

# **DR. MINU LAKRA**

Professor, Physical Education

D.A.V. Post Graduate College, Varanasi

*(Admitted to the privileges of Banaras Hindu University)*

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## **Educational Qualifications**

- **B.A.** – Banaras Hindu University (2002)
  - **M.A.** – Banaras Hindu University (2004)
  - **Ph.D. (Physical Education)** – Banaras Hindu University (2013)
  - **Six Weeks Certificate Course in Sports Coaching (Athletics)** – 2019
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## **Research & Teaching Interests**

### **Research Interests:**

Physical Education & Games, Sports Training, Yoga, Athletics Coaching, Health, Fitness and Well-Being

### **Teaching Interests / Courses Taught:**

Physical Education (UG & PG), M.Ed. Physical Education

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## **Administrative Responsibilities**

*(ALL responsibilities included)*

- Head, Department of Physical Education – **19 years**
  - Secretary, Sports Committee – 11 years
  - Member, Admission Committees (UG/BA/BA Hons.) – 6–8 years
  - Programme Officer & Coordinator, NSS – 6 years
  - Member, Proctorial Board, ST/SC Cell, Stree Vimarsh Cell
  - Convener, Grievance Redressal Committee
  - Chairman (Athletics, Basketball Women, Cross Country) – USB, BHU
  - Team Manager, BHU Women Basketball Team (East Zone / Khelo India)
  - Organizing Secretary – East Zone Inter-University Volleyball Tournament (2021–22)
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## **RESEARCH & PUBLICATIONS**

### **Journal Articles – National**

*(ALL journals included – none omitted)*

1. Lakra, M. & Dwivedi, P. – *A Survey of Postural Characteristics of School Children of Varanasi*, **AMASS**, 2(1), 2010, pp.66–67, ISSN 0975-3966
2. Lakra, M. et al. – *Effect of Depth Jump on Vertical Jumping Ability*, **Journal of Physical Education, Recreation & Sports Sciences**, 2(2), 2011
3. Lakra, M. & Rani, G. – *Comparative Study of Anxiety, Frustration & Achievement Motivation*, **Journal of Physical Education & Yoga**, 3(1), 2012
4. Lakra, M. & Rani, G. – *Anxiety & Aggression among Volleyball Players*, **Journal of Physical Education & Yoga**, 3(2), 2012

5. Lakra, M. & Rani, G. – *Anthropometric Measurements of Handball Players*, **Journal of Physical Education & Yoga**, 4(1), 2013
6. Bharti, S. et al. – *Integrated Health Care through Physical Activity*, **Emerging Researcher**, 2015
7. Singh, S. & Lakra, M. – *Consequences and Benefits of Meditation*, **AKASH Journal**, 2017
8. Lakra, M. – *Physiological Characteristics of National Women Basketball Players*, **Vaichariki**, 2017
9. Lakra, M. & Yadav, N. – *Self-Concept of National & SGFI Players*, **Annals of Multidisciplinary Research**, 2018
10. Lakra, M. – *Somatotype Status of National Women Basketball Players*, **Shodh Prerak**, 2018
11. Lakra, M. – *Organizational Citizenship Behaviour & Occupational Stress*, **Jigyasa**, 2018

## **Journal Articles – International**

1. Lakra, M. – *Comparative Study of Somatotypes & Physiological Variables*, **The Eternity**, XIV(4), 2023
  2. Lakra, M. – *Somatotypes & Physiological Variables of Women Basketball Players*, **Research Today**, XIV(2), 2023
  3. Lakra, M. – *Relationship of Somatotypes & Physiological Variables*, **AYAN**, II(4), 2023
  4. Singh, S., Gehlot, S. & Lakra, M. – *Effect of Circuit Training & Yogic Asana*, **International Journal of Physiology, Nutrition & Physical Education**, 4(1), 2019
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## **Book Chapters**

*(ALL chapters included)*

- **NEP 2020: Physical Education and Sports Integration** – Asian Press Books, 2020
- **Gandhi's Perspective Towards Tribes of India** – Pankaj Books, 2020

- **Sport and Environment: Management Strategy** – Shivam Book House, 2021
  - **SDG-3: Good Health & Well-Being** – Raj Publishing House, 2022
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## **Awards & Fellowships**

- **UGC-JRF** – National Level, December 2005
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## **NSS / Invited Activities**

- Seven-Day & One-Day NSS Camps (2013, 2014, 2019, 2020, 2025)
  - Mission Shakti Programme – 2020
  - ICSSR Sponsored National Seminar – 2022
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## **Conferences & Seminars**

Topics: Physical Education, Sports Psychology, Yoga, Environment, NEP-2020, Women & Sports

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## **Orientation / Refresher / FDP**

- Orientation Course – UGC ASC, BHU (2010)
- Refresher Course – UGC ASC, BHU (2012)
- Certificate Course in Sports Coaching (Athletics) – SAI, Patiala (2019)
- FDPs on Physical Education, Nutrition & Diet Planning (2021)

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## **Professional Memberships**

- Life Member – Sports Psychology Association of India (2015– )
- Life Member – Environment & Social Development Association (2019– )

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## **Declaration**

I hereby declare that the above information is true and correct to the best of my knowledge.

### **Signature**

*(Dr. Minu Lakra)*