

FACULTY CV

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Assistant Professor
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Vinaya Bhavana



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† **Highest Educational Qualification:** Master In Physical Education from LNIPE, Gwalior in 2018. Specialization in Exercise Physiology and Yoga.

† **UGC JRF Qualified in July 2018**

† **Area of interest:** Exercise Physiology, Yoga, Sports Nutrition

† **Workshop Attended:** Faculty Induction Program organised by UGC-HRDC Guru Ghasidas University Bilaspur from 15-02-2021 to 17-03-2021.

† **Research Scholars Produced:** NIL

† **Research Article:** Three research papers presented in International seminar held at Manipal University and Bundelkhand College and Vigyan Bhawan ,Delhi during M.P.Ed program are respectively listed below:

1. Presented Research paper on the topic ***“Relationship between healthy benefits of spiritual and religious practices with physical exercises”***
2. Presented Research Paper on the topic ***“Analyzing the effect of two types of recovery protocol on lactate level in sub-maximal intensity cycling”***
3. Presented Research Paper on the topic ***“Analyzing the Effect of Alkaline Solution on Ph Balance in Sprint Distance Triathlon”***

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