

Ch. Balluram Godara Government Girls College, Sriganganagar

Faculty-Profile

Name: Dr. Rekha Bhardwaj
 Subject: Physical Education
 Designation: P.T.I.
 Academic Qualifications: M.Phil., NET, Ph.D
 Area of Specialization: Basketball, Sports Biomechanics,
 Sports psychology & yoga
 Teaching Experience: UG: 16 years; PG.: 8 years



Publications:

➤ **Books Published:-**

Sr. No.	Title of the Book	Year of Publication	Details of Publisher	ISSBN /ISSN No.
1	Psycho-Socio and Cultural Factors influencing Stress on performace	2018	Lambart Publication Germany	978-613-6-73105-6
2	Kin Anthropometric and Physical Fitness Variables of Judokas	2023	Standard Publication , New Delhi	978-93-85830-42-6
3	Wellness Spectrum	2023	Adhyyan Books	978-93-95673-84-6

➤ **Chapters in Edited Books:**

Sr. No.	Title of the Book	Year of Publication	Details of Publisher	ISSBN /ISSN No.
1	Multidisciplinary subjects for research-v Vol .I	March 2021	Red shine publication	979-8-718-87865-3
2	Innovation and practices of modern sports science and traditional yoga	June 2021	Khel sahityak kendra, new delhi	978-93-90461-80-6
3	Emerging Trends in Fitness and Sports Sciences	Jan 2017	Twentyfirst Century Publications Patiala	978-93-85449-35-2
	GLOCOSCPES 2016	Feb 2016	Twentyfirst Century Publications Patiala	978-93-85446-45-0
4	Global Excellence in Fitness and Sports Sciences	Jan 2015	Twentyfirst Century Publications Patiala	978-81-89463-96-0
5	Futuristic Trends in Physical Education Vol. I	2013	Twentyfirst Century Publications Patiala	978-93-80144-62-7
6	Futuristic Trends in Physical Education Vol. II	2013	Twentyfirst Century Publications Patiala	978-93-80144-63-4

➤ **Research Papers Published in Journals:**

Sr. No	Title of the paper	Year of Publication	Details of Publisher	ISSN Number	Indexing (UGC/Scopus/WOS)
1	YOGA BREATH - SOURCE OF LIFE	Volume : 9 Special Issue March 2023	IESRJ International educational scientific research journal	E-ISSN No : 2455-295X	Impact Factor : 5.983
2	Meditation: A Therapeutic view	2023 Volume 12 Number 03 JUL-SEP	International Journal of Research Padagogy and Technology in Education and Movement Sciences	E-ISSN:2319-3050	DOI: https://doi.org/10.55968/ijems.v12i03.400
3	Locus of control, between female athletes and non-athletes	APRIL 2023	Aayushi International Interdisciplinary Research Journal	ISSN 2349-638x	Impact Factor 7.367 website www.aiirjournal.com
4	A study showing effect of four factors of stress on total stress among female athletes	Vol XI, Issue IX. Sept 2020	AUT AUT Research Journal	0005-0601 http://autrj.com/	UGC CARE LISTED
5	An exploratory study of effect of psychological factor on total stress among female weight lifters	Vol XI, Issue IX. Sept 2020	AUT AUT Research Journal	0005-0601 http://autrj.com/	UGC CARE LIST
6	A study of the effect of aerobic exercise on selected physical fitness component of adolescent girls	Jan 2019	International journal of creative research thoughts (IJCRT)	2320-2882	7.97 impact factor
7	A comparative study of job satisfaction between physical education lecturers working in degree college of rohtak and sonapat district of Haryana	2019	International journal of creative research thoughts (IJCRT)	2320-2882	7.97 impact factor

8	An Exploratory Study of Effect of Psychological Factors on Total Stress A Female Swimmers among	Vol I, No 1&2, Jan – Dec 2012	The Social Ion	ISSN:2319-3581	Peer Reviewed
9	“A Comparative Study of Stress among Female Players of Athletics, Judo, Wrestling, Weight lifting, Swimming and Table Tennis.”	Vol. II 2012	Journal of Physical Education and Sports Sciences	(ISSN 2229-7049).	
10	An Exploratory Study of Effects of Psychological Factors on Total Stress Among Female Badminton Players	VOL. I Oct-Dec 2011	Asian Journal of Human Development and Livelihood	ISSN: 2250-3161.	
11	Titled “A Comparative Study of Cultural Factor (Women Social Freedom) Among Female Athletes.”	Vol. 1, No 3, July-Sept 2011	Indian Journal of Humanities	ISSN: 2248-9541	

12	Human Development : How Far We Have Reached	Vol. I, April-Sept 2011	Asian Journal of Social Sciences Review	(ISSN 2249-4634).	
13	“An exploratory study of effects of psychological factors on total stress among female table tennis players”	Vol. IV March - 2011)	Research Journal of Arts, Management & Social Sciences,	(ISSN: 0975-4083	
14	A comparative study nutritional intake value of agriculture workers with recommended dietary allowance (TDA)”.	Vol. XI, Dec 2011,	Research Journal of social and Life sciences,	(ISSN: 0973-3914)	
15	A Comparative Study of Psychological Factor (Comprehensive Tension) among Female Athletes	Vol. I, July 2010 (ISSN No: 2230-7931	Journal of Sports, Physical Education Allied and Alternative Sciences,).		
16	<i>Relationship of Selected Anthropometric Measurement With Vertical Jump</i>	Vol. I, No 1, July Sept 2009	A Research Journal of Science, Physical Education, Arts, Commerce and Education		
17	A comparative kinematic analysis of vertical jump of boys of different age group	Vol 8 no. 8, Dec 2008	Bangladesh Journal of Sports Sciences, Vol 8 no. 2 Dec 2008		

➤ **Research Papers Published in Conference Proceedings: -**

Sr. No.	Title of the paper	Year of Publication	Details of Publisher	Date & Details of conference
1	A Study Showing Effect of Four Factors of Stress on total Stress among Female	2012	Proceedings of International Conference of International forum of	

	Swimmers”.		physical education and sports sciences (IFPESS 2012)	
2	Abdominal Obesity	Dec 2010	Department of Physical Education, MSM College, Kayamkulam.	Proceedings of National Conference on “Exercise Physiology, Human Performance and Well Being
3	Issue and challenges in physical education and sports	Feb 2010.	Proceedings of national seminar on “yoga for Healthy living and Fitness””, organized by Seth Motilal (PG) college Jhunjhunu, Rajasthan,	

➤ **Papers presented in Conferences/Seminars:-**

Sr. No.	Title of the paper	Date & Details of conference
1	Environmental wellness	Multidisciplinary approach towards sustainable Development and Climate Change for a Viable Future (ICMSDC 2022)
2	Goal setting for sports performance enhancement	International conference on physical education and sports sciences (icpess 20)
3	Sustainable utilization of fruits and vegetables by producing novel value added products	Climate change and sustainable development: issue and policy initiatives
4	Effect of Weather on Sports Performance	Environment: Problems, Solutions & Prospects
5	Comparison of tension among Female Athletes	International Conference on Psychology in Cotemporary Sports, Health and Fitness Perspectives
6	Gandhi: The Teacher of Yoga	Gandhi’s Spiritualism & Changing Scenario with Yoga-2019
7	Environmental Degradation	वैश्विक पर्यावरण संकट और सामाजिक साहित्यिक चिंतन
8	Impact of Education and Employment on Women Empowerment	समकालीन विमर्श और बेहतर समाज के सपने यथार्थ और संभावनाएँ
9	Relevance of Gandhi’s vision in Present Scenario	Gandhi: The Eternal Truth Relevance for Future Generation (ICOG 2019)
10	Issue of women’s health in Rajasthan: Exercise as a Remedy	Mankind at Crossroads: Challenges and Solutions
11	Effect of women social freedom on stress among female athletes	Contemporary India: Prospects, Challenges and Responses
12	Solid municipal waste and waste management : national calamities and environmental implications	Technological development in contemporary era- a threat to environment at national and international strata: challenges and remedies
13	“Indian Higher Education System: from British Slave to advance Nation	NSHE National Seminar on higher education.
14	“Sports and Environment : Ways Towards Acheiving the Sustainable Development of Sports”	National Conference on Biotechnology for Sustainable Development

15	The Health Benefits of Physical Activities	ICPESS-2015
16	Sports Psychology in Theory and Practical	ICFTPE 2013
17	“Physical Education and Sports for Children and Young People in India”	Sports for all: health, education & culture in contemporary world”
18	A study showing effect of four factors of stress on total stress among female swimmers	International forum of physical education and sports sciences(IFPESS 2012)
19	A study showing effect of four factors of stress on total stress among female table tennis players	“Physical Education and Sports Sciences
20	A comparative study of stress among female players of athletics, judo, wrestling, weight lifting, swimming and table tennis	. “Better Life Better world, through yoga with Allied Sports Sciences”
21	Impact of change in climate on environment	“environmental pollution and the sustainable development; statutory realities, social chaos and scientific challenges”
22	“A Study showing Effects of four factors of stress on total stress among female weight lifters	Physical education in 21 st century
23	A comparative study of culture factor (women social freedom) among female athletes	“Exercise Physiology, Human Performance and Well Being”
24	Issues and challenges in physical education and sports.”	Yoga for Healthy living
25	A study showing effect of four factors of stress on total stress among female athletes	“Promotion of education and health: perspective and concerns in purview of social justice.”
26	A comparative study of psychological factors (locus of control) among female athletes	“Multidisciplinary Approach in physical education
27	Relationship of selected anthropometric measurement with vertical jump”	Opportunities and Challenges in physical education”
28	Empowerment of women in sports	On “status of physical education and sports in contemnor Indian society.
29	A comparative kinematics analysis of vertical jump of boys of different age groups	“Holistic Approach to Health and Fitness”
30	Information technology and its application in physical education”	“Informational Technology and its Management of physical education in 21 st century.”
31	Benefits of technology in sports	18-01-2024, International seminar on Socio-Economic Concerns of Literature, Cultural and Educational in the Global Scenario, CBRG college SGNR.

➤ **Training Programmes ,FDPs and MOOCs Attended:**

Sr. No.	Date	Title of the FDPs and MOOCs
1	14 March-21 June 2021	Yoga for unity and well-being
2	12-17 April 2021	One week STTP on emerging trends in data analysis in SPSS
3	5-10 April 2021	One week STTP on emerging trends in data analysis in MS Excel
4	5-10 April 2021	Journey to a healthier you
5	29 March-03 April 2021	One week recent trends in statistical analysis
6	22-27 March 2021	One week recent trends in research article writing
7	4-14 March 2021	Sports injuries 360 degree

8	2-11 nov 2020	Online train the trainer program
9	8 Nov 2020	Asstt. Yoga teacher training certificate (ayttc)
10	18 oct -18 Nov 2020	Webinar lecture series on हम है प्राकृतिक चिकित्सा साधक
11	10-15 June 2020	Development of research tools in physical education
12	1-21 June 2020	International yoga festival-Yog Mantrana 2020
13	23-29 June 2020	Sports coaching & sports sciences
14	6-8 June 2020	Recent trend in research and development
15	30 May-3 June 2020	Evolution from offline to online teaching
16	22-26 May 2020	Physical education & sports
17	29-31 2018	Exercise psychology: The influence of exercise on psychological processes

➤ **Organized Conferences/Seminar:**

Sr. No.	Title of the conference	Date & Details of conference
1.	INTERNATIONAL SEMINAR ON SOCIO-ECONOMIC CONCERNS OF LITERATURE, CULTURAL AND EDUCATIONAL IN THE GLOBAL SCENARIO	18-01-24, JOINTLY ORGANISED BY CH.B.R.G. GOVERNMENT GIRLS COLLEGE SRI GANGANAGAR, AND PURVKATHAN WORKED AS MEMBER ORGANISING COMMITTEE.

➤ **Membership of Academic Associations:-**

Sr. No.	Year	Details of academic association
1	2012 till Date	Member of Board of Studies M.G.S.U, Bikaner
2	2011 till Date	Member of Sports Board M.GSU, Bikaner

➤ **You tube channel:-**

Sr. No.	Year of start of channel	Link of You tube channel
1	2023	https://youtube.com/@rekhahardwaj4038?si=2_vzqnybSKJeZOvE

➤ **Awards / Special Achievements:-**

Sr. No.	Year of award	Details of award
1	2020	Certified Yoga Teacher and Evaluator (YCB Level III) by Ministry of AYUSH. Govt, of India, 2020.
2	2022	Certified Yoga Teacher from USA Yoga Allaince YTCC 500 hours 2022

