

Dr. Pradeep Singh Chahar

Assistant Professor

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Professional Assignments

- ✓ Assistant Professor Physical Education (November 2019 to till date) at Banaras Hindu University, Varanasi, India
- ✓ Assistant Professor Physical Education (August 2013-November 2019) at Manipal University Jaipur, Rajasthan, India

Area of Specialization

Exercise Physiology, Muscle Activity using EMG, High Performance in Sports

Academic Qualifications

- ✓ Ph.D. (August 2010-June 2013)- **Fitness and Fatness: Indicators of Cardiovascular Disease Risk Factors** from Centre for Advanced Studies, Lakshmi Bai National University of Physical Education, Gwalior, M.P (India)
- ✓ Master of Physical Education (2007-2009) – School of Studies in Physical Education, Jiwaji University Gwalior, India; **77.7% (Gold Medal)**
- ✓ Bachelor of Physical Education (2006-2007) – School of Studies in Physical Education, Jiwaji University Gwalior, India; **73.9%**
- ✓ Bachelor of Science in Biology (2003-2006)- Jiwaji University Gwalior, India; **69.3%**
- ✓ Post Graduate Diploma in Nutrition and Health Education (2023-2014)-Indira Gandhi National Open University, New Delhi, India; **(65%)**
- ✓ Post Graduate Diploma in Statistics and Computing (2021-2022)- Banaras Hindu University, Varanasi, India; **78.0%**

Honors/Awards/Grants

- ✓ Qualified **UGC- Junior Research Fellowship (JRF)** in 2009 in Physical Education
- ✓ Qualified **UGC- Senior Research Fellowship (SRF)** in 2012 in Physical Education
- ✓ Gold medal for academic excellence in Master of Physical Education
- ✓ **Professional Member** of the Physiology and Nutrition Division, The British Association of Sport and Exercise Sciences (BASES), Leeds, UK
- ✓ Executive member of National Association of Physical Education and Sports Science (NAPESS)

Teaching Assignments

- ✓ Sports Management BPEC 105 (Odd Semester): B.P.Ed. 1st Semester
- ✓ Research and statistics in Physical Education BPEC 304 (Odd Semester): B.P.Ed. 3rd Semester
- ✓ Sports Medicine, Physiotherapy and Rehabilitation BPCC 402 (Even Semester): B.P.Ed. 4th Semester
- ✓ Information and Communication Technology (ICT) in Physical Education MPCC 403 (Even Semester): M.P.Ed. 4th Semester
- ✓ Theory of Sports and Game BPCC 403: (Even Semester): B.P.Ed. 4th Semester

List of Ongoing/Completed Projects

- ✓ Development of Predictive Model for Improving the Performance in Sports awarded by UGC-IoE, New Delhi

Talks delivered

- ✓ **Resource Person** in National Seminar on Empowerment of India through Physical Education sponsored by ICSSR, Ministry of Human Resource Development, Govt. of India, New Delhi, organized by Department of Physical Education, University of Lucknow, Lucknow (UP) from 22nd-23rd Oct. 2016
- ✓ **Session Chairperson** in National Seminar on Empowerment of India through Physical Education” sponsored by ICSSR, Ministry of Human Resource Development, Govt. of India, New Delhi, organized by Department of Physical Education, University of Lucknow, Lucknow (UP) from 22nd-23rd Oct. 2016.
- ✓ **Session Chairperson** in International Conference on Physical Education and Sports Science (ICPESS) sponsored by Ministry of Youth Affairs and Sports, Govt. of India and Department of Science and Technology,

- Govt. of Rajasthan, organized by Department of Arts (Physical Education), Manipal University Jaipur (Rajasthan) from 05-07 January 2017.
- ✓ **Resource Person** in International Tourism Conference on Sustaining Tourist Destinations: Implications for Developing Countries organized by National Institute of Water Sports-A Centre under Indian Institute of Tourism and Travel Management, Panaji-Goa in association with Ministry of Tourism, Govt. of India from November 3-5, 2017.
 - ✓ **Session Chairperson** in Scientific International Conference on Physical Education and Allied Sciences on the theme Holistic Development for Excellence in Sports Performance, Health & Well Being organized by S.S. Dempo College of Commerce & Economics, Bambolim, Goa and Govt. College of Arts, Science & Commerce, Sanqueli, Goa from 27-29 February 2020.
 - ✓ **Eminent Speaker** in Virtual Online International Conference on Role of Movement Education, Sports and Yoga in the Prevention of Diseases, jointly organized by Society of Movement Education & Research (SMER) & Dabas Educational Welfare Society (DEWS), New Delhi on May 09, 2020.
 - ✓ **Resource Person** in 83rd Refresher Course (Physical Education) participants organized by HRDC, LNIPE, Gwalior on October 7, 2020.
 - ✓ **Resource Person** in 84th Refresher Course (Physical Education) participants organized by HRDC, LNIPE, Gwalior on October 31st, 2020.
 - ✓ **Invited lecture** in Manipal University Jaipur, Rajasthan from October 19-21, 2020 on Experimental Design to the MSc Clinical Psychology Students.
 - ✓ **Resource Person** in National Webinar on Role of Sports, Physical Education and Mental Wellbeing in Present Scenario organized by Government College Patharia, District Damoh (MP) on January 14, 2021.
 - ✓ **Resource Person** in the five-day online lectures titled Research Methodology Course Work lecture for Ph.D. scholars organized by MGM College of Journalism and Mass Communication, MGM University, Aurangabad on 03, 04, 10, 11, 17 December 2021.
 - ✓ **Special Keynote Panel** for the BASES2021 Annual Student Conference hosted by Solent University, Southampton, London from 07th-8th April, 2021.
 - ✓ **Invited lecture** in Shri Khushal Das University, Hanumangarh on January 28, 2022 entitled Physiology of Obesity in Young Adults.
 - ✓ **Invited Speaker** in Government College Ghoradongri, District-Betul (MP) on February 04, 2022 workshop on Yoga and Meditation for Healthy Life Style.
 - ✓ **Resource Person** in the two-day online research workshop entitled Statistical Tools and Techniques & its Application on SPSS organized by Baba Farid College of Management & Technology (A Leading B-School), Bathinda from February 07th - 08th, 2022.
 - ✓ **Resource Person** in National Seminar on Post Covid Wellness: Challenges and Solutions with Special Reference to Madhya Pradesh organized by Amar Shaheed Chandra Shekhar Government Post Graduate College Niwari (MP) from February 24-25, 2023.
 - ✓ **Invited Speaker** in International Conference on "Advance Concepts of Physical Education & Sport Sciences: Transforming Performances, Wellness and Society (ACPESS)" at Agartala, organized by Department of Physical Education, Government Degree College, Kamalpur, Dhalai Tripura, India under the aegis of National Association of Physical Education and Sports Science (NAPESS) in collaboration with Department of Physical Education, Tripura University, Tripura during 25th to 27th June, 2024.
 - ✓ **Resource Person** in the Faculty Development Program on "Research in Humanities and Social Sciences: Contemporary Trends, Perspectives, and Pedagogy organized by Faculty of Arts, Manipal University Jaipur from July 29- Aug 02, 2024.

Event Organisation

- ✓ Organized first Seven Days Workshop entitled "National Workshop on Research Methodology for Sports Sciences using SPSS" in Manipal University Jaipur as **Convener** from 26th Oct. to 01st Nov. 2015.
- ✓ Organized Second Seven Days Workshop entitled "National Workshop on Multidimensional Research Methods and their Application using Statistical Softwares" in Manipal University Jaipur as **Convener** from 10th-16th Oct. 2016.
- ✓ Organized Workshop on "Writing to Publish and Research Integrity" in Manipal University Jaipur as **Convener** from 26th-28th Oct. 2017.
- ✓ Organized "International Conference on Physical Education and Sports Science (ICPESS)" sponsored by Ministry of Youth Affairs and Sports, Govt. of India and Department of Science and Technology, Govt. of Rajasthan, organized by Department of Arts (Physical Education), Manipal University Jaipur (Rajasthan) as a **Coordinator** on the sub-theme Future Challenges and Trends in Physical Education, Health and Sports Science from 05th-07th January 2017.
- ✓ Served as a member of **organizing committee** in the International Conference on Sustainable Development

- in Collaboration with IPE Hyderabad during 10th-12th January 2019.
- ✓ Organized National Conclave on “Sports-Society-Industry Connect 2019” in Manipal University Jaipur as **Convener** on 18th April 2019.
 - ✓ Organized International Webinar on “Physical Education, Sport and Exercise Sciences in Context to Covid-19” organized by Department of Physical Education, Faculty of Arts, BHU, Varanasi-India in Collaboration with The British Association of Sport and Exercise Sciences (BASES)-United Kingdom as an **Organizing Secretary** from 10th -11th July 2020.
 - ✓ Organized Seven Days Workshop entitled “National Workshop on Discovering Statistics using SPSS and R (DSSR-2021)” in Banaras Hindu University, Varanasi as **Organizing Secretary** from 20th-26th March 2021.
 - ✓ Organized Seven Days Workshop entitled “Fit India Inclusive Fitness Aerobics (FIIFA-2021)” in Banaras Hindu University, Varanasi as **Joint Organizing Secretary** from 20th-26th September 2021.
 - ✓ Organized Five Days Workshop entitled “National Workshop on Research Writing and Academic Integrity (RWAI-2023)” in Banaras Hindu University, Varanasi as **Organizing Secretary** from January 31st - 04th March 2023.
 - ✓ Organized Three Day Workshop entitled “National Workshop on Systematic Literature Review and Meta-analysis (SLRM-2024)” in Banaras Hindu University, Varanasi as **Organizing Secretary** from 02nd - 04th March, 2024.

Papers presented in Conferences

- ✓ International: 16
- ✓ National: 05

Research Guidance

- ✓ Ph.D. Students: 6 (3 awarded)
- ✓ M.P.Ed. Students: 3

Research Publications

- ✓ Research Papers: 42
- ✓ Conference Papers: 10
- ✓ Books: 01
- ✓ Book Chapters: 07

Administrative/Academic Positions

- ✓ Member of Editorial Board, 'Public Health Discourse' Journal (2024 to till date)
- ✓ Warden Teachers Residential Flats, Banaras Hindu University, Varanasi (2022 to till date)
- ✓ Chairman Football (M), Banaras Hindu University, Varanasi (2022 to till date)
- ✓ Chairman Tennis (W), Banaras Hindu University, Varanasi (2021-22)
- ✓ Member of University Anti-ragging Committee for the session 2013-17
- ✓ Member of Literary Club and Intramural, Department of Physical Education, BHU
- ✓ IQAC Committee Member of the Department of Physical Education, BHU for the session 2020-till date
- ✓ Planning, Development, Lab Development, Institute of Eminence Committee Member of the Department of Physical Education, BHU for the session 2021-till date
- ✓ Coordinator Sports, Manipal University Jaipur (2013-19)
- ✓ Warden YOHO, Manipal University Jaipur (2013-16)
- ✓ Member of Editorial Board, Indian Journal of Physical Education, Sports Medicine and Exercise Science, LNIPE Gwalior (2012-13)

Workshop Attended

- ✓ Attended a workshop entitled “Workshop on Multivariate Techniques in Sports Research” organized by Department of Computer Science and Applied Statistics, LNUPE, Gwalior (M.P.) from December 04 – 06, 2010.
- ✓ Attended a workshop entitled “National Workshop on Laser and Exercise Physiology” organized by Department of Exercise Physiology, LNUPE, Gwalior (M.P.) from September 02 – 03, 2011.
- ✓ Attended a workshop entitled “National Workshop on Psychometrics” organized by Department of Sports Psychology, LNUPE, Gwalior (M.P.) from March 11 – 17, 2013.
- ✓ Attended a workshop entitled “3rd 7 Days National Workshop on Research Methodology for Management and Statistical Analysis using IBM SPSS Statistics 21.0” organized by ITM School of Business, ITM University, Gwalior

(M.P.) from May 27 – June 02, 2013.

- ✓ Attended a workshop entitled “4th 7 Days National Workshop on Research Methodology for Management and Statistical Analysis using IBM SPSS Statistics 20.0” organized by ITM School of Business, ITM University, Gwalior (M.P.) from December 09 – 15, 2013.
- ✓ Attended a workshop entitled “Business Research Methods and its Applications Using Statistical Software” organized by TAPMI School of Business, Manipal University Jaipur (Rajasthan) from July 22-26, 2014.
- ✓ Attended a faculty development program entitled “Research Methodology and Pedagogy of Writing a Research Paper” organized by School of Business & Commerce, Manipal University Jaipur (Rajasthan) on December 23rd, 2014.
- ✓ Attended a One Week Faculty Development Program organized by Department of Mathematics and Statistics, Manipal University Jaipur (Rajasthan) from 20th – 25th July, 2015.
- ✓ Attended a DST sponsored 3rd National Workshop on Scientific Computational Techniques (SCT) organized by Faculty of Science, Department of Mathematics and Statistics, Manipal University Jaipur (Rajasthan) from 10th – 12th March, 2016.
- ✓ Attended a One Day Workshop on Econometrics organized by Department of Economics, Manipal University Jaipur (Rajasthan) on 12th March, 2016.
- ✓ Attended a faculty development program entitled “Pedagogic and Personal Effectiveness” organized by Manipal Centre for Professional and Personal Development (MPCD) from 21st to 23rd April 2016.
- ✓ Attended a workshop entitled “Assurance of Learning” organized by TAPMI School of Business, Manipal University Jaipur (Rajasthan) on 30th – 31st May, 2016.
- ✓ Successfully completed seven “One Month MOOC courses” entitled Sports and Recreation Management, The Human Body as a Machine, Understanding Common Diseases, Big Data for Better Performance and Becoming Human: Anthropology, Foundation of Psychology, Food, Nutrition and Health in 2016.
- ✓ Attended a workshop entitled “Paper Writing Workshop” organized by Department of Economics, School of Humanities and Social Sciences, Manipal University Jaipur (Rajasthan) from 25th-27th July, 2016.
- ✓ Attended International Strength and Conditioning Course organized in joint collaboration with Manipal University Jaipur and Exercise and Sports Science International Consultancy on 04th January, 2017.
- ✓ Attended Short Term Course on “Data Analysis for Research and Publication” organized by Department of Management Studies, Indian Institute of Technology, Roorkee, Uttarakhand from 18-20 August, 2017.
- ✓ Attended Short Term Training on “Data Analysis using Structural Equation Modelling” organized by School of Humanities and Social Sciences, Manipal University Jaipur from 11-13 October, 2017.
- ✓ Attended National One-Week Faculty Development Program on “Analytics and Optimization for Business and Engineering [AOBE-2019]” organized by Department of Mathematics and Statistics, School of Basic Sciences, Manipal University Jaipur during February 25 - March 01, 2019.
- ✓ Successfully completed Anatomy: Cardiovascular, Respiratory and Urinary Systems and Anatomy: Musculoskeletal and Integumentary Systems an online non-credit course authorized by University of Michigan and offered through Coursera on March 09, 2019 and February 25, 2019 respectively.
- ✓ Attended Workshop on “Statistical Analysis for Engineers and Researchers (SAFER-2019)” organized by Centre for Continuing Education, Indian Institute of Technology Kanpur, Uttar Pradesh from May 31-June 04, 2019.
- ✓ Attended National One-Week Workshop on “Advanced Statistical and Optimization Learning in Multidisciplinary Arena [ASOLMA-2019]” organized by Department of Mathematics and Statistics, School of Basic Sciences, Manipal University Jaipur during July15-19, 2019.
- ✓ Attended Workshop on “Leadership and Development in Higher Education” organized by Department of Arts, Manipal University Jaipur on September 20, 2019.
- ✓ Attended Workshop on “Indian Research Information Network System (IRINS): Adaption & Promotion” organized by Information and Library Network (INFLIBNET) Centre, Gandhinagar, Gujarat in Collaboration with Banaras Hindu University, Varanasi, U.P. on January 10, 2020.
- ✓ Attended Faculty Development Program on “Life Skills for Educators” organized by Teaching Learning Centre, Indian Institute of Technology (BHU) Varanasi, U.P. India supported by Pandit Madan Mohan Malaviya National Mission on Teachers and Teaching (PMMMNTT), MHRD, India held during 2nd – 6th November, 2020.
- ✓ Attended National CME on Exercise and Lifestyle Medicine: An Odyssey from ‘Basics to Intervention’ In collaboration with Indian Society of Sports and Exercise Medicine (ISSEM)], Organized by Department of Physiology, All India Institute of Medical Sciences, Raipur, CG on 30th November, 2021.
- ✓ Attended workshop on “IPR Documentation and Technology Transfer” held on 2nd March 2022 at AIC-MFIE-IM-BHU (Atal Incubation Center-Mahamana Foundation for Innovation and Entrepreneurship-Institute of Management Studies- Banaras Hindu University) Varanasi.
- ✓ Completed D-License Certification Course affiliated by AIFF organized at GLA University, Mathura from 11-16 April, 2022.
- ✓ Have cleared NCC 'C' Certificate with 'B' Grade.