

CURRICULAM – VITAE

NAME : MINU LAKRA
FATHER'S NAME : SHRI BHUNESHWAR LAKRA
MOTHER'S NAME : SMT. KIRAN DEVI
MARITAL STATUS : MARRIED
CATEGORY : SCHEDULE TRIBE
NATIONALITY : INDIAN
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DESIGNATION : ASSOCIATE PROFESSOR
DEPARTMENT : PHYSICAL- EDUCATION



ACADEMIC QUALIFICATIONS: Ph.D., JRF

EXAMINATION	NAME OF THE BOARD/ UNIVERSITY	YEAR OF PASSING	PERCENT-AGE OF MARKS OBTAINED	DIVISION/ GRADE	SUBJECT
SIX WEEKS CERTIFICATE COURSE IN SPORTS COACHING (ATHLETICS)	BHU (Sports Authority of India, Netaji Subhas National Institute of Sports Patiala.)	14/05/2019 to 25/06/2019	78	A	Sports Coaching (Athletics).

RESEARCH DEGREE:

DEGREE	TITLE	DATE OF AWARD	UNIVERSITY
Ph.D.	“PHYSIOLOGICAL AND SOMATOTYPE PROFILE OF NATIONAL WOMEN BASKETBALL PLAYERS”.	24/12/2013	BHU

AWARDS & HONOUR :

- I. Honoured with “UTKRISHT KARYA PURASKAR” in GANTANTRA DIWAS SAMAROH, 1996 ,Distt. Lohardaga.
- II. Gold Medal in Master of Physical Education 2004.
- III. Awarded JRF in UGC NET/JRF Examination,JUNE 2005.
- IV. Honoured with Nari Shakti Samman in DAV PG College,Varanasi on March,8,2016.

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	LongJump	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,R anchi Bihar	4x100 Relay	III
8.	1997- 1998	VIII – National Athletic Meet	JNV,Mesra,R anchi Bihar	100 mtrs	Participated
9.	1998	IX – NVS National Games (Group – A) Meet	JNV,Mungesh pur,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,Amphit heatreGround, BHU,Varanas i	Long Jump	I
12.	1999	Mahamana Pt. Madan	University	4x100 mtrs	I

		Mohan Malaviya Open Athletic Meet	Sports Board, Amphitheatre Ground, BHU, Varanasi	Relay	
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	200mtrs	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

FIELD OF SPECIALIZATION :

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

EXPERIENCE OF OFFICIATING:

YEAR	EVENT	VENUE	Games & Sports
1999-2000	Annual Games & Sports	Faculty of Science	Athletics
2000-2001	Annual Games & Sports	Faculty of Science	Athletics
2001-2002	Annual Games & Sports	Faculty of Science	Athletics

MEMBER OF INSTITUTION/ASSOCIATION/ORGANIZATION

- I. Chairman Athletics (Men & Women) BHU 2007-2008
- II. Chairman Basketball (Men) BHU 2008-2009
- III. Chairman Basketball (Women) BHU 2009-2010
- IV. Chairman Basketball (Women) BHU 2010-2011
- V. Chairman Basketball (Women) BHU 2011-2012
- VI. Chairman Basketball (Women) BHU 2012-2013
- VII. Chairman Basketball (Women) BHU 2013-2014
- VIII. Chairman Basketball (Women) BHU 2014-2015
- IX. Chairman Basketball (Women) BHU 2015-2016

REMARKS: Organizing Secretary East – Zone Inter University Basketball Tournament 2008-09. BHU Men team possessed **Runner** position.

- X. Chairman Basketball (Women) BHU 2016-2017
- XI. Chairman Basketball (Women) BHU 2017-2018
- XII. Chairman Basketball (Women) BHU 2018-2019
- XIII. Chairman Basketball (Women) BHU 2019-2020
- XIV. Chairman Basketball (Women) BHU 2021-2022
- XV. Life Member of Sports Psychology Association of India.
- XVI. Life Member of Environment And Social Development Association (ESDA)

ACADEMIC STAFF COLLEGE ORIENTATION/REFRESHER COURSE ATTENDED :

NAME OF THE COURSE	INSTITUTION	DURATION	SPONSORING AGENCY
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Orientation Course	UGC Academic Staff College, BHU, Varanasi	March 04 to 31' 2010	UGC
Refresher Course	UGC Academic Staff College, BHU, Varanasi	Dec 01 to 21' 2012	UGC
Six Weeks Certificate Course in Sports Coaching (Athletics)	Deptt. Of Physical Education, Faculty of Arts, BHU	May 14 to June 26' 2019	Sports Authority of India, Netaji Subhash National Institute of Sports Patiala.

RESEARCH PAPER PUBLICATION IN REFREED JOURNAL : 12

CHAPTER IN BOOK: 3

ARTICLE PUBLISHED IN MAGAZINES : 3

TRAINING COURSES AND CONFERENCE/SEMINAR/WORKSHOP/FDP :

1. WORKSHOP: 25
2. NATIONAL /INTERNATIONAL SEMINAR/CONFERENCE: 27
3. INVITED LECTURE DELIVERED : 7

Short Term Courses/ FDPs : 2

Chairperson/Co-Chairperson in Seminar/Conferences/Academic Programs: 2

Dr. Minu lakra

SIGNATURE