



Dr Abhishek Verma

Assistant Professor & Yoga Expert

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Varanasi 221005

Specialization **Yoga**
Anatomy & Physiology
Sports Medicine
Kabaddi & Handball

EDUCATIONAL QUALIFICATION

High School	2002 CBSE Board
Intermediate	2004 CBSE Board
B.P.Ed. (Four-Year Integrated Course)	2004- 2008 LINIPE Gwalior
M.P.Ed. Two Year Course	2008- 2010 LNIPE Gwalior
UGC NET-JRF	2009
PhD	2010- 2013 BHU Varanasi

TEACHING EXPERIENCE

- Working as Assistant Professor in the Department of Physical Education, BHU since 2017.
- Two months of Teaching experience as Guest Faculty at the University of Allahabad, Prayagraj.
- Three-session teaching experience as Assistant Professor contractual faculty at Lucknow Christian College Lucknow.
- One year of working experience at KV Kalahandi Odisha.

PROJECTS

S.No	Title of the project	Funding Agency	Status
01	Effect of Various training programme on physiological variables of kabaddi players	Seed Grant, IoE. 2020	About to Complete
02	Value of First Aid & CPR for the Well-Being of Humans after COVID-19 Pandemic	Malviya Mulya Anushilan Kendra, BHU. 2023	Continuing

BOOK PUBLICATION

S.No	Title of the Book	Year & Publisher	ISBN No.	Authorship
01	Sharir Rachna, Kriya Vigyan Evam Swasthya Siksha	2021, Sports Educational Technology, Ansari Road Dariyaganj, New Delhi	978-93-84603-97-7	Co-Author
02	Sharirik Siksha ka Adhar Va Itihas	2021, Sports Educational Technology, Ansari Road Dariyaganj, New Delhi	978-93-84603-98-4	Co-Author
03	Sharirik Siksha ke Manovigyanik Adahar, Athletics Dekhbhal va Punarvas	2021, Sports Educational Technology, Ansari Road Dariyaganj, New Delhi	978-93-84603-99-1	Co-Author
04	Khel Manovigyan Va Samajshastra	2023, Friends Publications India, Anasari Road, Dariyaganj New Delhi.	978-93-95829-69-4	Co-Author

LATEST RESEARCH PUBLICATION

S.No.	Title of the Paper	ISBN/ISSN No.	Name of the Journal & Yesr	Authorship
01	Biomechanics of Elite Athletes: Analyzing Key Kinematic and Kinetic Variables	2663-2187	African Journal of Biological Sciences. July 2024	Corresponding Author
02	A Comparative Study of Breath Holding Capacity After Pandemic Situation among Physical Education Students and Yoga Students	2663-2187	African Journal of Biological Sciences. January 2024	Co-Author
03	An Analysis of Six Weeks Training Of Suryanamaskar (Sun Salutation) On Flexibility Of Healthy Children	1308-5581	International Journal of Early Childhood Special Education. 2022	First Author
04	Role of Emotion and Feelings in Coronary Heart Diseases among Males & Females: A Comparative Study	5296 – 5301	Journal of Positive School Psychology. 2022	Co-Author

05	“The Investigation of The Intellectual Disparities Between Individual and Team Game Athletes”	2348-8301	International Journal of humanities, Law and Social Sciences. June 2021	First & Principal Author
06	Adjustment distinction between individual and team sports players	2456-0057	International Journal of Physiology, Nutrition and Physical Education.2019	First & Principal Author
07	Relationship of Speed Strength and Agility to Performance of Soccer Players of BHU	2321-7200	International Journal of Movement Education and Sports Sciences.2018	First Author
08	Urban and Rural High School Students'Attitude towards Physical Education in Sitapur, U.P	2321-7200	International Journal of Movement Education and Sports Sciences.2017	Co-Author
09	Comparison Of Coordinative Abilities Among Male Players Of Kabaddi And Kho-Kho Of Jawahar Navodaya Vidyalaya	2249-894X	Review of Research International Online Multidisciplinary Journal. 2016	First Author
10	A Comparative Study Of Reaction Time And Agility On Athletes, Boxers And Hockey Players.	2230-7850	Indian Streams Research Journal International Recognized Multidisciplinary Research Journal.2016	First Author

INVITATIONAL LECTURE/TALK

- Invited Lecture on The Topic *“Importance of Yogic Practices In Home During The Covid-19 Pandemic”* At Lucknow Christian College, Lucknow.
- Delivered A Guest Lecture on The Topic *“Analysis of Posture With The Help Of Axis & Plane”* At The College Of Physical Education TMU Moradabad UP.
- Keynote Speaker In *“National Seminar on Yoga A Holistic Approach Towards Life”* At Govt College Rajmilan, Singrauli MP.
- Delivered A Guest Lecture on The Topic *“Layout of The Kabaddi Court & Interpretation of Rules Of Play”* At The Rajat PG College Lucknow UP.
- Presented Paper On *“Intervention of Six Week Bhramri -Pranayam Training On The Trait Anxiety Of BHU Students”* In National Seminar On Stress Management Through Yoga And Fitness: Cultivating Inner Harmony For A Balance Life At RRPg College Amethi.
- Delivered A Lecture on The Topic *“Importance of Yogic Practices For College-Going Students”* At Sakaldiha PG College Chandauli UP.

- Taken A Practical *Training Session on Techniques of Pranayama* at The Institute of Agriculture Sciences, BHU Varanasi.
- Resource Person in online Webinar on “Yoga Education and Its Holistic Approach Towards Student Well-Being” organized by the Department of Physical Education, Lucknow Christian College.

ADMINISTRATIVE RESPONSIBILITY

S.No	Responsibility	Nature of Work	Year
01	Warden	Hostel Administration	Continuing from 2019
02	Treasurer of Alumni Cell	Alumni Relation & Financial data	Continuing from 2018
03	Chairman (kabaddi- M) at University Sports Board	Selection, Coaching & Mentoring	Continuing from 2018
04	Co-Coordinator, Leadership Training camp. BPED	Leadership training	Continuing from 2019
05	Member of Intramural & Internship Committee	Organisation of Intramural Programme for Physical Education students and internship programme	Continuing from 2018
06	Mentor of BPED & MPED	Mentoring, Counseling and career guiding	Continuing from 2018

SPORTS PARTICIPATION

- Three times Participated and secured gold medal in the NVS national meet in the game of Kabaddi.
- One Participated in Interuniversity Tournament in the game of Handball.
- Two times Participated in intervarsity tournament in the game Kabaddi

OTHER

- NCC ‘B’ Certificate Holder
- Participated in Scout & Guide training camp at Pachmarhi, MP.
- Organizing Secretary of the National Workshop and Certification Programme on “First Aid & CPR” which was held in 2022 at BHU Varanasi.
- Member of the Students Wellbeing and Leadership Committee In the faculty of Arts at BHU, Varanasi.
- Programme coordinator of the “Community Cooking Programme” at the Village of Lakhimpur Kheri, to *Remove Untouchability* from society.