

CURRICULUM VITAE



Dr. Hiralal Yadav

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Road No:- 7, , Near BEd Loyola College,
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PROFESSIONAL QUALIFICATIONS

- AISSE Examination (10th) from Vidya Bharati Chinmaya Vidyalaya (C.B.S.E.), Jamshedur, Jharkhand and Secured 79.4 %.
- AISSCE Examination (10+2) from Vidya Bharati Chinmaya Vidyalaya (C.B.S.E.), Jamshedur, Jharkhand and Secured 74.4 %.
- Bachelor of Physical Education from L.N.I.P.E.(Deemed University) Gwalior and secured 72.4% marks in the year 2005
- Master of Physical Education from L.N.I.P.E. (Deemed University) Gwalior and secured 77.33% marks in the year 2007.
- Doctor of Philosophy in Physical Education (PhD) from L.N.U.P.E, Gwalior in the year 2010.

PROFESSIONAL EXPERIENCES

- Passed Federation Technical Official Examination organized by Athletic Federation of India, New Delhi.
- Passed International Association of Athletic Federation (IAAF) Level–I Examination for Technical Officials.
- Acted as a Technical Official in CWG-2010, Delhi , India
- Acted as Technical Official in the Asian Athletics Championship- 2013 Pune, India.
- Acted as a Technical Official in Pune International Marathon.
- Acted as a Technical Official in Khelo India Youth Games in the Year 2019 at Pune Maharashtra.
- Acted as a Technical Official in Khelo India Youth Games in the Year 2022 at Panchkula Haryana.
- Acted as a Technical Official in National Games in the Year 2022 at Gujarat.

DEGREE AND HONOURS AWARDS

- ❖ Awarded **Junior Research fellowship** (JRF) and cleared eligibility for lectureship (NET) examination in year 2007.
- ❖ Awarded the Degree of Bachelor of Physical Education with specialization in Track & Field.
- ❖ Awarded the Degree of Master of Physical Education with specialization in Track & Field.
- ❖ Awarded the Degree of Doctor of Philosophy in Physical Education.
- ❖ Awarded with **Gold medal** in Bachelor of Physical Education.
- ❖ Awarded with **Gold medal** in Master of Physical Education.

FELLOWSHIP & SCHOLARSHIP AWARDED

- ❖ Awarded Junior Research Fellowship(JRF) from 01.08.2007 to 31.07.2009 and Senior Research Fellowship(SRF) from 01.08.09 to 31.05.2010 by UGC.

RESEARCH EXPERIENCE

- ❖ Competed A Project on “ Historical Development of Pole Vault”
- ❖ Completed Thesis on “Comparison of Aerobic and Anaerobic Capacity of Sprinters, Jumpers and Throwers”.
- ❖ Completed PhD Thesis on “ Physiological Responses and Recovery Pattern of Long Distance Runners.

BOOKS/CHAPTER IN BOOK

- ❖ Chapter written in Diet And Nutrition For Sporting Performance, Quality Of Life : Harmony Between Mind And Body, Ebong Prantik, Bhagwanpur, BHU, Varanasi, U.P.(2015)ISBN No.:-978-93-85454-01-1
- ❖ Book published with title “Physiological Responses and Recovery Pattern in Athletics”, Sports Publication, Delhi (2020) ISBN No.:-978-93-90016-54-9

REFRESHER/ORIENTATION COURSE/ WORKSHOP ATTENDED

- Attended Advance training programme on SPSS organized by Department of Statistics, School of Science , HNB Garhwal University , Srinagar, Garhwal Uttarakhand held on 30-31 January 2014.
- Attended UGC Sponsored Orientation Programme at UGC Academic Staff College , LNIPE , Gwalior M.P. India between 2-29 Sept 2014.
- Attended Refresher course from 15/09/2016 to 05/10/2016 at UGC-HRDC, LNIPE, Gwalior
- Attended Short term course from 04/09/2017 to 09/9/2017 at Academic Activity Centre Chauras campus organised by FDC, HNBBG University, Uttarakhand.
- Attended One week Workshop on Developing scientific temperament in physical education teaching through innovative learning, 02-07 April 2019, organized by School of Education, PMMMMNMTT, H.N.B.G. University, Srinagar Garhwal,Uttarakhand. Participated as **Organizing Secretary** .
- Attended Refresher course from 26/10/2020 to 09/11/2020 at UGC-HRDC, LNIPE,Gwalior
- Attended Refresher course from 09/11/2021 to 22/11/2021 at UGC-HRDC, LNIPE,Gwalior

RESEARCH PAPER PUBLISHED IN NATIONAL AND INTERNATIONAL JOURNALS

1. Śodha Pravāha, Biomechanical Analysis of Head Load Impact on Posture of The Forest Dependent People of Uttarakhand State. ISSN 2231-4113, Vol. III, Issue 3, July 2013 150.

2. Journal of Physical Education and allied Sciences with topic entitled “COMPARISON OF MAXIMUM OXYGEN CONSUMPTION (VO_2 Max.) OF 5000m and 10000m DISTANCE RUNNERS” ISSN 2230-7397 January 2014.
3. Journal of Physical Education and sports Sciences (NJPESS-2014) with topic entitled “A study on Physiological and Biochemical Responses of Long Distance Runners ”, ISSN: 2348 – 4713 Vol. 1, Issue 1.
4. PERSIST A Referred Research Journal, Journal of Physical Education, Recreation and Sports in Science and Technology. Volume VI No.1 June 2014 ISSN:0975-7414 with Topic Entitled “Blood Lactate Response and Recovery Pattern of 5000m and 10,000m Distance Runners”.
5. A Refereed Journal SHODH PRERAK with topic entitled “Physiological Effect of 800mts And 1500mts Distance Running on Heart Rate”. ISSN 2231-413X, Vol. VI, Issue 1, January 2016.
6. A Refereed Journal VAICHARIKI with topic entitled “Lactate Threshold and Maximum Oxygen Consumption (VO_2 MAX)” ISSN 2249-8907, Vol. VI, Issue 1, March 2016
7. International Journal of Physical Education, Health and Social Science (IJPEHSS) with topic entitled “Comparative study of Emotional Intelligence between coaches of selected sports”, ISSN: 2278 – 716X Vol. 2, Issue 2.
8. International Educational E-Journal, {Quarterly}, Lactate Dehydrogenase (LDH) Responses of Long Distance Runners under Actual Competition ISSN 2277-2456, Volume-II, Issue-IV, Oct-Nov-Dec 2013.
9. International Journal of Movement Education and Social Science, with topic entitled “Comparison of reaction time between morning and evening for Madhya Pradesh state Hockey Academy Girls” IJMESS, March, 2013Vol-2, No.1.
10. International Journal of Movement Education and Social Science, with topic entitled “Physiological Responses of Long Distance runners under actual competition Demands” IJMESS, March, 2013Vol-2, No.1.
11. International Educational E-Journal, Heart Rate Response and Recovery Pattern of Long Distance Runners, {Quarterly}, ISSN 2277-2456, Volume-III, Issue-IV, Oct-Nov-Dec 2014.
12. International Journal of Physical Education and Applied Exercise Sciences (IJPEAES) , with topic entitled “A Study on Blood Glucose Response and Recovery Pattern of Long Distance Runners ” Volume I Number 1 February 2015 ISSN: 2394-9953.

13. International Educational E-Journal, with topic entitled "Lactate Response And Recovery Pattern in long Distance Running- An Overview" {Quarterly}, ISSN 2277-2456, Volume-IV, Issue-III, July-Aug-Sept 2015.
14. Asian Resonance , with topic "Respiratory rate response and recovery pattern of long distance runners".ISSN 0976 -8602 Volume-IV, Issue-III, July 2015.
15. Dr.Hiralal Yadav (2016) "Physiological Effect of 800mts and 1500mts Distance Running on Heart Rate". Shodh Prerak Vol. VI, Issue 1 Page no 146-149, ISSN: 2231-413X.
16. Dr.Hiralal Yadav (2016) "Lactate Threshold and Maximum Oxygen Consumption (VO2MAX)". Vaichariki Vol. VI, Issue I, Page no 78-82, ISSN 2249-8907.
17. Dr.Hiralal Yadav (2016) "Lactate Response and Recovery Pattern in long Distance Running-An Overview" International educational E-Journal, Volume IV Issue III, ISSN: 2277-2456.
18. Dr.Hiralal Yadav (2016) "Respiratory rate response and recovery pattern of long distance runners" Asian Resonance, Volume IV Issue III, ISSN: 0976-8602.
19. Yadav Hiralal , Dec 2016, A comparative study on recovery pattern of 5000mts and 10,000mts distance runners, A Refereed Research Journal Shaikshanik Shodh, Vol.01 Issue: 01
20. Relationship of pace and selected physical variables in middle distance running, International Journal of Yogic, Human Movement and Sports Sciences 2018; 3(2): 152-154
21. Dr. Dalveer Singh Kaunteya, and Dr. HiralalYadav, RELATIONSHIP OF PACE AND HEART RATE IN MIDDLE DISTANCE RUNNING Journal Name:- Sambodhi (UGC care Journal) ISSN:2249-6661 Vol.43 No.04(XI) October-December(2020)
22. Dr. Hiralal Yadav, and Dr. Dalveer Singh Kaunteya, RELATIONSHIP OF PACE AND BLOOD LACTIC ACID AMONG MIDDLE DISTANCE RUNNERS Journal Name:- Sambodhi (UGC care Journal) ISSN:2249-6661 Vol.43 No.04(XI) October-December(2020)
23. Indrapal Singh, Dr. Hiralal Yadav , COMPARISON OF SELECTED PSYCHOLOGICAL VARIABLES BETWEEN ALL INDIA INTER-UNIVERSITY MALE CRICKET AND HOCKEY PLAYERS 2348-2397 Vol. 7 ISSUE 28, October to December 2020 Shodh Sarita

RESEARCH PAPER PUBLISHED IN NATIONAL AND INTERNATIONAL SEMINAR AND CONFERENCE PROCEEDINGS

1.) “Role of information and communication technology in physical Education” in National Seminar on Role of Information and communication technology (ICT) in social Sciences held between 22-24 Feb 2014.
2. “Comparison of maximum oxygen consumption (vo_2 max.) Of 5000m and 10000m distance runners in National Seminar on Impact of Exercise Physiology, Anthropometry and Sports Nutrition on Sports Performance held at Deptt. of Physical Education RDVV Jabalpur between January 03-04, 2014.
3. “A STUDY ON MAXIMUM OXYGEN CONSUMPTION AMONG 5000m and 10000m DISTANCE RUNNERS OF JUNIOR NATIONAL LEVEL in National Conference on Empowering India with Health through Physical Education and Sports organized by Physical Education Foundation of India on 29th August 2014 at Delhi.
4. A study on Investigation of the Recovery Pattern of Long distance runners in relation to Blood Lactate in International Congress on Sports Psychology ICSP-2014 at Deptt. of Physical education and sports Science , IGIPESS between 15-18 Oct 2014.
5. A comparative study on selected Physiological variables between Middle and Long Distance Runners belongs to Tigrey Region of Ethiopia in International Congress on Sports Psychology ICSP-2014 at Deptt. of Physical education and sports Science , IGIPESS between 15-18 Oct 2014.
6. Catalytic enzymatic activity of Lactate Dehydrogenase (LDH) among distance runners, National conference of physical education and sports sciences ISBN:978-93-81247-50-1 organized by school of Physical education and sports, ITM University, Gwalior, M.P.
7. Comparison of Sports Competition Anxiety Between Inter-collegiate Volleyball and Badminton Players of HNB Garhwal University in International Congress of Sports Psychology held at Department of Physical Education, Banaras Hindu University, Varanasi, India from 28th November to 1st December 2015.

NATIONAL AND INTERNATIONAL SEMINAR AND CONFERENCE ATTENDED

1. Presented paper on topic “Role of information and communication technology in physical Education” in National Seminar on Role of Information and communication technology (ICT) in social Sciences held between 22-24 Feb 2014.
2. Presented paper on topic “Comparison of maximum oxygen consumption (vo_2 max.) Of 5000m and 10000m distance runners in National Seminar on Impact of Exercise

Physiology, Anthropometry and Sports Nutrition on Sports Performance held at Deptt. of Physical Education RDVV Jabalpur between January 03-04, 2014.

3. Presented paper on topic "A STUDY ON MAXIMUM OXYGEN CONSUMPTION AMONG 5000m and 10000m DISTANCE RUNNERS OF JUNIOR NATIONAL LEVEL in National Conference on Empowering India with Health through Physical Education and Sports organized by Physical Education Foundation of India on 29th August 2014 at Delhi.
4. Presented paper on topic "A study on Investigation of the Recovery Pattern of Long distance runners in relation to Blood Lactate in International Congress on Sports Psychology ICSP-2014 at Deptt. of Physical education and sports Science , IGIPSS between 15-18 Oct 2014.
5. Presented paper as co- author on topic "A comparative study on selected Physiological variables between Middle and Long Distance Runners belongs to Tigrey Region of Ethiopia in International Congress on Sports Psychology ICSP-2014 at Deptt. of Physical education and sports Science , IGIPSS between 15-18 Oct 2014.
6. Presented paper on topic Physiological Basis of Yoga and Pranayama in International Seminar on Yoga for the Youth Organized by Department of naturopathy and Yoga, HNBGU, Srinagar, Garhwal held at Rishikesh on 30th January 2015.
7. Presented paper on topic Comparison of Sports Competition Anxiety Between and Badminton Players of HNB Garhwal University in International Congress of Sports Psychology held at Department of Physical Education, Banaras Hindu University, Varanasi, India from 28th November to 1st December 2015.
8. Presented paper on topic "Choice based credit system (CBCS) An innovative evaluation system of higher education in nation" Seminar on Best Practices in achieving institutional excellence in higher education. On 2nd and 3rd march 2016 organized by Department of Education,HNBGU Srinagar, Garhwal.
9. Presented paper on topic "Comparison of Sports competition Anxiety between Inter-collegiate Volleyball and Badminton Players of HNB Garhwal University". in International Congress of Sports Psychology held at Department of Physical Education, Banaras Hindu University, Varanasi, India from 28th November to 1st December 2015.
10. Presented paper on topic "Yoga-A Cross Training to enhance athletic performance and reduce the risk of injury" in International conference on Yoga and Holistic Health 12-13 March 2016.

11. Presented paper on topic “Yoga and Holistic Health: An Approach to fitness and wellness , National Seminar on Yoga, Naturopathy & Holistic Health organised by Uttarakhand Open University at Haldwani on 27-28 August 2016.
12. Presented paper on topic “Blood Glucose responses to Long distance running. At International congress on Sports Science and Yoga Between 2-4 Feb 2017.
13. Presented paper on topic “Modern Trends in coaching and Managing Sports Team, International Conference on Issues New Ideas in Sports Management organised by LNIPE Gwalior Held at Vigyan Bhawan, New Delhi on 8th March 2018.
14. Presented paper titled "Role of Yoga in Developing value based education." in International Conference on Developing Human Values Through Yoga organised by Deptt. of Yogic science, Uttrakhand Sanskrit university, Haridwar on 24-25 February 2018.
15. Presented paper with title” RELEVANCE OF YOGA THERAPY IN CONTEMPORARY TIME PERIOD” at 4th Asian Yoga Therapy Conference at Bali, Indonesia from 7th to 8th Sept 2019.

ACTED AS REPERTOIRE / CHAIRPERSON / CO-CHAIRPERSON / RESOURCE PERSON

- Acted as a Co- Chairperson in International Congress on Sports Psychology ICSP-2014 at Deptt. of Physical education and sports Science , IGIPSS between between 15-18 Oct 2014.
- Attended Two days’ workshop on Relevance of Yoga Therapy in Contemporary period, organized by Department of Yoga, H.N.B.G.University, Srinagar Garhwal, 18-19 May 2019. Participated as a **Resource Person**

SPORTS PROFICIENCY

- ❖ Represented L.N.I.P.E. in All India Inter University Athletics Meets held at Gulbarga University, Gulbarga in the year 2003.
- ❖ Represented L.N.I.P.E. in All India Inter University Athletics Meets held at Ranchi University, Jamshedpur in the year 2004.
- ❖ Represented L.N.I.P.E. in All India Inter University Athletics Meets held at Trenunveli Meet in the year 2006.
- ❖ Participated in All India C.B.S.E. Athletic Meet held at Vijaywada in the year 1999.

DR HIRALAL YADAV