

RESUME

NAME : MINU LAKRA
FATHER'S NAME : SHRI BHUNESHWAR LAKRA
MOTHER'S NAME : SMT. KIRAN DEVI
MARITAL STATUS : MARRIED
Email id : minu.lakra@gmail.com
DESIGNATION : ASSISTANT PROFESSOR IN
PHYSICAL- EDUCATION



ACADEMIC QUALIFICATIONS: M.P.E, Ph.D.

Ph.D.	“PHYSIOLOGICAL AND SOMATOTYPE PROFILES OF NATIONAL WOMEN BASKETBALL PLAYERS”.	BHU
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PARTICIPATION IN SPORTS COMPETITIONS :

Sl.No.	YEAR	LEVEL OF COMPETITION	VENUE	NAME OF GAMES & SPORTS	POSITION
1.	1994 1995	JNV's V - National Games & Sports Meet	JNV, Paota, Jaipur (Raj.)	Kho-Kho	Participated
2.	1994	Chotanagpur Division Sports Competition	Lohardaga, Jharkhand	High Jump	III
3.	1994	Chotanagpur Division Sports Competition	Lohardaga, Jharkhand	Long Jump	III
4.	1995- 96	VI – National Athletic Meet	JNV Mirza, Kamrup, Assam	Long Jump	II
5.	1995- 96	VI – National Athletic Meet	JNV Mirza, Kamrup, Assam	100 mtrs	II
6.	1995- 96	VI – National Athletic Meet	JNV Mirza, Kamrup, Assam	4x100 Relay	II
7.	1997- 1998	VIII – National Athletic Meet	JNV, Mesra, Ranchi Bihar	4x100 Relay	III

8.	1997-1998	VIII – National Athletic Meet	JNV, Mesra, Ranchi Bihar	100 mtrs	Participated
9.	1998	IX – NVS National Games (Group – A) Meet	JNV, Mungeshpur, Delhi	Kabaddi	Winner
10.	1998	44 th National School Games (SGFI)	Jalandhar, Punjab	Kabaddi	Participated
11.	1999	Mahamana Pt. Madan Mohan Malaviya Open Athletic Meet	University Sports Board, Amphitheatre Ground, BHU, Varanasi	Long Jump	I
12.	1999	Mahamana Pt. Madan Mohan Malaviya Open Athletic Meet	University Sports Board, Amphitheatre Ground, BHU, Varanasi	4x100 mtrs Relay	I
13.	1999	Mahamana Pt. Madan Mohan Malaviya Open Athletic Meet	University Sports Board, Amphitheatre Ground, BHU, Varanasi	4x400 mtrs	I
14.	1999	Mahamana Pt. Madan Mohan Malaviya Open Athletic Meet	University Sports Board, Amphitheatre Ground, BHU, Varanasi	100 mtrs	I
15.	1999	Mahamana Pt. Madan Mohan Malaviya Open Athletic Meet	University Sports Board, Amphitheatre Ground, BHU, Varanasi	200 mtrs	I
16.	1999-2000	Inter University Tournament	Punjabi University Patiala, Punjab.	Basketball	Participated
17.	1999-2000	All India Inter University Tournament	LNIFE, Gwalior, MP.	Athletics	Participated
18.	2000-2001	Inter University Tournament	BHU, Varanasi.	Basketball	IV
19.	2000-2001	Inter-Zonal, Inter University Tournament	Pondicherry	Basketball	Participated
20.	2000-2001	All India Inter University Tournament	G.N.D.U. Amritsar	Athletics	Participated
21.	2001-2002	North -East Zone Inter University Tournament	H.P.U. Shimla	Basketball	Participated

22.	2002	43 rd U.P. State Basketball Championship	Kanpur, U.P.	Basketball	Participated
23.	2002-2003	North -East Zone Inter University Tournament	Punjabi University Patiala, Punjab.	Basketball	Participated
24.	2002-2003	All India Inter University Tournament	B.H.U. Varanasi.	Cross-Country	Participated
25.	2016	Centennial Celebration Sports Festival	B.H.U. Varanasi	3 Km. Run	II
26.	2016	Centennial Celebration Sports Festival	B.H.U. Varanasi	Slow Cycling	II

FIELDS OF SPECIALIZATION :

- I. ATHLETICS.
- II. ORGANIZATION OF GAMES & SPORTS EVENTS.

RESEARCH PAPER PUBLICATION :

2010-11

- I. Lakra, M., Dwivedi, P., D., (June, 2010). A Survey of Postural Characteristics of School Children of Varanasi. AMASS, 2, (1), 66-67. (ISSN:0975-3966)

2011-12

- I. Lakra, M., Ghildyal, S., Shah, M., (July, 2011). Effect of Depth Jump on Vertical Jumping Ability of Physical Education Students. Journal of Physical Education, Recreation and Sports in Sciences & Technology. 2(2), 94-98. (ISSN:0975-9301)
- II. Lakra, M., Rani, G., (Jan, 2012). A Comparative Study of Anxiety, Frustration and Achievement Motivation among the Sports Persons of Haryana. Journal of Physical Education and Yoga. 3(1), 47-48. (ISSN:0975-9301)

2012-13

- I. Lakra, M., Rani, G., (July, 2012). A Comparative Study of the Anxiety and Aggression among District Level, State Level, and Inter University Level Male Volleyball Players. Journal of Physical Education & Yoga. 3(2) 113-115 (ISSN:0975-9301)

2013-14

- I. Lakra,M.,Rani,G.,(July,2013). Comparison of Selected Anthropometric Measurements & Body Composition between Selected Playing Positions of Handball Players. Journal of Physical Education & Yoga..4(1),34-37(ISSN:0975-9301)

2014-15

- I. Bharti,S.,Singh,K.N.,Lakra,M.,Roa,M.,V.,(Jan-March,2015). Integrated Health Care Through Physical Activity and Sports. Emerging Researcher 2(1),222-224.(ISSN : 2348-5590)

2016-17

- I. Singh,S.,Lakra,M.(Jan-June,2017). Consequences and Benefits of Meditation. AKASH Journal of Physical Education,Sports and Yoga Sciences 4(2),52-56 (ISSN:2250-1398)

2017-18

- I. Lakra,M.(Dec.2017).Physiological Characteristics of National Women Basketball Players.VAICHARIKI, A Multidisciplinary Peer Reviewed Refereed International Journal VII(4),203-205(ISSN:2249-8907)
- II. Lakra,M.,Yadav,N.(Feb.2018)Study of Self Concept Between National and SGFI Players Jawahar Navodaya Vidyalaya.Annals of Multidisciplinary Research 9(1),14-19(ISSN:2249-8893)

2018-19

- I. Lakra,M.(April 2018)Somatotype Status of National Women Basketball Players.SHODH PRERAK,A Multidisciplinary Quarterly International Peer Reviewed Refereed Research Journal 9(II),387-389(ISSN:2231-413X)
- II. Lakra,M.(Sept.,2018)Impact of Organizational Citizenship Behaviour and Occupational Stress Effectiveness Among Railway Employees. JIGYASA, An Interdisciplinary Peer Reviewed Research Journal 11(9)223-233(ISSN:0974-7648)
- III. Sandeep,S.,Gehlot,S.,Lakra, M.,(2019),Interventional Effect of Circuit Training and Yogic Asana on Muscular Strength of Sports Person with Special Reference to Prakriti (Psycho-Somatic Constitution) International Journal of Physiology,Nutrition and Physical Education,4 (1),1-4 (ISSN:xx-xxx)

CHAPTER IN BOOK: 02

SEMINAR/CONFERENCE:

Sl.No.	YEAR	PROGRAMME	DURATION	PARTICIPATED/ PRESENTED PAPER	DETAILS of SEMINAR/ CONFERENCE
1.	2009	National Conference	March, 16 th -17 th , 2009	Presented Paper entitled "Yoga For Housewives."	Deptt. of Physical Education, BHU, Varanasi.
2.	2010	National seminar on Recent Trends & Future Prospects of Physical Education & Sports Sciences.	Dec. 28 th - 29 th , 2010	Paper Presented entitled "Sports Management, Marketing and Media."	Deptt. of Physical Education, MGKV P, Varanasi.
3.	2011	National Seminar on "Physical Education & Sports: Current Status & Future Prospects"	Feb. 14 th – 15 th 2011	Presented Paper entitled "Ayurveda: An Alternative System of Drugs in Sports."	Deptt. of Physical Education & Sports, Jagatpur PG College, Varanasi.
4.	2011	National Seminar on "Women Empowerment : Challenges and Solution"	March 8 th 2011	Presented Paper entitled "Women in Sports."	Stree Vimarsh, DAV PG College, Varanasi.
5.	2012	State Level Seminar on "Critical Thinking & Philosophizing"	Dec. 22 nd 2012	Presented Paper entitled "Yoga: A Practical Approach for Positive Health & Happiness."	Deptt. of Philosophy, DAV PG College, Varanasi.
6.	2014	International Conference on "Bharatiya Samskriti evam Bodh Dharm Darshan mein Paryawaran"	Dec. 5 th 2014	Presented Paper entitled "Climatic Conditions: Its Effect on Sports Performance."	Sampurnanand Sanskrit Vishwa Vidyalaya, Varanasi.
7.	2015	National Seminar on "Dignity and Existance of Indian Women in the 21 st Century-With Special Reference to Their safety and Security."	Feb. 24 th – 25 th 2015	Paper Presented Entitled " Role of Mental Rehearsal in Sports Performance."	Pt. Kamlapati Tripathi Government PG College, Chandauli, UP.
8.	2015	International Congress of Sports Psychology	Nov. 27 th – Dec. 1 st 2015	Presented Paper entitled "Impact of Organizational Citizenship Behaviour and Occupational Stress Effectiveness among Railway	Deptt. of Physical Education, Faculty of Arts BHU, Varanasi.

				Employees.”	
9.	2016	National Seminar on “Women Empowerment for Healthy Nation- Emerging Perspective & Issues”	Feb.29 th , 2016	Presented Paper Entitled “Diet and Nutrition for Women Health & Wellness.”	Deptt. of Physical Education , DAVPG College, Lucknow.
10.	2016	International Seminar on “Contribution of Guru Ravidas in Establishment of Human Values”	Feb. 21 st – 22 nd 2016	Presented Paper entitled “Guru Ravidas and His Philosophy of Human Values.”	SC/ST/Student Programme Organizing Committee, BHU, Varanasi.
11.	2016	International Seminar on “Vishwa ki Suraksha evam Shanti me Sabhi Dharmo ki Upadeyata” evam “Samaj evam Rashtra ke Nirman me Mahilaon Ka Yogdan.”	April 6 th – 7 th 2016	Presented Paper entitled “ National Women Basketball : Its Contribution and status in Indian Sports.”	Sampurnanand Samskrit Vishwa Vidyalaya, Varanasi.
12.	2016	International Seminar on “Various Aspects of Physical Education, Yogic & Allied Sciences.”	Sept. 27 th & 28 th , 2016	Presented Paper entitled “Role of Yoga on Mental Health of Yogic & Non- Yogic Students.”	Deptt. of Physical Education & Yoga, Mahatma Gandhi Kashi Vidyapith, Varanasi.
13.	2018	International Conference “Vaishvik Pariprekshya4me Sarvdharm S5mbhav”	March 16 th - 17 th , 2018	Paper Presented entitled “ <i>Khel Vashwik Sarvdharm Sambhav evam Sahishnuta Ka Madhyam</i> ”	<i>Dharma Samskriti Sangam Kashi evam Dharmashastra Mimansa Vibhag, SVDV, BHU</i>
14.	2019	International Conference on “Diaspora and Homeland”. Sponsored by ICHR, New Delhi.	Jan.18 th - 19 th , 2019	Paper Presented entitled “Diaspora, Sports and Development”.	Department of History, DAV PG College, Varanasi.
15.		National Seminar on “Entrepreneurship and Business Innovation in India”.	April, 3 rd – 4 th , 2019	Paper Presented entitled “Sports and Entrepreneurship”.	Department of Commerce, DAV PG College, Varanasi
16.		National Conference on “ <i>Praroop-Rashtriya Shiksha Neeti-2019</i> ”	July, 26 th - 27 th 2019	Paper Presented entitled “ <i>ShikshaNeeti me Sharirik Shiksha ki Anivaryata</i> ”	Department of Education, Sampurnanad Samskrit Vishwavidyalaya, Varanasi and

					Rashtriya Shaikshik Mahasangh, KashiIkai.
17.		National Conference on Yoga. Sponsored by ICPR, New Delhi.	Nov., 7 th – 9 th , 2019	Paper Presented entitled “ <i>Dhyan, Mudra, Chakra, Kundalini</i> ”.	Section of Philosophy, Mahila Mahavidyalaya, BHU, Varanasi.
18.		National Seminar on Gandhi’s Views on social Justice and Global Peace.	Feb., 6 th -7 th 2020	Paper Presented entitled “ <i>Gandhi ka Yog evam Prakritik Chikitsa</i> ”.	Mahila Mahavidyalaya, BHU, Varanasi.
19.	2020	International Conference on Yoga and Health: Awareness and Challenges in Contemporary Society. Sponsored by department of Higher Education, Uttar Pradesh.	March, 8 th – 9 th 2020	Paper Presented entitled “ <i>Yog Dwara shareer evam Mastishkka Santulan</i> ”.	Department of Physical Education, Government Girl’s Degree College, DLW, Varanasi.

Minu Lakra.

(Dr. Minu Lakra)

Date: 07/11/2020

Place: Varanasi