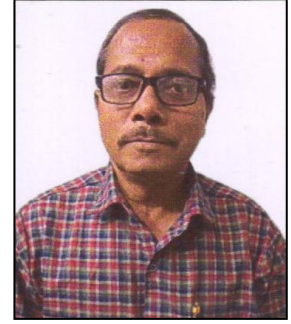


## **CURRICULUM-VITAE**



Name : Prof. Chhannu Lal  
Father's Name : Deo Nandan  
Mother's Name : Somra Devi  
D.O.B. : 28/12/1966  
Nationality : Indian  
Gender : Male  
Marital Status : Married  
Present Post : Professor  
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Address : H.No. 62/27 Mahaveer Nagar Civil Lines Raebareli (229001) U.P.

### **EDUCATIONAL AND PROFESSIONAL QUALIFICATIONS:-**

S.N.	Qualification	Board/ University	Passing Year	Subject	Div	%
1	High School	U.P. BOARD	1981	Hindi, Eng., Maths, Civics, Sanskrit	1 <sup>st</sup>	60
2	Intermediate	U.P. BOARD	1983	Hindi, Eng., Eco. Civics, Skt	2 <sup>nd</sup>	47
3	B.A.	Gorakhpur Uni.	1985	Hindi, Politics, Economics	2 <sup>nd</sup>	54
4	M.A.	Gorakhpur Uni.	1987	Economics	2 <sup>nd</sup>	55
5	B.P.Ed.	B.H.U. Vns.	1990	Physical Education	1 <sup>st</sup>	62
6	M.P.Ed.	B.H.U. Vns.	1991	Physical Education	1 <sup>st</sup>	64
7	Yoga Diploma	B.H.U. Vns.	1992	Yoga		61
8	Ph.D.	B.H.U. Vns.	2001	Physical Education		
9	U.G.C. NET.	U.G.C.	1991,92	Physical Education		

### **RESARCH EXPERIENCE:-**

Five students are doing Ph.d. in physical education under my supervision in the Lucknow University .

### **RESARCH PAPER PUBLISHED:-**

- Effectiveness of Surynamaskar asan for good health and fitness.
- Effectiveness and conditions of motor learning in sports skills .
- Study of achievement motivation in physical education and sports.
- Study of sports nutrition and its requirement for fitness, weight control and athletic Performance.

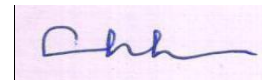
- High altitude training and its effects on body and performance.
- Benefits of stretching exercises for warm up and rehabilitation .
- Study of socio economic status and sports performance of different level players .
- Women empowerment through participation in sports .
- Promoting the participation and performance in games and sports in indian context.
- Importance of exercise to maintain good health and physical fitness .
- Study of Achievement motivation of different level of female players.

**BOOK PUBLISHED;-**

- Management in Physical Education – 2021.  
ISBN- 978-93-95288-05-7
- Sports achievement
  1. Participated in Inter university athletic meet thrice .
  2. Participated in National veteran athletics & tennis.
  3. Organized Inter collegiate tournament of CSJMU in Feroz Gandhi College many times
  4. Member of District Level of different games .
  5. Member of Raebareli club.

**Date :24/12/2022**

**Place: Raebareli**



(DR. Chhannu Lal )