

## **Dr. Pravindra Kumar**

Ph.D.

Assistant Professor (Selection Grade)

Head, Department of Physical Education

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**Specialization:** Athletic, Field and Track

### **Teaching Experience:**

Undergraduate: 13 years

Postgraduate: 05 years

### **Publications:**

1) Books: 04

2) Research Papers:

(i) National Journal: 08

(ii) International Journal: 03

**Organizing Secretary:** (15 Feb 2019)

*National Seminar on "Community Health: Physical Education and yoga"*

**Organizing Secretary:** (26-27 July 2020)

*International Webinar on " Covid 19 Lockdown Stress and Depression: Yoga a solution"*

**Patron:** ( 22 February 2021)

*National Seminar on " Contribution of Yoga in the wellness of Human Being"*