Societies Registration Act of 1860, Regd. No. DEWS/2012-2013/.

Member of organizing committee in seminar and workshop:

1. Worked as a Volunteer in the International Conference on “**Recent Technological Advancement & Entrepreneurship in Sports**” on January 16 & 17, 2010 held at Ims-Gym, Institute medical Science, B.H.U.
2. Worked as a member of organizing committee in National Workshop on “**Emerging trends and application of rules in athletics**”. Organized by Dept. of physical Education, Faculty of Art’s, BHU, Varanasi on 20th – 22nd January 2011.
3. Worked as a member of organizing committee in National Workshop “**Adventure sports & certificate course in Mountaineering and Allied Sports**”. Organized by University Mountaineering Center, BHU, Varanasi on 23rd to 29th February 2012.

Sports Achievements:

Tournaments	Venue	Year	Place/Achievements
Prof. Kalidas Manik, Open State Football Tournament.	BHU, Varanasi	2002-03	2 nd
North-East Zone Interuniversity Tournament of Handball.	BHU, Varanasi	2002-03	—
Prof. Kalidash Manik, Open State Football Tournament.	BHU, Varanasi	2003-04	—
All India Interuniversity Athletics Tournament.	Ranchi	2003-04	—
45 th U.P. State Basketball Championship.	Lucknow	18 th – 23 rd Oct. 2004	—
East Zone & Inter Zonal Interuniversity Basketball Tournament.	Utkal, Bhubaneshwar	2004-05	—
All India Interuniversity Athletics Tournament.	Nagarjuna	2004-05	—
Inter Faculty Football Tournament.	B.H.U, Varanasi	2005-06	1 st
All India Interuniversity Athletic Tournament.	M.S.U. Tirunelveli	2005-06	Captain
All India Interuniversity Athletics Tournament.	Banglore University	2006-07	—

Sports Specialization: ATHLETIC

Personal Profile:

Date of birth : 03.05.1983
Father's Name : Prof. Mahendra Nath Rai, Dean, Arts Faculty, B.H.U.
Mother's Name : Late. Manorma Rai
Sex and Religion : Male and Hindu
Languages Known : Hindi and English

Declaration:

I hereby declare that all the above information is true to the best of my knowledge and belief.

Date:

Place:

(Dr. Vijay Prakash)